

我们为什么会感到局促？ Why do we feel awkward?

Hello and welcome to 6 Minute English. I'm Neil.

大家好，欢迎收听六分钟英语。我是内尔。

And I'm Dan.

我是丹。

Now then, Dan, do you ever feel awkward?

那么，丹，你曾经感到过局促吗？

Awkward?

局促？

Yes, feeling uncomfortable, embarrassed or self-conscious in a social situation where something isn't quite right.

是的，在有点不对劲的社交场合中感觉很不舒服，尴尬或扭捏。

Sometimes.

偶尔会。

I remember always feeling very awkward watching TV with my parents if there was an explicit love scene.

我总是记得跟我的家长一起看电视的时候如果出现露骨的爱情场景会感到局促。

You know, people canoodling.

你知道的，人们在亲热。

Oh, yes, me too!

哦，是的，我也是！

And that feeling of awkwardness is what we are looking at in today's 6 Minute English, and how it is all connected to social rules.

那种局促的感觉就是我们要在今天的六分钟英语中讨论的内容，还有它如何跟社交规则产生联系的。

Social rules are the unspoken rules which we follow in everyday life—the way we interact with other people and particularly with strangers.

社交规则指的是我们在日常生活中遵守的不成文的规则——我们跟人们，尤其是跟陌生人，互动的方式。

Yes. For example, if you're waiting at a bus stop, it's OK to talk about the weather to a stranger.

是的。打个比方，如果你在巴士站等巴士，跟陌生人谈论天气是没问题的。

But it would be very awkward if you broke that social rule by asking them about, oh, I don't know, how much money they earned.

但是如果你打破社交规则去问他们，哦，我不知道，他们赚多少钱的话，这就会很局促了。

Oh, yes, that would be wrong, wouldn't it?

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哦，是的，那样就不对了，是吗？

And we'll find out about another awkward situation on the underground railway later in the programme.

我们会在稍后的节目中找到另一个地铁的中的局促情景。

Before that though, a quiz.

在那之前，是一个测试。

Which city has the oldest underground railway?

哪个城市拥有最古老的地铁？

Is it: a) London, b) New York, or c) Tokyo?

是 A. 伦敦，B. 纽约，还是 C. 东京？

Aha! Well, I'm pretty confident about this!

啊哈！嗯，我对这题充满了信心！

I think it's London.

我认为是伦敦。

Well, I'll have the answer later in the programme.

嗯，我会在稍后的节目中揭晓答案。

Dr Raj Persuad is a psychologist.

Raj Persuad博士是一个心理学家。

He was a guest on the BBC radio programme Seriously.

它是BBC电台的节目Seriously的嘉宾。

He was talking about social rules.

他正在谈论社交规则。

How does he say they affect our lives?

他说它们是如何影响我们的生活的？

How do we understand what the implicit social rules are that govern our behaviour?

我们如何理解那些管控我们行为的含蓄的社交规则的？

They're so implicit.

它们如此含蓄。

They're so almost invisible-yet we all obey them-i. e. they're massively powerful that the only way to get at them, because you couldn't use an MRI brain scanner or a microscope...

它们几乎是看不见的——但是我们都会遵守——也就是说它们非常强有力，由于你无法用核磁共振大脑扫描或显微镜来观测，以至于唯一能够探测到它们的方式是.....

What's the tool you would use to illuminate the social rules that actually govern our lives?

你会用什么工具来阐明事实上管控我们生活的社交规则？

How do they affect our lives?

它们如何影响我们的生活？

He says that they govern our behaviour, they govern our lives-this means that they 'control' our lives.

他说它们管控我们的行为，它们管控我们的生活——这意味着它们“管控”我们的生活。

They 'rule' our lives.

它们统治着我们的生活。

What's interesting is that he says these social rules are implicit.

有趣的是他说这些社交规则是含蓄的。

They are not written down anywhere.

它们没有被写在任何地方。

They are unspoken but understood.

它们是不言自明的。

If they are unspoken and not written down, how can scientists and sociologists study them?

如果它们是不成文的，科学家们和社会学家们如何研究它们呢？

How can they find out about them?

它们如何发现它们？

They need a way to illuminate the rules.

他们需要一种方式来阐明规则。

This means a way of shining a metaphorical light on them to see what they are.

这指的是在它们上面点亮一盏隐喻性的灯来看清楚它们是什么。

Here's Dr Persaud again.

又是Persaud博士的话。

How do we understand what the implicit social rules are that govern our behaviour?

我们如何理解那些管控我们行为的明显的社交规则的？

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What's the tool you would use to illuminate the social rules that actually govern our lives?

你会用什么工具来阐明事实上管控我们生活的社交规则？

One way to find out about a rule is to break it.

一个弄清楚规则的方式就是打破它。

Another word for 'break' when we're talking about rules is breach and breaching experiments were used to learn about social rules.

我们谈论规则时用来表示“打破”的另一词是破坏，破坏实验被用来研究社交规则。

Here's Dr Persaud describing one of those experiments.

以下是Persaud博士描述其中一个实验。

You breached the social rule on purpose.

你故意破坏社交规则。

So a classic one-people would go into the Metro, the underground railway-Tube, and there'd be only one person sitting in a carriage.

所以一个经典的实验——人们会进入地铁，地下轨道，那里只有一个人坐在车厢里。

You would go and sit next to that person.

你会去坐在那个人身边。

And if that led to awkwardness or discomfort, where the person got off the tube stop immediately, you had discovered a social rule.

如果这样会引起局促或不安，也就是那个人会立刻在地铁站下车，那么你就发现了一条社交规则。

So, what was the experiment?

所以那个实验是怎样的？

Well, quite simply, find a nearly empty train carriage and then go and sit right next to someone rather than a distance away.

嗯，很简单，找一个几乎空的火车厢，然后就坐在某个人的旁边而不是很远的地方。

If that person then feels uncomfortable or awkward, and that's something you can tell by watching their behaviour—for example, do they change seat, move carriage or get off the train completely?

如果那个人之后觉得不安或局促，并且这是可以通过观察他们的行为辨别的事情——比如，他们会换座位，换车厢或干脆下车吗？

If they do, then you know you've discovered a rule.

如果他们这样做，那么你就会知道你发现了一条规则。

So you find a rule by breaking it or breaching it.

所以你通过打破或破坏规则来发现规则。

OK, time to review our vocabulary, but first, let's have the answer to the quiz question.

好的，该回顾我们的词汇了，但是首先，我们来看看问题的答案。

I asked which city has the oldest underground railway.

我之前问哪个城市有最古老的地铁。

Is it: a) London, b) New York, and c) Tokyo?

是 A. 伦敦，B. 纽约，还是 C. 东京？

Dan, you were pretty confident.

丹，你相当有信心。

I was! I said London, but now I'm having second thoughts.

是的！我说的是伦敦，但是现在我有别的想法了。

I think it might be New York.

我想应该是纽约。

Oh... That's a little bit awkward, isn't it?

哦.....那样有点局促，不是吗？

Well, it is London, so I don't know if you're right or wrong!

嗯，答案是伦敦，所以我不知道你是答对了还是答错了。

I feel a bit uncomfortable now.

我现在感觉有点不安。

The facts are that London opened in 1863. New York was 1904 and Tokyo, 1927. Well done, and extra bonus points if you knew any of those dates.

事实上伦敦地铁于1863年开放。纽约是1904年，东京是1927年。干得漂亮，如果你知道这些日期的话还要给你额外加分。

Now it's time for our vocabulary.

现在是时候回顾词汇了。

I hope it doesn't make you feel awkward, but can you start, Dan?

我希望这不会让你感到局促，但是你能开始吗，丹？

Of course! And the adjective awkward, and its noun awkwardness, are on our list for today.

当然了！形容词局促的，及其名词形式awkwardness，就在我们今天的词汇表上。

They mean 'an uncomfortable feeling in a social situation'.

它们的意思是“社交场景中不安的感觉”。

This is all connected with the idea of social rules-unsaid, but well known rules which we follow in daily life to avoid awkward situations.

这些都跟社交规则相关——不成文的，但是大家都知道的，我们在日常生活中为了逃避局促的场景而遵守的规则。

The rules, as Neil said, are not spoken and they are not written down but we know them and understand them.

这些规则，正如内尔所说，是不成文的，但是我们知道且理解它们。

They are implicit.

它们是含蓄的。

And these implicit rules govern our lives.

这些含蓄的规则管控我们的生活。

The verb govern means to 'control and rule'.

动词管控意思是“控制并统治”。

To see something clearly, either in reality or metaphorically, you need to put some lights on it.

为了看清楚某事，无论是真实的或隐喻的，你需要在它上面放一盏灯。

You need to illuminate it.

你需要照亮它。

And that was the next of our words, the verb illuminate.

这就是我们的下一个词，动词照亮。

And finally we had a word which means, when we're talking about rules, the same as break, to breach.

最后我们说到了一个单词，在我们谈论规则时，意思跟打破一样，即破坏。

In experiments they breached the rules to learn more about them.

在实验中，他们破坏了规则来研究它们。

Well, we don't want to breach any rules so it's time for us to leave you for today.

嗯，我们不想破坏任何规则，所以现在是时候离开你们了。

But don't worry, we will be back.

但是别担心，我们会回来的。

In the meantime, you can find us in all the usual places online and on social media, just look for BBC Learning English.

同时，你可以在所有常见的在线场合找到我们，还有社交媒体，只需要寻找BBC学习英语。

Bye for now.

再见了。

Bye-bye!

再见。
