**Season 1**

**Episode 1-04**

1. You took mine. 表达你把我想做的事做了，或者是想说的话说了。
2. You just nodded off again. 你又打瞌睡了。
3. What’s going on with you? 你是怎么了？（可以代替 What’s wrong with you?）
4. I got no sleep last night! 我昨晚没睡好（可以表示我几乎就没睡成）
5. You have no idea how loud they are! 你根本不知道那有多吵！
6. See, I told you. 我说得没错吧！
7. You got way too much free time. 你可真够闲的
8. I was hoping you wouldn’t remember. 我刚才还希望你没想起来。（刚还……用过去进行时）
9. Maybe it’ll take my mind off it. 或许比赛可以让我暂时忘记这个
10. It was totally not worth it. 这真是太不值得了
11. You can totally live on this. 单靠它就够你过日子了
12. What are you guys doing here? 什么风把你们吹来的？
13. We’ll take a brief time out 我们先暂停一下
14. Let’s talk reality for a second. 我们来谈点正经的。
15. How was it with your friends? 和朋友聊的怎么样？
16. It’s the Visa card people. 是信用卡那边打来的。
17. ask them what they want. 问他们想干嘛
18. Could you please tell me what this is in reference to? 请问有什么事吗？
19. Can you call back? 你能再打来吗？
20. You should feel great about yourself! 你应该感到自豪才对。
21. You’re doing this amazing independence thing. 你正在学习了不起的独立生活。
22. You’ll have to wait your turn. 你得排队等着叫号。
23. I didn’t mean to bring you down. 我不是存心让你们不开心的。
24. We’ve been here for over an hour. 我们已经等了一个多小时了。
25. What’s the big deal about today? 今天有什么大不了的？

**Episode 1-06**

1. Was that not clear? 难道还不够清楚吗？
2. What’s the matter? Why so scrunchy? 怎么啦，一脸不高兴的样子？
3. You don’t say. 看得出来（你不必明说的）

**Episode 1-1**

1. Why does everyone keep fixating on that? 为什么人们总是要提起那个？
2. I really freaked out. 我真是崩溃了
3. and that’s when it hit me, how much Barry looks like Mr Potato Head. 紧接着
4. I know that you and I have kinda drifted apart. 我知道我们之间有些疏远。
5. I was kinda hoping that wouldn’t be an issue 这件事就甭提了。

**Episode 1-2**

1. I’m saying I’m a ha- It’s a metaphor, Daddy! 我是在说我是……爸，这是一种比喻
2. Well, I guess we’ve established who’s staying here with Monica 确定
3. Just breathe, breathe. That’s it. Just try to think of nice and calm things. 呼吸，就是这样，想着美好而又平静的事情。
4. I’m all better now. 我现在好多了。

**Episode 1-3**

1. This is probably for the best, you know? 或许这样最好
2. You need anything, you can always come to Joey. 有任何需要找Joey就行。
3. I live across the hall. 街对面，路对面
4. Stop hitting on her. 不要勾引她- (俚语) 泡女孩子
5. What, like there’s a rule or something? 什么？规定不能吗？
6. I got. 可用于主动去接电话，或是接门铃
7. He finally ask you out? 他终于开口约你了？
8. It’s a Dear Dairy moment. 可以载入日记的时刻。
9. Do you want me to stay? 你要我留下来吗？
10. That’d be good. 那样最好
11. I’m sorry I don’t catch your name. 对不起我没听清楚你的名字
12. A wandering? 神情恍惚？
13. I just pulled out four eyelashes, that can’t be good. 我刚拔掉四根睫毛，不是好兆头。

**Episode 1-4**

1. She really likes it when you rub her neck in the same spot over and over again. 摩擦
2. It starts to get a little red. 它开始有点儿变红
3. What’re you up to tonight? 你今晚打算干什么？
4. I was kinda supposed to be headed for Aruba on my honeymoon. 我本该去Aruba度蜜月
5. They are coming over to help me put together with my new furniture. 他们会过来帮我组装新家具
6. We often hang out here with our friends. 我们经常同朋友一起在这儿闲逛

**Episode 1-5**

1. I cannot feel my legs. 我的腿麻了。
2. Which goes where? 用在哪儿？
3. If you’re gonna start with that stuff we’re out here. 如果你再这样，我们就走了。
4. Yes, please don’t spoil all this fun. 请不要破坏这里的乐趣。（请不要扫兴）
5. You got screwed. 你昏头了。

**Episode 1-6**

1. I’m such an idiot. 我太傻了。
2. I should have caught on when she started going to the dentist four or five times a week. 她一周看四五次医生的时候，我就应该有所警觉。
3. How clean can teeth get? 牙齿要有多干净
4. My brother’s going through that right now, he’s such a mess. How did you get through it? 你是怎么走出来的？
5. I might try accidentally breaking something valuable of hers, say her
6. That’s one way! 那也是种办法
7. I went for the watch. 我弄坏了手表。
8. The worst thing I ever was did, I shredded my boyfriend’s favorite bath towel.
9. Oh, steer clear of you. 那可惹不得你。
10. machine cut me off 电话掉线

**Episode 1-7**

1. She ripped your heart out. 她让你心碎了。
2. What the scariest part is? 最可怕的部分是什么吗？
3. Unfortunately in my case, 我这次不幸的是
4. That’s like saying there’s only one flavor of ice cream for you. 就好像说你只能吃一种口味的冰淇淋。
5. This is the best thing that ever happened to you. 这是发生在你身上最好的事情。
6. Stay out of my freezer. 离我冰箱远一点儿。

**Episode 1-8**

1. Ever since she walked out on me. 自从她离开我的生活。
2. What were you gonna say? 你想说什么？

**Episode 1-9**

1. I will not take this abuse. 我不会接受这种污辱。
2. Well, you’re on a roll, if you feel like you gotta make like a Western omelet or something… 你现在正在进入角色
3. Actually, I’m really not that hungry. 我还没有那么饿

**Episode 1-10**

1. You look like you slept with a hanger in your mouth. 你看上去就好像睡觉的时候嘴里放了个衣架。
2. Are you in trouble. Big time. 没错
3. I think we are getting a little ahead of selves here. 我想我们想的远了点
4. I take credit for Paul. 我因为Paul而得到好评。

**Episode 1-11**

1. I just though he was nice. 我以为他是个好人
2. I can’t believe you didn’t know it was a line! 我不相信你不知道那是个谎言。
3. I assume we’re looking for an answer more sophisticated than … 我假设我们正在寻找更复杂的答案
4. I’m trained for nothing. 我什么都不会做
5. And yet you’re surprisingly upbeat. 你看上去很高兴乐观

**Episode 1-12**

1. You can’t live off your parents your whole life. 你不能一辈子都依靠父母生活。

**Episode 1-13**

1. I think for us, kissing is pretty much like an opening act. 对我们而言亲吻就像是开场
2. The problem is, though, after the concert’s over, no mater how great the show was, you girls are always looking for the comedian again. 开场秀

**Episode 1-14**

1. Doesn’t she seem a little angry? 她看起来是不是有点儿生气？
2. I’m pregnant. 我怀孕了
3. Well, you never know. 世事难料嘛。
4. Marry’s still totally paranoid. 玛丽疑心病还是很重。

**Episode 1-15**

1. Are you through with that? 你喝完了吗？（指催促某人完成某事）
2. She’s already fluffed that pillow. 她已经拍过那个枕头了。
3. I just don’t wanna give them any more ammunition than they already have. 我只是不想给他们任何借题发挥的机会。
4. You are like all chaotic and twirly. 你现在一副慌张失措的样子。

**Episode 1-16**

1. Like I wasn’t dreading tomorrow enough. 还嫌我现在不够恐慌害怕吗？
2. Do you remember me the girl in the veil who stomped on your heart in front of your entire family?
3. Easy Rachael. 放轻松
4. I’ll tell you what. 我跟你讲
5. We’ll run it by you. 我们都会交给你。

**Episode 1-17**

1. How do you fit into this whole thing? 你现在要怎么办？
2. I mean presumably, the biggest part of your job is done. 我觉得最大部分的工作你已经完成了。

**Episode 1-18**

1. The big one had a thing for you. 他家的大女儿喜欢你。
2. I think it might take some heat off me. 我想这样能让我喘口气。

**Episode 1-19**

1. What’s that supposed to mean? 你这是什么意思？
2. There are people like Rose who need to shoot for the stars. 有像Ross这样干大事业的人。
3. Other people are satisfied with staying where they are. 其它人则安于现状。
4. I read about these women trying to have it all. 我知道这些女人想拥有一切。

**Episode 1-20**

1. She’s like this high-powerd, driven career type. 她是那种精力充沛，有事业心的人。
2. You’re an only child, right? 你是独生子

**Episode 1-21**

1. How long was I in there? 我在那里多长时间了？
2. Got any advice? 有什么建议吗？
3. You may wanna steer clear of the word “dumped”. 你最好避免用dumped这个字眼
4. Chances are he’s gonna be this broken shell of a man. 他有可能是那种痛不欲生的人。
5. You should try not to look too terrific. 你不该太神彩奕奕。
6. When did it get so complicated? 什么时候变的这么复杂了？
7. Got me. 问倒我了。
8. I never thought I’d be here. 没想到自己会落到这种地步。

**Episode 1-22**

1. I’m late. I get stuck at work. 我迟到了，我被工作困住了。

**Episode 1-23**

1. Be right there. Be back in a second. 马上就去。马上回来

**Episode 1-25**

1. What have you been up to doing?

**Episode 1-26**

1. Cushions the blow. 婉转一些，不要太打击对方

**Episode 1-04**

1. for a day强调的是有一天的时间，one day强调的是机会，不仅限一天
2. good things for the rain-forest 不再遭受破坏（可以用反义的词来表达意思）
3. You took mine. 表达你把我想做的事做了，或者是想说的话说了。