

## Maybe You Should Talk To Someone 1

### The Idiots.

1. I know how affirming it feels to blame the outside world for my frustrations, to deny ownership of whatever role I might have in the existential play called My Incredibly Important Life.

理所当然地将自己的不满迁怒于外界，在名为《我无比重要的人生》的现实情景剧中拒绝承担自己的戏份。我了解这种感觉。

◇ 句子主干：

**I know A. 我了解 A 这件事。**

● A = how affirming it feels. 这件事有多么令人感到自我肯定。

这个结构中的 it 指代后面并列的不定式结构：

--to blame the outside world for my frustrations (把我的挫败归咎于外界)；

--to deny ownership (否认所有权)；

即：我了解，把我的挫败归咎于外界，以及否定所有权，这有多么令人感到自我肯定。

● of whatever role I might have in the existential play called My Incredibly Important Life 是介词短语充当后置的定语，修饰 ownership；

● I might have in the existential play called My Incredibly Important Life 是省略引导词的定语从句，修饰 whatever role，即：在名为《我无比重要的人生》的现实情景剧中，我的无论什么角色的所有权；

按照字面意思整理句子，即是：我了解做一些事情会让人多么地感到自我肯定（也可以理解为：自己是对的），那就是把自己的挫败归咎于外界，否认自己在自己人生中扮演角色（即：对自己的人生负有责任）。

2. Aren't they supposed to be blank slates who never reveal anything about themselves, objective observers who refrain from calling their patients names—even in their heads?

他们不是应该像一块白板一样，把关于自己的一切都藏到背后吗？他们难道不应该是客观的观察者，甚至要避免直呼来访者的名字，就连在自己的思绪中也不行吗？

◇ 句子主干：

**Aren't they supposed to be blank slates, objective observers? 他们难道不应该是白板，客观的观察者？**

● who never reveal anything about themselves 是定语从句，修饰 blank slates，即：从不透露关于自己的任何事情的白板；

● who refrain from calling their patients names—even in their heads 是定语从句，修饰 objective observers，即：控制自己不去直呼来访者姓名的客观的观察者，甚至是在心里喊也不行。

这句话的结构其实是比较简单的，只要弄清楚两个定语从句就足够了。

3. Like in those National Geographic Channel shows that capture the embryonic development and birth of rare crocodiles, I want to capture the process in which humans, struggling to evolve, push against their shells until they quietly (but sometimes loudly) and slowly (but sometimes suddenly) crack open.

就像国家地理杂志频道拍摄某种稀有鳄鱼的胚胎如何发育及出生，我也想捕捉人类挣扎着进化然后努力冲破外壳的过程——这个过程有时很安静，有时动静很大；有时很缓慢，有时又只在瞬息间。

◇ 句子主干：

**I want to capture the process. 我想捕捉这个过程。**

- in which humans, struggling to evolve, push against their shells until they quietly (but sometimes loudly) and slowly (but sometimes suddenly) crack open 是定语从句，修饰 process，即：在这个过程中，人们挣扎着进化，努力冲破自己的外壳——这个过程有时很安静，有时动静很大；有时很缓慢，有时又只在瞬息间；
- Like in those National Geographic Channel shows 是介词短语充当状语，即：就像在国家地理频道的节目里那样；
- that capture the embryonic development and birth of rare crocodiles 是定语从句修饰 shows，即：那些捕捉某种稀有鳄鱼的胚胎如何发育及出生的节目；

这个结构中，介词 like 的宾语是一个介词短语 in those National Geographic Channel shows，我们顺便记住这一点：介词短语可以充当介词的宾语，比如：till after midnight（直到后半夜）；from across the river（从河对岸来）；from behind the door（从门后面来）。

4. So while the image of me with mascara running down my tear-streaked face between sessions may be uncomfortable to contemplate, that's where this story about the handful of struggling humans you are about to meet begins—with my own humanity.

作为一个治疗师，在治疗的间隙痛哭流涕，睫毛膏沿着泪痕淌过脸颊，这画面或许令人难以接受，但这就是故事的起点。在这个故事里，你将遇见一小撮正在苦苦挣扎的人类，这群人将和自己生而为本性展开艰苦卓绝的斗争，我自己也不例外。

◇ 句子主干：

that's where this story begins. 那就是这个故事开始的地方。

- about the handful of struggling humans you are about to meet 是介词短语充当定语，修饰 story，即“关于一些你即将见到的，挣扎中的人们故事”；
- you are about to meet 是定语从句，省略了引导词，在这里修饰 humans。
- So while the image of me with mascara running down my tear-streaked face between sessions may be uncomfortable to contemplate 是状语从句，从句的主干是：the image of me may be uncomfortable to contemplate，即：我的形象可能会让人想起来有点不舒服；
- with mascara running down my tear-streaked face between sessions 是介词短语充当定语，说明 the image of me 是“在治疗的间隙痛哭流涕，睫毛膏沿着泪痕淌过脸颊”；mascara 是 with 的宾语，running down my tear-streaked face between sessions 是现在分词充当宾语的补语。
- with my own humanity 这个补充部分可以稍微添加一些内容帮助理解：that's where this story begins. The story begins with my own humanity. 即：这就是这个故事开始的地方。这个故事开始于我的人性。

译本的翻译根据中文的表达习惯做了调整，我们试着尽量遵循字面和英文的语序来理解一下：所以，尽管我的形象（在治疗的间隙，我布满泪痕的脸上是流下来的睫毛膏）可能会让人想起来有点不舒服，但这就是这个故事开始的地方。这个故事是关于一些你即将见到的，挣扎中的人们。这个故事是以我的人性为起点开始的。

5. Not continuously, necessarily, but a majority of us sit on somebody else's couch at several points during our careers, partly to have a place to talk through the emotional impact of the kind of work we do, but partly because life happens and therapy helps us confront our demons when they pay a visit.

虽然不一定会一直去，但我们中的大部分人总会在职业生涯中的某些时刻坐到别的心理治疗师的沙发上。首先我们也需要时不时找个地方倾吐工作对自己情绪的影响，另外我们自己的人生也有波折，心理治疗能帮助我们与不时到访的心魔对峙。

◇ 句子主干：

a majority of us sit on somebody else” s couch. 我们中的大部分人会坐到别的心理治疗师的沙发上。

- Not continuously, necessarily 均为副词充当状语,说明咨询师去接受心理治疗并非是一直去,也不是必须去;
- at several points during our careers 是介词短语结构充当状语,表示在职业生涯的某些节点,我们也需要心理咨询;
- partly to have a place to talk through the emotional impact of the kind of work we do 是不定式短语充当状语,说明我们接受咨询,一部分是为了找个地方去“talk through the emotional impact of the kind of work we do”,即“详谈我们做的这份职业带给我们的情感影响”;
- partly because life happens and therapy helps us confront our demons when they pay a visit.是状语从句,说明接受咨询的另外一部分原因是,生活中难免有各种各样的事情发生,咨询可以帮助我们去面对到访的心魔。

6. And it’ s with this discovery that we can create a different relationship with our demons, one in which we no longer try to reason our way out of an inconvenient inner voice or numb our feelings with distractions like too much wine or food or hours spent surfing the internet (an activity my colleague calls “the most effective short-term nonprescription painkiller” ).

认识了这个事实,我们就可以尝试和自己的心魔建立一种新的关系,不再非要和内心那个引发困扰的声音争辩出个青红皂白,也不用再依赖酒精、暴饮暴食或是上网来麻痹我们的感受——虽然我的同事们也都把上网看作是“最佳短效非处方类止痛剂”。

◇ 句子主干:

it’ s with this discovery that we can create a different relationship with our demons. 认识了这个事实,我们就可以尝试和自己的心魔建立一种新的关系。

- 这是一个强调句,我们把强调结构 it’ s ....that....去掉,主干就是 with this discovery, we can create a different relationship with our demons.
- One 是 a different relationship 的同位语;
- in which 引导定语从句,修饰 one,也就是修饰 a different relationship;

——从句中:

we no longer try to reason our way out of an inconvenient inner voice 指的是“我们不再试图从困扰的内心声音中找出条路来”;

numb our feelings with distractions like too much wine or food or hours spent surfing the internet 这部分的 numb 和 reason 并列,即: we no longer try to numb... “我们不再试图用酒精,暴饮暴食或是上网等分心物来麻痹自己的感受”;

- my colleague calls “the most effective short-term nonprescription painkiller” 是定语从句,修饰 an activity,即:我的同事称之为“最有效的短期非处方止痛药”。