

词汇: *emotions* 情感

What makes you cry? Being **moved** by a **sappy** or sad movie, waving a loved one off, or getting **emotional** after splitting up with your partner can all cause tears to roll down our faces. We all have the power to cry, but is that a good thing?

When you think about it, **shedding tears** from your eyes is an odd thing to do. But it seems to be an automatic reaction when we get sad, **upset** or even when we're very happy. What **triggers** this reaction differs from person to person. However, the feeling is the same – your cheeks puff up, your eyes tighten and before you know it, tears are **streaming** down your face. Some of us may sniffle a little while others might **cry like a baby** – and some people suggest that it's women who cry more than men.

A study in the UK in 2017 found that women admitted that they cry 72 times a year. This was, on average, more than men. Writing for the BBC, Adam Rutherford says “according to pretty much every study done, women do cry more than men, and this result has been consistent since we've been looking.” But does this mean men don't get as upset or emotional as women, or are they just more **embarrassed** about showing their **true feelings**? The debate continues.

One place where we experience emotional and **tearful outbursts** is in the workplace. This can be somewhere where **emotions run high** – someone might be stressed, their workload might be too much, and, as therapist, Joanna Cross told the BBC, “crying is often a build-up of **frustration** and undealt-with situations and it's a bit of a **final straw** moment.” She describes how someone might start **weeping** when they're just asked to make a cup of tea because, “actually that's often a backlog of situations.”

But crying in the office or elsewhere can be **cathartic**: it can actually make you feel better. Maybe it dissolves or clears the negative or sad feelings you've had. **Bawling your eyes out** shows others how you feel, so perhaps **it's a crying shame** that more of us, particularly men, don't cry more often.

词汇表

moved	被感动的
soppy	伤感的
emotional	情绪激动的
shed tears	流泪
upset	沮丧的, 难过的
trigger	引起 (坏事)
stream	涌出
cry like a baby	像婴儿一样哭泣, 哭泣
embarrassed	害羞的
true feelings	真情实感
tearful	含泪的, 流泪的
outburst	(情感) 爆发
emotions run high	情绪波动大, 情绪高涨
frustration	挫折, 沮丧
(the) final straw	最后一根稻草, 使人最终崩溃的一击
weep	哭泣, 流泪
cathartic	情感宣泄的
bawl your eyes out	痛哭流涕
It's a crying shame	不像话, 不应该

测验与练习

1. 阅读课文并回答问题。

1. What type of film might cause you to cry?
2. According to research, who cries the most, men or women?
3. According to the article, what might cause you to start crying at work?
4. What might be the positive effects of crying?
5. True or false? *Being very happy can cause you to cry.*

2. 选择意思恰当的单词或词组来完成下列句子。

1. I found the speech my father made at my wedding very _____.

moved	move	movable	moving
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2. I find eating nuts _____ an allergic reaction, so I avoid eating any food that contains them.

upsets	triggers	outbursts	cathartic
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3. The coronavirus outbreak was the _____ for my brother's coffee shop business. He ran out of money and had to close.

crying shame	final straw	shedding	true feelings
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4. That new rom-com was funny and sad, and I was _____ by the end of it.

crying like a baby	cry like a baby	cried like a baby	crying like baby
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5. My girlfriend thinks I'm _____ when I cry seeing dolphins in the sea, but I think I just appreciate the beauty of nature!

embarrassed	upset	weeping	soppy
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答案

1. 阅读课文并回答问题。

1. What type of film might cause you to cry?

A sad or soppy movie can 'move us' – or make us cry.

2. According to research, who cries the most, men or women?

According to research, women cry more than men.

3. According to the article, what might cause you to start crying at work?

Stress, frustration, too much work or a backlog of situations, might cause you to start crying at work.

4. What might be the positive effects of crying?

Crying can be cathartic; it can actually make you feel better.

5. True or false? *Being very happy can cause you to cry.*

True. We can cry when we get sad, upset or even when we're very happy.

2. 选择意思恰当的单词或词组来完成下列句子。

1. I found the speech my father made at my wedding very **moving**.

2. I find eating nuts **triggers** an allergic reaction, so I avoid eating any food that contains them.

3. The coronavirus outbreak was the **final straw** for my brother's coffee shop business. He ran out of money and had to close.

4. That new rom-com was funny and sad, and I was **crying like a baby** by the end of it.

5. My girlfriend thinks I'm **soppy** when I cry seeing dolphins in the sea, but I think I just appreciate the beauty of nature!