

TED演讲者: Zachary R. Wood | 扎哈里·R·伍德

演讲标题: Why it's worth listening to people you disagree with | 为何值得聆听那些与你意见不同的人

内容概要: We get stronger, not weaker, by engaging with ideas and people we disagree with, says Zachary R. Wood. In an important talk about finding common ground, Wood makes the case that we can build empathy and gain understanding by engaging tactfully and thoughtfully with controversial ideas and unfamiliar perspectives. "Tuning out opposing viewpoints doesn't make them go away," Wood says. "To achieve progress in the face of adversity, we need a genuine commitment to gaining a deeper understanding of humanity."

扎哈里·R·伍德说,透过和与我们意见不同的人交流想法,会令我们变得更强大,而非更脆弱。在这场关于寻找共同点的重要演讲中,伍德举例,透过巧妙且深思后的方式,探讨有争议想法和陌生的观点,我们能建立同理心并增进了解。伍德说:「拒绝反对的观点并不会让它们消失;为了在逆境中有所成长,我们需要真正的投入,更深入了解人性。」

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In 1994, Charles Murray and Richard Herrnstein coauthored "The Bell Curve,"

1994 年, 查尔斯·莫里[00:14]

an extremely **controversial** book which claims that on average, some races are smarter and more likely to succeed than others.

这是本非常有争议的书, 声称平均而言, 有些种族比较聪明, 也较容易成功。[00:19]

Murray and Herrnstein also suggest that a lack of **critical** intelligence explains the **prominence** of violent crime in poor **African-American** communities.

莫里和赫恩斯坦也暗指 智力明显较低的情况 能解释为什么大部分的暴力犯罪 发生在贫穷的非裔美籍社区。[00:27]

But Charles Murray and Richard Herrnstein are not the only people who think this.

查尔斯·莫里和理查德·赫恩斯坦 不是唯一这样想的人。[00:39]

In 2012, a writer, journalist and political **commentator** named John Derbyshire wrote an article that was supposed to be a **non-black** version of the talk that many black parents feel they have to give their kids today: advice on how to stay safe.

2012 年, 身兼作家、记者 和政治评论员的德比夏尔 写篇文章给非黑人群, 但许多黑人父母觉得 这也适用于他们的小孩: 保持安全的建议。[00:43]

In it, he offered **suggestions** such as: "Do not attend events likely to draw a lot of blacks,"

文章中,他说例如:「别参加可能吸引 一群黑人的活动。」[01:00]

"**Stay out** of heavily black neighborhoods"

「离黑人多的社区远一点。」[01:06]

**controversial**: adj.有争议的; 有争论的 **critical**: adj.鉴定的; [核]临界的; 批评的, 爱挑剔的; 危险的; 决定性的; 评论的 **prominence**: n.突出;显著;突出物;卓越 **African-American**: 非洲裔美国人(指美国黑人) **commentator**: n.评论员,解说员;实况播音员;时事评论者 **non-black**: 非黑人/非黑人的 **suggestions**: n.民众意见箱;员工意见箱 **Stay out**: 呆在户外;不回家;持续到...结束

and "Do not act the Good **Samaritan** to blacks in **distress**." And yet, in 2016, I invited John Derbyshire **as well as** Charles Murray to speak at my school, knowing full well that I would be giving them a platform and attention for ideas that I **despised** and rejected.

及「别对处在 急难之中的黑人太好心。」[01:09]

But this is just a further evolution of a journey of uncomfortable learning throughout my life.

但这只是我人生中 不舒服学习的演变。[01:30]

When I was 10 years old, my mother was **diagnosed** with **schizophrenia**, a mental illness **characterized** by mood **swings** and **paranoid delusions**.

当我十岁时,我妈 被诊断思觉失调症, 这是一种精神疾病, 特征是情绪波动和偏执妄想。[01:37]

Throughout my life, my mother's rage would turn our small house into a **minefield**.

我人生中,妈妈的愤怒 会把我们的小屋 变成地雷区。[01:47]

Yet, though I feared her rage on a daily basis, I also learned so much from her.

尽管我对她每天的愤怒感到害怕, 我也从她那学到很多。[01:54]

**Samaritan**: n.撒马利安人;乐善好施者/adj.撒马利安人的 **distress**: n.危难, 不幸; 贫困; 悲痛/vt.使悲痛; 使贫困 **as well as**: 也;和...一样;不但...而且 **despised**: adj.受轻视的/v.轻视(despise的过去分词);看不起 **diagnosed**: v.诊断;被诊断为(diagnose的过去分词) **schizophrenia**: n.[内科]精神分裂症 **characterized**: adj.以...为特点的 **swings**: n.摇摆,改变,冲力(swing的复数形式);(复数)秋千/v.摇摆,使...旋转(swing的单三形式) **paranoid**: adj.类似妄想狂的;属于偏执狂的/n.患妄想狂的人;偏执狂患者 **delusions**: n.[内科]妄想;错觉(delusion的复数形式) **minefield**: n.布雷区;充满隐伏危险的事物

Our relationship was complicated and challenging, and at the age of 14, it was decided that I needed to live **apart from** her.

我们的关系复杂且有挑战性, 我 14 岁时, 被判定必须和她分开住。[02:00]

But over the years, I've come to appreciate some of the important lessons my mother taught me about life.

几年后,我开始欣赏 我妈教我的那些 有关人生的重要课程。[02:11]

She was the first person who spoke to me about learning

她是第一个跟我说 要从反面学习的人,[02:18]

from the other side.

And she, like me, was born and raised in a family of committed liberal **democrats**.

她跟我一样,出身在一个自由民主的家庭里。[02:24]

Yet, she encouraged me to see the world and the issues our world faces as complex, controversial and **ever-changing**.

然而,她鼓励我把世界及世界上正面对的问题看作复杂、有争议及不断变动的。[02:30]

One day, I came across the phrase "**affirmative** action" in a book I was reading.

有天,我在一本书中看到「平权行动」这词。[02:40]

And when I asked her what the term meant, she spent what felt like an hour giving me a thorough and thoughtful explanation that would **make sense** to a small child.

当我问我妈这是什么意思,她说了仿佛一小时给我一完整及深刻的解释,而这能让小朋友理解。[02:45]

She even made the topic sound at least as interesting as any of my professors have.

她甚至让这题目听起来至少和我的教授上课一样有趣。[02:54]

**apart from**: 除...之外;且不说;并且 **democrats**: n.民主党员(democrat的复数);民主主义者 **ever-changing**: adj.千变万化的;常变的 **affirmative**: adj.肯定的;积极的/n.肯定语;赞成的一方 **make sense**: 有意义;讲得通;言之有理

She explained the many reasons why people of various political views challenge and support affirmative action, **stressing** that, while she strongly supported it herself,

她解释许多原因,为什么不同政治观点的人挑战或支持平权运动,她强调,虽然她很坚持自己的主张,[03:00]

it was important for me to view the issue as a controversial one with a long history, a **questionable** future and a host of **complicating** factors.

但同时很重要的,是把这议题看成一个长期的争议、一个有疑虑的未来及一系列复杂的因素。[03:11]

While affirmative action can increase the presence of **minorities** at elite educational institutions, she felt that it could also disadvantage **hardworking** people of different races from more **affluent** backgrounds.

尽管平权运动能增加弱势族群在精英教育机构的比例,她认为这也对不同族群、来自富裕背景的努力人士不利。[03:22]

My mom wanted me to understand that I should never just **write off** opinions that I **disagreed** with or **disliked**, because there was always something to learn from the **perspectives** of others, even when doing so might be difficult.

我妈希望我了解,我不该总是只写下不同意或不喜欢的意见,因为人总能从不同观点学到东西,尽管这么做可能很难。[03:37]

**stressing**: 强调/加压(stress的现在分词) **questionable**: adj.可疑的;有问题的 **complicating**: 并发 **minorities**: n.少数(minority的复数形式);少数民族;少数族裔 **hardworking**: adj.努力工作的;不辞辛劳的,苦干的/v.努力工作(hardwork的ing形式) **affluent**: adj.富裕的;丰富的;流畅的/n.支流;富人 **write off**: 勾销;取消;很快地写好 **disagreed**: vi.不同意;不一致;争执;不适宜 **disliked**: vt.不喜欢,厌恶/n.嫌恶,反感,不喜爱 **perspectives**: n.[数]透视,远景,看法;构图;观点展示(perspective的复数形式)

But life at home with my mom was not the only aspect of my journey that has been **formative** and uncomfortable.

和我妈相处的时光,不是唯一造就我又令我感到不舒服的过程。[03:53]

In fourth grade, she decided that I should attend a **private school** in order to receive the best education possible.

四年级时,她决定让我读私立学校,如此我能得到最好的教育机会;[04:01]

As a black student attending **predominantly** white private schools, I've **encountered attitudes** and behaviors that **reflected** racial **stereotypes**.

身为黑人学生,进入白人为主的私立学校,我面对一些反映了种族刻板印象的态度和行为。[04:08]

Several of my friends' parents assumed within minutes of meeting me that my best skill was playing basketball.

有很多我朋友的爸妈才见到我几分钟,就假定我最擅长的是篮球,[04:16]

And it really upset me to think that my race made it harder for them to see me as a student who loved reading, writing and speaking.

这让我很挫折,因为种族因素使其他人认为我喜爱阅读、书写和演讲难以想像。[04:25]

Experiences like this **motivated** me to work **tirelessly** to **disprove** what I knew people had assumed.

这种经验激发我不眠不休的工作,来推翻别人的成见。[04:32]

**formative**: adj.形成的;造型的;格式化的/n.构词要素 **private school**: n.私立学校;私立中小学 **predominantly**: adv.主要地;显著地 **encountered**: v.遇到;曾遭遇(encounter的过去式) **attitudes**: n.态度,看法(attitude复数) **reflected**: adj.反射的;得自他人的/v.反射;思考(reflect的过去式和过去分词) **stereotypes**: vt.使用铅版;套用老套,使一成不变/n.陈腔滥调,老套;铅版 **motivated**: adj.有动机的;有积极性的/v.使产生动机;激发...的积极性(motivate的过去式和过去分词) **tirelessly**: adv.不知疲倦地;不屈不挠地 **disprove**: vt.反驳,证明...是虚假的

My mother even said that, in order to put my best foot forward, I had to be patient, alert and **excruciatingly well-mannered**.

我妈甚至说,为了更加往前迈进,我要有耐心、机警及行为极为端正。[04:42]

To prove that I belonged, I had to show **poise** and confidence, the ability to speak well and listen closely.

为了证明我并非圈外人,我要展现优雅和自信,以及表达和倾听的能力。[04:49]

Only then would my **peers** see that I deserved to be there as much as they did.

只有这样我的同侪才会认为我和他们一样够格待在那里。[04:56]

Despite this racial **stereotyping** and the **discomfort** I often felt, the learning I gained from other **aspects** of being at an elite private school were **incredibly** valuable.

尽管经常感到种族刻板印象和不适,我在菁英私立学校里学到不同的观点,而这非常有价值。[05:01]



I was encouraged by my teachers to explore my curiosity, to challenge myself in new ways and to <b>deepen</b> my understanding of subjects that fascinated me the most.	我的老师鼓励我探索感兴趣的事物、用新方式挑战自我,并增进有兴趣科目的知识。[05:14]
And going to college was the next step.	上大学是下一步。[05:26]
I was excited to take my intellectual drive and interest in the world of ideas to the next level.	我很开心能把思想动力和兴趣带进思想界的下一阶段,[05:29]
<b>excruciatingly</b> : adv.极其痛苦地;难以忍受地 <b>well-mannered</b> : adj.有礼貌的;行为端正的;文雅的 <b>poise</b> : n.平衡;姿势;镇静/vt.使平衡;保持...姿势/vi.平衡;准备好;悬着 <b>peers</b> : n.平辈,同事(peer的复数)/v.凝视;比得上(peer的三单形式)	
<b>stereotyping</b> : n.刻板印象;浇版/v.把...浇铸成铅版;使成为陈规(stereotype的现在分词) <b>discomfort</b> : n.不适,不安;不便之处/vt.使...不舒服;使...不安 <b>aspects</b> : n.方面;相位;面貌(aspect的复数) <b>incredibly</b> : adv.难以置信地;非常地 <b>deepen</b> : vt.使加深;使强烈;使低沉/vi.变深;变低沉	
I was eager to engage in <b>lively</b> debate with peers and professors and with outside speakers; to listen, to learn and gain a deeper understanding of myself and of others.	我渴望参与和同僚及教授的讨论,以及和外来的讲者对谈,去听、去学、以及更深刻了解自我和他人。[05:34]
While I was fortunate to meet peers and professors who were interested in doing the same thing, my desire to <b>engage with</b> difficult ideas was also met with resistance.	然而当幸运遇见喜欢做同样事情的同僚和教授时,我投入困难想法的渴望也碰到了阻力。[05:48]
To prepare myself to engage with <b>controversy</b> in the real world, I joined a group that brought controversial speakers to campus.	为了准备好自己参与真实世界的矛盾,我加入一个团体,他们邀请争议讲者进校园,[06:00]
But many people <b>fiercely opposed</b> this group, and I received significant <b>pushback</b> from students, <b>faculty</b> and my administration.	但许多人强烈反对这个团体,而我遭受巨大阻力,那些从学生、教职员及行政部门来的阻力。[06:08]
For many, it was difficult to see how bringing controversial speakers to campus could be valuable, when they caused harm.	对许多人来说,很难了解把争议讲者带进校园的价值,因为他们可能造成伤害;[06:20]
And it was disappointing to me facing personal attacks, having my administration cancel speakers and hearing my intentions <b>distorted</b> by those around me.	对我来说,我很失望要面对人身攻击,行政部门取消讲者并听闻那些被旁人扭曲的初衷。[06:28]
<b>lively</b> : adj.活泼的;生动的;真实的;生气勃勃的 <b>engage with</b> : 交战;与...接洽 <b>controversy</b> : n.争论;论战;辩论 <b>fiercely</b> : adv.猛烈地;厉害地 <b>opposed</b> : adj.相反的;敌对的/v.反对(oppose的过去分词);使对立 <b>pushback</b> : n.飞机推迟起飞 <b>faculty</b> : n.科,系;能力;全体教员 <b>distorted</b> : adj.歪曲的;受到曲解的/v.扭曲(distort的过去式和过去分词)	
My work also hurt the feelings of many, and I understood that.	我的工作也伤害很多人的感受,我知道的。[06:39]
Of course, no one likes being <b>offended</b> , and I certainly don't like hearing controversial speakers argue that <b>feminism</b> has become a war against men or that blacks have lower IQs than whites.	当然,没人喜欢被冒犯,我绝对不喜欢听到争议讲者争论女性主义已经变成一场对男人的战争,或是黑人比白人智商低的言论。[06:44]
I also understand that some people have experienced <b>traumatic</b> experiences in their lives.	我也了解,有些人经历过创伤经验。[06:57]
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And for some, listening to offensive views can be like <b>reliving</b> the very <b>traumas</b> that they've worked so hard to overcome.	对有些人来说,听到冒犯性的观点就像重新经历创伤,那些他们努力克服的创伤。[07:05]
Many argue that by giving these people a platform, you're doing more harm than good, and I'm reminded of this every time I listen to these points of view and feel my stomach turn.	许多人争论给这些人舞台是弊大于利,每当我听到这个观点就觉得很不舒服。[07:13]
Yet, <b>tuning out opposing viewpoints</b> doesn't make them go away, because millions of people agree with them.	然而,屏除反对观点在外并不会让它消失,因为仍有上百万人认同。[07:25]
<b>offended</b> : adj.不舒服,生气/v.冒犯(offend的过去分词) <b>feminism</b> : n.女权主义;女权运动;男女平等主义 <b>traumatic</b> : adj.外伤的;创伤的/n.外伤药 <b>reliving</b> : vt.再体验/vi.复活;再生 <b>traumas</b> : n.外伤;精神创伤(trauma的复数) <b>tuning</b> : n.[电子][通信]调谐;调音;起弦;协调一致;起音,定音 <b>opposing</b> : adj.反对的;相对的;对面的/v.反对(oppose的ing形式) <b>viewpoints</b> : 观点	
In order to understand the potential of society to progress forward, we need to understand the counterforces.	为了理解社会迈向进步的潜能,我们要了解反对的力量。[07:30]
By <b>engaging</b> with controversial and offensive ideas, I believe that we can find common ground, if not with the speakers themselves, then with the audiences they may attract or <b>indoctrinate</b> .	藉由探讨有争议和有攻击性的想法,我相信我们能找到共同点,除了演讲者本身,也包括被他们吸引或灌输观念的观众。[07:39]
Through engaging, I believe that we may reach a better understanding, a deeper understanding, of our own beliefs and <b>preserve</b> the ability to solve problems, which we can't do if we don't talk to each other and make an effort to be good <b>listeners</b> .	藉由参与,我相信我们能更加且更深入的了解各自的信念,以及维持解决问题的能力,我们不能解决问题,如果不和彼此沟通又不努力成为好听众。[07:53]
But soon after I announced that John Derbyshire would be	但在我宣布德比夏尔要来校园演讲不久,学生在社

speaking on campus, student <b>backlash erupted</b> on social media.	交媒体上反弹,[08:12]
The tide of resistance, in fact, was so <b>intense</b> , that my college president <b>rescinded</b> the invitation.	事实上,抵抗潮非常强烈,我大学校长因此取消邀请。[08:19]
I was deeply disappointed by this because, as I saw it, there would be nothing that any of my peers or I could do to silence someone who agreed with him in the office environment of our future employers.	对此我很失望,因为我发现,在我们未来雇主的办公环境中,我的同侪或我都无法让与校长持有相同意见的人沉默。[08:25]
<b>engaging:</b> adj.迷人的/v.参加(engage的ing形式);保证;雇用 <b>indoctrinate:</b> vt.灌输;教导 <b>preserve:</b> vt.保存;保护;维持;腌;禁猎/n.保护区;禁猎地;加工成的食品 <b>listeners:</b> n.听众;监听器(listener的复数) <b>backlash:</b> n.反冲;强烈抵制/vt.强烈反对;发生后冲 <b>erupted:</b> v.爆发;长出(erupt的过去分词) <b>intense:</b> adj.强烈的;紧张的;非常的;热情的 <b>rescinded:</b> 取消	
I look out at what's happening on college <b>campuses</b> , and I see the anger.	当我看看大学校园 发生了什么事时,我看到愤怒,[08:38]
And I get it.	且领受到了,[08:42]
But what I wish I could tell people is that it's worth the discomfort, it's worth listening, and that we're stronger, not weaker, because of it.	但我希望跟大家说,不舒服是值得的,聆听是值得的,而因为如此,我们变得 更坚强而非软弱。[08:44]
When I think about my experiences with uncomfortable learning, and I <b>reflect upon</b> them, I've found that it's been very difficult to change the values of the intellectual community that I've been a part of.	当我思考让自己不舒服的学习经验 并反思时,我发现很难改变 我所属知识社群的固有价值观。[08:54]
But I do feel a sense of hope when I think about the individual <b>interactions</b> that I've been able to have with students who both support the work that I'm doing and who feel challenged by it and who do not support it.	但我感到一点希望,当我想起自己的个人互动,那些支持我工作的学生、那些感到受到挑战的人和那些反对者。[09:10]
What I've found is that, while it can be difficult to change the values of a community, we can gain a lot from individual interactions.	我了解到 改变一个团体的价值观很难,但我们可以从个人互动中获得很多。[09:23]
While I didn't get to engage with John Derbyshire due to my president's disinvitation, I was able <b>to have dinner</b> with Charles Murray before his talk.	尽管我没办法和德比夏尔对谈——因为校长取消邀请——我还是和查尔斯·莫里 在演讲前共进晚餐。[09:31]
<b>campuses:</b> (大学)校园/大学/校园内的草地(campuse的复数) <b>reflect upon:</b> vt.考虑(回想;回顾) <b>interactions:</b> n.[计]交互,相互作用;相互交流(interaction复数) <b>to have dinner:</b> 吃晚饭	
I knew the conversation would be difficult.	我知道对话很困难,[09:41]
And I didn't expect it to be pleasant.	我也不期待会很愉快,[09:44]
But it was <b>cordial</b> , and I did gain a deeper understanding of his arguments.	但那晚很平顺,且我确实 更了解他的论点。[09:46]
I found that he, like me, believed in creating a more just society.	我发现他和我一样,相信能建造一个更公正的社会,[09:53]
The thing is, his understanding of what justice <b>entailed</b> was very different from my own.	关键是,他认知的正义 和我的非常不同;[09:58]
The way in which he wanted to understand the issue, the way in which he wanted to approach the issue of inequality also <b>differed</b> from my own.	他了解这议题的方式、他想解决不平等议题的方式,也和他的不同。[10:04]
And I found that his understanding of issues like welfare and affirmative action was tied and deeply <b>rooted</b> in his understanding of various <b>libertarian</b> and <b>conservative</b> beliefs, what <b>diminishes</b> and increases their presence in our society.	我发现他对于像福利 和平权运动议题的认识 与他 对自由主义 和保守信仰的理解紧密相连,而它们或多或少存在社会里。[10:12]
While he <b>expressed</b> his viewpoints <b>eloquently</b> , I remained <b>thoroughly unconvinced</b> .	虽然他振振有词地解释他的观点,我依然没被说服,[10:27]
<b>cordial:</b> adj.热忱的,诚恳的;兴奋的/n.补品;兴奋剂;甜香酒,甘露酒 <b>entailed:</b> vt.使需要,必需;承担;遗传给;蕴含/n.引起;需要;继承 <b>differed:</b> vt.使...相异;使...不同/vi.相异;意见分歧 <b>rooted:</b> adj.根深蒂固的;生根的/v.生根(root的过去式) <b>libertarian:</b> adj.自由的;自由论者的;持自由论的/n.自由意志主义者;行动自由论者 <b>conservative:</b> adj.保守的/n.保守派,守旧者 <b>diminishes:</b> (使)减少,缩小/减损(diminish的第三人称单数) <b>expressed:</b> v.表达(express的过去式和过去分词);(用符号等)表示;榨;(如在说话,写作或绘画中)表达(自己)的意见 <b>eloquently:</b> adv.善辩地;富于表现力地 <b>thoroughly:</b> adv.彻底地,完全地 <b>unconvinced:</b> adj.不信服的;怀疑的	
But I did <b>walk away with</b> a deeper understanding.	但对谈后我确实有更深入的理解。[10:32]
It's my belief that to achieve progress <b>in the face of</b> adversity, we need a <b>genuine</b> commitment to gaining a deeper understanding of <b>humanity</b> .	我相信,要在逆境中得到成长,我们需要真正的投入,去更深入地了解人性。[10:36]
I'd like to see a world with more leaders who are <b>familiar</b>	我想看到的世界是有更多领导者 熟悉那些他们强

<b>with</b> the depths of the views of those they deeply disagree with, so that they can understand the <b>nuances</b> of everyone they're <b>representing</b> .	烈反对的观点, 如此他们能了解 每个人代表的细微差异。 [10:49]
I see this as an ongoing process <b>involving</b> constant learning, and I'm confident that I'll be able to add value down the line if I continue building <b>empathy</b> and understanding through engaging with <b>unfamiliar</b> perspectives.	我认为这是不断学习的过程, 且我有信心能不断提升其价值, 如果我一直尝试 去建立同理心及理解他人, 藉由探究那些不熟悉的观点。 [11:02]
Thank you.	谢谢。 [11:16]
(Applause)	(鼓掌) [11:17]
<b>walk away with:</b> 顺手带走;轻易赢得;轻易获胜;偷走 <b>in the face of:</b> 面对 <b>genuine:</b> adj.真实的, 真正的; 诚恳的 <b>humanity:</b> n.人类; 人道; 仁慈; 人文学科 <b>familiar with:</b> 熟悉 <b>nuances:</b> 细微差别 <b>representing:</b> v.代表;表示,表现 (represent的ing形式) <b>involving:</b> v.涉及;包括;使陷于(involve的ing形式) <b>empathy:</b> n.神入;移情作用;执着 <b>unfamiliar:</b> adj. 不熟悉的;不常见的;没有经验的	

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