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请求与提议具有普遍的交际意义。请求和提议有许多表达方法，可直截了当提出自己的想法，也可采用暗示的方法；有随时想起的提议，也有经过周密思考后慎重提出的建议。

DialogueA: Whats the matter, Jack? You look a bit pale./ 你怎么了？你的脸色有点发白。

B: I feel terrible. I hardly slept a wink last night./我觉得有点难受。昨天晚上几乎一夜没有合眼。

A: You often have trouble sleeping, dont you? Ill bet your blood pressure is high./你经常睡不好觉吗？我敢打赌你的血压肯定很高。

B: As a matter of fact, its a little high./确实有点高。

A: Lets give you a bit of advice, if you dont mind. Quit smoking or at least cut down on it. Watch your diet and../你要是不嫌我说话直接的话，我告诉你怎么办。马上戒烟，至少少抽一点。注意饮食而且...

B: And get some excercise every day, right? A lot of people have told me the same thing, but somehow I just cant force myself to do it./每天活动活动，对吗？好多人都这样劝我，可我就是做不到。

A: Well, if you go on the way you have, youre only going to make things harder for yourself./如果你这样继续下去，情况会越来越糟的。

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