

**About this script**

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**关于台词的备注:**

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**Relationships 感情关系**

John: Hello. Today, Jean and I are walking down the aisle.

Jean: John, what are you talking about? I'm not getting married to you!

John: Oh yes you are! Our lives will be wrapped in a blissful glow and we'll live happily ever after.

Jean: 我看 John 今天好像是有点不大对劲儿，他居然让我嫁给他，还说我们的生活将会包裹在层幸福的光辉之下 a blissful glow. 我看 John 这是又在搞英国人特有的冷幽默，真是什都能让他们开出玩笑来! John, is that a joke?

John: Well, yes this is a joke actually, but today we are going to be talking about marriage and relationships in Britain.

Jean: 原来我们今天的热门话题就是英国的婚姻和感情。 Ok John, so who are we speaking to today?

John: Well, Zara and Barnaby, and Nicola and Nick, talk about their experience of getting married, and how they felt about it after a few years of marriage.

Jean: 今天我们采访的这两对夫妻会给我们讲讲他们自己的体会。

John: Zara and Barnaby told us what it was like to be married for one year.

Jean: Listen out for some of these words and phrases.

John: The first one: A buzz – now, that's when you get a really positive feeling about something, you get a buzz out of it.

Jean: A buzz 一种来电的感觉。

John: Adrenalin.

Jean: 肾上腺激素。

John: Abstract.

Jean: 抽象的。

John: Part of a team.

Jean: 团队的一员。

John: Elation.

Jean: 兴高采烈，得意洋洋。

John: Picking out sofas.

Jean: 去购买和选沙发。

John: Installing central heating.

Jean: 安装中央暖气系统。

John: Sappy.

Jean: 容易动感情的。

John: Newly-weds.

Jean: 新婚夫妇。

John: Giggle.

Jean: 就是吃吃的笑，让我们听听 Zara 和 Barnaby 下面的这段自述吧。

### Insert

*Zara: After getting married I felt so happy, such a special happiness – almost an unnatural happiness – it's kind of a buzz, an adrenalin kind of thing, you know.*

*Barnaby: It's really hard to identify why you feel quite so excited, but you do.*

*Once you get married there's definitely a difference, an increase, a boost. You try and think about what is it about being married that makes me feel happy – it's a bit abstract really. But I suppose there's a feeling of unity, a sort of part of a team, which is exciting to be in – it's like getting a job with a company you've always wanted to work with – there's that elation afterwards. Yes, it definitely lasts. I still feel it now – still feel the happiness from afterwards. It changes though, but it's still there.*

*Zara: Since we got married – about a month after we got married, we started setting up a business together and went and bought a house together which needed a lot of work.*

*Barnaby: Most people were picking out sofas and we were choosing what plaster to put on the wall and installing central heating and worrying about getting business in and starting up a new company. So there were quite a lot of stressful factors after we got married, but I think the marriage definitely was a thread of happiness that ran through it that definitely made it easier to cope with. When I hear myself being referred to as Zara's husband, or I say "Let me ask my wife about that", or we go up to book into somewhere, it's Mr. and Mrs. Holbert – that does make me feel happy. It sounds really sappy saying it, but it's true.*

*Zara: We're grown up – it's fun. We still feel like we're newly-weds, the novelty hasn't worn off at all yet. And when people talk to us about being husband and wife we still giggle all the time, when we're in company – and when we go to, for example a dinner party, or something, and go "this is my husband" and we both look at each other and giggle. You'd think we just got married last week sometimes.*



- John:** So, Zara and Barnaby were still enjoying married life.
- Jean:** Zara 和 Barnaby 讲的是他俩的感情关系。他们说到他俩在新婚的时候是一种非常来电的感觉 **the buzz** 他俩都能感觉到当时各种令人兴奋的经历受到的肾上腺素刺激 **the adrenalin**.
- John:** They also talked about a sense of elation they felt and they liked being part of a team.
- Jean:** A sense of elation 兴高采烈的感觉 **elation**; 他们也很喜欢这种各自成为了这么一个紧凑团队的一员 **being part of a team**.
- John:** Yes, that means being together or working together - being part of a team.
- Jean:** Well let's hope they can stay together.
- John:** Good luck to Zara and Barnaby!
- Jean:** 您现在收听的是我们为您特别制作的 **BBC Learning English** 节目。
- John:** Yes, welcome along to BBC learning English. Now we've just heard how Zara and Barnaby feel after just one year of marriage.
- Jean:** Now. Nicola and Nick have been married for nine years, that's quite a long time isn't it. 他们两个已经结婚9年了，时间是不短了。Are we going to hear their story too?
- John:** Yes, they have quite a different story to tell after nine years of being together.
- Jean:** Hope it's good news John! 让我们先来听听 Nicola 和 Nick 下面的这段自述，然后我和 John 会帮大家讲解里面的一些生词和词组。

### Insert

*Nicola: I remember there was lots of laughter and joking around and fun.*

*Nick: Yes, we've always been very good friends and I think that's always been the key – and the first year was about fun – and to be honest it carries on now. I don't think the amount's changed, I think there's happiness for different reasons. There's a lot of companionship now, there is perhaps less time for the fun aspect that we had in the first couple of years because obviously we now have a child, we have a mortgage, we have careers. But there's lots of things that make us happy together – sometimes just being able to sit together in silence and enjoy each other's company, makes us feel happy. The key for us, for a very successful marriage, is we have two Sky boxes in the house, in two separate rooms – so Nicola can watch what she wants and I can watch what I want and we never argue – it works for us. It's true.*

*Nicola: He's totally serious!*

*Nick: Absolutely, I think that is a big part of it.*

*Nicola: I don't have to watch crappy football!*

*Nick: And I don't have to watch period dramas.*

*Nicola: I mean, I think, out of my mind, the lowest point – say for example, when you were made redundant, that was a really low point.*

*Nick: Twice in about three months and we'd just had Elly.*



*Nicola: And that was really hard, and we had a baby. And I think, having Elly actually was quite bad – for me, having Elly was a really low point, just because I had minor post-natal depression after Elly was born – you know, locking myself in the toilet and crying and having really bad days. And because I was on my own with her when Nick had gone back to work, it was just kind of - all got on top of me and I felt really low quite often. So, I think that was a low point for me but I think it was probably a low point for you; but in a completely different way, in a sense of maybe not knowing what to do with me.*

*Nick: That was a really tricky time; but we got through it. But I think the thing that's evolved the happiness is Elly – is having a daughter. It brings its unpleasant times as well but it's brought us together, as a couple, because we have to go through those highs and lows together. I think Elly has added a lot of happiness to our already happy relationship, to be honest.*

John: Well, after nine years, Nicola and Nick seem to be doing quite well.

Jean: Yes, they are not doing too bad actually! But let's just take a bit of time to explain some of the words and phrases.

John: Ok, well, Nick talked about mortgages and careers.

Jean: Mortgages and careers. 住房抵押贷款和事业前途.

John: They also talked about what it was that made a marriage successful. They talked about the key to a successful marriage. The key.

Jean: The key to a successful marriage 一段成功婚姻的关键.

John: They also talked about some of the difficulties of life, such as being made redundant.

Jean: That's when you lose your job, being made redundant 被解雇了。

John: And being made redundant was a low point in the life of Nick and Nicola.

Jean: So they felt low. If you feel low you feel sad 如果你感觉 low 就是情绪低落的意思, low 低沉、低落。

John: And after the birth of her daughter, Nicola suffered what's called post-natal depression.

Jean: 产后忧郁症 post-natal depression.

John: And they described this time of their life as a tricky time.

Jean: A tricky time 一段很不容易的时期 tricky means difficult, tricky 不容易的。

John: So at the end of the first year of a relationship does everything go wrong. A recent survey of British couples showed that after the first year of marriage that was what seemed to happen.

Jean: John 说得是最近刚发表的一份调查报告显示, 在一对夫妻新婚第一年之后, 从第二年开始往往开始出现感情走下坡路的现象。 We spoke with Christine

Northam who is a counsellor 一位咨询顾问。Christine 在一家叫做 Relate 的英国慈善机构工作，专门帮助那些感情出现危机的夫妻和伴侣。

John: Now, Christine disagrees with the recent survey.

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*I'm not really very happy with the idea that at the end of the first year everything goes wrong. That's nonsense, because at Relate I think we see over a hundred and fifty-three thousand people during the course of the year and they come at different stages of relationship development. They come - their problems hit them when they've - I don't know, when their mother dies, or when there's redundancy, or when there's an affair; and it can happen at any time in the relationship. But I think this sort of transition from being in love to facing reality is really a challenge for couples - and the successful way in which - or the unsuccessful way in which they negotiate that will depend very much on their abilities to be empathic, to be able to negotiate.*

Jean: Some useful words there. Christine 的这家机构每年会见15万3千个来咨询的人，她也说到了那些有婚外恋的人 **having an affair**, Christine 还说在一段感情中人么要学着去设身处地的理解对方 **empathic** 就是心理学讲的移情，而且人们需要去相互的协商 **negotiate**.

John: So, are there really any stages in a relationship?

Jean: 是啊，一段感情要分不同的阶段吗？

John: We spoke with Penny who is also a counsellor.

Jean: What are the stages of a relationship? 请大家留意听好她要提到的这几个生词和词组: 罗曼史 **romance**; 长篇连续的浪漫主义 **serially romantic**; 硬币的另一边- 其实就是一个事物的另一个角度 **the other side of the coin**; 很好相处的 **easy going**; 权力的争夺 **power struggles**.

### Insert

*Well, you have to have the romance in a way, to kind of, be prepared to sort of jump into a relationship. And the excitement of it - and we know for some people they want to just keep repeating that, which is why they're serially romantic and they don't stay in relationships. The reality is really when you start to come down, and look at the person, and face - if you like - the other side of the coin; that someone who's really easy going, can be so easy going that you can't actually get them to make any decisions and you have to then start to work out how you're going to respond to that. And of course, as you look at that other person, you move into a stage where you are then probably going to realise that you have different ideas; and that's when you can get into these power struggles.*

John: All sounds very difficult. Jean, what do you think about it all?

Jean: Well John, relationships can be difficult sometimes. If you have the right attitude they can work I think. 感情这个东西确实很不好把握，不过关键是要有一个好的心态。

John: Well, that's just about it for now.

Jean: See you soon!

John: Bye bye!

Jean: Bye!

