

Why Do Chinese Have Problems Expressing Themselves?

Mandarin Corner
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Dàjiā hǎo, huānyíng láidào Mandarin Corner de bōkè jiémù!

大家好，欢迎来到 Mandarin Corner 的播客节目！

Hi everyone! Welcome to the Mandarin Corner's Audio Podcast!

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Wǒ shì Eileen.

我是 Eileen。

I'm Eileen.

3

Dàjiā hǎo, wǒ shì Kirk.

大家好，我是 Kirk。

Hi everyone, I'm Kirk.

4

Qiánbùjiǔ ne wǒ gēn Kirk

前不久呢我跟 Kirk

Not long ago, Kirk and I

5

Why Do Chinese Have Problems Expressing Themselves?

yīqǐ zài Zhōngshān de jiētóu zuò le yī qī jiēfǎng.

一起在中山的街头做了一期街访。

did a street interview together in Zhongshan.

6

Ránhòu zhège qījiān wǒmen jiù zhùyì dào hěn duō lùrén

然后这个期间我们就注意到很多路人

During the process, we noticed that many interviewees

7

zài biǎodá zìjǐ de guāndiǎn shí ne cúnzài zhe xǔduō wèntí.

在表达自己的观点时呢存在着许多问题。

had problems when expressing their opinions.

8

Lìrú shuō luóji bùgòu qīngxī, yòngcí bùgòu zhǔnquè,

例如说逻辑不够清晰、用词不够准确，

For example, using unclear logic, inaccurate vocabulary,

9

xùshù quēfá tiáolǐ dēngděng.

叙述缺乏条理等等。

lack of coherence, etc.

10

Jīntiān ne wǒmen jiù juédìng zuò yī qī bōkè lái zhuānmén tàntǎo yīxià

今天呢我们就决定做一期播客来专门探讨一下

Today, we decided to make a podcast to discuss

11

wèishénme dàduōshù Zhōngguó rén

为什么大多数中国人

why most Chinese

12

zài biǎodá nénglì shàng kěnéng cúnzài bùzú.

在表达能力上可能存在不足。

have problems articulating their thoughts.

13

Nǐ zài lùshàng zhuàng dào yī gè lùrén de shíhòu,

你在路上撞到一个路人的时候，

When you bump into random people on the street,

Why Do Chinese Have Problems Expressing Themselves?

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nǐ hěn nán gēn tā jiù qiērù zhǔtí,
你很难跟他就切入主题，
it is difficult for you to get to the point with them,

15

ràng tā lǐjiě nǐ de yìtú, lǐjiě nǐ de wèntí,
让他理解你的意图，理解你的问题，
make them understand your intention or questions,

16

ránhòu tā hái yào fābiǎo tā zìjǐ de guāndiǎn.
然后他还要发表他自己的观点。
and have them express their opinions.

17

Wǒ juéde sìhū bùshì yī gè xiǎngxiàng zhōng
我觉得似乎不是一个想象中
I feel this is not a task

18

nàme róngyì de yī gè rènwu ba.
那么容易的一个任务吧。
that's as easy as one might imagine.

19

Jiù jīngcháng huì fāshēng de yī jiàn shìqing, nǐ yīnggāi jìde
就经常会发生的一件事情，你应该记得
There was something that often occurred, which you probably remember.

20

jiù měi yīcì wǒ zhuā dào yī gè lùrén shí, wǒ huì gēn tā jiěshì
就每一次我抓到一个路人时，我会跟他解释
Every time I got someone on the street, I would explain to them

21

wǒmen shì yī gè bāngzhù wàiguórén xuéxí Zhōngwén de píndào.
我们是一个帮助外国人学习中文的频道。
that we're a channel helping foreigners learn Chinese.

22

Ránhòu tāmen dōu huì dèng zhe yī shuāng mángrán de yǎnjīng kàn zhe wǒ,
然后他们都会瞪着一双茫然的眼睛看着我，
They would stare at me with confusion and say:

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23

é... wǒ bùhuì Yīngwén!

额... 我不会英文!

"Ah... I cannot speak English!"

24

Wǒ jiù juéde wǒ shuō le bàntiān,

我就觉得我说了半天,

I talked and talked,

25

tā méi tīngdǒng wǒ de yìsi.

他没听懂我的意思。

but they didn't seem to understand what I meant.

26

Duì, tāmen zǒngshì rènwéi tāmen yào jiǎng Yīngwén,

对, 他们总是认为他们要讲英文,

Right, they always thought you wanted them

27

gēn wàiguórén jiǎng Yīngwén

跟外国人讲英文

to speak English with foreigners.

28

Jiùshì wánquán jiù lǐjiě cuò le.

就是完全就理解错了。

They completely misunderstood.

29

Háiyǒu jiùshì biǎodá bǐjiào fāsàn,

还有就是表达比较发散,

Also, they provided rambling answers.

30

jiùshì tā xūyào yòng hěn duō bùtóng de cíhuì

就是他需要用很多不同的词汇

They needed to use many different words

31

qù biǎodá yī gè hěn jiǎndān de sīxiǎng,

去表达一个很简单的思想,

Why Do Chinese Have Problems Expressing Themselves?

to express a very simple idea,

32

ránhòu zhèxiē cíhuì hái bùnéng liánguàn qilai chéngwéi yī gè jùzi.

然后这些词汇还不能连贯起来成为一个句子。

and these words, sometimes didn't connect into a coherent sentence.

33

Jiùshì nǐ fāxiàn hěn duō rén zài biǎodá de shíhou,

就是你发现很多人在表达的时候，

You'll find that many people's talk

34

shuō de huà shì bù wánzhěng de.

说的话是不完整的。

is incomplete.

35

Wǒ juéde zhèzhǒng wèntí quánshìjiè de rén dōu yǒu ai

我觉得这种问题全世界的人都有唉

I think this kind of problem is common with people around the world.

36

Fǎnfù de biǎodá, chóngfù yī gè guāndiǎn,

反复地表达，重复一个观点，

Being repetitive when expressing opinions is a problem

37

wǒ juéde quánshìjiè hěn duō rén

我觉得全世界很多人

that I think people have around the world,

38

wǒ jiēchù bùtóng guójiā de rén hǎoxiàng dōu yǒu zhège wèntí.

我接触不同国家的人好像都有这个问题。

based on my experience conversing with people from different countries.

39

Nà wǒ yě bù zhīdào dàodǐ shì Zhōngguó rén bǐjiào yánzhòng,

那我也不知道到底是中国人比较严重，

But I don't know whether this problem is more serious with Chinese

40

háishi wàiguó rén bǐjiào yánzhòng.

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还是外国人比较严重。
or foreigners.

41

Jiù xiàng nǐ shuō de, wǒ yě hěn rèntóng quánshìjiè de rén
就像你说的，我也很认同全世界的人
Just like what you said, I also agree that people all over the world

42

dōu huì yǒu lèisì de wèntí
都会有类似的问题
have similar problems.

43

dànshì wǒ juéde Zhōngguó rén yǒu zhèxiē wèntí de yuányīn
但是我觉得中国人有这些问题的原因
But I think the reasons for Chinese having these problems

44

kěnéng gēn qítā guójiā de bù yī yàng
可能跟其他国家的不一样
may differ with people from other countries.

45

Shǒuxiān wǒmen bù bèi gǔlì qù biǎodá zìjǐ.
首先我们不被鼓励去表达自己。
First of all, we are not encouraged to express ourselves.

46

Bǐrúshuō zài xuéxiào lǐmiàn, nǐ biǎodá gèrén guāndiǎn de shíhòu
比如说在学校里面，你表达个人观点的时候
For example, in schools, when you express your personal opinions,

47

méiyǒu dédào gǔlì, méiyǒu zhèng fǎnkuì, dōu shì fùmiàn de.
没有得到鼓励，没有正反馈，都是负面的。
you don't get encouragement or positive feedback, only negative (feedback).

48

Ránhòu wǒmen yǒu yīzhǒng tiányāshì de jiàoyù,
然后我们有一种填鸭式的教育，
Also, our primary educational approach heavily relies on rote memorization and mechanical repetition,

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49

jiùshì biéren guànshū yīxiē gàiniàn hé guānniàn zài nǐ de nǎozi lǐbian.

就是别人灌输一些概念和观念在你的脑子里边。

in which concepts and ideas are being force-fed into our minds.

50

Ránhòu shíjìshàng nǐ zài huídá biéren de wèntí de shíhou,

然后实际上你在回答别人的问题的时候，

So when we answer a question,

51

nǐ bǎ tā fùshù chūlai, nǐ bǎ tā bèi chūlai,

你把它复述出来，你把它背出来，

we simply repeat what we have memorized

52

bìng bùshì nǐ zìjǐ sīkǎo de jiéguǒ.

并不是你自己思考的结果。

and it's not the result of our own thinking.

53

Nǐ bèi guo shū ma?

你背过书吗？

Have you ever memorized textbooks?

54

Wǒ bèi guo, suǒyǐ wǒ jíqí tǎoyàn bèishū.

我背过，所以我极其讨厌背书。

Yes, and that's why I hate with a passion memorizing textbooks.

55

Yóuqíshì zài xiǎoxué chūzhōng de shíhou,

尤其是在小学初中的时候，

In particular, during my primary and junior high school years,

56

wǒ chāo le hěn duō cì shū

我抄了很多次书

I frequently copied content from textbooks (into my notebooks)

57

yīnwèi lǎoshī duì nǐ de yīzhǒng chéngfá jiùshì

因为老师对你的一种惩罚就是

because one of the punishments

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58

nǐ zuòcuò le yī dào tí, tā duì nǐ de chéngfá jiùshì chāoxiě.

你做错了一道题，他对你的惩罚就是抄写。

for making a mistake in a test was copying (textbooks).

59

Wǒ céngjīng jiù chāo guo zhěng běn... yī zhěng běn yǔwén shū

我曾经就抄过整本... 一整本语文书

I once copied down an entire Chinese textbook,

60

cóng nàge wénzhāng dào hòumian de tí mù,

从那个文章到后面的题目，

from the text to the questions,

61

biāodiǎnfúhào suǒyǒu de dōngxī quánbù chāo xiàlai,

标点符号所有的东西全部抄下来，

and even the punctuation marks.

62

suǒyǐ wǒ jíqí tǎoyàn kàndào yǔwén shū.

所以我极其讨厌看到语文书。

So I really hate the sight of Chinese textbooks.

63

Wǒ juéde shì yīzhǒng wú yìyì de chéngfá ai

我觉得是一种无意义的惩罚唉

I think the punishment is meaningless.

64

Wǒmen Zhōngguó rén shì juéde shì yǒuyìyì de

我们中国人是觉得是有意义的

Well, Chinese think it's meaningful.

65

jiùshì bǐrúshuō nǐ kàn wǒmen de nàge yǐqián de jiàocái,

就是比如说你看我们那个以前的教材，

For example, if you look at our old textbooks,

66

sānzìjīng shénmede dōngxī.

三字经什么的東西。

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like the "Three Character Classic" and so on,

67

Tā zhǔyào jiù qiángdiào de shì yào bèi,

它主要就强调的是要背，

it mainly emphasized memorizing

68

yào chāo zhèxiē gàiniàn, duì ba?

要抄这些概念，对吧？

and copying down concepts, right?

69

Nǐ bùduàn de chóngfù, bùduàn de chóngfù,

你不断地重复，不断地重复，

(They think) if you keep repeating them,

70

ránhòu zhèyàng jīngdiǎn jiù néng guànshū dào nǐ de nǎozi lǐ qù le

然后这样经典就能灌输到你的脑子里去了

eventually they will become ingrained in your mind.

71

ránhòu zhèxiē dōu shì gǔdài rén de zhìhuì, gǔdài rén de zhīshi,

然后这些都是古代人的智慧，古代人的知识，

These concepts are the wisdom and knowledge from ancient minds,

72

zhèxiē dōngxi shì hěn zhòngyào de.

这些东西是很重要的。

so they're very important.

73

Bǐqǐ nǐ gèrén de guāndiǎn láishuō, tāmen gèng zhòngyào

比起你个人的观点来说，它们更重要

Compared to your personal opinions, they are more important.

74

Jiùshì nǐ zài bùduàn chāoxiě de túzhōng, nǐ jiù néng xuédào zhīshi

就是你在不断抄写的途中，你就能学到知识

It is believed that in the process of copying, you can learn knowledge.

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zhè shì tāmen suǒ rènwéi de xuéxí.

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这是他们所认为的学习。

This is what they believe learning is.

76

Nǐ zhīdào wǒmen zài chūzhōng de shíhou shì zěnmē shàng lìshǐ kè de ma?

你知道我们在初中的时候是怎么上历史课的吗？

Do you know how our history class was like in middle school?

77

Jiùshì wǒmen zài chūzhōng de shíhou, zhǔyào de kēmù jiùshì shùxué,

就是我们在初中的时候，主要的科目就是数学，

In my middle school, the main subjects were math,

78

Yīngwén ránhòu yǔwén zhèxiē ma.

英文然后语文这些嘛。

English, Chinese and so on.

79

Ránhòu zhèngzhì lìshǐ zhèxiē dōu shì fù kè

然后政治历史这些都是副课

Politics and history were secondary.

80

suǒyǐ zài shàng lìshǐ kè de shíhou,

所以在上历史课的时候，

So in our history class,

81

tōngcháng jiùshì yī gè lǎoshī zài shàngmiàn jiǎng lìshǐ,

通常就是一个老师在上面讲历史，

usually the teacher would be talking

82

ránhòu tā jiù zài nàlǐ yīzhí jiǎng, yīzhí jiǎng

然后他就在那里一直讲，一直讲

and talking,

83

zhège huà yīxià zhòngdiǎn, nàge shì yào kǎoshì de.

这个划一下重点，那个是要考试的。

(and telling us) which were the main points that we might run into in an exam.

84

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Ránhòu wǒmen jiù zàixiàmiàn yībiān tīng, yībiān dǎkēshuì
然后我们就在下面一边听，一边打瞌睡
Meanwhile, we were dozing off while listening to him.

85

Qíshí tā jiùshì xiǎngyào ràng wǒmen bǎ zhòngdiǎn jì xiàlai,
其实他就是想要让我们把重点记下来，
Actually, he just wanted us to take down the key points,

86

yǐfáng kǎoshì de shíhou yào kǎo dào zhèxiē diǎn.
以防考试的时候要考到这些点。
in case we would be tested in an exam.

87

Cóngláiméiyǒu tāolùn
从来没有讨论
We never had discussions

88

huòzhě shuō gēn wǒmen jiǎng yīxiē yǒuqù de gùshi.
或者说跟我们讲一些有趣的故事。
and he never told us interesting stories (regarding history).

89

Zhège jiùshì wǒmen shàng lìshǐ kè de yī gè chǎngjǐng.
这个就是我们上历史课的一个场景。
This was how our history class was.

90

Méiyǒu tāolùn de kōngjiān,
没有讨论的空间，
There was no room for discussions

91

méiyǒu fābiǎo nǐ zìjǐ gèrén kànfǎ de kōngjiān
没有发表你自己个人看法的空间
and for expressing our own personal opinions.

92

Qíshí shèhuì bùdà gǔlì
其实社会不大鼓励
Actually, our society doesn't encourage us

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93

jiùshì pǔtōngrén biǎodá zìjǐ de kànfǎ, duì ba?

就是普通人表达自己的看法，对吧？

to express our opinions, right?

94

Wǒmen yībān dōu shì yǒu yī gè hěn biāozhǔn de dá'àn,

我们一般都是有一个很标准的答案，

We generally have a standard answer

95

duì mǒu yī gè shìwù.

对某一个事物。

to a question.

96

Bǐrúshuō yīxiē shèhuì de gōnggòng de huàtí,

比如说一些社会的公共的话题，

For example, regarding some social topics,

97

wǒmen dàjiā dōu yǒu yī gè gòngshí,

我们大家都有一個共識，

we all arrive at a consensus

98

jiùshì suǒyǒu rén dōu rènwéi zhè shì yī gè zhèngquè dá'àn.

就是所有人都认为这是一个正确答案。

as to what is the correct answer.

99

Bāokuò zài wǒmen xuéxí de guòchéng dāngzhōng,

包括在我们学习的过程当中，

Even when we study in schools,

100

wǒmen zài xuéxiào xuéxí de shíhou dōu shì yī gè biāozhǔn dá'àn.

我们在学校学习的时候都是一个标准答案。

we're provided with standard answers.

101

Hěn shǎo hěn shǎo yǒurén huì gǔlì nǐ tíchū yī gè

很少很少有人会鼓励你提出一个

We very rarely get encouragement

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jiùshì gēn dàjiā yìjiàn wánquán bù yīyàng de guāndiǎn.

就是跟大家意见完全不一样的观点。

when we raise a different point of view.

103

Yīdàn nǐ jiǎng chū le nǐ zìjǐ de kànfǎ de shíhou,

一旦你讲出了你自己的看法的时候，

When we express our own (different) opinions,

104

hěn duō shíhou duìfāng huì cháoxiào nǐ,

很多时候对方会嘲笑你，

many times we get mocked by others

105

jiù shuō nǐ zhège rén zěnmē zhème yòuzhì ya!

就说你这个人怎么这么幼稚呀！

and they will regard us as as naive

106

Zhège shìqing yǐjīng yǒu le yī gè dìnglùn le,

这个事情已经有了一个定论了，

because there's already a conclusion to this matter.

107

nǐ zěnmē hái néng yǒu nǐ zìjǐ de kànfǎ ne?

你怎么还能有你自己的看法呢？

Why do you have your own (different) opinion?

108

Rúguǒ wǒmen bù àn yī gè tǒngyī de xiǎngfǎ, tǒngyī de fāngzhēn xíngshì,

如果我们不按一个统一的想法，统一的方针行事，

If we don't behave according to agreed guidelines,

109

nàme zhège tuántǐ jiù huì luàn, duì ba?

那么这个团体就会乱，对吧？

the group will become unstable, right?

110

Jiù bùnéng niǔ chéng yī gǔ shéngzi,

就不能扭成一股绳子，

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We wouldn't be able to come together as one

111

yīqǐ yòng lì, duì ba?

一起用力，对吧？

and pull in the same direction, right?

112

Duì duì duì, jiùshì dàjiā zài yī gè fā lì diǎn shàng yīqǐ fā lì

对对对，就是大家在一个发力点上一起发力

Right, everyone should work towards a common goal

113

hǎoxiàng jiù néng zuò le yī jiàn... Jiù néng bǎ jīnzìtǎ jiàn qilai le

好像就能做了一件... 就能把金字塔建起来了

and that way, we can do something... we can build a pyramid.

114

Dàjiā yào nǔ lì xiàng yī gè fāngxiàng jiàn

大家要努力向一个方向建

Everyone needs to put effort to move in the same direction.

115

Jiù bù xiàng nàge shèngjīng lǐmiàn yǒu yī gè bābiétǎ,

就不像那个圣经里面有一个巴别塔，

Unlike the Tower of Babel in the Bible,

116

tā shì yī gè tōng tiān tǎ, tā yào tōng dào tiāntáng qù.

它是一个通天塔，它要通到天堂去。

which was a structure intended to reach the heavens.

117

Dànshì ne bèi shàngdì kàndào le

但是呢被上帝看到了

God saw that (people were building this tower)

118

Tā jiù shuō, bùnéng zhèyàng

他就说，不能这样

and He said: "You can't do this!

119

Nǐmen rénlei yào zàofǎn le shì zěnyàng?

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你们人类要造反了是怎样？

Are you humans trying to rebel?"

120

Tā jiù ràng tāmen jiǎng bùtóng de yǔyán,

他就让他们讲不同的语言，

So he made people speak different languages

121

dàjiā jiù luàn le, méiyǒu bànfǎ gōutōng jiāoliú le,

大家就乱了，没有办法沟通交流了，

so that they wouldn't be able to communicate with each other.

122

méiyǒu bànfǎ xiézuò le, jiù jiàn bùhǎo zhège tǎ.

没有办法协作了，就建不好这个塔。

As a result, they couldn't work together and build this tower.

123

Wǒ gǎnjué wǒmen jiùshì zhèyàng de yī gè qíngkuàng.

我感觉我们就是这样的一个情况。

I think this is the situation for us.

124

Jiù shuō wǒmen dàjiā jiǎng yī gè yǔyán, yào tǒngyī de yī gè sīwéi,

就说我们大家讲一个语言，要统一的一个思维，

We speak the same language, have the same ideology,

125

xiàng yī gè dìfāng nǔlì, ránhòu zhège tǎ,

向一个地方努力，然后这个塔，

and work towards the same goal,

126

tōng tiān tǎ jiù huì jiàn hǎo le.

通天塔就会建好了。

so we will be able to build the "Tower of Babel".

127

Wǒ jiù gǎnjué shì zhège yàngzi de yīzhǒng wénhuà fēnwéi zài lǐmiàn.

我就感觉是这个样子的一种文化氛围在里面。

I feel that we live in this kind of cultural environment.

128

Why Do Chinese Have Problems Expressing Themselves?

Shénmeyàng de rén tā huì yuànyì qù biǎodá zìjǐ de guāndiǎn,

什么样的人他会愿意去表达自己的观点，

Many times, the kind of people who are willing to express their opinions

129

zài wǒmen de shèhuì lǐmiàn?

在我们的社会里面？

in our society

130

Hěn duō shíhòu dōu shì yīxiē shǎoshù qúntǐ

很多时候都是一些少数群体

are the minorities (he meant people who think differently),

131

Nǐ shì yī gè tóngxìngliàn, kěnéng nǐ shì yī gè cánjírén

你是一个同性恋，可能你是一个残疾人

such as homosexuals, handicapped individuals

132

kěnéng nǐ shì yī gè shuōhuà jiēba de rén.

可能你是一个说话结巴的人。

or someone that stutters.

133

Tāmen qíshí shì hěn yǒu biǎodá yùwàng de,

他们其实是很有表达欲望的，

They actually have strong desires to express their thinking,

134

dànshì méiyǒu rén xiǎng tīng tāmen de shuōfǎ.

但是没有人想听他们的说法。

but no one wants to listen to them.

135

Jiù xiàng wǒ zhīqián gēn nǐ yǒu zuò guo yī qī podcast

就像我之前跟你有做过一期 podcast

Just like in a podcast we did before,

136

wǒ jiù jiǎng zhègè wèntí, jiùshì nǐ zài xuéxiào lǐbian

我就讲这个问题，就是你在学校里边

I talked about how in our schools,

Why Do Chinese Have Problems Expressing Themselves?

137

nǐ dào xuéxiào lǐmiàn qù, nǐ dōu bùnéng chuān gēn dàjiā bù yīyàng de yīfu.

你到学校里去，你都不能穿跟大家不一样的衣服。

students cannot wear clothing that differs from others.

138

Jiùsuàn nǐ dài yī gè màozi, nǐ dài yī gè yǎnjìng

就算你戴一个帽子、你戴一个眼镜

Even if you wear a hat, glasses,

139

nǐ shēnshang yǒu yī gè gēn biéren bù yīyàng de shìwù,

你身上有一个跟别人不一样的饰物，

or a jewelry that are different,

140

biéren dōu huì lìngyǎnxiāngkàn.

别人都会另眼相看。

you will get strange looks.

141

Nǐ kěyǐ zài xīfāng shèhuì, nǐ kàndào tāmen huì bié yī gè cǎihóngqí,

你可以在西方社会，你看到他们会别一个彩虹旗，

But in Western societies, you can see people with rainbow flag pins,

142

huòzhě bié yī gè shénme fúhào qù biǎodá nǐ de shēnfèn,

或者别一个什么符号去表达你的身份，

or other symbols to express their identity,

143

nǐ shì shénmeyàng de xiǎngfǎ,

你是什么样的想法，

their beliefs

144

nǐ shǔyú yī gè shénmeyàng de qúntǐ, duì ba?

你属于一个什么样的群体，对吧？

or show what group they belong to, right?

145

Nǐ xiǎng biǎodá yīxià zìjǐ.

你想表达一下自己。

They just want to express themselves.

Why Do Chinese Have Problems Expressing Themselves?

146

Jiù xiàng zhèyàng de yī gè xiǎoxiǎo de yī gè dòngzuò

就像这样的一个小小的一个动作

Someone with such small inclinations

147

dōu huì bèi shìwéi shì guàirén.

都会被视为是怪人。

will be regarded as a freak (in China).

148

Wǒ juéde zhè jiùshì wǒmen shèhuì lǐmiàn

我觉得这就是我们社会里面

I think this is what people in our society

149

yīnggāi yǐnqǐ dàjiā fǎnsī de yī gè dìfang.

应该引起大家反思的一个地方。

should reflect on.

150

Jiùshì wèishénme wǒmen bùnéng ràng jiùshì zhèyàng de shǎoshù qúntǐ

就是为什么我们不能让就是这样的少数群体

Why can't we let minorities

151

huòzhě zhèyàng bù yīyàng de qúntǐ lái shuō huà?

或者这样不一样的群体来说话？

or groups that differ from the majority, talk?

152

Wǒ juéde bùjǐn shì shǎoshù qúntǐ bùnéng shuō huà ba,

我觉得不仅是少数群体不能说话吧，

I think it's not just the minorities who can't talk.

153

jiùshì dàjiā qíshí dōu lǎnde biǎodá le, jiùshì lǎnde yǒu xiǎngfǎ le.

就是大家其实都懒得表达了，就是懒得有想法了。

Actually, many people don't want to bother to talk or even think.

154

Nǐ yī yǒu xiǎngfǎ nǐ jiùshì shǎoshù qúntǐ le.

你一有想法你就是少数群体了。

Why Do Chinese Have Problems Expressing Themselves?

As soon as you think, you're in the minority.

155

Jiùshì dàjiā shì tóngyī gè xiǎngfǎ, wǒmen shì yī gè jíǐ de shíhou,
就是大家是同一个想法，我们是一个集体的时候，
When we think the same way and when we're in a group,

156

wǒmen shì yǒu gòngshí de.
我们是有共识的。
we have a common view.

157

Dāng nǐ yǒu gòngshí de shíhou, nǐ hái yào biǎodá shénme ya?
当你有共识的时候，你还要表达什么呀？
If we have a common view, why do we need to discuss it?

158

Nǐ měigerén de guāndiǎn dōu shì yīmúyīyàng de,
你每个人的观点都是一模一样的，
Everyone's view is exactly the same

159

duì yī gè dàshì shàngmiàn.
对一个大事上面。
when it comes to an important matter.

160

Hěn duō rén juéde Rìběnrén hěn huài,
很多人觉得日本人很坏，
Many (Chinese) people think that Japanese are bad.

161

wǒmen zhège guāndiǎn cóng nǎ lái de?
我们这个观点从哪儿来的？
How did we get this view?

162

Jiùshì diànshì shàng yǒu hěn duō kàng Rì jù, duì ba?
就是电视上有很多抗日剧，对吧？
From anti-Japanese TV shows, right?

163

Rìběn jūnguózhǔyì dìguózhǔyì tāmen quèshí rùqīn le Zhōngguó,

Why Do Chinese Have Problems Expressing Themselves?

日本军国主义帝国主义他们确实入侵了中国，

It's true that Japanese militarism and imperialism resulted in the invasion of China;

164

zhège shì wúkě fǒurèn de shìshí.

这个是无可否认的事实。

this is an undeniable fact.

165

Ránhòu tāmen zài Zhōngguó fàn le hěnduō jiùshì zhànzhēng zuìxíng ma.

然后他们在中国犯了很多就是战争罪行嘛。

They did commit many war crimes in China.

166

Dànshì ne yī gè guójiā, yī gè mínzú,

但是呢一个国家、一个民族、

But a country, a nation

167

yī gè tuántǐ shì yī gè hěn fùzá de gàiniàn.

一个团体是一个很复杂的概念。

or a group is a very complicated concept.

168

Nǐ bùnéng shuō jiùshì yīnwèi tāmen de shàng yī bèi rén

你不能说就是因为他们的上一辈人

You can't say, just because their ancestors

169

huòzhě shì mǒu yī gè tuántǐ zài Zhōngguó fàn le yīxiē zhànzhēng zuìxíng,

或者是某一个团体在中国犯了一些战争罪行，

or a certain group committed crimes in China,

170

nǐ jiù fǒudìng le zhěnggè qúntǐ,

你就否定了整个群体，

you must disapprove of the (current) entire nation

171

jiù shuō tāmen dōu shì huàirén.

就说他们都是坏人。

or view all their people as bad.

172

Why Do Chinese Have Problems Expressing Themselves?

Dànshì zài wǒmen de shèhuì

但是在我们的社会

But in our society,

173

jiù tèbié róngyì jiēshòu yīxiē hěn jiǎndān de gàiniàn

就特别容易接受一些很简单的概念

people can easily accept simple ideas,

174

Rìběnrén dōu shì huàirén!

日本人都是坏人!

such as "Japanese are bad"!

175

Yījùhuà jiù bǎ biéren fǒudìng le.

一句话就把别人否定了。

A simple sentence categorizes them all.

176

Wǒmen dōu bù qù sīkǎo le,

我们都不去思考了，

If we don't even want to think about things,

177

nà wǒmen yòu zěnmē qù biǎodá gèng fùzá de kànfǎ?

那我们又怎么去表达更复杂的看法?

how can we express complicated thoughts?

178

Ér dāng nǐ biǎodá zhège kànfǎ de shíhou

而当你表达这个看法的时候

And when you do try to express these thoughts,

179

wa, nà nǐ jiùshì chùfàn le yī gè jìnjì a

哇，那你就是触犯了一个禁忌啊

you're challenging a social taboo.

180

Jiùshì suǒyǒu rén dōu rènwéi zhè jiàn shìqíng shì duì de,

就是所有人都认为这件事情是对的，

If everyone thinks this is correct,

Why Do Chinese Have Problems Expressing Themselves?

181

nǐ juéde tā shì cuò de,
你觉得他是错的,
yet you think it's wrong,

182

nà nǐ jiù hěn qíguài a, nǐ jiù bèi gūlì le ya!
那你就很奇怪啊, 你就被孤立了呀!
it will make you look strange and you'll be ostracized.

183

Háiyǒu jiùshì hǎoxiàng zài wǒmen de jiātíng jiàoyù lǐmiàn,
还有就是好像在我们的家庭教育里面,
Also, in Chinese families, we don't seem to

184

yě bìngbù bèi gǔlì qù biǎodá zìjǐ de yīxiē qínggǎn ba?
也并没有被鼓励去表达自己的一些情感吧?
be encouraged to express our feelings and emotions, right?

185

Wǒmen yǒu yījù gǔ huà jiào shí bù yán qǐn bù yǔ.
我们有一句古话叫食不言寝不语。
There is an old Chinese saying, "Do not speak while eating or sleeping".

186

Zhège wǒ xiǎng nǐ yīnggāi tīng guo ba
这个我想你应该听过吧
You must've heard this, right?

187

Jiùshì chīfàn de shíhou, rúguǒ xiǎoháizi zài shuōhuà dehuà,
就是吃饭的时候, 如果小孩子在说话的话,
While eating, if a child talks,

188

fùmǔ kěnéng huì shuō, xiǎoháizi bùyào shuōhuà.
父母可能会说, 小孩子不要说话。
the parents might stop him/her.

189

Wǒ de jiātíng fēnwéi shì, wǒ cóngxiǎo dào dà
我的家庭氛围是, 我从小到大
From a young age,

Why Do Chinese Have Problems Expressing Themselves?

190

wǒ gǎnjué shì bùguǎn shì xiǎo jiātíng, jiùshì wǒ hé wǒ fùmǔ
我感觉是不管是小家庭，就是我和我父母
whether it's with my small family - my parents,

191

háishi yī gè dàjiātíng,
还是一个大家庭，
or with my big family,

192

jiùshì wǒ fùmǔ hái yǒu wǒ yéye nǎinai hái yǒu yīxiē jiùjiu a
就是我父母还有我爷爷奶奶还有一些舅舅啊
which includes my grandparents and uncles,

193

dàjiā zài yìqǐ chīfàn de shíhòu,
大家在一起吃饭的时候，
when we had meals together,

194

wǒ rènwéi tāmen shuōhuà shì bùtíng de shuō de,
我认为他们说话是不停地说的，
they would always be talking.

195

dànshì wǒmen zhèxiē xiǎobèi de rén,
但是我们这些小辈的人，
But we, as kids

196

hái yǒu nǚrén shuōhuà de zhòngliàng jiù xiāngduì bǐjiào qīng le,
还有女人说话的重量就相对比较轻了，
or women whose opinion was not important,

197

wǒmen jiùshì bùnéng jiǎnghuà de
我们就是不能讲话的
couldn't talk as much.

198

yīnwèi wǒmen de guāndiǎn ma tāmen kànlai jiùshì hěn yòuzhì de.
因为我们的观点嘛他们看来就是很幼稚的。

Why Do Chinese Have Problems Expressing Themselves?

They felt that our thinking was naive.

199

Zěnmeshuō ne? Wǒ méiyǒu bànfǎ píngqǐpíngzuò de

怎么说呢？我没有办法平起平坐地

How to say? We couldn't equally

200

gēn tāmen biànlùn gēn tāmen biǎodá

跟他们辩论跟他们表达

debate or discuss our opinions with them.

201

Shuōdào zhèlǐ, wǒmen jiù bùdébù jiǎng yīxià

说到这里，我们就不得不讲一下

Speaking of this, we have to discuss

202

wǒmen de yī gè fú cóng wén huà.

我们的一个服从文化。

our culture of obedience.

203

Jiùshì bùlùn shì zài xuéxiào lǐ, háishì zài jiā tíng lǐ,

就是不论是在学校里、还是在家庭里、

Whether it's at school, at home

204

háishì zǒurù zhíchǎng,

还是走入职场，

or workplace,

205

wǒmen dōu bèi jiàoyù yào zūnzhòng quánwēi,

我们都被教育要尊重权威，

we're always taught to respect authority,

206

zūnlǎo' àiyòu, zūnjìng lǎoshī.

尊老爱幼，尊敬老师。

the elders and teachers.

207

Suǒyǐ zài lǎoshī shuō le shénme huà de shíhou

Why Do Chinese Have Problems Expressing Themselves?

所以在老师说了什么话的时候

So when the teacher says

208

huòzhě zuòcuò shì de shíhòu, nǐ zuìhǎo bùyào zhǐ chūlai.

或者做错事的时候，你最好不要指出来。

or does something wrong, it's best we don't point it out.

209

Zhège jiù dǎozhì jíshǐ wǒmen yǒu bùtóng de guāndiǎn,

这个就导致即使我们有不同的观点，

This results in that, even when we do have different opinions,

210

wǒmen yě bù gǎn biǎodá chūlai,

我们也不敢表达出来，

we don't dare express them

211

yīnwèi wǒmen pà bèi pīpíng.

因为我们怕被批评。

because we're afraid of criticism.

212

Nǐ zài zhèyàng de fēnwéi zhōng zhǎngdà,

你在这样的氛围中长大，

Growing up,

213

ránhòu nǐ zài zhèyàng de fēnwéi zhōng xuéxí, gōngzuò,

然后你在这样的氛围中学习、工作，

studying and working in this kind of environment,

214

nǐ zěnmé qù duànliàn nǐ de biǎodá nénglì ne?

你怎么去锻炼你的表达能力呢？

how do we practice expressing ourselves?

215

Wǒ juéde zhèlǐ yīnggāi huà yī gè dàdà de wènhào.

我觉得这里应该画一个大大的问号。

I feel that's a big question mark.

216

Why Do Chinese Have Problems Expressing Themselves?

Duì, huòzhě shì duànliàn nǐ de dúlì sīkǎo nénglì

对，或者是锻炼你的独立思考能力

Right. Or (how can we) develop our critical thinking?

217

yīnwèi nǐ cóngxiǎo nǐ bùtóng de xiǎngfǎ,

因为你从小你不同的想法，

From a young age, when you have different thoughts,

218

kěnéng jiù huì bèi chéngfá huòzhě shì bèi dǎyā,

可能就会被惩罚或者是被打压，

you might be punished or suppressed.

219

suǒyǐ zhǎngdà zhīhòu nǐ yě jiù xuéhuì le

所以长大之后你也就学会了

So as you grow up, you learn that

220

dāng biéren wèn nǐ yī gè wèntí de shíhou,

当别人问你一个问题的时候，

when someone asks you a question,

221

nǐ jiù huì ànzhào dàjiā suǒ tígōng de nàge biāozhǔn dá'àn lái huídá.

你就会按照大家所提供的那个标准答案来回答。

you should reply according to the standard answers provided by society.

222

Jiù yǒu yī gè hěn hǎo de lìzi,

就有一个很好的例子，

Here is a very good example.

223

jiùshì dāngshí wǒmen zài zuò nàge jiēfǎng de shíhou,

就是当时我们在做那个街访的时候，

When we were conducting a street interview,

224

wǒmen bùshì wèn, nǐ juéde dàjiā wèishénme yào měibái ne?

我们不是问，你觉得大家为什么要美白呢？

we asked: "Why do you think everyone is trying to whiten their skin?"

Why Do Chinese Have Problems Expressing Themselves?

225

Jiù yǒu gè rén huídá shuō yīnwèi hǎokàn ya,
就有个人回答说因为好看呀,
One person said that it's because (white skin) is beautiful,

226

yīnwèi wǒmen shì Zhōngguó rén,
因为我们是中国人,
we are Chinese

227

ránhòu yīnwèi zìgǔyǐlái jiùshì zhèyàng de.
然后因为自古以来就是这样的。
and we've been thinking this way since ancient times.

228

Zhè lǐmiàn bèihòu shì yǒu gè luóji de,
这里面背后是有个逻辑的,
There is a logic behind it.

229

zìgǔyǐlái tā shuō de jiùshì
自古以来它说的就是
"It's been this way since ancient times" suggests

230

yīnwèi hěn jiǔ yǐqián tā jiùshì zhèyàng,
因为很久以前它就是这样,
that it's been like this for a long time,

231

nàme xiànzài yě yīnggāi shì zhèyàng,
那么现在也应该是这样,
so it should be like this now

232

nà yǐhòu yě yīnggāi shì zhèyàng.
那以后也应该是这样。
as well as in the future.

233

Bù yīnggāi yǒu rènhe de biànhuà,
不应该有任何的变化、
We shouldn't change it,

Why Do Chinese Have Problems Expressing Themselves?

234

bù yīnggāi qù zhìyí tā, bù yīnggāi qù sīkǎo tā.

不应该去质疑它、不应该去思考它。

question it, and especially, think about it.

235

Jiù yǒu zhème yīcéng luóji hé yìsi zài lǐbian, duì ba?

就有这么一层逻辑和意思在里边，对吧？

There is such a logic behind that thinking, right?

236

Xiàng zhèyàng de gàiniàn wǒmen jīngcháng de yùnyòng.

像这样的概念我们经常地运用。

We use this thinking quite often.

237

Dāng nǐ zài yùnyòng zhèxiē cí de shíhou,

当你在运用这些词的时候，

When we use these sayings,

238

qíshí nǐ yǐjīng fàngqì le nǐ zìjǐ sīkǎo de kōngjiān,

其实你已经放弃了你自己思考的空间，

we've actually given up the opportunity to think

239

fàngqì nǐ zìjǐ sīkǎo de quánlì.

放弃你自己思考的权利。

or our right to think.

240

Wǒ juéde zhè yě shì zǔ'ài

我觉得这也是阻碍

I believe that this is another obstacle that hinders

241

wǒmen biǎodá nénglì de yī gè hěn dà de wèntí.

我们表达能力的一个很大的问题。

our ability to express ourselves.

242

Jiùshì wǒmen zài jiētóu cǎifǎng de shíhou

就是我们在街头采访的时候

Why Do Chinese Have Problems Expressing Themselves?

When we were doing street interviews,

243

jiù huì fāxiàn tèbié nán zhǎodào

就会发现特别难找到

I found out that it's very difficult

244

yuànyì shàngjìng de nánshēng qù biǎodá zìjǐ de xiǎngfǎ.

愿意上镜的男生去表达自己的想法。

to get guys to agree to be on camera.

245

Xiāngduì lái shuō tāmen hǎoxiàng xìnggé gèng hánxù yīdiǎn.

相对来说他们好像性格更含蓄一点。

Maybe they're more reserved and introverted, relatively speaking?

246

Wa, zhè dōu bùshì hánxù!

哇，这都不是含蓄！

Wow! This is not just being reserved!

247

Yīnwèi wǒmen cóngxiǎo zhǎngdà jiù shòudào dǎyā a

因为我们从小长大就受到打压啊

It's because since a young age, we've been discouraged

248

yīnwèi wǒmen bùnéng qù biǎodá zìjǐ de kànfǎ.

因为我们不能去表达自己的看法。

from expressing our opinions.

249

Bǐrúshuō nǐ gēn jǐge nán de péngyou yìqǐ chūqù

比如说你跟几个男的朋友一起出去

For example, a guy goes out with his male friends.

250

ránhòu jiù hěn kù,

然后就很酷，

They're all cool

251

wǒmen dōu shì brother wǒmen shì yī qún xiōngdì,

Why Do Chinese Have Problems Expressing Themselves?

我们都是 brother 我们是一群兄弟，
and brothers to each other.

252

yīqǐ zuò zài qiáo shang kàn lùguò de nǚrén,
一起坐在桥上看路过的女人，
They might be sitting on a bridge watching women passing by

253

gěi zhèxiē nǚrén dǎfēn.
给这些女人打分。
and rating them.

254

Jiǎrú shuō nǐ xiǎng biǎodá yī gè bù yīyàng de guāndiǎn,
假如说你想表达一个不一样的观点，
If you express a different opinion,

255

nǐ shuō yǒu yī gè lùguò de nánrén zhǎngde hěn shuài
你说有一个路过的男人长得很帅
such as, a guy who just passed by looks handsome,

256

nà qítā rén zěnmē kàn nǐ?
那其他人怎么看你？
how will your friends look at you?!

257

Zhè shì yī gè tèbié bù kù de xíngwéi,
这是一个特别不酷的行为，
This is just a very uncool behavior,

258

nǐ dǒng wǒ de yìsi ma?
你懂我的意思吗？
you know what I mean?

259

Jiù wǒmen dōu juéde xiōng dà de nǚrén hǎokàn,
就我们都觉得胸大的女人好看，
They all think women with big boobs look good.

260

Why Do Chinese Have Problems Expressing Themselves?

nǐ wèishénme juéde nánrén hǎokàn?

你为什么觉得男人好看？

Why did you think a guy looks nice?

261

Wǒ juéde hái yǒu jiùshì yī qún nánrén zuò zài yìqǐ

我觉得还有就是一群男人坐在一起

Also, I think that when a group of men

262

liáo zìjǐ de gǎnqíng wèntí

聊自己的感情问题

talk about issues in their relationships

263

liáo zìjǐ de yīxiē cuòzhé, zhège jiù hěn bù kù.

聊自己的一些挫折，这个就很不酷。

or their frustrations, it's very uncool.

264

Ránhòu hái yǒu jiùshì huì juéde yǒudiǎn niáng.

然后还有就是会觉得有点娘。

They might appear to be girly.

265

Yīnwèi wǒmen zài yī gè nán quán shèhuì zhǎngdà,

因为我们在一个男权社会长大，

That's because we grow up in a patriarchal society,

266

jiùshì nánxìng tǒngzhì de dìwèi zhǎngdà,

就是男性统治的地位长大，

where the status of male dominance is prevalent.

267

nǐ juéde jiùshì xìnnì de sīwéi shì shǔyú nǚxìng de,

你觉得就是细腻的思维是属于女性的，

We feel that delicate thinking belongs to women,

268

shì hěn yīnróu de yībùfen.

是很阴柔的一部分。

and it's a very feminine characteristic.

Why Do Chinese Have Problems Expressing Themselves?

269

Yóuqíshì nǐ shǐyòng yīxiē fùzá de cíhuì de shíhou,
尤其是你使用一些复杂的词汇的时候,
Especially when you use complicated words,

270

jiù shuō wǒ jīntiān gǎnjué yǒudiǎn yōuyù a
就说我今天感觉有点忧郁啊
such as I am feeling "melancholy" today,

271

biéren juéde nǐ zài kāiwánxiào, nǐ zài fěngcì
别人觉得你在开玩笑，你在讽刺
others might think you're joking or being cynical.

272

nǐ yī gè nánrén, nǐ zěnméi huì juéde nǐ yōuyù ne?
你一个男人，你怎么会觉得你忧郁呢？
"How can you, as a man, feel melancholy?!"

273

Nǐ bùshì dōu yīnggāi hěn qiángying de gǎnjué ma?
你不是都应该很强硬的感觉吗？
Shouldn't you always be strong

274

Rènhé kùnnan nǐ dōu néng kèfú de ma?
任何困难你都能克服的吗？
and ready to overcome any difficulties?"

275

Jiù wǒmen tuīchóng yīzhǒng nàzhǒng qiángying de,
就我们推崇一种那种强硬的，
We advocate for men to be tough

276

qiángshì de nánrén de nàzhǒng xíngxiàng.
强势的男人的那种形象。
and dominant.

277

Qíshí nǐ yǒuméiyǒu xiǎng guo tā yǒu yōuyù de shíhou,
其实你有没有想过他有忧郁的时候，
But actually, there are times when men are melancholy

Why Do Chinese Have Problems Expressing Themselves?

278

tā yǒu shānggǎn de shíhòu,
他有伤感的时候，
and sad,

279

tā yě xiǎng biǎodá zìjǐ de qíngxù qínggǎn.
他也想表达自己的情绪情感。
and when they want to express these feelings.

280

Dànshì tā jiǎng bù chūlai ya, tā shuō bù chūlai ya
但是他讲不出来呀，他说不出来呀
But they cannot!

281

Duì nán de láishuō, jiùshì bùguǎn nǐ shēnghuó de duō lèi,
对男来说，就是不管你生活得多累，
As a man, no matter how hard your life is,

282

nǐ de nèixīn duō cuìruò, nǐ duō xiǎng dàkū yī chǎng
你的内心多脆弱，你多想大哭一场
how vulnerable you feel and how much you want to cry,

283

nǐ dōu bùnéng shuō chūlai,
你都不能说出来，
you just can't.

284

nǐ bìxū wěizhuāng nǐ zìjǐ hěn qiángyìng de yàngzi.
你必须伪装你自己很强硬的样子。
You must disguise your feelings and appear strong.

285

Nǐ cóng wénxué shàng yě kěyǐ kàn chūlai,
你从文学上也可以看出来，
This can be seen from our literature.

286

nǐ shénmeshíhòu kàn le yī gè shū,
你什么时候看了一个书，

Why Do Chinese Have Problems Expressing Themselves?

When was the last time you read a book

287

shū lǐmiàn huòzhě yī gè diànyǐng lǐmiàn

书里面或者一个电影里面

or saw a movie

288

yǒu zhèyàng yī gè xíngxiàng, zhèyàng yī gè cuìruò de nánrén de xíngxiàng

有这样一个形象，这样一个脆弱的男人的形象

in which there's a vulnerable man

289

érqiě tā hái shì zhèngmiàn de? Méiyǒu

而且他还是正面的？没有

and he is portrayed as positive? Never, (right?)

290

Nǐmen dōu bùxiǎng biànréng zhè lèixíng de nánrén,

你们都不想变成这类型的男人，

No one wants to be that type of man

291

nǐ jiù yīzhí zài nàr zhuāng kù.

你就一直在那儿装酷。

and so, everyone acts cool.

292

Nǐ kù zhuāng jiǔ le, nǐ jiù wàng le zěnmē qù biǎodá nǐ zìjǐ,

你酷装久了，你就忘了怎么去表达你自己，

When you act cool for so long, you forget how to express

293

nǐ zěnmē qù shūfā nǐ de qínggǎn le.

你怎么去抒发你的情感了。

your emotions.

294

Wǒ juéde zhè jiùshì yī gè hěn dà de wèntí.

我觉得这就是一个很大的问题。

I think this is a big problem.

295

Rènhe shìqing wǒ dōu yào wéichí zìjǐ yī gè hěn kù de yàngzi.

Why Do Chinese Have Problems Expressing Themselves?

任何事情我都要维持自己一个很酷的样子。

We need to maintain our "cool" image at every given moment.

296

Nà wǒ yě xiǎng wèn nǐ,

那我也想问你，

I want to ask you,

297

chúle wǒmen zài jiētóu cǎifǎng shí pèngdào de zhèxiē lùrén,

除了我们在街头采访时碰到的这些路人，

besides people we met while doing street interviews,

298

nǐ zìjǐ yǒuméiyǒu guānchá dào nǐ shēnbiān de rén

你自己有没有观察到你身边的人

have you observed any problems people around you have

299

yǒu nǎ yīxiē biǎodá shàng cúnzài de wèntí?

有哪一些表达上存在的问题？

when expressing themselves?

300

Yǒu a yǒu a

有啊有啊

Yes.

301

Duì yīxiē jiàzhí fābiǎo kànfǎ,

对一些价值发表看法，

(When they're asked) to express their opinions about some values,

302

duì yīxiē shìwù huòzhě shì yīxiē shìqíng fābiǎo kànfǎ de shíhòu,

对一些事物或者是一些事情发表看法的时候，

or things,

303

hěn duō rén shì bù zhīdào zěnméi huídá nǐ,

很多人是不知道怎么回答你，

many of them don't know how to answer

304

Why Do Chinese Have Problems Expressing Themselves?

tā wánquán méiyǒu yī gè dá'àn.

他完全没有一个答案。

or they simply don't have an answer.

305

Suǒyǐ nǐ jiēfǎng de shíhou,

所以你街访的时候，

So when you do street interviews,

306

nǐ yě shì wèn zhè lèixíng de shèhuì huàtí, duì ba?

你也是问这类型的社会话题，对吧？

you ask questions regarding social issues, right?

307

Jiùshì nǐ tūrán wèn tā de shíhou,

就是你突然问他的时候，

When suddenly asked,

308

tā qù sōusuǒ dànnǎo lǐbian yǒuméiyǒu zhè duàn xìnxi,

他去搜索大脑里边有没有这段信息，

they will first search their brains for information related to the topic

309

huòzhě shuō tā zài shū shang, diànshì shang

或者说他在书上，电视上

and determine if they've heard others discuss it

310

huòzhě tīng biéren jiǎng guo zhèyàng de huàtí.

或者听别人讲过这样的话题。

in a book or on TV.

311

Wǒ juéde yībānrén hěn nán mǎshàng de xiǎngdào zěnméi huídá nǐ,

我觉得一般人很难马上地想到怎么回答你，

I think most people will have a hard time answering a question immediately.

312

suǒyǐ zhè jiùshì zàochéng le

所以这就是造成了

This might be the reason why

Why Do Chinese Have Problems Expressing Themselves?

313

hěn duō biǎodá hé gōutōng kùnnán de dìfang.

很多表达和沟通困难的地方。

they have difficulties expressing themselves.

314

Nà rúguǒ shì zhèyàngzi dehuà,

那如果是这样的话，

If that's the case,

315

nà yě bùshì tāmen biǎodá nénglì de wèntí le,

那也不是他们表达能力的问题了，

the problem may not be their lack of ability in articulation,

316

jiùshì tāmen duì zhège shìwù qíshí bìng méiyǒu shénme kànfǎ.

就是他们对这个事物其实并没有什么看法。

but rather that they don't have their own opinions on a certain topic.

317

Shìde shìde

是的是的

Yes.

318

Qíshí wǒ juéde wǒmen biǎodá nénglì zhěngtǐ lái shuō bùgòu hǎo de,

其实我觉得我们表达能力整体来说不够好的，

Actually, I think that our overall lack of ability to express ourselves

319

háiyǒu yī gè hěn dà de yuányīn jiùshì hěn duō zhīshi de kuìfá.

还有一个很大的原因就是很多知识的匮乏。

maybe is due to another big reason and that is, a lack of knowledge.

320

Nǐ de zhīshi jiù hěn suìpiàn huà,

你的知识就很碎片化，

Our knowledge (of things) tends to be fragmented.

321

bǐrúshuō wǒmen zài chéngnián yǐhòu, nǐ cóng xuéxiào chūlái,

比如说我们在成年以后，你从学校出来，

After we leave school and become an adult,

Why Do Chinese Have Problems Expressing Themselves?

322

nǐ xué dào yīxiē zhīyánpiànyǔ shì de zhīshi,
你学到一些只言片语式的知识,
the knowledge we learn is often

323

jiùshì dǒuyīn shàngmiàn kàn dào de yīxiē dōngxi,
就是抖音上面看到的一些东西,
from Douyin which is very superficial

324

ránhòu zhèxiē jiù chéng le nǐ de zhīshi.
然后这些就成了你的知识。
and that becomes our "knowledge".

325

Dāng nǐ yào liánguàn de biǎoshù zìjǐ de kàn fǎ de shíhòu,
当你要连贯地表述自己的看法的时候,
When you're asked to describe your opinion coherently,

326

shuō chū yītào yǒu xìtǒngxìng de dōngxi de shíhòu,
说出一套有系统性的东西的时候,
and say something that sounds logical,

327

nǐ jiù jué de hěn kùnnán.
你就觉得很困难。
you will find it very difficult.

328

Nǐ de dànǎo zài jìsuàn, nǐ zài sōusuǒ yīxiē néng yòng de nèiróng,
你的大脑在计算，你在搜索一些能用的内容，
Your brain will be calculating and searching for possible useful content.

329

dànshì nàxiē zhīshi dōu shì cóng duǎnshìpín
但是那些知识都是从短视频
However, the knowledge you've gained is from short videos,

330

huòzhě shì shuō nǐ zài děng bāshì de shíhòu,
或者是说你在等巴士的时候，

Why Do Chinese Have Problems Expressing Themselves?

or sentences

331

kàn nàge bāshì shàngmiàn yǒu yījù guǎnggào,
看那个巴士上面有一句广告,
seen on ads and posters

332

shuō shénme shénme yījùhuà yījù cíhuì
说什么什么一句话一句词汇
in a bus station.

333

Nǐ zài sōusuǒ nàxiē dōngxi,
你在搜索那些东西,
You're searching (in your brain) for those things

334

nǐ yào bǎ tā zǔchéng yī gè wánzhěng de biǎodá háishi hěn nán de.
你要把它组成一个完整的表达还是很难的。
and trying to piece them together in order to form a complete sentence. This will be very difficult.

335

Nǐ juéde xiànzài zhèzhǒng wǎngluò de pǔjí
你觉得现在这种网络的普及
Do you think the widespread use of the internet

336

yǐjí duǎnshìpín de pǔjí shǐyòng
以及短视频的普及使用
and the popularity of short videos

337

duìyú dàjiā de biǎodá nénglì shì yǒu hǎochu háishi huàichu?
对于大家的表达能力是有好处还是坏处?
are beneficial or detrimental to people's ability to express themselves?

338

Wǒ juéde yǒu hǎo yǒu huài
我觉得有好有坏
I think it could be both, good and bad.

339

Why Do Chinese Have Problems Expressing Themselves?

Bǐrúshuō tā kěnéng huì jīfā nǐ duì zhīshi de yīzhǒng hàoqí,
比如说它可能会激发你对知识的一种好奇，
For example, it may stimulate your curiosity

340

jīfā nǐ duì zhīshi de yīzhǒng yùwàng.
激发你对知识的一种欲望。
or desire for knowledge.

341

Yǒu tā de shíhou nǐ néng cóng tā lǐmiàn kàndào yīxiē
有它的时候你能从它里面看到一些
With (short videos), you may be exposed to topics that you find interesting,

342

nǐ yǐqián dōu méi xiǎng guo nǐ gǎnxìngqù de huàtí,
你以前都没想过你感兴趣的话题，
but they never occurred to you before.

343

bǐrúshuō lìshǐxìng de huàtí.
比如说历史性的话题。
For example, topics relating to history.

344

Nǐ zhīqián duì lìshǐ bù gǎnxìngqù,
你之前对历史不感兴趣，
Maybe you weren't interested in history,

345

dànshì nǐ kàn le yī gè duǎnshìpín, mǒu yī gè lìshǐrénwù
但是你看了一个短视频，某一个历史人物
but after seeing a short video about a certain historical figure,

346

tā néng jīqǐ nǐ de xìngqù, ràng nǐ qù xuéxí.
它能激起你的兴趣，让你去学习。
your interest in it will be piqued and then, you start studying more about it.

347

Dànshì lìngyī gè bùhǎo de dìfang jiùshì,
但是另一个不好的地方就是，
But the negative aspect is that

Why Do Chinese Have Problems Expressing Themselves?

348

zhèxiē duǎnshìpín dōu hěn duǎn,
这些短视频都很短,
these videos are all short.

349

nǐ yě bù zhīdào tā tígōng de zhīshi
你也不知道它提供的知识
You're not sure whether the knowledge

350

shì zhēnde shì nàzhǒng yǒuyìyì de zhīshi ma
是真的是那种有意义的知识吗
they provide is actually meaningful

351

háishi shuō zhīshì mǒuzhǒng wèile bó yǎnqiú
还是说只是某种为了博眼球
or that they were made just to attract eyeballs

352

ér zuò chūlai de yīxiē méiyǒuyìyì de yīxiē yúlè xìng de dōngxi.
而做出来的一些没有意义的一些娱乐性的东西。
and to entertain.

353

Wǒ bùshì shuō yúlè bùnéng xuéxí
我不是说娱乐不能学习
I am not saying you can't learn anything from entertaining content.

354

jiùshì nǐ zài yúlè de shíhou zhège chāo duǎn de shí miǎo zhīnèi,
就是你在娱乐的时候这个超短的十秒之内,
But with a ten-second super short video,

355

nǐ néng xuédào shénme dōngxi ne?
你能学到什么东西呢?
can you really learn something from it

356

Háishi shuō nǐ hāhā yī xiào le,
还是说你哈哈一笑了,
or will you just have a laugh

Why Do Chinese Have Problems Expressing Themselves?

357

dànnǎo yī piàn kòngbái jiù wánchéng le.

大脑一片空白就完成了。

and afterwards, remember nothing?

358

Wǒ jiù juéde zhè yě shì duǎnshìpín hěn bùhǎo de yī gè dìfang.

我就觉得这也是短视频很不好的一个地方。

I think this is the bad aspect about short videos.

359

Jiùshì dāng nǐ xiàng duǎnshìpín lǐmiàn nà yàng shuōhuà dehuà,

就是当你像短视频里面那样说话的话，

If you try to talk like (people) in the short videos,

360

nǐ huì juéde hěn nán biǎodá zìjǐ.

你会觉得很难表达自己。

you will find it hard to be an articulate person.

361

Dāng nǐ gēn biéren shuōhuà de shíhòu

当你跟别人说话的时候

When you talk to someone,

362

nǐ jiù shuō, āiyā nàge dōngxi

你就说，哎呀那个东西

you will say: "Ah, you know? That thing!"

363

jiùshì yǒuyīdiǎn nàge, nǐ zhīdào ma?

就是有一点那个，你知道吗？

It's a little..., you know?

364

Nǐ kàn guo nàge shìpín ma? Jiùshì nàge yàngzi de

你看过那个视频吗？就是那个样子的

or "Did you see that video?" That's how you will sound like.

365

Jiù nà yàng de gǎnjué

就那样的感觉

Why Do Chinese Have Problems Expressing Themselves?

That's the feeling.

366

Rúguǒ nǐ gēn zhège nèiróng zuò hùdòng dehuà,
如果你跟这个内容做互动的话,
If you interact with the content,

367

wǒ juéde tā shì kěyǐ de.
我觉得它是可以的。
then I think it will be fine.

368

Rúguǒ nǐ zhǐshì kàn wán le, kàndào zhège shìpín shuā zǒu,
如果你只是看完了, 看到这个视频刷走,
If you watch it, swipe it away

369

ránhòu kàn xià yí ge yòu shuā zǒu,
然后看下一个又刷走,
and then swipe the next video away,

370

nà me wǒ juéde zhège shì méiyǒu bāngzhù de.
那么我觉得这个是没有帮助的。
then I don't think they're that helpful.

371

Jiù nǎ pà nǐ kànshū yě shì yī yàng de.
就哪怕你看书也是一样的。
The same goes with reading.

372

Rúguǒ nǐ kàn wán shū zhīhòu,
如果你看完书之后,
If you read a book

373

nǐ méiyǒu qù huíxiǎng shū lǐ de nèiróng
你没有去回想书里的内容
and don't try to recall what you read,

374

ránhòu gēn biéren fēnxiǎng

Why Do Chinese Have Problems Expressing Themselves?

然后跟别人分享
share it with someone,

375

huòzhě shì tōngguò xiězuò de xíngshì lái zài qù huíyì,
或者是通过写作的形式来再去回忆,
write about it

376

zài qù fābiǎo nǐ duì zhège shū zhōng nèiróng de kànfǎ dehuà,
再去发表你对这个书中内容的看法的话,
or express your own opinions about the content,

377

nàme nǐ kàn zài duō de shū,
那么你看再多的书,
then even if you read a lot of books,

378

yě kěnéng duì nǐ de biǎodá nénglì bāngzhù bùdà
也可能对你的表达能力帮助不大
it may not help improve your articulation.

379

Bìjìng nǐ kàn de shū lǐmiàn de cíhuì
毕竟你看的书里面的词汇
After all, the vocabulary you see in a book

380

tā zhǐshì yīxiē bèidòng de cíhuì.
它只是一些被动的词汇。
is passive.

381

Nǐ zài biǎodá zhōng nǐ shì xūyào jīngcháng de qù shǐyòng tā
你在表达中你是需要经常地去使用它
You need to use it frequently

382

cái néng bǎ zhèxiē nǐ suǒ kàndào de cíhuì hái yǒu sīxiǎng
才能把这些你所看到的词汇还有思想
in order to internalize the vocabulary and ideas

383

Why Do Chinese Have Problems Expressing Themselves?

zhuǎnhuà chéng nǐ zìjǐ de dōngxi.

转化成你自己的东西。

you learn from (the books).

384

Suǒyǐ wǒ juéde bù yīdìng.

所以我觉得不一定。

So, I don't think it necessarily (helps to just read the books).

385

Wǒ juéde wǎngluò yě yǒu yī gè hǎo de dìfang jiùshì

我觉得网络也有一个好的地方就是

I think the good thing about the Internet is that

386

yǒu hěn duō rén tā běnlái bù gǎn zài xiànré shíshēnghuó zhōng

有很多人他本来不敢在现实生活中

people who don't feel comfortable

387

biǎodá gèzhǒnggèyàng de xiǎngfǎ.

表达各种各样的想法。

talking about certain topics

388

Dàn zài wǎngshàng dehuà, nǐ jiù bǐjiào róngyì biǎodá nǐ zìjǐ de kànfǎ

但在网上的话，你就比较容易表达你自己的看法

will feel more comfortable doing it on the Internet.

389

Wǒ juéde yǒu hǎo yǒu huài ba.

我觉得有好有坏吧。

So I believe that there are pros and cons (about the Internet and short videos).

390

Wǒ xiǎng wèn nǐ yī gè shìqíng, jiùshì guānyú bàoyuàn zhège shìqíng.

我想问你一个事情，就是关于抱怨这个事情。

I want to ask you about complaining.

391

Wǒ yǒu zhùyì dào xīfāngrén huì gèngjīa xǐhuan biǎodá zìjǐ de bàoyuàn.

我有注意到西方人会更加喜欢表达自己的抱怨。

I noticed that Westerners are better at voicing their complaints.

Why Do Chinese Have Problems Expressing Themselves?

392

Jiù bǐrúshuō tā duì mǒu yī gè fúwù

比如说他对某一个服务

For example, when they're not happy about a service

393

huòzhě mǒu yī jiàn shìqíng bù mǎnyì de shíhòu,

或者某一件事情不满意的时候,

or a matter,

394

jíshǐ tā juéde duìfāng huì bù shūfu,

即使他觉得对方会不舒服,

even if they know that it will make the other person uncomfortable,

395

tā yě huì shuō chūlai.

他也会说出来。

they will still speak out.

396

Dànshì Zhōngguó rén hǎoxiàng bù tài huì qù shuō chūlai.

但是中国人好像不太会去说出来。

But it seems that Chinese tend to keep things to themselves.

397

Wǒ gěi nǐ jǔ gè lìzi,

我给你举个例子,

I will give you an example.

398

hěn duō fàndiàn lǐ dōu yǒu jìnzhǐxīyān zhèyàng de yī gè biāozhì.

很多饭店里都有禁止吸烟这样的一个标志。

Many restaurants have the sign "No Smoking",

399

Dànshì jīběnshàng suǒyǒu de zhōngguó cāntīng lǐmiàn,

但是基本上所有的中国餐厅里面,

but almost none of the owners in these restaurants

400

lǎobǎn dōu bù huì gēn gùkè shuō nǐ bù yào xīyān.

老板都不会跟顾客说你不要吸烟。

tell their customers to stop smoking.

Why Do Chinese Have Problems Expressing Themselves?

401

Suǒyǐ wǒ qù dào de měi yī jiā Zhōng cāntīng lǐmiàn

所以我去到的每一家中餐厅里面

So in almost every Chinese restaurant I go to,

402

dōu huì yǒurén xīyān.

都会有人吸烟。

there are smokers.

403

Dàn nǐ huì fāxiàn hěn shǎo huì yǒu qítā de kèrén qù zhǐchū zhè yīdiǎn,

但你会发现很少会有其他的客人去指出这一点，

But you will rarely see other customers point this out

404

gēn lǎobǎn shuō huòzhě shì zhíjiē gēn zhège gùkè shuō,

跟老板说或者是直接跟这个顾客说，

and tell the owner or the customer who's smoking

405

nǐ kě bùkěyǐ bùyào chōuyān?

你可不可以不要抽烟？

to stop.

406

Lǎoshíshuō wǒ yě zhēngzhá guo hěn duō cì,

老实说我也挣扎过很多次，

To be honest, I've struggled many times (whether I should complain or not.)

407

jiùshì wǒ huì zài xīnlǐ mà tā, ránhòu...

就是我会心里骂他，然后...

I will curse them in my head and...

408

Dànshì dào hòumian yě yǒuyīcì wǒ gǔqǐ le yǒngqì,

但是到后面也有一次我鼓起了勇气，

But once, I mustered the courage

409

wǒ jiù gēn wǒ lín zhuō de nàge nán de shuō,

我就跟我邻桌的那个男的说，

Why Do Chinese Have Problems Expressing Themselves?

to tell the guy next to my table:

410

wǒ shuō shuàigē bùhǎoyìsi,
我说帅哥不好意思,
"Excuse me,

411

nǐ kě bùkěyǐ bùyào zài zhèlǐ xīyān?
你可不可以不要在这里吸烟?
can you stop smoking here?

412

Yīnwèi yǐngxiǎng dào le wǒ.
因为影响到了我。
It's affecting me."

413

Ránhòu duìfāng qíshí tā hěn nénggòu jiēshòu,
然后对方其实他很能够接受,
Actually, he was okay with it

414

tā fǎn'ér juéde bùhǎoyìsi,
他反而觉得不好意思,
and even apologized

415

wǒ bù yīnggāi xīyān, wǒ jiù xī diào le.
我不应该吸烟, 我就熄掉了。
and said that he shouldn't have smoked there, then put the cigarette out.

416

Suǒyǐ wǒ juéde shì dàjiā rúguǒ dōu zhǐ chūlai dehuà,
所以我觉得是大家如果都指出来的话,
So I think that if everyone spoke out,

417

jiùshì dōu qù yǒnggǎn de zhàn chūlai miànduì zhèzhǒng chōngtū dehuà,
就是都去勇敢地站出来面对这种冲突的话,
and had the courage to stand up and face a conflict,

418

yěxǔ zhèzhǒng shìqíng jiù huì shǎo le.

Why Do Chinese Have Problems Expressing Themselves?

也许这种事情就会少了。

things like this would decrease.

419

Zhèzhǒng shìqíng wǎngwǎng huì dǎozhì chōngtū.

这种事情往往会导致冲突。

This kind of things often lead to conflicts.

420

Dāng nǐ tíchū de shíhòu, tā huì juéde hěn diūmiànzi

当你提出的时候，他会觉得很丢面子

When you point it out, the other person will feel a loss of "face"

421

huòzhě shì juéde nǐ shì zài gōngjī biéren,

或者是觉得你是在攻击别人，

and that you're attacking him or her,

422

jiù huì shàngshēng dào máodùn.

就会上升到矛盾。

which will escalate the conflict.

423

Zhè jiùshì wèishénme nǐ shuō, dàjiā bù chūlái qù zhǐchū

这就是为什么你说，大家不出来去指出

This is why people don't point it out

424

yīnwèi wǒmen dōu duǒ zhe zhèyàng de shìqíng.

因为我们都躲着这样的事情。

because we all avoid things like this.

425

Wǒmen dōu duǒ zhe zhèyàng de máodùn,

我们都躲着这样的矛盾，

We all stay away from conflicts like this

426

bùxiǎng tā biàncéng yī gè...

不想它变成一个...

because we don't want it to turn into

427

Why Do Chinese Have Problems Expressing Themselves?

bùxiǎng tā bàofā chéngwéi chōngtū.

不想它爆发成为冲突。

more conflicts.

428

Suǒyǐ hěn duō rén qíshí jiùshì xuǎnzé bù gōutōng de,

所以很多人其实就是在选择不沟通的，

That's why many people choose not to communicate

429

zài miànduì wèntí de shíhòu.

在面对问题的时候。

when problems occur

430

Ránhòu zhèxiē wèntí kěnéng jiù yīzài jīlěi, zuìhòu jiù...

然后这些问题可能就一再积累，最后就...

and these problems will accumulate to the point that...

431

Rúguǒ shì fūqī dehuà, jiù zhíjiē jiù líhūn le.

如果是夫妻的话，就直接就离婚了。

If they are a couple, they will just get a divorce.

432

Tā bìng bùshì yīnwèi dāngxià chǎo de nà yī jiàn shìqíng ér líhūn,

他并不是因为当下吵的那一件事情而离婚，

They will divorce not because of the one matter that they are fighting over,

433

kěnéng shì hěn duō nián jīlěi xiàlai de yīxiē qíngxù tūrán bàofā.

可能是很多年积累下来的一些情绪突然爆发。

but rather because of the accumulation of negative emotions over the years which eventually burst out all at once.

434

Yīnwèi zhème duō nián yǐlái,

因为这么多年来，

For many years,

435

cónglái jiù méiyǒu guo shùnchàng de gōutōng,

从来就没有过顺畅的沟通，

they probably never had a smooth communication,

Why Do Chinese Have Problems Expressing Themselves?

436

kěnéng jiù cónglái méiyǒu guo gōutōng.

可能就从来没有过沟通。

or perhaps they've never really communicated.

437

Wǒ juéde biǎodá zài zhèlǐ tèbié zhòngyào.

我觉得表达在这里特别重要。

I think communication is extremely important.

438

Jiù bǐrúshuō liǎng fūqī zàiyìqǐ,

就比如说两夫妻在一起，

For example, a married couple

439

zài xìng fāngmiàn yǒuxiē bùtóng de xūqiú

在性方面有些不同的需求

may have different sexual needs.

440

yěxǔ zhège nǚshēng, tā xǐhuan bèi nüèdài.

也许这个女生，她喜欢被虐待。

Perhaps the woman likes to be abused

441

Dànshì zhège nánshēng bù zhīdào, jiùshì tā de yǒuxiē xìngpǐ yīxiē fetish

但是这个男生不知道，就是她的有些性癖一些 fetish

and the guy doesn't know about some of her fetishes.

442

Tā xiǎng zuò zhège shìqing, dàn tā méiyǒu bànfǎ biǎodá chūlai.

她想做这个事情，但她没有办法表达出来。

But she cannot tell him even when she really wants it,

443

Nà bù jiù zàochéng le shēnghuó de máodùn ma?

那不就造成了生活的矛盾吗？

this will lead to problems, right?

444

Tāmen jiù yīncǐ chǎojià, kěnéng zuìhòu huì líhūn

他们就因此吵架，可能最后会离婚

Why Do Chinese Have Problems Expressing Themselves?

They might quarrel over this and even divorce in the end.

445

Wǒ yǒu yī gè xiǎngfǎ

我有一个想法

I have a thought.

446

jiùshì wǒ yīzhíyǐlái yě hěn xiǎngyào tígāo wǒ zìjǐ de biǎodá nénglì ma

就是我一直以来也很想要提高我自己的表达能力嘛

I've always wanted to improve my ability to articulate myself

447

bùlùn shì Zhōngwén de hái shì Yīngwén de.

不论是中文的还是英文的。

both in Chinese and English.

448

Ránhòu zài yǔyán xuéxí zhè fāngmiàn,

然后在语言学习这方面，

And in the realm of language learning,

449

wǒ jiù huì fāxiàn hěn duō rén huì tèbié de kànzòng

我就会发现很多人会特别地看重

I've observed that many people place a lot of emphasis

450

zìjǐ yǒu duō dà de cíhuì liàng.

自己有多大的词汇量。

on the size of their vocabulary.

451

Ránhòu wǒ jiù xiǎng qíshí zhège gēn cíhuì liàng dàxiǎo suīrán yǒu guānxi,

然后我就想其实这个跟词汇量大小虽然有关系，

However, I believe that while vocabulary size is important,

452

dàn bùshì zuì dà de guānxi.

但不是最大的关系。

it's not the most crucial factor.

453

Wǒ juéde yī gè rén de biǎodá nénglì shǐfǒu qiáng

Why Do Chinese Have Problems Expressing Themselves?

我觉得一个人的表达能力是否强

I think that whether one can articulate or not

454

zàiyú tā shìfǒu duì yī jiàn shìqíng jìnxíng guo hěn shēndù de sīkǎo

在于他是否对一件事情进行过很深度的思考

lies in whether or not they have engaged in deep thinking about a subject.

455

yīnwèi nǐ sīkǎo de shíhou,

因为你思考的时候,

After all, when you think,

456

nǐ kěndìng shì yòng yīxiē cíhuì qù sīkǎo de ma.

你肯定是用一些词汇去思考的嘛。

you think with vocabulary, right?

457

Nǐ shuō zhège cíhuì liàng de wèntí, ràng wǒ xiǎngdào le yī gè shì.

你说这个词汇量的问题，让我想到了一个事。

Your mentioning the size of vocabulary reminded me of something.

458

Jiùshì dàjiā dōu zhīdào Chénglóng ba?

就是大家都知道成龙吧？

Everyone knows about Jackie Chen, right?

459

Chénglóng qíshí tā de Yīngwén shì xiāngdāng de pǔtōng, xiāngdāng yībān.

成龙其实他的英文是相当的普通，相当一般。

Actually, his English is quite average.

460

Tā de cíhuì liàng hěn xiǎo de,

他的词汇量很小的，

His has a small English vocabulary size,

461

yīnwèi Yīngyǔ bìjìng bùshì tā de mǔyǔ ma,

因为英语毕竟不是他的母语嘛，

since it's not his native language

462

Why Do Chinese Have Problems Expressing Themselves?

ránhòu tā yě kěnéng yě méiyǒu shíjiān qù xuéxí.

然后他也有可能也没有时间去学习。

and he may not have much time to study it.

463

Wǒ fāxiàn tā zhège rén biǎodá nénglì tèbié de qiáng.

我发现他这个人表达能力特别的强。

(But) I found that he's exceptional at expressing himself.

464

Jiùshì tā zài bèi Kēnán cǎifǎng de shíhou,

就是他在被柯南采访的时候，

When he was interviewed by Conan O'Brien,

465

wǒ jìde tā jiǎng shuō,

我记得他讲说，

I remember he was saying that

466

tā hǎoxiàng shì gēn yī qún biker jiùshì qí mótuōchē de rén

他好像是跟一群 biker 就是骑摩托车的人

he was chased by a group of bikers

467

jiùshì xiàng shì yī gè bāngpài yīyàng de rén fāshēng le chōngtū,

就是像是一个帮派一样的人发生了冲突，

and that he had a conflict with some gang members.

468

ránhòu tāmen dǎ qilai le.

然后他们打起来了。

So they started fighting.

469

Tā hǎoxiàng bǎ tāmen de mótuōchē tī dǎo le,

他好像把他们的摩托车踢倒了，

I think he kicked down their motorcycles.

470

tā jiù yī jiǎo tī shàngqu, nàge mótuōchē dōng dōng dōng

他就一脚踢上去，那个摩托车咚咚咚

He threw a kick and the motorcycles made a "dong dong dong" sound.

Why Do Chinese Have Problems Expressing Themselves?

471

Tā yòng Yīngwén cíhuì qù biǎodá qíshí shì fēicháng bù liánguàn de.

他用英文词汇去表达其实是非常不连贯的。

Actually, his talk in English wasn't very coherent

472

Tā yě bù zhīdào zěnmē qù biǎodá,

他也不知道怎么去表达，

and he didn't know how to express it better.

473

dànshì tāyòng le hěnduō nǐshēngcí, jiāshàng tā de dòngzuò,

但是他用了很多拟声词，加上他的动作，

But he used many words with sound effects, along with his body,

474

ràng rén jiù hěn zhíguān de kàndào le nàge huàmiàn.

让人就很直观地看到了那个画面。

and he painted a clear picture for the audience.

475

Wǒ juéde tā de Yīngwén shì zuì broken de,

我觉得他的英文是最 broken 的，

I think his English was very broken,

476

dànshì tā jiǎng chūlai de nàge gàiniàn

但是他讲出来的那个概念

but his talk

477

shì zuì ràng nǐ néng kàndào huàmiàn de,

是最让你能看到画面的，

was so vivid

478

qíshí hěn xǔxǔrúshēng de, fēicháng hǎo de yīzhǒng biǎodá.

其实很栩栩如生的，非常好的一种表达。

that you could see the scenes and I think it was a good talk.

479

Zhège jiémù xiàoguǒ shì fēicháng de hǎo.

这个节目效果是非常的好。

It was very entertaining.

Why Do Chinese Have Problems Expressing Themselves?

480

Tā jiǎng de... biǎodá de zhège fāngshì ràng nǐ hǎoxiàng

他讲的...表达的这个方式让你好像

The way he talked is like

481

zài kàn le yī chū diǎnxíng de Chénglóng de diànyǐng.

在看了一出典型的成龙的电影。

he showed a classic Jackie Chen movie to you right there.

482

Dànshì zài xiànshí shēnghuó zhōng,

但是在现实生活中,

In real life,

483

wǒmen bùguǎn pǔtōng rén de cíhuì liàng yǒu duōshao

我们不管普通人的词汇量有多少

regardless of our vocabulary size,

484

zuòwéi yī gè Zhōngguó rén,

作为一个中国人,

as Chinese (speakers),

485

nǐ yīnggāi néng hěn liúchàng hěn shùnràng de

你应该能很流畅很顺畅地

we should be able to talk about anything smoothly

486

yòng Zhōngwén lái biǎodá yī gè shìqing.

用中文来表达一个事情。

in Chinese.

487

Dàn hěn shǎo yǒu rén néng xiàng Chénglóng zhège yàngzi

但很少有人能像成龙这个样子

But very few of us can be like Jackie Chen

488

bǎ zhège shìqing huólínghuóxiàn de, fēicháng xíngxiàng de

把这个事情活灵活现地, 非常形象地

Why Do Chinese Have Problems Expressing Themselves?

who can tell you something

489

jiùshì biǎodá gěi qítā rén tīng.

就是表达给其他人听。

in a vivid manner.

490

Wǒ juéde zhè shì yī gè hěn shǎojiàn de tiānfù.

我觉得这是一个很少见的天赋。

I think this is a rare talent.

491

Shǒuxiān tā zìjǐ nǎozi lǐ yǒu yī gè huàmiàn,

首先他自己脑子里有一个画面，

First of all, he has a picture in his head and secondly,

492

ránhòu tā biǎodá shí shì chōngmǎn rèqíng de.

然后他表达时是充满热情的。

he's passionate about what he wanted to say.

493

Jiùshì tā hěn xīwàng jiāng tā nà yī fú huàmiàn,

就是他很希望将他那一幅画面，

So he really wanted to paint the picture

494

yòng tā de cíhuì huòzhě shì zhǐtǐ yǔyán chuándá gěi guānzhòng.

用他的词汇或者是肢体语言传达给观众。

with his words and body language to his audience.

495

Wǒ juéde zhège cái shì zuì zhǔyào de, jiùshì tā yǒu biǎodá yùwàng,

我觉得这个才是最主要的，就是他有表达欲望，

I think the most important thing is that he had the desire to talk

496

bìngqiě tā zài shìtú chángshì bùtóng de bànfǎ lái biǎodá gěi dàjiā.

并且他在试图尝试不同的办法来表达给大家。

and he was trying different methods to convey his thoughts.

497

Zhègè shìqing ràng wǒ xiǎngdào nǐ bù yào hàipà qù biǎodá.

Why Do Chinese Have Problems Expressing Themselves?

这个事情让我想到你不要害怕去表达。

This makes me realize that we shouldn't be afraid to talk.

498

Jiùshì dāng nǐ jiǎng de bùhǎo de shíhou,

就是当你讲得不好的时候，

Even when our talk isn't good

499

nǐ jiǎng de zhīlípòsuì de shíhou

你讲得支离破碎的时候

and is broken,

500

nǐ yě bù yào qù huí bì qù biǎo dá.

你也不要回避去表达。

we shouldn't avoid it altogether.

501

Zhè ge diǎn mǎn hǎo de, jiùshì bù yào hàipà biǎo dá.

这个点蛮好的，就是不要害怕表达。

Don't be afraid to talk. Good point!

502

Wǒmen zhī qián yī zhí zài shuō wǒmen quē fá liànxí, quē fá liànxí

我们之前一直在说我们缺乏练习，缺乏练习

We have been saying that we lack the opportunity to practice speaking,

503

nà me rú guǒ nǐ hàipà biǎo dá de huà,

那么如果你害怕表达的话，

if we're scared of talking,

504

nǐ jiù bù huì yǒu zhè ge liànxí de jī huì le.

你就不会有这个练习的机会了。

we will never have the chance to practice doing it.

505

Nǐ zhè yàng xiǎng ma,

你这样想嘛，

Think about it this way.

506

Why Do Chinese Have Problems Expressing Themselves?

yǒu hěn duō xué Zhōngwén de wàiguórén
有很多学中文的外国人
For many foreigners

507

tāmen qíshí tā gānggang xuéxí de shíhou,
他们其实他刚刚学习的时候,
who have just started learning Chinese,

508

tā biǎodá chūlai tèbié kùnnan,
他表达出来特别困难,
it must be very difficult to speak (Chinese).

509

tā lián yījù liánxù de huà dōu shuō bù chūlai,
他连一句连续的话都说不出来,
They might not be able to speak a complete sentence,

510

dàn tā háishi zài nǔlì de gēn nǐ jiǎng.
但他还是在努力地跟你讲。
but they still try to talk.

511

Hěn duō Zhōngguó rén duì tāmen shì
那很多中国人对他们是
But actually, Chinese

512

qíshí shì méiyǒu shénme nàixīn de.
其实是没有耐心的。
don't have much patience with these (foreigners).

513

Dànshì fǎnguólái ne, Zhōngguó rén gēn wàiguórén jiāoliú de shíhou
但是反过来呢，中国人跟外国人交流的时候
On the contrary, when Chinese talk to foreigners,

514

tāmen yòu tèbié hàipà shuō zìjǐ yīngwén jiǎng de bùhǎo
他们又特别害怕说自己英文讲得不好
they're very scared that their English isn't good enough,

Why Do Chinese Have Problems Expressing Themselves?

515

tā bù gǎn gēn biéren jiǎng.

他不敢跟别人讲。

so they don't feel comfortable talking.

516

Nǐ yào yìshì dào měi gè rén dōu shì cóng hái zǐ dào chéng nián rén

你要意识到每个人都是从孩子到成年人

We should realize that we all started out as babies,

517

cóng méi yǒu zhī shi dào yǒu zhī shi zhè ge jiē duàn,

从没有知识到有知识这个阶段，

and as someone who didn't have much knowledge.

518

nǐ jiù yào nǔ lì de qù cháng shì gēn biéren gōu tōng

你就要努力地去尝试跟别人沟通

So we should try hard to communicate with others

519

ràng biéren kàn dào nǐ zài nǔ lì, jiù hǎo xiàng Chéng lóng nà ge yàng zi.

让别人看到你在努力，就好像成龙那个样子。

and let them see that we're working on it, just like Jackie Chen.

520

Shuō dào zhè ge, nǐ jué de Zhōng guó rén

说到这个，你觉得中国人

Speaking of this, do you think Chinese

521

shì bù shì duì yú biéren de biǎo dá quē fá nài xīn?

是不是对于别人的表达缺乏耐心？

lack the patience with people (who don't talk well)?

522

Jiù xiàng nǐ gāng gang shuō de nà ge wài guó rén de lì zǐ

就像你刚刚说的那个外国人的例子

Take the example regarding foreigners you just gave.

523

wǒ jiù fā xiàn jiǎ shè wǒ gēn yī gè wài guó rén chū qù chī fàn diǎn cài

我就发现假设我跟一个外国人出去吃饭点菜

When I eat in a restaurant with a foreigner

Why Do Chinese Have Problems Expressing Themselves?

524

ránhòu zhège wàiguórén gānghǎo huì yīdiǎndiǎn Zhōngwén,
然后这个外国人刚好会一点点中文,
and if the foreigner happens to know a little Chinese,

525

tā jiù huì gēn zhège fúwùyuán jiāoliú.
他就会跟这个服务员交流。
and tries to talk to the waiter (using Chinese),

526

Ránhòu zhège fúwùyuán zhíjiē jiùshì bù tīng, tā jiù huì kàn xiàng wǒ
然后这个服务员直接就是不听，他就会看向我
the waiter will simply ignore the foreigner, and will look at me

527

qīdài wǒ qù bāng tā fānyì.
期待我去帮他翻译。
expecting me to translate.

528

Rúguǒ dàjiā dōu duì zhèyàng de bùhǎo de biǎodá quēfá nàixīn dehuà,
如果大家都对这样的不好的表达缺乏耐心的话,
If everyone is impatient with bad talk,

529

qíshí yě shì dǎyā zhèzhǒng biǎodá de yùwàng.
其实也是打压这种表达的欲望。
it will actually discourage people from talking.

530

Shìde, wǒ yě xiǎng shuō yī gè lìzi
是的，我也想举一个例子
Yes. I also want to give an example.

531

Jiùshì nǐ zhīdào Dàshān ba?
就是你知道大山吧？
You know Dashan, right?

532

Tā shì yī gè Jiānádà rén.
他是一个加拿大人。

Why Do Chinese Have Problems Expressing Themselves?

He is a Canadian

533

Tā zài Zhōngguó shuō xiàngsheng,

他在中国说相声，

who performed Chinese stand-up comedy shows

534

shì yī gè fēicháng yǒumíng de rén, duì ba?

是一个非常有人，对吧？

and he's very famous.

535

Tā dōu yǐjīng zài nàgè yāngshì chūn wǎn lǐmiàn biǎoyǎn le,

他都已经在那个央视春晚里面表演了，

He even performed on CCTV Spring Festival Gala,

536

shuōmíng tā de Zhōngwén nénglì shì xiāngdāng de hǎo le, duì ba?

说明他的中文能力是相当地好了，对吧？

and that just shows you how good his Chinese is, right?

537

Dànshì tā chūqù gēn biéren liáotiān de shíhou,

但是他出去跟别人聊天的时候，

But when he went out and talked to (Chinese) people,

538

dāng tāmen dōu zài yòng Zhōngwén jiǎng le yī dà duàn huà zhīhòu,

当他们都在用中文讲了一大段话之后，

and after he had talked to them in Chinese for a while,

539

hái yào gēn tā shuō, nǐ de Zhōngwén jiǎng de zhēn hǎo!

还要跟他说，你的中文讲得真好！

they still commented: "Wow! Your Chinese is great!"

540

Jiù tā tīngdào zhè jù huà de shíhou,

就他听到这句话的时候，

When he heard this,

541

méiyǒu gǎnjué shì yīzhǒng zànyáng

Why Do Chinese Have Problems Expressing Themselves?

没有感觉是一种赞扬

he didn't feel it was a compliment

542

méiyǒu gǎnjué shì yīzhǒng gǔlì.

没有感觉是一种鼓励。

and didn't feel encouraged.

543

Jiù shuō wǒ zài Zhōngguó zhème duō nián le,

就说我在中国这么多年了，

He had already been in China for many years

544

nénggòu jiǎng xiàngsheng le

能够讲相声了

and could even do stand-up comedy in Chinese,

545

nǐ duì wǒ de píngjià hái shì,

你对我的评价还是，

yet people's opinion of him was that

546

nǐ zhège wàiguórén jiǎng de Zhōngwén jiǎng de zhēn hǎo!

你这个外国人讲的中文讲得真好！

he, a foreigner, could speak good Chinese.

547

Nǐ yǒuméiyǒu fāxiàn jiùshì yǒuyīxiē wàiguórén

你有没有发现就是有一些外国人

Have you noticed that some foreigners

548

tā de Zhōngwén hěn hǎo de shíhòu

他的中文很好的时候

whose Chinese is very good,

549

wǒ fāxiàn tāmen de biǎodá nénglì

我发现他们的表达能力

their ability to articulate

550

Why Do Chinese Have Problems Expressing Themselves?

shì bǐ yīxiē Zhōngguó rén hái yào hǎo de.

是比一些中国人还要好的。

is even better than some Chinese people.

551

Jiù bǐrúshuō Dàshān

就比如说大山

For example, Dashan.

552

wǒ juéde hěn duō Zhōngguó rén shì méiyǒu bànfǎ

我觉得很多中国人是没有办法

I think that many Chinese may not

553

chāoguò tā de biǎodá nénglì de.

超过他的表达能力的。

surpass his Chinese articulation skill.

554

Wǒ juéde wǒ shì zìkuībùrú de,

我觉得我是自愧不如的，

I feel inferior when I compare myself to him

555

suīrán wǒ shì yī gè tǔshēngtǔzhǎng de Zhōngguó rén.

虽然我是一个土生土长的中国人。

despite being a native Chinese speaker.

556

Wǒ juéde tā shǒuxiān méiyǒu shòudào Zhōngguó wénhuà de shùfù.

我觉得他首先没有受到中国文化的束缚。

I think (it's because) first of all, he wasn't restrained by Chinese culture.

557

Wǒmen zuòwéi Zhōngguó rén, wǒmen bùshì zài xuéxí

我们作为中国人，我们不是在学习

As Chinese, we're not learning (about the culture),

558

wǒmen jiù jìn zài nàge... zhège wénhuà xiàng shuǐchí yīyàng,

我们就浸在那个...这个文化像水池一样，

we're soaked in... The culture is like a pond

Why Do Chinese Have Problems Expressing Themselves?

559

wǒmen jìn zài zhège shuǐchí lǐmiàn.

我们浸在这个水池里面。

and we're soaked in it.

560

Zhège wénhuà yǒu hǎo de dìfang,

这个文化有好的地方，

There are positive

561

jījí de dìfang, yě yǒu fùmiàn de dìfang

积极的地方，也有负面的地方

and negative aspects about (Chinese) culture.

562

bǐrúshuō wǒmen zài xuéxí de guòchéng zhōng,

比如说我们在学习的过程中，

For example, in the process of learning,

563

jiù yǒu hěn duō yǐnhuì de dōngxi

就有很多隐晦的东西

there are many things that are obscure,

564

wǒmen bùnéng xuéxí de dōngxi, biéren bùhuì jiāo nǐ de dōngxi

我们不能学习的东西，别人不会教你的东西

things that we cannot learn and that people won't teach us.

565

wǒmen zìjǐ yě bùhuì qù tàn suǒ,

我们自己也不会去探索，

And we don't take the initiative to explore them

566

yīnwèi wénhuà jiùshì zhèyàng.

因为文化就是这样。

because this is our culture.

567

Jiù xiàng wǒmen gāngcái shuō de yījùhuà, zìgǔyǐlái

就像我们刚才说的一句话，自古以来

Just like the phrase we mentioned earlier, "since ancient time",

Why Do Chinese Have Problems Expressing Themselves?

568

nǐ bùhuì qù shēnjiū zhège wèntí.

你不会去深究这个问题。

so we won't dive deep into a question.

569

Dànshì duì wàiguórén láishuō ne,

但是对外国人来说呢，

But for foreigners,

570

tā shì méiyǒu zhège wénhuà shùfù de

他是没有这个文化束缚的

they're not constrained by our culture,

571

tā kěyǐ wúyōuwúlǜ de qù,

他可以无忧无虑地去，

they can study it freely

572

méiyǒu rènhe jìnjì de qù xuéxí zhège wénhuà.

没有任何禁忌地去学习这个文化。

without fearing any taboos.

573

Érqiě zài tā xuéxí de guòchéng zhōng,

而且在他学习的过程中，

In addition, when they're learning,

574

biéren yě bùhuì dǎyā tā

别人也不会打压他

no one will discourage them

575

jiù shuō, zhème jiǎndān de wèntí nǐ wèishénme hái yào wèn ne?

就说，这么简单的问题你为什么还要问呢？

by saying: "Why are you asking such a simple question?"

576

Dànshì yīnwèi tā de shēnfèn shì yī gè wàiguórén

但是因为他的身份是一个外国人

Why Do Chinese Have Problems Expressing Themselves?

Since they're foreigners,

577

wǒ běnlái jiùshì yī gè xuésheng,
我本来就是一个学生，
and students

578

wǒ běnlái jiù zài xuéxí zhège wénhuà
我本来就在学习这个文化
who are studying this culture,

579

suǒyǐ wǒ kěyǐ wánquán de qù tànsuǒ
所以我可以完全地去探索
they can explore it thoroughly

580

érqiě cóng bùtóng de jiǎodù qù kàn zhège wénhuà.
而且从不同的角度去看这个文化。
and look at it from different angles.

581

Bǐrúshuō duì tóngyī gè shìwù, yī duàn lìshǐ de kànfǎ
比如说对同一个事物，一段历史的看法
For example, in regards to a topic or a segment of history,

582

wǒmen Zhōngguó rén yǐjīng yǒu yī gè chéngxíng de zìgǔyǐlái de kànfǎ le.
我们中国人已经有一个成型的自古以来的看法了。
we already have an opinion that was formed since ancient times.

583

Nà zhǐshì yī gè jiǎodù, duì ba?
那只是一个角度，对吧？
That's just one angle, right?

584

Dànshì wàiguórén kàn zhège shìqíng, tā kěyǐ cóng bùtóng de wénhuà
但是外国人看这个事情，他可以从不同的文化
But foreigners can look at the same things from their cultural backgrounds,

585

bùtóng de jiǎodù lái kàn zhège shìqíng,

Why Do Chinese Have Problems Expressing Themselves?

不同的角度来看这个事情，
from different perspectives

586

Tā kěyǐ cóng bùtóng de jiǎodù lái miáoshù zhège shìqíng,
他可以从不同的角度来描述这个事情，
and talk about it from these aspects.

587

zhè jiùshì wèishénme wǒ juéde yīxiē wàiguórén
这就是为什么我觉得一些外国人
This is why I feel that some foreigners

588

dāng tā zhēnzhèng chénjìn zài xuéxí Zhōngguó wénhuà lǐmiàn de shíhòu,
当他真正沉浸在学习中国文化里面的时候，
who're immersed in learning Chinese culture

589

tā de yōushì zài nǎlǐ?
他的优势在哪里？
have advantages (over us).

590

Jiùshì bùtóng de jiǎodù qù kàn zhège shìqíng
就是不同的角度去看这个事情
They can look at things from a different angle

591

dǎozhì le tā de biǎodá nénglì gèng hǎo.
导致了他的表达能力更好。
which helps them become better at expressing themselves.

592

Érqiě wǒ juéde xiāngduì lái shuō tāmen huì gèngjiā ài biǎodá guāndiǎn.
而且我觉得相对来说他们会更加爱表达观点。
Also, I feel that they're more inclined to express their opinions.

593

Jiù xiàng nǐ shuō de tāmen méiyǒu cóngxiǎo de zhège wénhuà shùfù
就像你说的他们没有从小的这个文化束缚
As you said, they're not restrained by culture,

594

Why Do Chinese Have Problems Expressing Themselves?

tāmen shì bèi gǔlì qù biǎodá de.

他们是被鼓励去表达的。

and (in their cultures) they're encouraged to express (their opinions).

595

Suǒyǐ zhǐshì zhuǎnhuàn le yī gè yǔyán éryǐ,

所以只是转换了一个语言而已，

So (the effects of their culture remains) when they switch to a new language.

596

tā rúguǒ zài Yīngwén de zhège yǔyán dāngzhōng

他如果在英文的这个语言当中

If they're good at speaking

597

hěn shàncháng biǎodá zìjǐ,

很擅长表达自己，

in English,

598

nàme Zhōngwén zhǐshì huàn le gè yǔyán éryǐ.

那么中文只是换了个语言而已。

that ability carries over to Chinese.

599

Tā huì qù xuéxí tóngyàng de lèisì de cíhuì lái biǎodá

他会去学习同样的类似的词汇来表达

They can study the vocabulary in Chinese

600

tā zài Yīngwén lǐmiàn xiǎngyào biǎodá de sīxiǎng.

他在英文里面想要表达的思想。

that is necessary to express the ideas that they have in English.

601

Jiùshì zài wǒ jiēshòu le hěn duō Yīngwén de nèiróng de shíhou

就是在我接受了很多英文的内容的时候

After I got exposed to a lot of English content,

602

wǒ zài sīkǎo de shíhou, wǒ huì yòng Yīngwén qù sīkǎo.

我在思考的时候，我会用英文去思考。

I started thinking in English.

Why Do Chinese Have Problems Expressing Themselves?

603

Nà wǒ zài gēn Zhōngguó rén xiǎng yào biǎo dá

那我在跟中国人想要表达

So when I want to tell a Chinese

604

wǒ cóng Yīngwén shìjiè lǐ miàn xué lái de zhī shi,

我从英文世界里面学来的知识,

about the knowledge I learned from English content,

605

wǒ huì shì tú qù yòng Zhōngwén biǎo dá,

我会试图去用中文表达,

I will try to express it in Chinese

606

wǒ huì qù bǎ tā fānyì guò lái.

我会去把它翻译过来。

by translating from English.

607

Dāng nǐ xué xí le yī xiē xīn de dōng xī de shí hòu, wàiguó de gài niàn

当你学习了一些新的东西的时候, 外国的概念

When you learn something new, for example, a foreign concept,

608

nǐ bǎ tā yǐnrù Zhōngguó de shí hòu,

你把它引入中国的时候,

and when you bring it to China,

609

tā jiù biàn chéng yī gè xīn de dōng xī le

它就变成一个东西了

it will become a new thing (in China)

610

zhè qí shí yě shì tuò kuān le Zhōngguó rén de sī wéi,

这其实也是拓宽了中国人的思维,

which will actually broaden Chinese people's minds,

611

tuò kuān le Zhōngguó rén de biǎo dá néng lì.

拓宽了中国人的表达能力。

and improve their ability to express themselves.

Why Do Chinese Have Problems Expressing Themselves?

612

Dāng nǐ xīshōu wàilái wénhuà de shíhou,
当你吸收外来文化的时候,
When you absorb foreign cultures,

613

qíshí jiāqiáng le nǐ běnshēn de wénhuà.
其实加强了你本身的文化。
you actually strengthen your own culture.

614

Yī gè néng bāoróng, jiùshì xīnà wàilái wénhuà de wénhuà
一个能包容，就是吸纳外来文化的文化
A culture that's inclusive and can absorb other cultures

615

tā shì zài fāzhǎn, tā shì jìnbù de.
它是在发展，它是进步的。
is a developing and improving culture.

616

Kěnéng Zhōngguó zài mǒuxiē fāngmiàn
可能中国在某些方面
Perhaps, we're not doing very well

617

quèshí zài bāoróng fāngmiàn zuò de bùgòu hǎo.
确实在包容方面做得不够好。
in including (other cultures).

618

Jiù xiàng wǒmen suǒ shuō de,
就像我们所说的,
Like we mentioned before,

619

qíshí duì wàiguó de liǎojiě shì fēicháng xiá'ài fēicháng shǎo
其实对外国的了解是非常狭隘非常少
our understanding of foreign countries is very narrow.

620

Hǎo, nà wǒmen yě zài jìezàilì,
好，那我们也再接再厉，

Why Do Chinese Have Problems Expressing Themselves?

Alright, let's keep it up

621

kěyǐ jìxù qù tígāo wǒmen de biǎodá.

可以继续去提高我们的表达。

and continue to improve our ability to articulate.

622

Jīntiān zhège huàtí běnshēn duì wǒ zìjǐ jiù bāngzhù tǐng dà de ba

今天这个话题本身对我自己就帮助挺大的吧

Today's topic has been very helpful to me

623

ràng wǒ jiùshì shūlǐ yīxià zìjǐ de sīwéi,

让我就是梳理一下自己的思维，

because I got to organize my thoughts

624

háiyǒu jiùshì tíshēng wǒ zìjǐ de biǎodá nénglì ba, wǒ juéde

还有就是提升我自己的表达能力吧，我觉得

and practice speaking, I think.

625

Nà wǒmen jīntiān de bōkè jiù dào zhèlǐ jiéshù ba.

那我们今天的播客就到这里结束吧。

Alright, that's it for today's podcast.

626

Nà rúguǒ nǐ xǐhuan zhège shìpín dehuà,

那如果你喜欢这个视频的话，

If you like this video,

627

jiù yīdìngyào jìde gěi wǒ diǎnzàn, zhuǎnfā

就一定要记得给我点赞、转发

be sure to give it a "like", share

628

bìng dìngyuè wǒmen de píndào!

并订阅我们的频道！

and subscribe to our channel.

629

Wǒmen xiàyīcì zài jiēzhe liáo biéde huàtí.

Why Do Chinese Have Problems Expressing Themselves?

我们下一次再接着聊别的话题。

Let's continue with other topics next time.

630

Hǎo, báibái | Hǎo, zàijiàn

好, 拜拜 | 好, 再见

Okay, bye-bye! | Okay, see you!