

---

# BBC LEARNING ENGLISH

## Authentic Real English 地道英语

### (It's the) story of my life

### 我就是这个命

---



- 关于台词的备注:  
这不是广播节目的逐字稿件。本文稿可能没有体现录制、编辑过程中对节目做出的改变。

#### Feifei

大家好，欢迎收听 BBC 英语教学的“地道英语”节目。He's Rob...

#### Rob

... and she's Feifei. So, Feifei, welcome back. How was your holiday?

#### Feifei

Hmm, not bad.

#### Rob

Not bad! Two weeks in the sun, lying on the beach! It sounds perfect to me.

#### Feifei

唉，可惜没有你形容的那么美好。It rained for two weeks solid. It's the story of my life!

#### Rob

Story of my life? That's a very short story – "it rained". Are you trying to say it rained all your life?

#### Feifei

Of course not. I mean it always happens. 我们可以用“it's the story of my life”来幽默地感叹“我就是这个命”。尤其是当一件坏事儿在自己身上经常发生时，我们就可以说“It's the story of my life!”。So, every time I go on holiday, it rains!

#### Rob

Bad luck! But you're not the only one who's had bad luck. Listen to these examples.

#### Examples

I applied for promotion at work but didn't get it – again. It's the story of my life.

I met this lovely guy and thought he was the one – but he didn't think the same way. It's the story of my life. I'm never going to find a boyfriend!

It's the story of my life – I buy myself a new coat and then see it in the sales for half price. Typical!

**Feifei**

你正在收听的是 BBC 英语教学的“地道英语”节目。我刚刚用表达“it's the story of my life”来感叹自己每次去度假的时候总赶上雨天。这里“it's the story of my life”的意思就是“我就是这个命，我总是摊上这种倒霉事”，因为我每次去度假的时候总赶上雨天。So, Rob, saying 'it's the story of my life' is a negative thing – it means I'm unlucky.

**Rob**

Well, having rain on holiday isn't so bad – you could stay in bed or sit in the restaurant, eating lots of food.

**Feifei**

If I go to a hot and sunny country, I want sun!

**Rob**

Well, you know the best solution for not having a wet holiday?

**Feifei**

What's that?

**Rob**

Just stay at home. You could write your life story!

**Feifei**

Rob, listening to your advice is always the story of my life.

**Rob**

Thanks! Bye.

**Feifei**

Bye-bye.