
BBC LEARNING ENGLISH

Authentic Real English 地道英语

Put the brakes on (something)

“踩刹车”控制，制止



- 关于台词的备注:
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Feifei

Hello! 欢迎收听“地道英语”节目。我是冯菲菲。

Neil

... and hello, I am Neil.

Feifei

Neil, 我看你今天是不是骑了一辆崭新的自行车?

Neil

It was – thank you for noticing. It's a racing bike with 21 gears and 'go faster' stripes on it.

Feifei

Nice! 不过你上周不是刚买了一辆新的山地车吗?

Neil

I did – to go with the spare one I bought last month. I love bikes!

Feifei

Neil, if you don't mind me saying – you need to put the brakes on your spending.

Neil

Err, you want me to slow down? You think I'll got too fast?

Feifei

Not exactly. 我刚刚说“put the brakes on your spending”的意思是让你控制一下你的消费，在花钱这件事情上“刹刹车”。短语“put the brakes on something”或者“to put a brake on something”的意思是“放慢或停止一件事情、一项活动”。
So, Neil, would you like to hear some other people putting their brakes on something?

Neil

Will it cost me anything?

Feifei

No. They're free!

Examples

We've put the brakes on our plans to expand the business – there's not enough demand any more.

Let's put the brakes on our holiday plans – we haven't got enough money at the moment.

The company is putting the brakes on recruitment because of the economic downturn.

Feifei

这里是 BBC 英语教学的“地道英语”节目。我们正在学习表达“put the brakes on something”。我们用“put the brakes on something”来告诉人们“放慢、控制或停止做某事”，就像在开车时踩刹车，让车速降下来。And Neil, I think you're buying too many bikes. You need to put the brakes on your spending.

Neil

Good advice, Feifei! You know what? I'm going to sell them – what do I need three bikes for?

Feifei

Finally, Neil has listened to me. He's going to sell his bikes!

Neil

That's right. I'm going to put the brakes on cycling and start a new hobby... I'm going to get an e-scooter – much quicker!

Feifei

More spending! I'm going to put a brake on giving you advice – you never listen.

Neil

Sorry, what did you say?

Feifei

Bye, Neil!