Performing under pressure, whether it’s me or anybody else, is the same. You know, I have the same pressures as anyone else. There’s time, there’s performance, there’s financial. I mean, you know that’s deadlines. My pressures are not unique. Everybody has the same kinds of pressures. But what I found, or, what I find fascinating is the interpretation of the stimuli.

在压力之下，无论是我或是其他人，表现都差不多。我跟别人一样，也一样要承担压力。做事情有时间期限，要表现良好，还有财务限制，这些都是条条框框。我的压力也没什么特别的，每个人都有一些同样类型的压力。但是我发现一个有趣的是人们对于压力这个刺激因素的理解不太相同。

What happens when you’re nervous? Right, your heart rate starts to go, you know, you sort of get a little tense, you get a little sweaty. Right? You have expectation of what’s coming and we interpret that as “I’m nervous”. Now what’s the interpretation of excited? Your heart rate starts to go, you’re anticipating what’s coming, right? you get a little, sort of like tense. It’s all the same thing, it’s the same stimuli.

当你紧张的时候会怎样？没错，你会心跳加速，感觉肌肉紧绷，还会出一些汗。对吧？你对于即将发生的事情有所期待，并理解为是“我紧张”。那么你对于兴奋的理解是什么呢？心跳加速，期待将要发生的事情，对吧？你还会有一点点紧张。这和紧张时候的表现几乎完全一样，这是同样的外界刺激因素。

Except these athletes, these Olympic quality athletes, have learned to interpret the stimuli that the rest of us would say as nervous, as excited. They all said the same thing: “No, I’m not nervous, I’m excited.”

奥运级别的运动员已经学会将这个刺激因素理解为“兴奋”，除了他们之外，我们都把“兴奋”叫做“紧张”。实际上，他们是一回事：我并不是紧张，我是感觉兴奋！

And so, I’ve actually practiced it just to tell myself when I start to get nervous, that this is excitement, you know? And so, when I used to speak in front of a large audience, somebody would say: “How do you feel?” I used to say: “A little nervous”. Now when somebody says: “How do you feel, man?” “Pretty excited, actually.”

后来，每当我开始紧张的时候，都会告诉自己，我感觉兴奋。当我在大庭广众之前演讲时，有人会问：“你感觉如何？”过去我会说：“有点紧张。”但现在他们再问我这个问题时，我会回答：“非常兴奋！”

1.**interpretation**[ɪntɜːprɪ'teɪʃən]

 诠释；解释；

2.**stimuli**['stɪmjʊlaɪ]

  刺激；刺激物；促进因素；

3.**heart rate**

  心率；

4.**sort of**

  有点；稍微；

5.**sweaty**['swetɪ]

  出汗的；吃力的；

6.**anticipate** [æn'tɪsɪpeɪt]

  预期，期望；

7.**the rest of us**

  我们其他人；我们剩下的人；

8.**a large audience**

  大量的观众；

9.**pretty**

  adv.相当的