



Self-Love Is Making Us Lonely

自爱让我们感到孤独

Date: Apr. 15, 2023

It seems like everyone is talking about self-love these days. Self-love has become the core **tenant** of modern wellness culture, with the promise that what follows self-love is good health and freedom. In her book, *The Self-Love Experiment*, author Sharon Kaiser claims, “Whether you want to achieve weight loss, **land** your dream job, find your soulmate, or get out of debt, it all comes back to self-love and accepting yourself first.”

如今似乎人人都在谈论自爱。自爱已经占据了现代幸福文化的核心，人们都说自爱能带来健康和自由。作家莎伦·凯泽在她的书《自爱实验》中写道：“无论你是想减肥，找到理想的工作，找到灵魂伴侣，还是还清债务，首先都是要爱自己 and 接受自己。”

At this point, it doesn't feel like much of a **stretch** to say that the self-love phenomenon is **bordering on** a societal obsession. The question is: why?

在这一点上，说自爱流行的现象近乎于一种社会性执念也并不过分。问题是为什么会这样呢？

While the exact origin of self-love remains unclear, one of the first psychologists to address the concept was Eric Fromm. In his 1956 book, *The Art of Loving*, he wrote, “Love of others and love of ourselves are not alternatives. On the contrary, an attitude of love toward themselves will be found in all those who are capable of loving others.” For Fromm, self-love operated as a necessary condition for relating with our fellow humans.

虽然自爱的确切起源尚不清楚，但最早提出这个概念的心理学家之一

477 Words

tenant ['tenənt] *n.* 房客，租户；居住者，占用者 | The desk was left by the previous tenant. 书桌是上一个房客留下来的。

land [lænd] *v.* 成功得到，获得（尤指许多人想得到的工作）| He landed a job with a law firm. 他在律师事务所谋得一份工作。

stretch [stretʃ] *n.* 过度的使用；一片，一段 *v.* 拉长；伸展；夸张

border on 接近，近似 | His confidence bordered on arrogance. 他的自信近乎自负。

become/grow/get accustomed to sth. 习惯于某事 | Her eyes quickly became accustomed to the dark. 她的眼睛很快就适应了黑暗。

veer [viə] *v.* 转向，改变方向；改变观点（立场、态度等） | The debate veered away from the main topic of discussion. 争论脱离了讨论的主题。

authentic [ɔ:'θentik] *adj.* 真实的，真正的；真品的 | I don't know if the painting is authentic. 我不知道这幅画是不是真迹。

chew up and spit out 粗暴对待

drain [dreɪn] *v.* 耗尽；流光，排空

是艾瑞克·弗洛姆。在他 1956 年出版的《爱的艺术》一书中，他写道：“爱别人和爱我们自己不是两者择一。恰恰相反，一切有能力爱别人的人必定也爱自己。”对弗洛姆来说，自爱是我们与他人建立关系的必要条件。

The self-love many of us have grown **accustomed to** today, however, **veers** from its **authentic** origin. **Chewed up and spit out** by toxic consumerism, it has been **drained** of its relational potential. Instead, it is often used by corporations and influencers **alike** to sell products and keep people hyper fixated on themselves. It is a force of isolation, rather than **attachment**.

然而，如今许多人习惯的自爱偏离了它真正的源头。在有毒的消费主义影响下，自爱对建立联系的潜力已经不复存在。相反，它经常被公司和网红利用来销售产品，让人们过分关注自己。自爱成了一种使人孤立的力量，而不是促成连结。

We can see examples of this on social media, where it is common for women to be **bombarded**—under the **guise** of self-love and self-care—with advertisements for **Botox** and **pilates** machines, advanced skin care wands and organic hair growth **serums**. Such products don't serve to bring women closer together; instead, they promote self-**preoccupation**, negative social comparison, and insecurity.

我们可以在社交媒体上看到这样的例子，在自爱和自我护理的幌子下，女性经常被肉毒杆菌、普拉提机器、高级护肤仪和有机生发液的广告轰炸。这些产品并不能拉近女性之间的距离；相反，它们会导致自我中心、消极的社会比较和不安。

Self-love is a powerful tool; it can be used for good or bad, for connection or disconnection. And we need to cultivate the kind that brings us together. So how exactly do we do this?

自爱是一个强大的工具，可以用来行善或作恶，可以用来建立联系或自我隔绝。我们需要培养的是能让我们走到一起的自爱。那么我们到底要怎么做呢？

Primarily, it requires **introspection**. We can know we're practicing healthy self-love when we feel connected to our

关注公众号：拾点外刊 免费下载电子版 附音频

n. 下水道 | As his energy drained away, his despair and worry grew. 当他的精力耗尽时，他的绝望和担心也增加了。

alike [ə'laɪk] *adv.* 同样地 *adj.* 相同的 | Good management benefits employers and employees alike. 良好的管理对雇主和雇员同样有利。

attachment [ə'tætʃmənt] *n.* 爱慕，喜爱；忠诚；附加装置，附件；连接 | Mother and child form a close attachment. 母子情深。

bombard [bə'm'bɑ:rd] *v.* 大量提问，大肆抨击，提供 过多信息；轰炸 | Today we are bombarded with advice on what to eat and what to avoid. 今天我们不断地听到什么该吃，什么不该吃这一类的忠告。

guise [gaɪz] *n.* 外观，外貌，伪装 | They exploited us under the guise of friendship. 他们在友谊的幌子下剥削我们。

Botox ['bɒtə:ks] *n.* 保妥适，肉毒杆菌毒素（可注入脸部以去除皱纹的物质）

pilates [prɪ'la:tɪz] *n.* 普拉提（利用特殊设备做伸展推拉等动作以达到锻炼肌肉和提高身体柔韧性的一种健身运动）

serum ['sɪrəm] *n.* 血清；浆液

preoccupation [priˌɑ:kju'peɪʃn] *n.* 专注，全神贯注

introspection [ˌɪntrə'spekʃn] *n.* 内省，反省

iteration [ˌɪtə'reɪʃn] *n.* 版本，迭代

bodies and our communities. There are many **iterations** of what this may look like. Perhaps we decide to quit our high stress job, so that we can stop neglecting our needs and spend more time with the people and places we enjoy. True self-love not only **bolsters** our capacity for connection, but it also helps us become an actualized version of ourselves.

首先，我们需要自省。当我们感觉与自己的身体和自己所在的群体有联系时，我们就能知道我们在练习健康的自爱。自爱的形式有许多种。也许我们决定辞去压力很大的工作，这样我们就可以不再忽视自己的需求，花更多的时间和我们喜欢的人在一起，去我们喜欢的地方。真正的自爱不仅能增强我们与人联系的能力，还能帮助我们成为真正的自己。

On the other hand, self-love through the **warped filter** of **radical** individualism tends to make us feel **alienated**, disconnected, and **stuck** in our own heads. This looks like buying a “self-care” product that causes us to **ruminate** on our appearance. It’s vital, then, that we begin actively recognizing when more **nefarious** forces are being disguised and packaged to us as self-love, and when we, ourselves, are consciously or unconsciously **buying into** them.

另一方面，激进个人主义扭曲滤镜下的自爱往往会让我们感到疏离、与世隔绝，陷在自己的世界里。这就像买了一种导致我们纠结自己外表的“自我护理”产品。因此很重要的一点是，我们要积极地认识到越来越多的邪恶力量被装扮和包装成自爱的样子，而我们自己会有意无意地接受它们。

bolster ['bɒlstər] v. 改善，加强 | His score will bolster his confidence for the next match. 他的得分将增强他对下一场比赛的信心。

warped [wɔːrpt] adj. 扭曲的，变形的；（想法或思想）怪诞的

filter ['fɪltər] n. 过滤器，滤镜

radical ['rædɪkl] adj. 激进的，极端的；根本的，彻底的 | a radical error 根本性错误

alienated ['eɪliəˌneɪtɪd] adj. 感觉疏远的，感到受排斥的

stuck [stʌk] adj. 卡住的，动不了的 | We could be stuck in this place for days. 我们可能会被困在这个地方好几天。

ruminate ['ruːmɪneɪt] v. 沉思，认真思考 | He sat alone, ruminating on the injustice of the world. 他独自坐着，思考世事的不公。

nefarious [nɪˈferiəs] adj. 罪恶的；不道德的

buy into 相信 | I never bought into this idea that you have to be thin to be attractive. 我从来就不信这种瘦才会漂亮的说法。

➤ 脉络梳理

- Para. 1 引出话题：自爱成了流行话题，被视为解决一切问题的源头
- Para. 2 提出问题：为什么人们着迷于自爱
- Para. 3-5 介绍自爱的原始概念，对比指出如今自爱被商家曲解用于推销产品，导致了自我中心
- Para. 6-8 提出建议：培养真正的自爱，增进与他人的联系

➤ 长难句拆解

