

Vocabulary: Self-confidence 词汇: 自信

'Don't judge a book by its cover,' the popular saying goes. 'All that glitters is not gold,' is another. 'Fine feathers do not make fine birds,' is a third. What do they have in common? They remind us that something's **appearance** should not be the most important thing when determining its value. This is what the **body positivity** movement is all about. Its message is that we should value ourselves for who we are **warts and all** – accept our **flaws** and stop judging ourselves against our **imperfections**.

But it's easier said than done. Despite this rise in positivity, many people still feel **insecure** about themselves and their appearance because it may not **measure up** to the objectified stereotype. So what can a person do to improve their own body positivity?

Not comparing your body to others', particularly celebrities', is a good first step. "We're surrounded by these **idealised** images of what it is to be beautiful," says Becky Young, founder of the Anti Diet Riot Club – a club helping people rethink their relationship with their bodies and food. She points out that comparing only creates a standard we think we need to **aspire to** and leads to feelings of disappointment if we aren't **up to scratch**.

'Learn to take a **compliment**,' recommends Thriveworks, a counselling and coaching website which promotes positive mental health. When someone says something nice, embrace it – don't push it away or **play it down**. And compliment others too. If you think someone looks nice, or someone has a good idea, tell them. It can **lift them up**.

Appreciate your body for what it can do – walking, yoga, playing sport or otherwise. "You can be an incredible human regardless of your shape or size," says Esther Field, a body-positive social media campaigner interviewed by the BBC. After knee surgery, "I attended the gym and realised how strong and capable my body was, even though it was fat."

And finally, don't forget that low self-esteem and body confidence issues affect everyone. "There aren't a lot of guys that are pushing this idea of body positivity," David Fadd, a **plus-size** male model of two years told the BBC. The social media influencer wants to remind us that body image and confidence affect men too.

Ultimately, the only person who can truly affect your body positivity is you. Becoming comfortable with yourself is unlikely to be accomplished overnight – but don't give up. Remember that everyone is insecure sometimes. And as David Fadd says "be unapologetic about who you are and what you want as a person. Love what you look like."

词汇表

don't judge a book by its cover	不能以貌取人
all that glitters is not gold	闪光的并非都是金子
fine feathers do not make fine birds	人不可貌相
appearance	外表, 外貌
body positivity	积极的身体形象
warts and all	丝毫不掩饰缺点的, 不遮丑的
flaw	缺点, 缺陷
imperfection	缺点
insecure	不自信的
measure up	达到, 满足
idealised	把……理想化
aspire to	渴望, 追求
up to scratch	达到标准
compliment	赞扬话, 称赞
play something down	对……作低调处理
lift up	提升(某人)情绪
appreciate	感激, 欣赏
plus-size	加大尺码的

测验与练习

1. 阅读课文并回答问题。

1. What do the three popular sayings at the beginning of the article aim to teach us?
2. What is the problem with comparing ourselves to others, according to Becky Young?
3. In what way can we improve other people's body positivity and confidence?
4. Which event prompted Esther Field to realise how strong and capable she was?
5. What does David Fadd say you should not apologise for?

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. This book is so rare, and therefore valuable, is the printing _____ on the cover.

appearance	flaw	insecure	up to scratch
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2. Your uncle is very sensitive so please try to _____ that he's wearing a wig.

aspire	measure up	play down	appreciate
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3. Stop being so _____, darling. You look as beautiful as the day I married you.

insecure	imperfect	objectified	idealised
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4. James, I'm afraid your last report was not _____. Please redo it in more detail.

up to wound	up to cut	up to bleed	up to scratch
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5. Everyone keeps telling me how nice my hair is. It's great to have so many _____!

compliments	appearances	imperfections	insecurities
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答案

1. 阅读课文并回答问题。

1. What do the three popular sayings at the beginning of the article aim to teach us?

That something's appearance should not be the most important thing when determining its value.

2. What is the problem with comparing ourselves to others, according to Becky Young?

It creates a standard we think we need to aspire to and disappointment when we can't or don't.

3. In what way can we improve other people's body positivity and confidence?

We can compliment others.

4. Which event prompted Esther Field to realise how strong and capable she was?

Attending the gym after having knee surgery.

5. What does David Fadd say you should not apologise for?

You should not apologise for who you are and what you want as a person.

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. This book is so rare, and therefore valuable, is the printing **flaw** on the cover.

2. Your uncle is very sensitive so please try to **play down** that he's wearing a wig.

3. Stop being so **insecure**, darling. You look as beautiful as the day I married you.

4. James, I'm afraid your last report was not **up to scratch**. Please redo it in more detail.

5. Everyone keeps telling me how nice my hair is. It's great to have so many **compliments**!