

词汇: problems with people 人际关系问题

Sometimes our friends' **behaviour** can **offend** us; sometimes we can see changes they need to make – but how do we tell them? Are there any ways to make difficult conversations easier?

It's important to have solid evidence that there is indeed a **problem**. Evidence that can be agreed upon makes it easier for other people to recognise **issues**. Once you have proof, it's important to highlight how it **impacts** us and others. Psychologist Andrea Bonior suggests **framing** problems with 'I'. Saying 'I feel hurt that you spend less time with me' is less **accusatory** than 'You never spend time with me!' and is focused more clearly on the impact.

Staying **calm** is vital. Becoming tense might lead you to **react** badly and cause an **argument**. Bonior recommends that you should acknowledge the conversation could make you **anxious**. If you think about this yourself, it can help you focus on positive results. If you admit your **anxiety** to your friend, you will show a more human side. Another psychologist, Laura Brennan, points out how it's important that we let go of our **ego** and don't focus on the need to be proved right. This can help reduce tension.

We can lower the potential for **conflict** by listening to the other person and asking questions. Many experts recommend planning your words, so that you can say things in a way that avoids conflict. However, Bonior cautions against **overplanning** as this can stop you being flexible enough to genuinely follow and participate in the **discussion**.

Be realistic. Complicated problems are unlikely to be solved with one conversation. Consider what is possible in one discussion, and that it may be harder than you initially thought. This will help you to set realistic goals for what you can achieve.

词汇表

| | |
|---------------------|-----------|
| behaviour | 行为 |
| offend | 得罪, 惹恼 |
| problem | (须解决的) 问题 |
| issue | 问题 |
| impact | 对...产生影响 |
| frame | 表达, 说出 |
| accusatory | 指责的, 谴责的 |
| calm | 沉着冷静的 |
| react | 对...作出反应 |
| argument | 争吵, 争论 |
| anxious | 焦虑的, 不安的 |
| anxiety | 焦虑, 不安 |
| ego | 自我 |
| conflict | 冲突, 争执 |
| overplanning | 计划过度 |
| discussion | 讨论, 交谈 |

测验与练习

1. 阅读课文并回答问题。

1. What makes it easier for both sides to identify a problem?
2. How can you make something sound less accusatory?
3. Why should you stay calm?
4. What is the benefit of admitting your anxiety to your friend?
5. Why shouldn't you overplan what you want to say?

2. 选择意思恰当的单词或词组来完成下列句子。

1. Sometimes you have to challenge your friends' _____.

| | | | |
|------------|--------|----------|-----------|
| discussion | impact | conflict | behaviour |
|------------|--------|----------|-----------|

2. Your _____ can mean you need to be proved right.

| | | | |
|------------|-----|------|--------|
| discussion | ego | calm | offend |
|------------|-----|------|--------|

3. It can be good to admit your _____.

| | | | |
|---------|----------|----------|-----|
| anxiety | conflict | argument | ego |
|---------|----------|----------|-----|

4. A bad relationship with a friend can have a huge _____.

| | | | |
|-------|---------|----------|--------|
| issue | problem | argument | impact |
|-------|---------|----------|--------|

5. Find a positive way to _____ problems.

| | | | |
|-------|--------|-------|--------|
| react | offend | frame | behave |
|-------|--------|-------|--------|

答案

1. 阅读课文并回答问题。

1. What makes it easier for both sides to identify a problem?

Having solid evidence makes it easier to identify problems.

2. How can you make something sound less accusatory?

By expressing your concerns using 'I' to show the impact on you.

3. Why should you stay calm?

You should stay calm to avoid an argument.

4. What is the benefit of admitting your anxiety to your friend?

It helps you show a human side.

5. Why shouldn't you overplan what you want to say?

Because you might not be flexible enough to follow the discussion.

2. 选择意思恰当的单词或词组来完成下列句子。

1. Sometimes you have to challenge your friends' **behaviour**.

2. Your **ego** can mean you need to be proved right.

3. It can be good to admit your **anxiety**.

4. A bad relationship with a friend can have a huge **impact**.

5. Find a positive way to **frame** problems.