Why you feel stuck — and how to get motivated

TED-Ed (Shannon Odell) · 4:38 · 中英對照學習稿（每段約 100 字，時間碼可點擊跳轉）
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You're in the middle of a project when suddenly moving forward seems impossible. Maybe you don't know what the next step is. Or perhaps you've faced setbacks, and you're starting to think, "what's even the point?" Many of us have experienced feeling stuck. It can happen when tackling something as simple as a term paper, or as monumental as social inequality or the climate crisis. So, are there ways to get unstuck? People often report feeling highly motivated at the start and end of a project, but the middle can feel untethered. Psychologists call this the "stuck in the middle" effect, and it's thought to be caused by a shift in perspective that happens as you move closer to your goals.

> 當您正在進行一個專案時，突然間似乎無法繼續前進。 也許您不知道下一步該怎麼做。 又或者您面臨挫折，開始覺得「這有什麼意思？」我們許多人都曾經有過被卡住的感覺。 這可能發生在處理簡單如學期論文的事情上， 也可能發生在處理如社會不平等或氣候危機等重大事件上。 那麼，有沒有辦法讓自己走出困境呢？ 人們常常會在專案的開始和結束階段 感到高度的動力， 但在中間階段，卻容易產生一種鬆散和失去方向的感覺。 心理學家將這種現象稱為「卡在中間效應」， 其成因被認為這是由於當您越接近目標時， 觀點的轉移所造成的。

(n.) **setbacks**
挫折；倒退

(v.) **tackling**
處理；對付（難題）

(adj.) **monumental**
巨大的；里程碑式的

(n.) **inequality**
不公平；不平等

(adj.) **untethered**
失去依靠的；無所依從的

(n.) **perspective**
觀點；看法

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When you start working towards something, any progress can feel like a win, as we tend to compare ourselves against where we started. For example, when someone starts training for a marathon, accomplishing even a short jog can feel motivating. But the longer you work on something, the more likely it is that your focus shifts to your end goal. In other words, rather than seeing how far you've come, it's easy to become frustrated by how far you still need to go. A simple way to avoid these motivational sinkholes is to break your pursuits into smaller, more achievable sub-goals.

> 當您開始朝某個目標努力時，任何進步都可能帶來成就感， 因為我們傾向於將自己與起點做比較。 舉例來說，當一個人開始接受馬拉松訓練時， 即使只是完成

(v.) **accomplishing**
完成；達成

(adj.) **frustrated**
沮喪的；挫敗的

(n.) **sinkholes**
地洞；（motivational sinkholes）令人失去動力的陷阱

(n.) **pursuits**
追求；目標

(adj.) **achievable**
可實現的

(n.) **sub-goals**
子目標

一次短暫的慢跑，也會讓人覺得充滿動力。 但是，您在某件事情上投入的時間越長， 您的焦點就越容易轉移到最終目標上。 換句話說，與其看自己已經走了多遠， 人們更容易會因為自己還需要走多遠而感到沮喪。 一個簡單的方法避免這些動機漏洞， 就是將您的追求分成更小、更容易實現的次目標。

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This creates less daunting, incremental benchmarks to compare your progress to. It also creates more opportunities to celebrate wins along the way. This is especially important when working towards bigger societal goals. These issues are, by nature, large-scale and complex— no single action or person is likely to solve them. So if you only focus on the end goal, it's easy to feel personally powerless. And the enormity of these problems may be why so many people, including those who care deeply about the issues, think that progress is impossible, leading them to disengage. In fact, one 2021 global survey of young people found that over half believe humanity is doomed.

這種做法能建立較不艱鉅的漸進式參照點， 讓你在推進過程中更直觀地對照階段性成果。 在努力實現更大的社會目標時，這一點尤其重要。 這些問題就其本質而言是大型且複雜的， 沒有任何單一的行動或單獨一人可以解決這些問題。 因此，如果您只專注於最終目標，就很容易感到個人無力。 而這些問題的艱巨性也可能是許多人， 包括那些深切關心這些問題的人， 認為不可能取得進展，導致他們脫離的原因。 事實上，一項於 2021 年針對年輕人進行的全球調查發現 超過半數的人認為人類的末日到了。

(adj.) **daunting**
令人卻步的；艱鉅的

(adj.) **incremental**
漸進的

(n.) **benchmarks**
參照點；基準

(adj.) **societal**
社會的

(n.) **enormity**
艱巨；龐大

(v.) **disengage**
抽離；退出

(adj.) **doomed**
注定滅亡的；無救的

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But despite these obstacles, some people do manage to stay motivated, engaged, and unstuck. So, how do they do it? Surprisingly, it's not all about how concerned you are or how much you care about the issue in front of you. For instance, research has found that among those who feel the most alarmed about climate change, only about a third take regular climate action. However, a unifying factor among those who do take action is the confidence that their personal involvement could make a difference. And this belief isn't misguided. The long history of social progress proves that change is possible.

不過，儘管有這些想法， 有些人還是能夠保持動力、參與和不受困擾。 那麼，他們是如何做到的？ 令人驚訝的是，這並不完全取決於您有多關心 或多在乎眼前的問題。 例如，研究發現在那些對氣候變遷 感到最恐慌的人當中， 只有約三分之一的人會定期採取氣候行動。 然而，有一個統一的因素讓那些人採取主動，

(n.) **obstacles**
障礙；阻礙

(adj.) **alarmed**
恐慌的；擔憂的

(adj.) **unifying**
統一的；凝聚的

(n.) **involvement**
參與；投入

(adj.) **misguided**
誤入歧途的；錯誤的

就是他們相信個人的參與可以帶來改變。 而這種信念並沒有被誤導。 社會進步的悠久歷史證明，改變是可能的。

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And individual actions— whether it's volunteering, voting, protesting, or personally contributing to a communal goal— are key to building the collective momentum that has tackled seemingly impenetrable issues. It's not to say that concern and passion have no place. Moral outrage, or anger, can help us focus on what's at stake. And when it's correctly harnessed, outrage can be a powerful unifier. In the American Civil Rights Movement, shared anger over systemic racism, injustice, and violence against Black people galvanized diverse communities to work together in the fight for equality. And bringing together people of different backgrounds and mindsets is essential to building longevity and resilience in any movement.

而個人行動，無論是志工、投票、抗議， 或是個人對共同目標的貢獻， 都是建立集體動力的關鍵， 而集體動力解決了看似難以攻克的問題。 這並不是說關注和熱情沒有用武之地。 道德義憤或憤怒可以幫助我們專注於利害關係。 當憤怒被正確利用時，它可以成為強大的團結力量。 在美國的民權運動中，黑人對於系統性的種族主義、 不公義和暴力的共同憤怒， 激發了不同社區為爭取平等而共同努力。 這將不同背景和思維的人聚集在一起， 對於建立任何運動的持久性和韌性都是至關重要的。

(adj.) **communal**
共同的；社群的

(adj.) **collective**
集體的

(n.) **momentum**
動力；勢頭

(adj.) **impenetrable**
難以攻克的；密不透風的

(n.) **outrage**
義憤；強烈的憤怒

(v.) **harnessed**
利用；駕馭（力量）

(v.) **galvanized**
激發；鼓舞（採取行動）

(n.) **resilience**
韌性；復原力

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In this way, thinking about how you can apply your own unique perspective, knowledge, and expertise to promoting change can be helpful. And finding community has plenty of other benefits. Just witnessing other people at work has been shown to motivate personal action, creating a positive feedback loop. Collaboration can help you better problem solve when you're unsure what the next step is. And the support and encouragement of others can serve as a source of inspiration and joy if you're feeling exhausted, defeated, or stuck. The path to conquering any goal is long and bound to hit sticking points.

> 如此一來，思考如何運用自己獨特的觀點、 知識和專業知識來促進變革，會對您有所幫助。 而尋找社群還有很多其他好處。 事實證明，只要目睹其他人在工作，就能激發個人行動， 創造正向反饋的循環。 當您不確定下一步該怎麼做時， 合作可以幫助您更好地解決問題。 他人的支持和鼓勵 可以在您感到疲憊、沮喪或困擾時， 成為您靈感和喜悅的來源。 征服任何目標的道路都是漫長的，而且一定會遇到障礙。

(n.) **expertise**
專業知識；專長

(v.) **witnessing**
目睹；見證

(phr.) **feedback loop**
回饋循環

(n.) **collaboration**
合作

(adj.) **exhausted**
筋疲力盡的

(adj.) **defeated**
挫敗的；被打敗的

(phr.) **sticking points**
卡住的地方；障礙

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Often, the best way to get unstuck is just to take any action, no matter how small or imperfect the outcome. Progress starts with writing that next sentence, running that extra mile, or even casting that vote to build a better future.

> 通常，解除障礙的最佳方法就是採取任何行動， 無論行動有多微小或結果有多不完美。 進步就從寫下一句話、多跑一英哩， 甚至投下一票來創造更美好的未來開始。

(adj.) **imperfect**
不完美的

(n.) **outcome**
結果；成果