

# 肖申克的救赎 第一课

## 1. own up to

to admit or confess to something, especially a mistake, fault, or wrongdoing.

【原文】 I am one of the few people in our happy little family willing to own up to what they did. 在我们这个其乐融融的小团体里，我是少数几个愿意承认自己所作所为的人之一。

【解析】

“own up to” 表示承认、坦白某事（尤其是错误或过失），带有承担责任的意味。它比单纯的 admit 更强调主动性和勇气，通常用于描述在道德压力或他人期望下勇敢说出真相。常见搭配是 own up to a mistake / crime / lie。

【近义表达】

admit to - 承认

confess to - 坦白（多用于严重错误或罪行）

take responsibility for - 对……负责

acknowledge - 承认（较正式、中性）

【更多例句】

He owned up to breaking the window. 他承认了自己打碎了窗户。

She finally owned up to lying about her grades. 她最终承认自己在成绩上撒了谎。

## 2. see to it that

to make sure or ensure that something happens; to take responsibility for guaranteeing an outcome.

【原文】 The District Attorney saw to it that I was tried for all three deaths and given three life sentences... 地方检察官设法确保我因这三条人命都接受审判，并被判处三次无期徒刑……

【解析】

“see to it that” 表示设法确保某事发生。主语往往是有权力或有责任的人，暗示他们要“亲自盯紧”或“保证落实”。该结构多用于正式或书面表达，口语中更常用 make sure that。

### 【近义表达】

make sure that - 确保

ensure that - 保证

take care to - 留意去做……

be responsible for making sure that - 负责确保……

### 【更多例句】

Please see to it that the report is finished by tomorrow. 请确保报告在明天之前完成。

The manager saw to it that everyone received the updated schedule.

经理确保每个人都收到了更新后的日程。

### 3. as far as ... go

*used to limit a statement to a particular subject or scope; meaning “when it comes to ...” or “within the limits of ...”*

【原文】I don't even know what that word means, at least as far as prisons and corrections go.  
我甚至不知道那个词是什么意思，至少在监狱和矫正领域是这样。

### 【解析】

“as far as ... go” 表示就……而言 / 在……范围内，用来限定说话人的观点或知识范围。常见于口语和非正式写作，语气比 in terms of 或 with regard to 更轻松。

### 【近义表达】

in terms of - 就……而言

with regard to - 关于……

when it comes to - 一谈到……

in the field of - 在……领域

### 【更多例句】

As far as sports go, I'm only interested in basketball.

就体育而言，我只对篮球感兴趣。

It's not a bad movie, as far as romantic comedies go.

就浪漫喜剧而言，这部电影还不错。

#### 4. under one' s thumb

completely under someone' s control or domination; submissive to another' s authority.

【原文】…keeping me in his house and under his thumb, like a disagreeable pet…

……把我关在他家里，牢牢控制着我，就像一只讨人嫌的宠物……

【解析】

“under one' s thumb” 是一种形象化的习语，意思是完全受某人摆布或控制。拇指象征着力量与压制，仿佛某人被按在手下、无法挣脱。

【近义表达】

under sb' s control - 在某人控制之下

at sb' s mercy - 任某人摆布

dominated by sb - 被某人支配

in sb' s power - 在某人掌控之中

【更多例句】

He has his employees completely under his thumb.

他把员工牢牢控制在手心里。

She kept her younger brother under her thumb by threatening to tell their parents.

她用威胁告状的方式把弟弟牢牢控制住。

#### 5. work one' s way up

to gradually achieve a higher position, status, or level of success by starting from a lower point and advancing through effort and persistence.

【原文】Her father was agreeable to the marriage if I would take a job in the optical company he owned and “work my way up.”

如果我愿意在他开的光学公司找一份工作，并且一步步往上爬，他就同意这门婚事。

【解析】

“work one' s way up” 表示通过努力逐步晋升或改善地位，强调长期奋斗和逐级上升的过程。它常用于职业发展，但也可指在任何层级体系中逐渐进步。

**【近义表达】**

rise through the ranks - 逐级晋升

climb the ladder - 往上爬（口语化，强调地位提升）

advance step by step - 一步步前进

earn promotion through effort - 通过努力赢得晋升

**【更多例句】**

She started as a receptionist and worked her way up to manager.

她从接待员做起，一步步升到经理。

He worked his way up from poverty to become a successful entrepreneur.

他从贫困中一步步奋斗，最终成为成功的企业家。

动手造句：

1. 承认错误总比找借口要好。(own up to)

---

2. 她确保宾客得到了周到的照顾。(see to it that )

---

3. 在客户服务方面，他们是最好的公司之一。(as far as ... go)

---

4. 没人喜欢被别人控制。(under one' s thumb)

---

5. 许多政治家都是通过地方政府逐渐晋升的。(a regular sth)

---

参考答案：

1. It' s better to own up to your faults than to make excuses.

2. She saw to it that the guests were well taken care of.

3. As far as customer service goes, they' re one of the best companies.

4. Nobody likes to be under someone else' s thumb.

5. Many politicians worked their way up through local government.