

语言是有力量的：这六个词以后别再说了 PDF转换可能丢失
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https://www.100test.com/kao_ti2020/646/2021_2022__E8_AF_AD_E8_A8_80_E6_98_AF_E6_c96_646839.htm 语言是有力量的，它能反应我们的思想。以下的六个词在我们的日常对话中常常出现，但是，我们要谨慎使用这些词，这样我们梦想的一切才有可能实现。 Words are so powerful and reflect our thoughts. Here are 6 words commonly used in our everyday conversations with ourselves and others that we need to monitor and change in order to bring about the future we really desire. 语言是有力量的，它能反应我们的思想。以下的六个词在我们的日常对话中常常出现，但是，我们要谨慎使用这些词，这样我们梦想的一切才有可能实现。 1.Try 试试 “ I ’ ll try to get it finished by... ” “ I ’ ll try to catch up with you on Saturday ” . Whenever I hear someone saying this, or even myself, then I know that they are not serious and it is not going to happen. “ 我试着在.....之前完成。 ” “ 我试着周六跟你见上一面。 ” 每次我听到有人这么说，即使是我自己这么说，我就知道说话的人并不在意，他们所说的事也不会实现。 Try is a word that is devoid of commitment, leaving wide open the space for excuses to creep in and get in your way. No one created the life of their dreams and positive results by trying. They got theirs by doing and making it happen. “ 试试 ” 这个词完全没有约束力，它给了说话人很大的余地去找借口。这世上没有人是通过 “ 试试 ” 来实现梦想的。要想取得积极的结果，只有脚踏实地地去干。 Make a clearer commitment instead by saying “ I ’ ll have it done by... ”

“ I am free at this time and I can meet you then... ” or if need be, “ I can ’ t promise anything but I will do my best to ” 别再说 “ 试试 ” 了，你可以换一种更为有约束力的表达，比如 “ 我会在.....之前完成。 ” “ 那个时候我有空，我可以在.....跟你见面。 ” 如果你没有太大的把握，那你就说 “ 我不能向你保证什么，不过我会尽力去..... ”

2. Wish 希望 Wishing is sitting on your couch daydreaming, waiting for your lotto ball to drop or the fairy godmother to appear. 希望就是坐在沙发上做白日梦，等着天上掉馅饼，等着仙女赐愿望。 Change wish to “ I will... ” “ I ’ m determined.... ” 别在说 “ 希望 ” 了，你可以这样说 “ 我会做..... ” “ 我决定做..... ”

沪江小编：那些还在犹豫要不要好好学英语的童鞋们，让我们行动起来吧，别再说，我 “ 希望 ” 能好好学英语，要说 “ 我决定 ” 好好学英语，去网校看看你喜欢的课程吧，从现在就改变！

3. I am 我..... Be very careful how you use the term “ I am ” to define who you are. You are angry. you are depressed, you are happy. All of these things are temporary emotions that come and go. If you define yourself as being this way then that identity can have a tendency to stick and what will follow will be excuses such as “ I can ’ t do this because I am depressed ” 要非常小心用 “ 我..... ” 来表达自己的情感。你生气也好，开心也罢，这些感情都是来得快去得也快。如果你用这种来去匆匆的感情来表述自己的话，那么你就很容易给自己找借口了，比如你会说 “ 我不能做这件事，因为我很难过。 ” A better way to say it is “ I feel angry. I feel depressed ” This lets yourself know that it is a temporary feeling which could quite easily change. 换一种表达，你可以这么说 “ 我

感到很生气，我感到很沮丧。”这样说，就是在告诉自己这种感觉只是暂时的，你随时都可以做出改变。

4. If 如果 How many times do you mutter, “ If I get that promotion then...” “ If the money arrives then...” “ If ” always presents the element of doubt. Doubt and insecurity don ’ t bring you what you want, certainty and confidence does. 还记得你曾经多少次喃喃自语 “ 如果我升了职，就会..... ” “ 如果那笔钱到了的话，就..... ” “ 如果 ” 这个词经常表达的就是怀疑和不安，这种感觉是不会指引你走向成功的，只有 “ 确定 ” 和 “ 自信 ” 才能助你获得你想要的。 So instead of “ if ” , simply make it “ when ” .

“ When I get that new job.... ” “ When ” signals that you are serious and committed and you believe that what you deserve is on its way to you. 别再说 “ 如果 ” 了，你可以简单地用 “ 当...的时候 ” 来表达。比如 “ 当我得到这份新工作的时候..... ” “ 当...时候 ” 表现出的是你的认真和承诺，你相信自己能够做到，所以你就真的能做到。

沪江小编：有多少人在说，如果我当初好好学习就好了。记住，凡事没有如果，没有后悔药，只有你的决心和恒心！不要让自己再说 “ 如果 ” 了，从现在开始学习（ 查看课程 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com