

TED演讲者: Emily Nagoski | 艾蜜莉·纳高斯基

演讲标题: The truth about unwanted arousal | 不想要的性兴奋, 真相为何?

内容概要: Sex educator Emily Nagoski breaks down one of the most dangerous myths about sex and introduces us to the science behind arousal nonconcordance: when there's a disconnect between physical response and the experience of pleasure and desire. Talking about such intimate, private moments can feel awkward or difficult, yet in this straightforward talk Nagoski urges all of us to share this crucial information with someone -- judges, lawyers, partners, kids. "With every brave conversation we have, we make the world that little bit better," says Nagoski. (This talk contains mature content.)

性教育者艾蜜莉·纳高斯基解释关于性的危险谜思之一, 向大家介绍性兴奋不一致背后的科学: 有时身体反应和对于享乐与欲望的体验没有产生连结。要谈论这种亲密、私人的时刻, 可能会很尴尬或困难, 但在这场直白的演说中, 纳高斯基鼓励我们大家要将这项重要资讯分享给别人——法官、律师、另一半、孩子。纳高斯基说: 「每当我们能进行勇敢的对谈, 我们就能把世界变得更好一点。」 (本演说有成人内容)

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[This talk contains mature content **Viewer discretion** is advised] My **specialty**, as a sex educator, is I bring the science.

【本演说含有成人内容, 请观众自行斟酌考量。】
身为一名性教育者, 我的专长是引入科学。[00:12]

But my first and most important job is that I stay neutral when I talk about anything sex-related, no **embarrassment**, no **titillation**, no judgment, no shame, no matter where I am.

但我最优先也最重要的工作, 是要保持中立的态度, 来谈任何和性相关的事情, 没有尴尬, 没有挑逗, 没有评断, 没有羞耻, 不论我在哪里。[00:21]

No matter what question you ask me.

不论你问我什么问题。[00:34]

At the end of a **conference** in a hotel **lobby** once, I'm literally on my way out the door and a colleague **chases** me down.

有次, 一场大会结束, 在饭店的大厅中, 我正要走出门, 有一位同事追出来找我。[00:38]

"Emily, I just have a really quick question.

「艾蜜莉, 让我快速问个问题就好。[00:43]

A friend of mine --

我有一个朋友——[00:46]

(Laughter) wants to know if it's possible to get **addicted to** her **vibrator**."

(笑声) 想要知道她有没有可能 会对按摩器上瘾。[00:48]

The answer is no, but it is possible to get spoiled.

答案是, 不会, 但倒是有可能被宠坏。[00:53]

Viewer: n. 观察者; 观看者; 电视观众; [仪] 指示器 **discretion:** n. 自由裁量权; 谨慎; 判断力; 判定; 考虑周到 **specialty:** n. 专业, 专长; 特产; 特性; 招牌菜/adj. 特色的; 专门的; 独立的 **embarrassment:** n. 窘迫, 难堪; 使人为难的人或事物; 拮据 **titillation:** n. 搔痒; 愉快 **conference:** n. 会议; 讨论; 协商; 联盟; (正式) 讨论会; [工会, 工党用语] (每年的) 大会/vi. 举行或参加(系列)会议 **lobby:** n. 大厅; 休息室; 会客室; 游说议员的团体/vt. 对.....进行游说/vi. 游说议员 **chases:** v. 追逐(chase的三单形式) **addicted to:** 上瘾; 沉迷于 **vibrator:** n. 振动器; [电子] 振子; 振动按摩器; 振动滚筒; 簧片

A different conference, this one in an **outdoor** tropical **paradise**, I'm at the breakfast **buffet**, and a couple **approaches** me.

还有另一场大会, 它是个户外的热带天堂, 我在吃自助式早餐, 有一对夫妻来找我。[00:58]

"Hi, Emily, we're sorry to interrupt you but we just wanted to ask a quick question about **premature ejaculation**."

「嗨, 艾蜜莉, 很抱歉打扰您, 但我们想要快速问一个 关于早泄的问题。」[01:05]

"Sure, let me tell you about the stop/start technique."

「好啊, 让我告诉你们 阻止 / 开始早泄的技巧。」[01:12]

That is my life.

这就是我的人生。[01:16]

I stay neutral when other people might "squick."

在其他人们可能会「嫌恶」的情况下, 我会保持中立。[01:18]

Squick is an emotion that combines surprise with embarrassment plus some disgust and like, not knowing what to do with your hands.

嫌恶是一种情绪, 它结合了惊讶、尴尬, 还有一些厌恶感, 就像是不知道 你的双手要做什么好。[01:22]

So, it's a product.

所以, 嫌恶是一种产物。[01:33]

The reason you experience it is because you spent the first two decades of your life learning that sex is a dangerous and disgusting source of **everlasting** shame and if you're not really good at it, no one will ever love you.

你之所以会经历到它, 是因为在你人生中的前二十年中, 你学的都是: 性是危险且恶心的, 会造成永久的羞耻, 还有如果你不擅长性, 就永远不会有人爱你。[01:35]

outdoor: adj. 户外的; 露天的; 野外的(等于 out-of-door) **paradise:** n. 天堂/至福境地 **buffet:** n. 自助餐; 小卖部; 打击; 猛烈冲击/vt. 与...搏斗; 连续猛击/vi. 斗争; 奋勇前进/adj. 自助的; 自助餐的 **approaches:** 处理 **premature:** adj. 早产的; 不成熟的; 比预期早的/n. 早产儿; 过早发生的事物 **ejaculation:** n. [生理] 射精; 突然说出 **everlasting:** adj. 永恒的; 接连不断的

(Laughter) So you might squick, hearing me talk about sex while you're sitting in a room full of strangers -- that is normal.

(笑声) 所以, 当你和一群陌生人 同处在一个地方, 又听到我谈到性, 你可能就会有嫌恶感—— 那很正常。[01:46]

I invite you to breathe.

请各位呼吸。[01:54]

Feelings are **tunnels**.

感觉是隧道。[01:55]

We make our way through the darkness to get to the light at the end.

我们穿过黑暗, 最后会在终点找到光。[01:57]

And I promise it's worth it.	我保证是值得的。[02:00]
Because I want to share with you today a piece of science that has changed how I think about everything, from the behavior of neurotransmitters in our emotional brain, to the dynamics of our interpersonal relationships.	因为今天我想要 和各位分享一项科学, 它改变了我对一切的看法, 从我们情绪大脑中神经递质的行为, 到我们人际关系的动力。[02:02]
To our judicial system.	到我们的司法体制。[02:14]
And it starts with our brain.	它从我们的大脑开始。[02:17]
There's an area of your brain you've probably heard referred to as the "reward center."	在大脑中有一个区域, 你们可能有听过, 叫做「酬偿中枢」。[02:18]
I think calling it the reward center is a little bit like calling your face your nose.	我想把它称为酬偿中枢, 就有点像是把你的脸 叫做你的鼻子。[02:23]
That is one prominent feature, but it ignores some other parts and will leave you really confused if you're trying to understand how faces work.	那是一个显着的特征没错, 但其他部分却被忽略了, 且若你想要了解脸部 如何运作, 就会觉得很混淆。[02:27]
tunnels: n.[交]隧道;地下道;洞群(tunnel的复数)/v.凿隧道;建筑隧道(tunnel的单三形式) neurotransmitters: n.神经传导物质(neurotransmitter的复数形式) emotional: adj.情绪的; 易激动的; 感动人的 dynamics: n.动力学,力学 judicial: adj.公正的,明断的;法庭的;审判上的 prominent: adj.突出的, 显著的; 杰出的; 卓越的	
It's actually three intertwined but separable systems.	它其实是三个交织在一起 但又各自独立的系统。[02:36]
The first system is liking.	第一个系统是喜欢。[02:40]
Which is like reward, so this is the opioid hotspots in your emotional brain.	它就像是酬偿, 所以这是你情绪大脑的鸦片热点。[02:42]
It assesses hedonic impact -- "Does this stimulus feel good?	它会评估快乐的影响——「这种刺激的感觉好吗? [02:46]
How good?	有多好? [02:50]
Does this stimulus feel bad?	这种刺激的感觉糟吗? [02:51]
How bad?"	有多糟?」[02:52]
If you drop sugar water on the tongue of a newborn infant, the opioid-liking system sets off fireworks .	若你在新生儿的舌头上 滴几滴糖水, 鸦片喜欢系统就会放烟火了。[02:54]
And then there's the wanting system.	下一个系统是想要。[03:00]
Wanting is mediated by this vast dopaminergic network in and beyond the emotional brain.	「想要」是透过 情绪大脑内外一个巨大的 多巴胺网路来传递的。[03:02]
It motivates us to move toward or away from a stimulus.	它能驱使我们朝刺激物 前进或是远离它。[03:08]
intertwined: adj.缠绕的;错综复杂的/v.使缠绕,缠绕(intertwine的过去式) separable: adj.可分离的;可分隔的 opioid: n.[生化]阿片样物质;类鸦片 hotspots: n.热点(hotspot的复数);麻烦地点,热点地区 assesses: vt.评定;估价;对...征税 stimulus: n.刺激; 激励; 刺激物 newborn: adj.新生的;再生的/n.婴儿 fireworks: n.烟火(firework的复数形式);激烈争论 mediated: vt.仲裁,调停;调解(mediate的过去式及过去分词形式) dopaminergic: adj.多巴胺能的 motivates: v.促使;刺激;给与动机(motivate的单三形式)	
Wanting is more like your toddler , following you around, asking for another cookie.	「想要」就像是你的 学步儿童,到处跟着你, 跟你再要一片饼干。[03:13]
So wanting and liking are related.	所以,想要和喜欢是有关联的。[03:17]
They are not identical .	它们不完全相同。[03:20]
And the third system is learning.	第三个系统是学习。[03:21]
Learning is Pavlov's dogs.	学习是巴夫洛夫的狗。[03:23]
You remember Pavlov?	你们记得巴夫洛夫吗? [03:25]
He makes dogs salivate in response to a bell.	他让狗在听到铃声时就会流口水。[03:26]
It's easy, you give a dog food, salivates automatically , and you ring a bell .	这很容易,你把给狗食物, 牠会自动会流口水, 同时你也摇铃。[03:29]
Food, salivate, bell.	食物,流口水,铃。[03:32]
Food, bell, salivate.	食物,铃,流口水。[03:34]
Bell, salivate.	铃,流口水。[03:35]
Does that salivation mean that the dog wants to eat the bell?	流口水表示狗想要吃铃吗? [03:38]
Does it mean that the dog finds the bell delicious?	流口水表示狗觉得铃很可口吗? [03:44]
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What Pavlov did was make the bell food-related .	巴夫洛夫所做的, 是让铃和食物具有相关性。[03:49]
toddler: n.学步的小孩;幼童装 identical: adj.同一的; 完全相同的/n.完全相同的事物 Pavlov: n.巴甫洛夫(苏联生理学家和实验心理学家,全名为IvanPetrovich) salivate: vt.使流涎;使过量分泌唾液/vi.分泌唾液;流口水 in response to: 响应;回答;对...有反应 automatically: adv.自动地;机械地;无意识地/adj.不经思索的 ring a bell: 使某人想起某事,使人回忆起 salivation: n.分泌唾液;流涎症;汞中毒 food-related: 与食品相关的	
When we see this separateness of wanting, liking and learning, this is where we find an explanatory framework for	当我们能够把想要、喜欢、学习分开来看, 我们就能够找到解释性的架构, 用来了解研究者所谓的

understanding what researchers call arousal nonconcordance.	「性兴奋不一致」。[03:54]
Nonconcordance, very simply, is when there is a lack of predictive relationship between your physiological response, like salivation, and your subjective experience of pleasure and desire.	不一致,简单来说,就是没有预测关系存在于你的生理反应,比如流口水,和你对于享乐及欲望的主观体验之间。[04:04]
That happens in every emotional and motivational system that we have, including sex.	我们所有的情绪和动机系统都会发生这种状况,包括:性。[04:16]
Research over the last 30 years has found that genital blood flow can increase in response to sex-related stimuli even if those sex-related stimuli are not also associated with the subjective experience of wanting and liking.	过去三十年间的研究发现对于性相关的刺激,人的反应是生殖器血流增加,即使那些性相关的刺激并没有和想要及喜欢的主观体验有关联。[04:22]
In fact, the predictive relationship between genital response and subjective experience is between 10 and 50 percent.	事实上,生殖器反应和主观体验之间的预测关系大约在 10% 到 50% 之间。[04:35]
separateness : n.分离;单独;分开 explanatory : adj.解释的;说明的 arousal : n.觉醒;激励 predictive : adj.预言性的;成为前兆的 physiological : adj.生理学的, 生理的 subjective : adj.主观的; 个人的; 自觉的 motivational : adj.动机的;激发性的;有关动机的;动机说明 genital : adj.生殖的;生殖器的/n.生殖器;外阴部 stimuli : n.刺激;刺激物;促进因素(stimulus的复数)	
Which is an enormous range.	这个范围很大。[04:43]
You just can't predict necessarily how a person feels about that sex-related stimulus just by looking at their genital blood flow.	你就是无法肯定预测出一个人对于性相关刺激的感觉如何,无法只透从他们的生殖器血流判断。[04:46]
When I explained this to my husband, he gave me the best possible example.	当我向我先生解释这一点时,他给了我最好的例子。[04:55]
He was like, "So, that could explain this one time, when I was in high school, I ...	他类似这样说:「所以,这就能解释有一次我在高中的时候,我.....」[04:59]
I got an erection in response to the phrase ' doughnut hole.'	我对「油炸圈饼洞」这个词会有勃起反应。」[05:04]
(Laughter) Did he want to have sex with the doughnut?	(笑声) 他想要和油炸圈饼性交吗? [05:07]
He was a teenage boy flooded with testosterone , which makes everything a little bit sex-related.	他是个睾丸素丰富的青少年,这就会让一切都和性有点关联。[05:12]
And it can go in both directions.	且这可能是双向的。[05:18]
A person with a penis may struggle to get an erection one evening, and then wake up the very next morning with an erection, when it's nothing but a hassle .	有老二的人可能会有天晚上突然遇到勃起困难,隔天却一大早就起床就勃起了,那时勃起实在没用,只会造成麻烦。[05:20]
I got a phone call from a 30-something friend, a woman, she said, "So, my partner and I were in the middle of doing some things and I was like, 'I want you right now.'	有位三十多岁的女性朋友打电话给我,她说:「我和我的另一半正在做一些事,我说:『我现在就想要你。』」[05:29]
enormous : adj.庞大的, 巨大的; 凶暴的, 极恶的 erection : n.勃起;建造;建筑物;直立 doughnut : n.油炸圈饼;圆环图;电子回旋加速器环状真空室 flooded : adj.浸没的,淹没的;充斥;洪水浸没的;灌溉/v.淹没(flood的过去分词);发生水灾 testosterone : n.[生化]睾酮,睾丸素(男性荷尔蒙的一种) hassle : vt.找麻烦,搅扰;与...争辩;使...烦恼/n.困难,麻烦;激战/vi.争论,争辩	
And he said, 'No, you're still dry, you're just being nice.' And I was so ready.	他说:『不,你还是干的,你只是在扮好人而已。』我已经准备得非常好了。[05:37]
So what's the matter, is it hormonal , should I talk to a doctor, what's going on?"	所以,怎么回事? 是荷尔蒙? 我要看医生吗? 发生了什么事?」[05:43]
Answer?	答案? [05:47]
It's arousal nonconcordance.	那就是性兴奋不一致。[05:48]
If you're experiencing unwanted pain, talk to a medical provider .	若你有感觉到不必要的痛苦,去找医疗机构。[05:50]
Otherwise -- arousal nonconcordance.	否则就是性兴奋不一致。[05:54]
Your genital behavior just doesn't necessarily predict your subjective experience of liking and wanting.	你的生殖器行为不见得能预测出你对于「喜欢」和「想要」的主观体验。[05:56]
Another friend, back in college, told me about her first experiences of power play in a sexual relationship.	在大学的时候,另一个朋友告诉我她在性关系中初次体验到权力游戏。[06:02]
She told me that her partner tied her up with her arms over her head like this, she's standing up and he positions her so she's straddling a bar, presses up against her clitoris , like this.	她告诉我,她的另一半把她绑起来,把她的手绑在头上,像这样,她站立着,他调整好她的姿势,她跨坐在杆子上,杆子向上抵着她的阴蒂,像这样。[06:07]
So there's my friend, standing there, and the guy leaves.	我的朋友站在那里,那家伙就离开了。[06:16]
hormonal : adj.荷尔蒙的,激素的 unwanted : adj.不需要的;有害的;讨厌的;空闲的 provider : n.供应者;养家者 straddling : n.苗行两侧耕作/v.叉开;跨坐(straddle的ing形式) up against : 面临 clitoris : n.[解剖]阴蒂;阴核	
It's a power play.	那就是权力游戏。[06:19]
Leaves her alone.	她被单独留下。[06:20]

So there's my friend, and she goes, "I'm bored." (Laughter) And the guy comes back and she says, "I am bored." And he looks at her and he looks at the bar and he says, "Then why are you wet?" Why was she wet? Is it sex-related to have pressure directly against your clitoris? Yeah. Does that tell him whether she wants or likes what's happening? Nope. What does tell him whether she wants or likes what's happening? She does! She recognized and articulated what she wanted and liked. All he had to do was listen to her words. My friend on the phone -- what's the solution? You tell your partner, "Listen to your words." Also, buy some lube .	所以,我朋友在那里,她说:「我好无聊。」[06:21] (笑声) 那家伙回来了,她说:「我好无聊。」[06:25] 他看着她,他看着那根杆子,他说:「那你为什么没湿?」[06:30] 为什么她会湿? [06:35] 把压力直接加在你的阴蒂上,是和性有关联的动作吗? [06:38] 是的。[06:42] 那是否能帮他判断她是否 想要或喜欢当时发生的事? [06:43] 不能。[06:47] 那要如何知道她是否 想要或喜欢当时发生的事? [06:49] 问她! [06:54] 她知道且能清楚表达 她想要和喜欢什么。[06:55] 他只需要倾听她说的话即可。[06:59] 跟我通电话的朋友—— 解决方案是什么? [07:02] 你告诉你的另一半:「倾听你说的话。」[07:05] 此外,买些润滑油。[07:09]
articulated: adj. 铰接式的;清晰的;组织缜密的;有关节的/v. 铰接(articulate的过去分词);明确地表达;使相互连贯 lube: n. 润滑油(等于lubrication)	
(Laughter) (Applause) Applause for lube, absolutely. (Applause) Everyone, everywhere. But I want to tell you a darker listen-to-her-words story.	(笑声) [07:11] (掌声) 为润滑油掌声,当然啦。[07:13] (掌声) 任何地方任何人都都是如此。[07:16] 但我想告诉各位一个更黑暗的「倾听她的话」故事。[07:20]
This one comes from a note that a student sent me after I gave a lecture about arousal nonconcordance. She was with a partner, a new partner, glad to be doing things, and they reached a point where that was as far as she was interested in going and so she said no. And the partner said, "No, you're wet, you're so ready, don't be shy." Shy? As if it hadn't taken all the courage and confidence she had to say no to someone she liked. Whose feelings she did not want to hurt. But she said it again. She said no. Did he listen to her words? In the age of Me Too and Time's Up, people ask me, "How do I even know what my partner wants and likes?"	这个故事来自一名学生 写给我的字条, 这是在我教完关于 性兴奋不一致的课之后。[07:23] 她和一个人在一起,刚开始交往,很高兴能一起做些事,他们的关系到了 她已经不想要再进一步的程度,所以她说「不」。[07:28] 而另一半说:「不,你湿了, 那表示你准备好了,别害羞。」[07:37] 害羞? [07:42] 说得好像她不需要 用尽所有勇气和信心 来拒绝她喜欢的人。[07:43] 她并不想要伤害他的感受。[07:49] 但她又再说了一次。[07:52] 她说不。[07:55] 他有倾听她说的话吗? [07:57] 在「我也是」和「时间到」的时代(反性骚扰运动),我会被问到:「我要如何知道我的另一半 想要和喜欢什么? [08:01]
say no to: 拒绝;反对;否定	
Is all consent to be verbal and contractual now?" There are times when consent is ambiguous and we need a large-scale cultural conversation about that. But can we make sure we're noticing how clear consent is if we eliminate this myth? In every example I've described so far, one partner recognized and articulated what they wanted and liked: "I want you right now." "No." And their partner told them they were wrong. It's gaslighting . Profound and degrading . You say you feel one way, but your body proves that you feel something else. And we only do this around sexuality , because arousal nonconcordance happens with every emotional and motivational system we have.	现在所有的同意都是 口头的、契约性质的吗? [08:08] 有些时候,同意是很模糊的, 我们需要对此进行 大规模的文化对话。[08:10] 但我们是否能确定, 如果我们消除了这项迷思, 就能注意到同意有多清楚? [08:16] 在我目前所描述的每个例子中, 其中一半知道且明确表达 他们想要和喜欢什么:「我现在就想要你。」[08:22] 「不。」[08:30] 而他们的另一半 告诉他们:他们错了。[08:32] 这是点煤灯。[08:35] 很深奥且把人降格。[08:36] 你说你的感觉是这样, 但你的身体却证明 你的感觉不是那样的。[08:38] 我们只有在扯到性行为时才这么做, 因为性兴奋不一致的发生 和我们所有的情绪 和动机系统都有关。[08:43]

consent to: 同意;答应;赞成 verbal: adj.口头的;言语的;动词的;照字面的/n.动词的非谓语形式 contractual: adj.契约的,合同的 ambiguous: adj.模糊不清的;引起歧义的 large-scale: adj.大规模的,大范围的;大比例尺的 gaslighting: 煤气灯照明的 degrading: adj.可耻的;丧失体面的;不名誉的/v.退化(degrade的ing形式);减少;降低...的身份 sexuality: n.[胚]性别;性欲;性征;性方面的事情(比如性行为或性能力)	
If my mouth waters when I bite into a wormy apple, does anybody say to me, "You said no, but your body said yes?"	如果当我咬下有虫的苹果时, 我的嘴巴流口水了, 会不会有人对我说:「你说不要,但你的身体说要?」[08:50]
(Laughter) And it's not only our partners who get it wrong. The National Judicial Education Program published a document called "Judges Tell: What I Wish I Had Known Before I Presided in a Case of an Adult Victim of Sexual Assault ."	(笑声) 且不只是我们的另一半会误解。[08:59] 国家司法教育计划出版了一份文件, 题名为「法官判定:我希望 在我接管一个成人受害者 遭受性侵害案件之前就能知道的事」。[09:03]
Number 13: On occasion , the victim, female or male, may experience a physical response, but this is not a sexual response in the sense of desire or mutuality."	第 13 条例:「偶尔,受害者,不论男女, 有可能会发生身体反应, 但这并不是出于欲望 或是相互关系的性反应。」[09:14]
This brings me one step closer into the darkness, and then I promise we will find our way into the light.	这就让我向黑暗又再靠近了一步, 接着,我保证我们会找到 通往光明的路。[09:24]
I'm thinking of a recent court case involving multiple instances of non-consensual sexual contact.	我在想最近的一个法庭案件, 是关于多次发生 未受到同意的性接触。[09:29]
Imagine you're on the jury and you learn that the victim had orgasms .	想像你是陪审团, 你得知受害者有高潮。[09:33]
wormy: adj.有虫的,虫蛀的;似虫的;卑躬屈膝的 Presided: v.主持(preside的过去式) Sexual Assault: 性侵犯;性暴力 On occasion: 有时;偶尔 involving: v.涉及;包括;使陷于(involve的ing形式) instances: n.相依物体,例子;实体(instance的复数)/v.举例说明(instance的第三人称单数形式) orgasms: n.[生理]性高潮;极度兴奋(orgasm的复数)/v.达到性高潮(orgasm的单三形式)	
Does it change how your gut responds to the case?	那是否会改变你对于 这个案件的本能反应? [09:39]
Let me remind you, orgasm is physiological; it is a spontaneous, involuntary release of tension, generated in response to sex-related stimuli.	让我提醒各位,高潮是生理的; 它是一种自发性、非自愿性的压力释放, 会因为性相关的刺激而产生。[09:42]
But the perpetrator's lawyer made sure the jury knew about those orgasms because he thought the orgasms could be construed as consent.	但行兇者的律师确保陪审团 知道这些高潮的发生, 因为他认为高潮可以被推断为同意。[09:51]
I will also add that this was a child being abused by an adult in the family.	我还要补充一点,这个案件 是孩童被家庭中的成人给虐待。[10:00]
I invite you to breathe.	我想请各位呼吸。[10:04]
That kind of story can give a person all kind of feelings, from rage to shame to confused arousal because it is sex-related, even though it is appalling .	那种故事可能会给人各种感受, 从愤怒,到羞耻, 到让人困惑的性兴奋, 因为它和性有关, 即便它是很骇人的事件。[10:06]
But even though I know it's difficult to sit with those feelings in a room full of strangers, if we can find our way through all of the messy feelings,	但即使我知道, 在一个都是陌生人的房间中, 那些感觉会让人坐立难安, 如果我们能找到一条路 穿过所有这些混乱的感受,[10:18]
I believe we will find our way to the light of compassion for that child, whose relationship with her body was damaged by an adult whose job it was to protect it.	我相信我们能找到通往光的路, 同情那个孩子, 她和她身体之间的关系受到了损害, 兇手正是应该要保护它的成人。[10:27]
responds: 响应 spontaneous: adj.自发的; 自然的; 无意识的 involuntary: adj.无意识的;自然而然的;不知不觉的 construed: 翻译 appalling: adj.可怕的;令人震惊的/v.使惊愕;惊吓(appal的ing形式) sit with: 临时替人照看 messy: adj.凌乱的,散乱的;肮脏的,污秽的;麻烦的 compassion: n.同情; 怜悯	
And we'll find hope that there was a trustworthy adult who could say, "Genital response just means it was a sex-related stimulus; doesn't mean it was wanted or liked, certainly doesn't mean it was consented to.	我们会找到希望, 希望能有个值得相信的成人, 能跳出来:「生殖器反应 只意味着这是和性相关的刺激; 并不表示被害人想要或喜欢它, 肯定也不表示被害人同意。」[10:40]
(Applause) That compassion and that hope are why I travel all over, talking about this to anyone who will listen.	(掌声) 那种同情及那种希望, 就是为什么我会四处旅行 跟任何愿意倾听的人谈论这个议题。[10:52]
I can see it helping people, even as I say the words.	我可以看到它能协助人, 即便我只是说出来,[11:05]
I invite you to say the words.	我想请各位说出来。[11:11]
You don't have to say "clitoris" in front of 1000 strangers.	你们不需要在一千个陌生人 面前说「阴蒂」。[11:15]
But do have one brave conversation.	但请务必要做勇敢的对谈。[11:18]
Tell this to someone you know who has experienced sexual violence -- you definitely know someone.	把这项资讯告诉你所认识 经历过性暴力的人——你一定认识这样的人。[11:22]
In the US it's one in three women.	在美国,三个女人中就有一个。[11:26]

One in six men.	六个男人中就有一个。[11:28]
Almost half of transgender folks.	变性人则是近半。[11:30]
Say "Genital response means it's a sex-related stimulus.	说「生殖器反应意味着 这是和性相关的刺激。[11:33]
It doesn't mean it was wanted or liked."	并不表示当事人想要或喜欢它。」[11:36]
trustworthy : adj.可靠的;可信赖的 consented : vi.同意;赞成;答应/n.同意;(意见等的)一致;赞成 transgender : n.跨性别;跨性别者	
Say it to a judge you know or a lawyer you know, or a cop or anyone who might sit on a jury in a sexual assault case.	把这资讯告诉你认识的法官或律师, 或警察,或有可能在性侵案件中 坐在陪审团席上的任何人。[11:39]
Say "Some people think that your body doesn't respond if you don't want or like what's happening, if only that were true.	说:「有些人认为, 若你不想要或不喜欢 正在发生的事情, 你的身体就不会有反应, 但愿那是真的。[11:46]
Instead, arousal nonconcordance.	其实是性兴奋不一致。[11:52]
Say this to the confused teenager in your life who is just trying to figure out what, even, what?	把这项资讯告诉你生活中 感到困惑的青少年少女, 他们都还在试图搞清楚状况。[11:55]
Say, if you bite this moldy fruit and your mouth waters, nobody would say to you, "Well, you just don't want to admit how much you like it."	如果你咬下这发霉的水果, 而你的嘴巴流口水了, 没有人会对你说:「嗯,你只是不想要承认 你有多喜欢它。」[12:03]
Same goes for down below, arousal nonconcordance.	下体也是一样的,性兴奋不一致。[12:13]
Say it to your partner.	把它告诉你的另一半。[12:17]
My genitals do not tell you what I want or like.	我的生殖器不会告诉你 我想要或喜欢什么。[12:19]
I do.	我才会告诉你。[12:22]
(Applause) The roots of this myth are deep and they are entangled with some very dark forces in our culture.	(掌声) 这项迷思的根源很深, 且与我们文化中一些 非常黑暗的力量纠结在一起。[12:24]
sit on : 开庭审理;成为...的一员;旁听;列席 only that : 只是;要不是 moldy : adj.发霉的;乏味的;陈腐的 genitals : n.生殖器;外阴部 entangled : adj.卷入的;被缠住的/v.卷入;使...混乱;使...纠缠	
But with every brave conversation we have, we make the world that little bit better, a little simpler for the confused teenager.	但每当我们能进行勇敢的对谈, 我们就能为困惑的青少年男女,把世界变得 更好一点,更简单一点。[12:34]
A little easier for your friend on the phone, worried that she's broken.	让你那位打电话给你, 担心自己心碎的朋友,能好过一点。[12:43]
A little easier and safer for the survivors, one in three women.	也能让生存者更好过、更安全一点, 那是三个女人中就有一个。[12:48]
One in six men.	六个男人中就有一个。[12:53]
Half of trans folks.	变性人中一半的人。[12:55]
Me too.	我也是。[12:58]
So for every brave conversation you have, thank you.	所以,对于你所进行的 每一次勇敢对谈, 我谢谢你。[13:00]
(Applause) Thank you.	(掌声) 谢谢大家。[13:05]
Thanks.	谢谢。[13:15]
(Applause) Helen Walters: Emily, come up here.	(掌声) 海伦·华特斯:艾蜜莉,请上来。[13:16]
Thank you so much.	非常谢谢你。[13:21]
I know that you do this all the time, and yet, still, I'm so grateful to you for having the courage to come and talk about that on this stage.	我知道你常在做这类演说, 但我仍然很感激你能有勇气 来这里上台,并谈论那个主题。[13:23]
It really took a lot and we're very grateful to you.	那真的很了不起,我们很感谢你。[13:30]
So thank you.	所以,谢谢你。[13:33]
Emily Nagoski: I am grateful to be here.	艾蜜莉·纳高斯基:我很荣幸来这里。[13:34]
HW: So in your regular day job, I imagine, as you put at the top of the talk, you get asked a lot of questions.	海:在你平常白天的工作中, 如同你在这场演说一开头说的, 我想像你会被问到很多问题。[13:36]
grateful to : 感激,感谢	
But what's the one question that you get asked all the time that you can share with everyone here so you don't have to answer it 1000 times throughout the rest of the week?	但哪个问题是你总是会被问到的? 你可以在这里和大家分享, 你就不用在接下来的 一周 再回答一千次。[13:41]
EN: The question I get asked most often is actually the question underneath pretty much all the other questions, so, can you get addicted to your vibrator, please help me with my erectile dysfunction ?	艾:我最常被问的问题 其实是几乎所有 其他问题背后的问题, 你有可能对按摩器上瘾吗? 我有勃起功能障碍,请帮帮我? [13:51]
Underneath every question is actually the question, "Am I normal?"	在每个问题的背后,其实都是 一个问题:「我正常吗? 」[14:01]

To which my answer in my mind is, what even is normal and why is that what you want your sexuality to be?	对这个问题,我心中的答案是,正常是什么?你为什么 会 希望你的性是正常的? [14:04]
Why do we only want to be normal around sexuality?	为什么在性方面我们只想要正常? [14:11]
Don't we want to be extraordinary?	我们不想要不凡吗? [14:14]
Like, do you just want normal sex or do you want awesome sex in your life?	比如,你的人生中只想要 正常的性爱? 还是很棒的性爱? [14:16]
I think, though, there's a lot of fear around being too different sexually.	不过,我想,在性方面,太与众不同会带来恐惧。 [14:19]
When people are asking me, "Is this thing I'm experiencing normal,"	当有人问我:「我经历的这个状况正常吗?」 [14:24]
underneath: prep.在...的下面; 在...的形式下; 在...的支配下/adv.在下面; 在底下/n.下面; 底部/adj.下面的; 底层的	
erectile: adj.勃起的;[昆]可使直立的 dysfunction: n.功能紊乱;机能障碍;官能不良/vi.功能失调;出现机能障碍;垮掉	
awesome: adj.令人敬畏的;使人畏惧的;可怕的;极好的	
what they're actually asking me is, "Do I belong?"	他们其实是在问我:「我属于哪儿吗?」 [14:28]
Do I belong in this relationship, do I belong in this community of people, do I belong on earth as a sexual person?	我属于这段关系吗? 我属于这个人类社群吗? 就性方面,我属于地球吗? [14:31]
To which the answer is always a resounding yes.	这些问题的答案 永远都是响亮的「是」。 [14:38]
The only barrier there is, the only limit there is, there are two: one, if you're experiencing unwanted sexual pain, talk to a medical provider.	只有两项障碍或是限制: 第一,如果你感受到 不想要的性痛苦, 去找医疗机构谈谈。 [14:42]
And two: As long as everybody involved is free and glad to be there, and free to leave whenever they want to, you're allowed to do anything that you want to.	第二:只要相关涉入的人 都很自由且高兴能 在场, 且想要离开的时候就能离开, 你就可以做任何你想要做的事。 [14:51]
There is no script, there is no box you have to fit into, you're allowed, as long as there is consent and no unwanted pain, you're totally free to do whatever you want.	没有脚本,没有你需要配合的标准, 只要有同意,没有不想要的痛苦, 你就可以完全自由地 去做你想做的。 [15:00]
HW: Amazing. Thank you so much.	海:很棒。非常谢谢你。 [15:09]
EN: Thank you.	艾:谢谢你。 [15:11]
HW: Thank you, you're incredible.	海:谢谢你,你棒极了。 [15:12]
(Applause)	(掌声) [15:14]
resounding: adj.响亮的;轰动的;彻底的/v.回响(resound的ing形式)	

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