

Things You Do That Make You Unhappy.

today's issue: What kind of thing makes you unhappy?

—>.

1. **Control** 想要控制一切
2. **Comparing** 跟其他人比較
3. **Hate mistakes** 痛恨犯錯
4. **Ignore your friend** 忽略你的朋友
5. **Surroundings** 讓周圍充滿會讓你不開心的人。

1. **idolize** 把.....當偶像崇拜
 - a. **idolize** [ˈaɪdlaɪz] (v.) 把.....當偶像崇拜
-She idolizes her father.
 - b. **admire** [ədˈmaɪr] (v.) 欣賞
-.
 - c. **appreciate** [əˈpriʃiɪt] (v.) 欣賞、**感激**
-I really appreciated your kindness.

2. **crush** 【口】迷戀
 - a. **crush** [krʌʃ] (n.) 【口】迷戀
* has a crush on sb. 迷戀某人

-My best friend has a crush on the handsome guy in our class.

-Please don't crush my package.

b. squeeze [skwɪz] (v.) 擠

-I squeezed my **toothpaste**.

c. press [prɛs] (v.) 壓

-Voice Tube's slogan: press play and learn.

3. **prioritize** 把事情優先順序排好

a. **prioritize** [praɪˈɔrətaɪz] (v.) 把事情優先順序排好

-I always prioritize my family over everything else.

b. priority [praɪˈɔrəti] (n.) 優先

-Safety is our top priority.

4. ignore 忽視

a. ignore [ɪgˈnɔr] (v.) 忽視

-Everyone always ignored what he says.

b. **neglect** [nɪgˈlɛkt] (v.) 忽略

-My best friend has been neglecting me recently, but I don't know why.

We're so busy idolizing celebrities, daydreaming about our crushes, prioritizing our besties and consuming ourselves with media that we ignore our closest friend: ourselves.

我們總是忙於崇拜名人、幻想暗戀對象、把死黨擺在第一順位、耗費時間在媒體上，忙到我們忽略了我們最親近的朋友：我們自己