台词：

Monica: Allright, you ready?

Rachel: No.  No, no, I'm not ready!  How can I be ready?  "Hey,Rach!  You ready to jump out of the airplane without aparachute?"  Come on, I can't do this!

Monica: Youcan, I know you can!

Rachel: Idon't think so.

Ross: Comeon, you made coffee!   You can do anything!

Ross: C'mon,cut. Cut, cut, cut,...

All: Cut,cut, cut, cut, cut, cut, cut...

Rachel: Y'know what?  I think we can just leave it at that.  It's kind oflike a symbolic gesture...

Monica: Rachel!  That was a library card!

All: Cut,cut, cut, cut, cut, cut, cut..

Chandler: Y'know, if you listen very closely, you can hear a thousand retailers scream.

Monica: Welcome to the real world! It sucks. You're gonna love it!

讲解版

新鲜小词：

飞机 airplane

降落伞 parachute

有点 kinda

仔细认真地 closely

零售商 retailer

尖叫 scream

烂 suck

地道表达：

到此为止 leave it at that

象征性的动作 symbolic gesture

万能句型：

我没有准备好啊！我怎么可能准备好呢？I'm not ready!  How can I be ready?

我觉得这事情就这样吧I think we can just leave it at that.

如果你听的很仔细的话 if you listen very closely.

非常糟糕It sucks.

你会喜欢的 You’re gonna love it.