
BBC LEARNING ENGLISH

Authentic Real English 地道英语

A bitter pill to swallow

不得不吞的苦药



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Feifei

大家好，欢迎收听《地道英语》。我是冯菲菲，还有我的同事 Rob。

Rob

Hi everyone... errr, Feifei, are you OK? You don't sound as cheerful as normal.

Feifei

I feel terrible today – I've got a headache, I feel really tired... I think I'm developing flu. 我看我还是吃点儿药吧。

Rob

Hold on Feifei. Are you sure you're getting flu? This hasn't got anything to do with that job promotion that you didn't get?

Feifei

Of course not... well maybe a little.

Rob

Hmm, I know you wanted that promotion so much but Daisy got it instead.

Feifei

Exactly – and I've been working here much longer than her and I have loads more experience. It's so unfair!

Rob

I know... it's a bitter pill to swallow.

Feifei

我知道这些药片苦，不过我们都知道“良药苦口利于病”。我说，我升值不成功，这又病了，你能同情一下我吗？

Rob

I was Feifei! When I said 'it's a bitter pill to swallow' I really meant it's a situation that's unpleasant and difficult to accept.

Feifei

OK, I see! You're saying I'm finding Daisy's promotion hard to accept?

Rob

It's tough Feifei but that's the way things are. Let's hear some more examples of this phrase in action.

Examples

When John found out about his wife's affair with his best friend, it was a bitter pill to swallow.

It was a bitter pill to swallow knowing that my older sister finished the race quicker than me.

My friend has booked the same flights as me for half the price – it's a bitter pill to swallow!

Feifei

在英语里，表达 a bitter pill to swallow 的意思是“不得不吞的苦药、苦果，必须接受的严酷现实”。也就是说，就算不喜欢、不同意、不赞同也没办法，只能接受。

Hmm, I like the phrase but it doesn't make me feel any better.

Rob

You'll just have to swallow the decision Feifei! Daisy is going to be your boss from now on.

Feifei

Oh dear... I think my flu might be getting worse now... 我还是把药吃了吧。Yuk, that really was bitter!

Rob

I think two tablets are enough for now Feifei. Maybe you should take tomorrow off work.

Feifei

What a great idea, Rob! See you later.

Rob

Bye!