Are Your Dealbreakers Sabotaging Your Love Life? | Amy Chan | TED — 中英對照學習本

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掃碼開啟影片

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I'm sitting with my client. Let's call her Lisa. She looks me straight in the eye and tells me she's ready for a relationship. So I ask what she's looking for in a partner. Someone kind, emotionally available, family-oriented. Great. We're off to a good start. She then tells me her deal breakers. No one who's selfish, dishonest [or] rude to service staff. Yes, reasonable. She then adds, no one under six feet tall. (Laughter) Hmm. I'm not here to judge -- we all have our lists. But the six-foot height requirement? The math isn't mathin'. In America, about 14 percent of men are six feet or taller.

> 我正坐在一位客戶對面。我們就叫她 Lisa 吧。她直直望著我，說她準備好談一段感情了。於是我問，她想找的另一半是怎樣的人。善良、情緒上願意投入、以家庭為重。很好，開局不錯。接著她告訴我她的底線。不要自私的、不要不老實的、不要對店員無禮的。對，合理。然後她又加上一條：不接受身高不滿六呎的人。（笑聲）嗯。我不是來批判的——我們每個人都有一份自己的清單。但六呎這條要求呢？這筆數就對不上了。在美國，大約有 14% 的男性身高達到六呎或以上。

(adj.) **emotionally available**
在情感上願意投入、懂得回應對方需要的

(adj.) **family-oriented**
以家庭為重、重視家庭生活的

(n.) **deal breakers**
「底線」：一旦出現就無法接受、會直接終止關係的條件

(n.) **requirement**
要求、條件

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Her dating pool just turned into a puddle. Now I'm not here to just pick on height. You know, replace that with status, income, looks, if they're a Leo or, God forbid, a Gemini. (Laughter) The specifics change, but the pattern remains the same. People say they want love and then eliminate the very people they can build it with. I've seen this for two decades as a dating columnist and running "breakup bootcamps." I've helped people who were perpetually single, stuck in situationship purgatory, create healthy, lasting relationships. But only after they stopped doing the very thing they thought was protecting them.

> 她的擇偶池，瞬間就變成一灘水。我不是要單單取笑身高。舉例說，把它換成地位、收入、外貌、星座是獅子座還是——天啊——雙子座。（笑聲）具體條件會變，但模式一模一樣。人們嘴上說想要愛，之後卻把唯一能跟他談愛的人一一排除掉。我以戀愛專欄作家的身分、又經營「分手訓練營」，這種事我看了二十年。我幫助過那些長期單身、卡在「曖昧地獄」裡的人，建立健康而長久的關係。但前提是：他們得先停止做那件他們以為在保護自己的事。

(v.) **eliminate**
淘汰、排除（在外）

(adv.) **perpetually**
一直地、長年地

(adj.) **lasting**
持久的、長久的

(n.) **situationship**
「曖昧關係」：有互動但沒有明確承諾的狀態

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That's what we're going to unpack. People are not forming relationships like they used to. Last year, a study by Match and the Kinsey Institute found that half of US singles went on a total of zero dates. (Laughter) Researchers are warning we are in a “relationship recession.” (Laughter) So what's driving this? There are three forces working against us: our brain, our culture and technology. Let's start with the brain. Human beings evolved with negativity bias. A hundred thousand years ago, if you missed a threat -- a tiger in the grass, a snake by your foot -- you could die.

> 這正是我們要拆解的東西。現代人建立關係的方式，已經跟從前不同。去年 Match 與金賽研究所（Kinsey Institute）的一項研究發現，美國有一半的單身人士全年約會次數是零。（笑聲）研究者警告，我們正處於「關係衰退期」。（笑聲）那到底是什麼在推動這件事？有三股力量在跟我們對抗：我們的大腦、我們的文化，還有科技。先從大腦說起。人類演化出來就帶著「負面偏誤」。十萬年前，如果你漏看了威脅——草裡的一隻老虎、腳邊的一條蛇——你就可能死掉。

(v.) **unpack**
拆解、分析（原因）

(n.) **negativity bias**
「負面偏誤」：大腦天生更容易留意負面訊息

(v.) **evolved**
演化、進化而成

(n.) **threat**
威脅、危險

(n.) **recession**
衰退、倒退

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So the brain got really good at scanning for signs of danger. Now this wiring kept our ancestors alive. This same wiring is wreaking havoc on our dating lives. Imagine you're on a date. About an hour in, the conversation's flowing, they're laughing at your jokes, and then they tell you they don't really read books. They prefer podcasts instead. (Laughter) An alarm bell goes off in your brain and you start panicking. "What else is wrong with this person?" (Laughter) Once your brain starts scanning for flaws, it starts finding them everywhere. Suddenly, the way they chew is a little too loud.

> 所以大腦變得非常擅長掃描危險的訊號。這套線路讓我們的祖先活了下來。但同一套線路，現在正在我們的戀愛生活裡搞出大禍。想像一下你在約會。大約一小時後，氣氛很順暢，對方笑著回應你的玩笑，然後對方告訴你，TA 不太看書，平常聽 podcast 比較多。（笑聲）你腦中警鈴大作，開始慌張：「這個人還有哪裡不對？」（笑聲）一旦大腦開始搜尋缺陷，就會到處都找到缺陷。忽然之間，對方咀嚼的聲音就有點太大聲。

(n.) **scanning**
掃描、逐一檢視

(n.) **ancestors**
祖先

(n.) **wiring**
（大腦的）線路、迴路設定

(phr.) **wreaking havoc**
造成嚴重破壞、搞得天翻地覆

(n.) **flaws**
缺陷、瑕疵

(v.) **panicking**
恐慌、慌亂起來

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They're not making enough eye contact. They're making too much eye contact. Did they just say JIF instead of GIF? (Laughter) Your brain decides this person is no longer a romantic prospect and banished to the ick list they go. Now if this were just about our brains' wiring, we could override this. But there's a second force working against us: our culture. Our culture has turned flaw-hunting into a collective sport. Just scroll through social media. What do you see? Dating horror stories. Red flags to look out for. It's resulted in a generation of daters who are quick to ick, constantly looking for what could go wrong instead of what could go right.

> 眼神接觸太少。不，是眼神接觸太多。剛才對方是不是把 GIF 說成 JIF？（笑聲）你的大腦判定這個人已經不再算是「浪漫對象」，於是TA被流放到「噁心名單」上。如果這只是大腦線路的問題，我們還可以推翻它。但還有第二股力量在跟我們對抗：我們的文化。我們的文化把「抓毛病」變成一項集體運動。只要滑一下社交媒體，你會看到什麼？一堆約會恐怖故事、一堆「要注意的紅旗」。結果就是新一代的約會者很容易就覺得「噁心」，他們不停在找哪裡可能出錯，而不是哪裡可能合得來。

(n.) **romantic prospect**
「浪漫對象」：可能發展成戀情的候選人

(v.) **banished**
流放、逐出

(v.) **override**
推翻、凌駕（本能）

(n.) **flaw-hunting**
抓毛病、找缺點

(n.) **horror stories**
駭人故事、可怕經歷

(n.) **red flags**
「紅旗」：值得警惕的警號

(n.) **collective sport**
集體運動、全民參與的活動

▶ 00:04:28 103 words 6 / 16

Unrealistic expectations get rebranded as "high standards." Quirks become deal breakers. I see this constantly in my work, and I'm guilty of it, too. One Saturday morning, I'm walking with my friend Vishal to get a coffee. Vishal is a superconnector. He knows everyone. I was single for five years, so I asked if he had anyone to set me up with. I remember the look of excitement in his eyes when he's like, "Oh my gosh, I have the best person for you. He's super smart, he's funny, really good guy." He then takes out his phone and shows me his picture.

> 不切實際的期望，換個名字就叫「高標準」。個人的小怪癖，則變成了底線。這在我的工作裡天天看見，我自己也一樣有這個毛病。有個星期六早上，我跟朋友 Vishal 一起走去買咖啡。Vishal 是個「超級人脈王」，他認識所有人。我當時單身五年，就問他有沒有可以介紹給我的人。我記得他當時眼神裡的興奮：「天啊，我找到最合適的人選給你了。他超級聰明，又風趣，是個很好的人。」然後他拿出手機，給我看對方的照片。

(v.) **rebranded**
改換名字重新包裝

(n.) **expectations**
期望、預期

(n.) **quirks**
小怪癖、個別的習慣

(n.) **superconnector**
「超級人脈王」：認識很多人、能牽線的人

(adj.) **guilty**
有罪過的、自責的

▶ 00:05:16 104 words 7 / 16

I take a look. It's a guy with dark hair and he's leaning back in a chair with half a grin. He was giving ... cocky-finance-bro vibes. (Laughter) So I hand the phone back to Vishal and asked if he had anyone else. (Laughter) Let's just say Vishal never tried to set me up with anyone ever again. Now I made a snap judgment off of one photo. But imagine doing this a hundred times a day. This brings me to the third force: technology. Dating apps have changed the way we meet people, but they've also changed the way we think about people.

> 我看了一眼。那是個深色頭髮的男人，向後靠在椅子上，嘴角掛著半個笑。整個人散發著一種「自以為是的金融業兄弟」氣場。（笑聲）於是我把手機還給 Vishal，問他還有沒有別人。（笑聲）只能說，Vishal 從此再也沒有幫我介紹過對象。那麼，我憑一張照片就下了判斷。但想像一下，一天做上第一百次這種判斷是什麼滋味。這就帶到第三股力量：科技。交友 App 改變了我們認識人的方式，但同時也改變了我們看待人的方式。

(n.) **snap judgment**
一瞬間的衝動判斷

(n.) **vibes**
給人的感覺、氣場

(n.) **cocky-finance-bro**
自以為是的金融業「兄弟」

▶ 00:06:08 101 words 8 / 16

The endless options train us to assemble partners like Build-a-Bear. I'll take this height, this income level, this love language, customize a perfect person and add to cart. (Laughter) On top of that, performative romance on social media has become the new fairy tale. We compare real human beings with curated, filtered, perfected highlight reels. Of course, nobody measures up. It all points to the same problem. We are chasing shiny qualities. The things that look good on paper, that appeal to the ego. But guess what? In six to 24 months, that chiseled jawline, that silky-smooth hair? Your brain adapts.

> 無窮盡選項，把我們訓練得像在「Build-a-Bear」那樣組裝另一半。我要這個身高、這個收入水平、這種愛的語言，組裝一個完美的人，然後加入購物車。（笑聲）除此之外，社交媒體上那種表演式的愛情，已經成了新版的童話。我們拿真實的人，去跟經過挑選、修圖、磨到完美的「精彩片段」比較。當然，沒有人比得上。這一切都指向同一個問題：我們在追逐那些亮眼的條件——紙面上好看、能滿足自尊的那些。但你猜怎麼樣？六到二十四個月之後，那個稜角分明的下顎線、那一頭柔順的頭髮？你的大腦就適應了。

(v.) **assemble**
組裝、拼湊

(v.) **customize**
訂製、按喜好組合

(adj.) **performative**
做給人看的、表演性質的

(adj.) **curated**
經過精心挑選與包裝的

(n.) **highlight reels**
精彩片段、剪輯過的精華畫面

(n.) **ego**
自尊、自我

(v.) **adapts**
適應、習慣了

▶ 00:07:13 101 words 9 / 16

Psychologists call this hedonic adaptation. What once drew you in and gave you butterflies becomes the new normal. We are over-optimizing for what fades the fastest. So what actually does predict lasting love? A professor named Samantha Joel wanted to find out. So she assembled a team of 85 scientists, and together, they analyzed data from 11,000 couples. Turns out, we've been looking for the wrong things. All that stuff we obsess over in the early stages of dating, the shiny qualities, had almost zero ability to predict if a relationship would be happy or stable. But you know what did?

> 心理學家稱之為「享樂適應」。當初吸引你、讓你心跳加速的東西，變成了新的日常。我們過度追逐那些消逝得最快的特質。那麼，什麼才真的能預測長久的愛情？有一位名叫 Samantha Joel 的教授想知道答案。她召集了 85 位科學家，一起分析了 11,000 對伴侶的數據。結果是：我們一直在找錯的東西。約會初期我們死抱著不放的那些亮眼條件，幾乎完全沒有能力預測一段關係會否幸福或穩定。但你知道什麼做到了嗎？

(n.) **hedonic adaptation**
「享樂適應」：新鮮感消退後就變成日常

(v.) **predict**
預測、預示

(v.) **assembled**
召集、組成（團隊）

(v.) **analyzed**
分析

(v.) **obsess**
執著、痴迷於

(adj.) **stable**
穩定的

▶ 00:08:08 104 words 10 / 16

The quiet qualities. Whether your partner is committed to you. Whether you feel appreciated by them. How well you handle conflict together. The stuff that only shows up on a random Tuesday when you're sick, and they bring you soup without you having to ask. We are undervaluing what matters in the long term. So what do we do about this? First, create a connection reset. We know [that] on a date, your brain is looking for what could go wrong. But there's an antidote to this. Awe. Awe is that feeling of being in the presence of something vast, something bigger than yourself.

> 是那些安靜的特質。對方是否真的願意投注在你身上。你是否覺得被對方珍惜。你們一起處理衝突的能力。這些東西，只會在某個普通的星期二浮現——你生病了，而TA 沒等你開口就帶了湯上門。我們低估了長遠看來真正重要的東西。那我們該怎麼辦？第一，做一次「連結重設」。我們知道，在約會中，你的大腦在找的是「哪裡可能出錯」。但這有一劑解藥：敬畏（awe）。敬畏就是那種站在某個宏大之物面前的感覺——某個比你自身更宏大的存在。

(adj.) **appreciated**
被珍惜、被肯定

(n.) **conflict**
衝突

(v.) **undervaluing**
低估、貶低

(n.) **antidote**
解藥、對策

(n.) **awe**
敬畏、對宏大事物的震撼

(adj.) **vast**
廣大的、宏大的

▶ 00:09:03 103 words 11 / 16

Research shows that experiencing awe makes people more open, more curious, more connected to others. And you don't have to wait for a solar eclipse to feel it. You can actually cultivate awe in micro-doses. Listen to a song that moves you. Watch the sunset. Even watching a video of the Northern Lights can spark awe. So next time before you go on a date, spend 15 minutes cultivating awe. This will prime your brain for connection instead of critique. Next, know the difference between a deal breaker and a preference. A deal breaker is something that would make a healthy relationship impossible.

> 研究顯示，體驗敬畏會讓人更開放、更好奇，也更與他人連結。而且你不必等日全食才感受得到。你其實可以用「小劑量」培養敬畏：聽一首打動你的歌，看一次日落，連看一段北極光的影片都能點燃敬畏。所以下次約會前，花 15 分鐘培養一點敬畏感。這會把你的大腦調整成準備「連結」，而不是準備「批判」。第二，要分清「底線」和「偏好」的差別。底線，是那種會令一段健康關係根本無法成立的事。

(v.) **cultivate**
培養、培育

(n.) **micro-doses**
「小劑量」：一點一點地

(v.) **spark**
點燃、引起

(v.) **prime**
預先調整、讓……進入狀態

(n.) **critique**
批判、挑毛病

(n.) **preference**
偏好、期望但不強求的條件

(adj.) **impossible**
不可能的

▶ 00:09:57 104 words 12 / 16

You have different core values. You want children, they don't. A preference, though, is a nice-to-have, not a need-to-have. Would it be nice if they liked hiking as much as you do? Sure. But will it make or break a relationship? No. Third, conduct your own dating experiment. Commit to going on dates with people outside of your type. Stop putting so much weight on the shiny qualities and consider what actually matters in a partnership. Not just in two months, but in 20 years. One sunny morning, I'm on my couch, and I'm scrolling through a dating app. I match with this guy.

> 例如你們的核心價值不同：你想生小孩，TA 不想。而「偏好」只是 nice-to-have，不是 need-to-have。如果對方跟你一樣喜歡行山，當然很好；但它會否決定一段關係的成敗？不會。第三，做你自己的交友實驗。下決心去跟不在你「理想型」之列的人約會。別再把重量全壓在那些亮眼條件上，認真想想一段伴侶關係裡真正重要的是什麼——不只是兩個月後，而是二十年後。某個陽光明媚的早上，我躺在梳化上滑交友 App，匹配到一個男人。

(n.) **core values**
核心價值

(n.) **need-to-have**
「必須有」的條件

(v.) **conduct**
進行、展開

(n.) **partnership**
伴侶關係、夥伴關係

(n.) **scrolling**
滑動螢幕、向下捲動瀏覽

▶ 00:10:51 102 words 13 / 16

He’s got brown hair, a scruffy beard and a warm smile. After messaging back and forth, it's apparent that we have a friend in common, Vishal. (Laughter) So I text Vishal. "Hey, do you know this guy named Paul?" Vishal calls me right away. He’s like, "Amy, I tried to set you up with him and you said no." (Laughter) “Remember the photo of the cocky finance bro?” Turns out that was taken when Paul face-planted on the bunny hill while learning how to ski. Oops. We've now been together for seven years. (Applause) It's the healthiest relationship I've ever been in.

> 他有一頭棕髮、鬍子邋遢，但笑容溫暖。來回傳了幾次訊息之後，我發現原來我們有一位共同的朋友：Vishal。（笑聲）我傳訊息給 Vishal：「喂，你有沒有認識一個叫 Paul 的人？」Vishal 立刻打給我，說：「Amy，我試過幫你介紹他，你不答應啊。」（笑聲）「還記得那張自以為是的金融業兄弟的照片嗎？」原來那張照片，是 Paul 學滑雪時在雪地裡摔個四腳朝天拍的。糟糕。我們到今天已經在一起七年了。（掌聲）這是我這輩子最健康的一段關係。

(adj.) **scruffy**
鬍子拉碴、不修邊幅的

(adj.) **apparent**
顯而易見的

(v.) **face-planted**
臉朝地摔倒

(adj.) **healthiest**
最健康的

▶ 00:11:46 118 words 14 / 16

But not by Instagram standards. A few years ago, my father got really sick. I spent a year helping him in his last stage of life. We were in and out of the emergency room, and I was so overwhelmed. I felt like I was breaking into a million pieces. I was a shell of a human being and not fun to be around. Paul never made me feel like I was too much. He knew exactly when I needed a hug or when I needed space. He would cook me meals. And because he knows that I always forget to drink water, every morning, he would fill a pitcher of water and place it on my desk.

> 但這段關係不符合 Instagram 對愛情的標準。幾年前，我爸爸病得很重。我花了一年陪他走完人生最後一段路。我們不停進出急症室，我整個人都被壓垮了，覺得自己像碎成一百萬片。我成了一個空殼，一點也不好相處。但 Paul 從來沒有讓我覺得自己「太多」了。他很懂得我什麼時候需要一個擁抱、什麼時候需要一點空間。他會煮飯給我吃。而且他知道我總忘記喝水，所以每天早上他都會裝滿一壺水，放在我的桌上。

(n.) **emergency room**
急症室

(adj.) **overwhelmed**
不堪重負、被壓垮的

(n.) **shell**
空殼（毫無生氣的人）

(n.) **space**
空間、獨處的空間

(n.) **pitcher**
水壺、一大壺水

▶ 00:12:48 102 words 15 / 16

He still does that to this day. Apparently my love language is hydration. (Laughter) These aren't grand gestures. It's the boring, unsexy stuff. The stuff that doesn't get a photo op or make it to the grid. But it's what actually matters in a partnership. To think I almost lost seven years of the healthiest love I know because of a story I made in a snap judgment. So the question I want to leave you with is this. What if the filter you're using to protect yourself is the very thing that is stopping you from creating the connection you desire?

> 到今天他還這樣做。看來我的愛的語言是「補水」。（笑聲）這些都不是什麼大動作，而是無聊、不 sexy 的東西——不會有人拍照，也不會出現在 IG 動態裡。但這才是伴侶關係裡真正重要的。想想看，我差點就因為一個憑空捏造的故事，賠上我人生中最健康的一段愛的七個年。所以我想留給大家一個問題：如果那個你用來保護自己的篩選器，本身就是阻止你建立渴望中的連結的東西呢？

(n.) **grand gestures**
大動作、戲劇化的表現

(adj.) **unsexy**
不性感的、沒有吸引力的

(n.) **photo op**
只為拍照而做的動作

(n.) **filter**
篩選器、篩選條件

(n.) **desire**
渴望、想要

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Because the right person for you, they might not come in the package that you expect. They might be shorter than you planned. Quieter than you imagined. Different from your type. But they might also be kind when you're struggling. Steady when life gets hard. The one who shows up again and again, long after the spark has settled into something deeper. Don't let a bad photo, a snap judgment, a superficial preference cost you that. Make sure your filter is catching the right things. Thank you. (Applause)

> 因為屬於你的那個人，可能不會以你預期的方式出現：比你計畫的矮，比你想像的安靜，跟你的理想型不同。但TA 也可能在你不順的時候溫柔體貼，在生活難捱的時候穩定可靠——那個在火花褪去、變成更深沉的東西之後，仍一次次出現的人。不要讓一張糟糕的照片、一個衝動的判斷、一個表面的偏好，害你失去TA。請確認你的篩選器，篩的是對的東西。謝謝。（掌聲）

(n.) **package**
「包裝」：以某種形式呈現的樣子

(adj.) **struggling**
辛苦、處於困境的

(adj.) **steady**
穩定可靠的

(v.) **settled**
平靜下來、沉澱成

(adj.) **superficial**
表面的、膚淺的