

# Chapter 1 我爱我家

## 01 Home 家

Home. Few words in the English language have such a special meaning. Home is a place where you can relax, kick back and just be yourself. Just about everyone has a strong opinion of what makes a house a home. And for most people in America, home should be, above all, comfortable.

Americans like their homes to reflect their personal tastes. Many do-it-yourselfers enjoy fixing up their house and making it more "livable". They often try to create a cozy atmosphere so that when they're at home, they'll really feel "at home". Sofas and lounge chairs may be heavily padded and arranged in groupings conducive to relaxed conversation. The bathroom even receives special attention. Carpeted floors, scented soaps, colorful wallpaper and decorative curtains adorn the "comfort room" in many homes. And on average, Americans have more bathrooms than any other people in the world.

Lisa Marie Odegard, an interior designer in Bozeman, Montana, comments that "a home is a haven. People want an open, easy feeling to make their homes comfortable". For that reason, many new homes now have big, open kitchens and vaulted ceilings.

Americans try to make the most of their space, too. The majority of homes have built-in closets and shelves, and people spare no pains to add dressers, filing cabinets and closet organizers to maximize their storage space. Although keeping the house neat is often a constant battle, Americans feel it's a battle worth fighting.

People in America keep an eye on the latest trends in interior design. In the 80s, the "country" look dominated the home decorating scene. Rustic furniture and shelves full of old-fashioned knick-knacks created a homey atmosphere reminiscent of rural America several generations back. The 90s have brought in another longing for the past: the retro 50s and 60s look—plain and simple furniture with square backs and arms and block-style legs.

Some parts of the country have their own regional preferences. In the western United States, homeowners favor the Navajo Indian style of the Southwest or the cowboy look. In contrast, Easterners prefer French Country or more "fussy" styles.

### 【译文】

家，在英文中没有几个字像“家”这样有特别的意义。家是这样一个地方，在那你可以放松、平静下来，只做你自己。大概每个人对于如何把一栋房子变成一个家有强烈的个人主见。对大多数的美国人来说，最重要的是家应该舒适。

美国人喜欢让家反映出他们个人的品味。许多喜欢自己动手做的人沉醉于修补他们的房子并让它更适于居住。他们尝试着营造温暖而舒适的气氛，这样当他们待在家时，会真的感觉到毫无拘束。沙发及安乐椅可能会被铺上厚厚的垫子，并运用不同空间组合的摆设，让坐着的人可以轻松地谈话。甚至连浴室也颇

费心思：铺有地毯的地板、香气四溢的肥皂、彩色的壁纸及装饰窗帘，如此就打扮出了许多家庭的舒服之地。平均来说，美国人拥有的浴室比世界上其他国家的人都多。

蒙大拿州柏斯曼的一位室内设计师丽莎·区迪嘉谈到：家是一个避难所。人们想要一种开放、轻松的感觉来让他们的家变得很舒适。因为这个原因，现在许多新房子都有大而开放的厨房以及拱形的屋顶。

美国人也试着将空间做最佳的利用。大多数的家庭都有壁橱以及架子，人们也不辞辛劳地添加橱柜、文件柜以及壁柜分隔架来加大储藏空间。虽然让房子维持整洁像是一场永无止境的长期战役，美国人觉得这是一个值得打下去的战役。

美国人也会注意室内设计的最新时尚。上世纪 80 年代，乡村风貌主导了家庭装潢；摆满旧式风格的小摆设的质朴家具及架子，创造出一种会令人想起几世纪以前以农业为主的美国家庭气氛。90 年代又带入另一个怀旧情愫：回溯到五六十年代的风貌——有四方形靠背、把手以及有方正桌脚的朴素、简单的家具。

美国某些地方的人们有他们自己的地域偏好。在美国西部，屋主们喜欢西南部印地安纳瓦霍人或是牛仔式的风格。相对的，东部人更喜欢法国乡村或是更“讲究装饰”的形式。

### Notes

livable ['lɪvəbl] adj. (房子、气候等) 适于居住的，可住的

conducive [kən'dju:sɪv] n. 有益于

vaulted ['vɔ:ltɪd] adj. 拱状的

storage ['stɔ:rɪdʒ] n. 贮藏(量)，贮藏库，存储

knick-knack n. 小装饰品，小摆设

Navajo ['nævəhəʊ] n. 纳瓦霍人(美国最大的印第安部落)



## 02 Family and Business 家庭与事业

I will concentrate my energy on the challenge of the moment and my actions will help me forget all else. The problems of my home will be left in my home. I will think naught of my family when I am in the market place for this will cloud my thoughts. So too will the problems of the market place be left in the market place and I will think naught of my profession when I am in my home for this will dampen my love.

There is no room in the market place for my family, nor is there room in my home for the market. Each I will divorce from the other and thus will I remain wedded to both. Separate must they remain or my career will die. This is a paradox of the ages.

No beast, no plant, no wind, no rain, no rock, no lake had the same beginning as I, for I was conceived in love and brought forth with a purpose. In the past I have not considered this fact but it will henceforth shape and guide my life.

And nature knows not defeat. Eventually, she emerges victorious and so will I, and with each victory the next struggle become less difficult.

### 【译文】

我要全力以赴对抗当前的挑战，我从事的工作会使我忘却其他一切，家里的事就让它留在家里。身在商场，就要无家事萦绕，否则那会使我思维混乱。另一方面，当我与家人同处时，一定得把商务留在商场，在家我就一点都不再挂记职场，否则我对家人的爱就会失色。

商场上没有一块属于家人的地方，同样，家中也没有谈论商务的地方，这两者必须截然分开，否则就会顾此失彼，这是很多人难以走出的误区。

飞禽走兽、花草树木、风雨山石、河流湖泊，都没有像我一样的起源，我孕育在爱中，肩负使命而生。过去我忽略了这个事实，从今往后，它将塑造我的性格，引导我的人生。

自然界不知何为失败，最后总会以胜利者的姿态出现，我也要如此，因为伴随着每一次成功，下一步的奋斗就会变得轻松一些。

#### Notes

naught ['nɔ:t, 'nɒt] n. 零，不重要

paradox ['pærədɒks] n. 似非而是的论点，自相矛盾的话

henceforth [hens'fɔ:θ] adv. 自此以后，今后

## 03 Mother's Day and Father's Day 母亲节和父亲节

People in the United States honor their parents with two special days: Mother's Day, on the second Sunday in May, and Father's Day, on the third Sunday in June.

Mother's Day was proclaimed a day for national observance by President Woodrow Wilson in 1915. Ann Jarvis from Grafton, West Virginia, had started the idea to have a day to honor mothers. She was the one who chose the second Sunday in May and also began the custom of wearing a carnation.

In 1909, Mrs. Dodd from Spokane, Washington, thought of the idea of a day to honor fathers. She wanted to honor her own father, William Smart. After her mother died, he had the responsibility of raising a family of five sons and a daughter. In 1910, the first Father's Day was observed in Spokane. Senator Margaret Chase Smith helped to establish Father's Day as a national commemorative day, in 1972.

These days are set aside to show love and respect for parents. They raise their children and educate them to be responsible citizens. They give love and care.

These two special days are celebrated in many different ways. On Mother's Day people wear carnations. A red one symbolizes a living mother. A white one shows that the mother is dead. Many people attend religious services to honor parents. It is also a day when people whose parents are dead visit the cemetery. On these days families get together at home, as well as in restaurants. They often have outdoor barbecues for Father's Day. These are days of fun and good feelings and memories.

Another tradition is to give cards and gifts. Children make them in school. Many people make their own presents. These are valued more than the ones bought in stores. It is not the value of the gift that is important, but it is "the thought that counts". Greeting card stores, florists, candy makers, bakeries, telephone companies, and other stores do a lot of business during these holidays.

#### 【译文】

美国人用两个特殊的日子向父母致敬：也就是每年五月第二个星期日的母亲节和六月第三个星期日的父亲节。

1915年伍德罗·威尔逊总统宣布母亲节为一个全国性节日。西弗吉尼亚州格拉弗顿区的安·贾维斯女士首先想到应有一个特殊的日子向母亲致意。是她选择了五月的第二个星期日，也是她开始了佩戴康乃馨

的习俗。

1909年，华盛顿州斯波肯区的多德夫人想到应为父亲设一个特殊日子以示敬意。她想向自己的父亲——威廉姆·斯马特表示感激之情。她母亲去世后，是父亲担起了养活五子一女的责任。1910年，第一个父亲节在斯波肯区诞生。1972年，在参议员玛格丽特·切斯·史密斯的帮助下，父亲节被推广为全国性节日。

这两天是儿女向父母表示一片爱心和敬重之情的日子。父母把孩子们带大，教育他们成为有责任感的公民，并给予他们爱心和关怀。

人们用各种形式来庆贺这两个特殊的日子。在母亲节那天，人们佩戴康乃馨。佩戴红色康乃馨表示母亲依然健在，佩戴白色康乃馨则表示母亲已经去世。许多人参加宗教仪式以向父母致意，或去公墓缅怀逝去的父母。在这两天，家家都会聚在餐馆或家中。人们也常在父亲节那天举办露天烧烤聚会。这是充满欢歌笑语、美好情感和无限深情的日子。

另外一种传统习俗是赠送卡片和礼物。在学校里，孩子们亲手制作卡片和礼物，许多成年人也亲手制作礼物。这些礼物比那些在商店里花钱买来的更加珍贵。礼物的贵重与否并不重要，“重要的是对父母的一片孝心”。贺卡屋、花店、糖果店、面包房、电话公司，还有许多其他商店在节日里会生意兴隆。

#### Notes

carnation [kɑ:'neɪʃən] n. 荷兰石竹，康乃馨

commemorative [kə'memə'reɪtɪv] adj. 纪念的

cemetery ['semitri] n. 墓地，公墓

barbecue ['bɑ:bɪkju:] n. 吃烤肉的野餐

florist ['florɪst] n. 花商；花店



## 04 Peer Pressure 同龄压力

People who are of your age, like your classmates, are called "peers". When they try to influence how you act, to get you to do something, it's called "Peer Pressure". It's something everyone has to deal with—even adults.

Sometimes peers influence each other in negative ways. For example, a few kids in school might try to get you to cut class with them or your soccer friend might try to convince you to be mean to another player and etc..

### Why Do People Give in

Some kids give in because they want to be liked, to fit in, or because they worry that other kids may make fun of them if they don't go along with the group. Others may go along because they are curious to try something new that others are doing. The idea that "everyone's doing it" may influence some kids to leave their better judgment, or their common sense behind.

### How to Deal

It is tough to be the only one who says "no" to peer pressure, but you can do it. Paying attention to your own feelings and beliefs about what is right and wrong can help you know the right thing to do. You can simply tell them "no" and walk away. Inner strength and self-confidence will help you stand firm.

Better yet, find other friends and classmates, who are willing to say "no", too. They will help you weaken the power of peer pressure and makes it much easier to resist. It's great to have friends with values similar to yours who will back you up. You've probably had a parent or

teacher advise you to "choose your friends wisely." Peer pressure is a big reason why they say this. If you choose friends who don't cut class, smoke cigarettes, or lie to their parents, then you probably won't do these things either, even if other kids do. Try to help a friend who's having trouble resisting peer pressure. It can be powerful for one kid to join another by simply saying, "I'm with you!"

If you continue to face peer pressure and you're finding it difficult to handle, talk to someone you trust. Don't feel guilty if you've made a mistake or two. Talking to a parent, teacher, or a friend help you feel much better and prepare you for the next time you face peer pressure.

### Use Positive Peer Pressure

Nevertheless, peer pressure is not always a bad thing. Peers can have a positive influence on each other.

A student in your science class may teach you an easy way to remember the planets in the solar system, or someone on the soccer team may teach you a cool trick with the ball. You might admire a friend who is always good at sports and try to be more like him or her. These are examples of how peers positively influence each other every day.

Positive peer pressure can also be of great help sometimes. For example, it can be used to pressure the bullish into acting better toward other kids. If enough kids get together, peers can pressure each other into doing what is right!

### 【译文】

与你年龄相仿的人可称作“同龄人”，比如你的同班同学。当他们试图对你的行为方式施加影响，指使你做某件事时，这就叫“同龄压力”。每个人都必须应付同龄压力——甚至包括成年人。

有时同龄人之间会彼此带来负面影响。比如，同校的几个孩子可能会试图鼓动你和他们一起逃课，或者，你踢足球的朋友可能会劝你对别的球员使坏等等。

### 为何屈从于同龄压力

有些孩子屈服，原因在于他们想博得人们的好感，想合群，或者因为他们担心如果不随大流其他孩子会取笑自己。另外的一些孩子随大流可能只是因为他们对其他人所做的事感兴趣，想尝尝鲜。“大家都这么做”的想法可能对某些孩子产生影响，使他们丧失明智的判断力，或者将常识置之脑后。

### 如何应对

独自一人对同龄压力说“不”是十分艰难的，但是你能做到。重视自己的感受以及对是非的判断能帮助你做出正确的选择。你可以简单地告诉他们“不行”，然后走开。内心的力量和自信将帮助你坚持自己的立场。

更好的方法是，找来其他也愿意说“不”的朋友和同学。他们会帮你削弱同龄压力的力量，让你更容易与之抗衡。有价值观相似并且支持你的朋友可就更棒了。可能有家长或老师建议你“明智择友”。同龄压力正是他们这样说的重要原因。如果你选择那些不逃课、不吸烟、不向父母撒谎的同学当朋友，那即使其他孩子这么做，你或许也不会去效仿。尽量帮助抵御同龄压力有困难的朋友。一个孩子如果要与另外一个孩子结盟，只需一句简单的“我站在你这边！”就可以产生很大的效力。

如果你持续面临同龄压力，觉得很难处理的话，就找你信任的人谈谈心。如果犯了一两个错误也不要内疚。和家长、老师或朋友交谈会让你感觉好些，为你下一次面对同龄压力做好准备。

### 利用正面的同龄压力

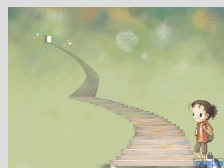
无论如何，同龄压力并不总是坏事。同龄之间也能相互施加正面影响。

自然科学课上一位同学可能会教给你一个记住太阳系行星的简单方法，或者足球队某个球员会教你一个很酷的踢球技巧。你可能会崇拜一个总是擅长体育的朋友，努力模仿他（她）。这些是同龄人每天相互影响的正面例子。

积极的同时龄压力有时也能帮大忙。比如：它能给公牛般强壮的家伙施压，迫使他们对别的孩子友好一些。如果足够多的孩子凑在一起，同龄人还可以彼此互相影响去做正确的事。

## Notes

negative ['negətɪv] adj. 否定的, 消极的  
 influence ['ɪnfluəns] vt. 影响, 改变  
 guilty ['gɪlti] adj. 犯罪的, 有罪的, 心虚的  
 bullish ['bulɪʃ] adj. 似公牛的, 看涨的



## 05 What Is Adolescence? 什么是青春期?

### **Turbocharged Thinking**

"In adolescent brains the frontal lobes—the bits that help us to plan, consider, control impulses, or make wise judgments to be kind, caring, considerate people—are the last bits to mature." Andrew Fuller says.

"Another thing that is going on is myelination. Myelin is a fatty material that helps the brain to communicate quickly and efficiently. Simply put, it turbocharges thinking. Myelin increases by about 100 per cent during the teenage years."

However, even though your frontal lobes might be "missing in action"—which makes planning ahead and controlling your impulses difficult—your brain is still tuned up for emotions, fighting and romance.

### **Passionate Experts**

As hormones become more powerful, this emotional side of the brain (known as the limbic system) shows even more activity. This means that teenagers learn best when there is emotion involved. Teenagers are great at learning and remembering stuff about themselves or things that affect their lives. But they are not always great at dealing with the basic, boring reality of life.

It explains why you or your friends might get really passionate about a particular cause (promoting world peace, stopping hunger, saving whales). You might be happy to become experts on favourite bands, fashion or films, but feel your eyes glaze over when your mum asks you to put the rubbish out.

"It's a time that you are establishing your identity and trying to decide your values and things that you care about," Andrew says, "That is really big stuff to think about and seems much more important than worrying about what your parents tell you to do all the time. For your parents, though, it just seems like you're being troublesome."

### **Respect**

To help make your home more peaceful, Andrew recommends taking time to step away from what is making you frustrated and try to think about what the problems are.

If your parents have asked you to do something and you can't do it, try to talk to them about the reasons why you can't do it exactly when they asked you to, and arrange a time that you can do it later.

As part of the household, it's fair for them to ask you to help out, but it is also fair for them to treat you with respect and listen to your feelings. You might find they treat you with more respect if you try to communicate with them properly, instead of just shutting yourself in your room or yelling at them.

### **Emerging Butterfly**

The urge to rebel is, Andrew believes, something that can be used in a very positive way.



Think of the urge as something natural and potentially fantastic, like the urge for a caterpillar to disappear into a cocoon before emerging as a colorful butterfly.

Learning about the person you are becoming is a wonderful thing—even if it seems a bit scary at times. Controlling the urge to rebel doesn't mean you have to stop exploring the special and unique parts of your personality that make you the person you are.

### 【译文】

#### 快速增加的思考

“在青少年的大脑里，大脑额叶是最后发育成熟的一部分——它使我们能够制定计划、进行思考、控制冲动，或做出明智的判断，成为善良、富有同情心、缜密细致的人。”安德鲁·富勒说。

“发生的另一个变化便是髓鞘形成。髓磷脂是一种脂肪状物质，可提高大脑内信息交换的速度和效率。简单地说，它可以使思维加速。在青春期，髓磷脂的含量会增加一倍。”

然而，即使大脑额叶在思考中“缺席”——这会使预先制定计划和控制冲动较为困难——大脑仍会调整到位以产生情绪，进行战斗并燃起爱情。

#### 激情难抑的专家

当荷尔蒙的影响增大时，大脑中的情绪部分（即边缘系统）会变得更为活跃。这意味着当情绪因素存在时，青少年的学习效果最好。青少年善于学习，能记住与自己有关或影响自己生活的事情。但他们并不总能很好地应对基本而令人厌烦的现实生活。

它解释了为何你与朋友们会对某项事业（促进世界和平、制止饥饿、拯救鲸鱼等）充满激情。也许你乐于成为自己最喜爱的乐队、时尚或电影方面的专家，但是当妈妈叫你去倒垃圾时，你却变得目光呆滞。

“这个时候你正在确立自己的身份，试着确定自己的价值观以及所关注的事情，”安德鲁说道：“这的确是需要思考的大问题，看起来比父母经常要你去做的有些事情重要得多。然而，对你的父母而言，你似乎很爱找麻烦。”

#### 尊重

为使你的家庭更加和睦，安德鲁建议你花些时间远离那些令你沮丧的事情，并且试着去思考问题所在。

如果父母要求你做某事而你不能去做的话，试着在当时就告诉他们你不能去做的原因，并安排好一个时间，晚些时候再去做。

作为家庭成员，他们有理由要求你帮忙。但你也同样有理由得到他们的尊重和倾听。如果你试着与他们以适当的方式交谈，而不是将自己锁在房间里或冲他们高声喊叫，他们对你也许会更为尊重。

#### 脱茧而出的蝴蝶

安德鲁相信，某些反叛的冲动可以得到正面利用。

把这种迫切的愿望看作是一种自然而具有潜在神奇力量的事物，就如同一只毛虫为变成五彩蝴蝶而钻进茧里的强烈愿望。

了解自己正在蜕变成怎样的人是一件很有意思的事，尽管有时这会令你有一丝惶恐。控制反叛冲动并不意味着你必须停止探索自己个性中特殊、甚至是独特的成分，因为正是这些独特性造就了你。

### Notes

turbocharge ['tɜ:bəʊtʃɑ:dʒ] vt. 快速增加，戏剧般地提高……的性能或质量

adolescent [ædəʊ'lesnt] adj. 青春期的，青春的

frontal lobe 大脑额叶，扫描显示

myelination [maɪəli'neɪʃən] n. [解]髓鞘形成（亦作 myelination），一般而言，在长大成人的过程中，髓鞘是从大脑皮质后部（近后颈部位）一路长到前方（前额部位）。

myelin [maɪəli(:)n] n. [生化]髓磷脂（亦作 myeline），主要由脂质和脂蛋白组成也作 medulla

limbic ['limbɪk] adj. 边的，缘的

## 06 Children's Self-Esteem 孩子的自尊心

Self-esteem is what people think about themselves—whether or not they feel valued—and when family members have self-respect, pride, and belief in themselves, this high self-esteem makes it possible to cope with the everyday problems or growing up.

Successful parenting begins by communicating to children that they belong, and are loved for no other reason than just because they exist. Through touch and tone of voice parents tell their infants whether or not they are valued, special, and loved, and it is these messages that form the basis of the child's self-esteem. When children grow up with love and are made to feel lovable despite their mistakes and failures, they are able to interact with others in a responsible, honest, and loving way. A healthy self-esteem is a resource for coping when difficulties arise, making it easier to see a problem as temporary, manageable, and something from which the individual can emerge.

If, however, children grow up without love and without feelings of self-worth, they feel unlovable and worthless and expect to be cheated, taken advantage of, and looked down upon by others. Ultimately their actions invite this treatment, and their self-defeating behavior turns expectations into reality. They do not have the personal resources to handle everyday problems in a healthy way, and life may be viewed as just one crisis after another. Without a healthy self-esteem they may cope by acting out problems rather than talking them out or by withdrawing and remaining indifferent toward themselves and others. These individuals grow up to live isolated, lonely lives, lacking the ability to give the love that they have never received.

Self-esteem is a kind of energy, and when it is high, people feel like they can handle anything. It is what one feels when special things are happening or everything is going great. A word of praise, a smile, a good grade on a report card, or doing something that creates pride within oneself can create this energy. When feelings about the self have been threatened and self-esteem is low, everything becomes more of an effort. It is difficult to hear, see, or think clearly, and others seem rude, inconsiderate, and rough. The problem is not with others, it is with the self, but often it is not until energies are back to normal that the real problem is recognized.

Children need help understanding that their self-esteem and the self-esteem of those they interact with have a direct effect on each other. For example, a little girl comes home from school and says, "I need lovings 'cause my feelings got hurt today." The mother responds to her child's need to be held and loved. If instead the mother said she was too busy to hold the little girl, the outcome would have been different.

Maintaining a healthy self-esteem is challenge that continues throughout life. One family found that they could help each other identify positive attitudes. One evening during an electric storm the family gathered around the kitchen table, and each person wrote down two things that they liked about each family member. These pieces of paper were folded and given to the appropriate person, who one by one opened their special messages. The father later commented, "It was quite an experience, opening each little piece of paper and reading the message. I still



have those gifts, and when I've had a really bad day, I read through them and I always come away feeling better." The foundation of a healthy family depends on the ability of the parents to communicate messages of love, trust, and self-worth to each child. This is the basis on which self-esteem is built, and as the child grows, self-esteem changes from a collection of other's feelings to become personal feelings about the self. Ultimately a person's self-esteem is reflected in the way he or she interacts with others.

### 【译文】

自尊是人们对自己的评价，也就是自己是否感觉到重视，家庭成员感到自己有了自尊、自豪、自信时，这种高度的自尊让人们有可能妥善地处理日常问题或者孩子的成长问题。

成功的育儿之道第一步是让孩子们知道，他们是家庭的一份子，他们受宠爱唯一的原因就是因为他们自身的存在。通过抚摸和声音的语调，父母告诉孩子他们是否受到重视、是否很特别、是否被爱。正是这些信息形成了孩子自尊的基础。当孩子们在爱的关怀下成长，不管他们错误或失败、都使他们感觉到讨人喜欢时，他们就能用可依赖的、诚实的和爱的方式与别人交往。当出现困难时，他们就能用可依赖的、诚实的和爱的方式与别人交往。当出现困难时，健康的自尊心是一种解决困难的手段，使之容易把问题看作是暂时的、能处理的，个人可以从中解脱出来。

然而，如果孩子们成长在没有爱、没有自我价值感的氛围当中，他们感到不讨人喜欢、没有价值，料想可能被别人欺骗、利用和看不起。他们的行为最终将导致这种结果，他们的自我挫败的行为会把预想变成现实。他们没有以健康的方式处理日常问题的个人对策，生活在他们看来是一个又一个危机。由于没有健康的自尊心，他们在处理问题时，不是提出问题，而是用行动把问题表现出来，或是采取退缩以及对自己和他人保持冷漠的态度。这些人长大后过着与世隔绝的孤独生活，缺乏给予爱的能力，这种爱他们也从未得到过。

自尊心是一种能量。自尊心强时，人们感觉好像能够处理任何事情。这就是当特殊事情发生或一切进行得很顺利时一个人的感觉。一句赞扬的话、一个微笑、成绩报告卡上的一个好分数，或者做一些使自己引以为豪的事，都能产生这种能量。当自我感觉受到威胁，自尊心不足时，任何事在更大程度上都变成了一种需要费力去做的负担。很难听清楚、看清楚、想清楚，其他人都似乎没有礼貌、不体谅人、粗暴。问题并不在别人，而是在自己。但常常直到恢复到正常的精神状态，人们才认识到真正的问题所在。

孩子们需要理解和帮助，他们的自尊与那些和他们交往的人的自尊彼此相互影响。例如：一个小女孩从学校回家说：“我需要爱抚，因为今天我的感情受到伤害了。”妈妈应该回应她的孩子对被爱抚和被爱的需要。如果反之，妈妈说她太忙不能爱抚这个小女孩，结果就不同了。

保持健康的自尊心是一种挑战，这种挑战会延续一生。一个家庭发现他们可以互相帮助，确定积极的态度。一个电闪雷鸣的晚上，一家人围坐在厨房桌子周围，每个人写下两件他们关于每一个家庭成员的事。这些纸折叠起来给了相应的人，他们一个接一个打开他们的特殊讯息。父亲后来评论说：“打开每张纸条看上面写的东西，那种感觉真好。我依然保存着那些礼物，当我遇到一个特别糟糕的日子时，看看它们，我总会从中解脱出来，感觉好多了。”靠父母传达给每一个孩子的爱和自尊，随着孩子的成长，这种感受就会从别人的感受变为自我的感受，这是健康家庭的基础。最终，一个人的自尊心就会反映在他与别人交往的方式上。

### Notes

self-esteem ['selfis'ti:m] n. 自尊，自负

interact with 与……相互作用

manageable ['mænidʒəbl] adj. 易处理的，易管理的

inconsiderate [ˌɪnkən'sɪdəɪt] adj. 不顾及别人的，轻率的

appropriate [ə'prəʊpriət] adj. 适当的



## 07 Children's Fear 孩子的恐惧

The seven-year-old was with his family at a car dealership, inspecting a new station wagon, one with a metal strip simulating wood. "Dad," the boy whispered urgently, "don't buy this—wood rots." He was jolted when his father started laughing. Then, when the father shared his private remark with the salesman, and he laughed, the boy felt humiliated. Some 30 years later, now a father himself the man often thinks of this event whenever his own children say something that is unintentionally amusing.

The operation on eight-year-old Betty's scalp involved shaving a patch of hair. "I look funny," she said, begging to stay home from school. "The other kids are going to tease me." But her parents insisted. "If they tease, don't pay any attention," her mother said, certain that this time-honored solution would soothe such a minor problem. But by 10 a.m. Betty was at home, sobbing. She had slipped away and walked two miles rather than face the gibes of her schoolmates.

Most parents are bewildered by such reactions because they don't understand how deeply a child fears humiliation. "All too often we don't see or hear what is really troubling our children," says Kaoru Yamamoto, a psychologist at the University of Colorado at Denver.

Yamamoto's surveys show that children are afraid of losing face: being thought of as unattractive, stupid or dishonest. It is more troubling to wet their pants in class, get a bad report card or repeat a grade than it is to undergo surgery or be confronted by a rival baby brother or sister—situations a parent might expect to be most disconcerting. For a child, a blow to self-esteem, the sense of being worthy, is a terrible thing to endure.

Triggering this fear, among other things, is the experience of being lost in a strange place, of seeing their parents fight, especially when there is violence. Between two-thirds and three-quarters of the children surveyed have experienced the pain of parental fighting, and it leaves them afraid that their mother and father are going to get divorced. Just the noise of a quarrel can be frightening.

"In listening to children, it is difficult not to be touched by their profound sense of vulnerability," says Yamamoto. "They are afraid of being left alone, apprehensive of what lies ahead and uncertain of what they can do. They are fundamentally dependent upon adults in the face of upsetting and unpredictable events."

What, then, can parents and teachers do? The first thing, many researchers agree, is to listen. Kids shut down when their parents start giving advice instead of listening. If parents do give advice, it's better to listen first and see what kind of help is needed.

Instead of grilling a child to discover truth, let him or her talk. This is important, because what the child first complains about may not be the real problem. Experienced professionals learn to ask "open-ended" questions.

For example, if a child appears to be unhappy because other children tease her about her clothes, the point is not to say, "Don't pay any attention to them," but rather, "So you're upset because the other kids don't like your dress?" Show the child that you are attentive, concerned. It may turn out that the child has not been getting along with peers for other reasons.