Why you feel stuck — and how to get motivated — 中英對照學習本

TED-Ed（講解：Shannon Odell / 動畫指導：Avi Ofer）· 片長 5:00 · 中英對照學習本 · 每段約 100 字 · 段落開頭時間碼可點擊跳轉影片

https://www.youtube.com/watch?v=kD3-DKkiVeA

掃碼開啟影片

▶ 00:00:07 121 words 1 / 7

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.

> 你正在進行一項計劃，突然覺得好像無法再有進展。 也許你不知道下一步怎麼做。 或者你面臨了一些挫折，因此開始思考：「這到底有什麼意義？」 許多人都有過遇到瓶頸的感覺。 瓶頸可能會出現在處理簡單的事情時，比如寫期末報告， 也可能出現在面對重大議題時，如解決社會不平等或氣候危機。 那有沒有辦法突破瓶頸？ 人們通常表示自己在計劃的 起始和最終階段都會動力十足， 但在中間過程則感到無所依從。 心理學家稱之為「卡在中間」效應， 學者認為成因是當你在接近目標時， 會產生觀點的轉變。

(adj.) **stuck**
卡住的、停滯不前的

(n.) **setbacks**
挫折、逆轉

(v.) **tackling**
著手對付、處理（難題）

(adj.) **monumental**
極重大的

(adj.) **untethered**
無著落的、失去牽引的

(n.) **shift**
轉變、移動

(n.) **perspective**
觀點、看法

▶ 00:00:51 101 words 2 / 7

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.

> 當你開始努力朝某個目標邁進時，任何進展感覺都像是成功。 因為我們通常會把自己的進展和一開始做比較。 比如，有人開始為馬拉松做訓練， 即使只是完成

(v.) **accomplishing**
完成、達成

(adj.) **frustrated**
感到挫折的

(n.) **sinkholes**
陷阱、黑洞（會吞掉動力的地方）

(n.) **pursuits**
追求的目標

(adj.) **achievable**
達到的、可做成的

(n.) **sub-goals**
子目標

短程慢跑，也會覺得超振奮。 但，投入的時間越長， 你的焦點就越有可能會轉移到你的最終目標上。 換言之，你不是看到你已經走了多遠， 而是看到你還有多遠要走，這樣就容易感到挫折。 有個簡單的方法可以避免這些動力陷阱， 就是把你追求的目標拆成較小、較容易達成的子目標。

▶ 00:01:29 111 words 3 / 7

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.

這麼一來，拿來和進展做比較的標準就是逐步的，比較不會令人卻步。 在過程中也會有更多機會可以慶祝成功。 若要努力實現的是更大的社會目標，這點就特別重要。 這些問題本質上就是大規模的且複雜的—— 不可能靠單一行動或單一個人就解決。 如果你只把焦點放在最終目標上，很容易就會覺得個人無能為力。 可能就是因為這類問題太巨大， 以致於許多人，包括深刻關注這些問題的人，都認為不可能有所進展， 導致他們不再投入。 事實上，2021 年一項針對年輕人所做的全球調查 發現有超過一半的人認為人類注定滅亡。

(adj.) **daunting**
令人卻步的

(adj.) **incremental**
逐步增加的

(n.) **benchmarks**
基準、參照點

(adj.) **societal**
社會的

(adj.) **powerless**
無能為力的

(n.) **enormity**
巨大、龐大得嚇人

(v.) **disengage**
抽身、不再參與

(adj.) **doomed**
注定失敗的、沒救的

▶ 00:02:18 102 words 4 / 7

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.

但是儘管面對阻礙， 還是有人想辦法保持動力、 持續投入，並擺脫瓶頸。 他們怎麼辦到的？ 令人驚訝的是，重點並不全然在於你有多關心 或你有多在乎你眼前的這個問題。 比如，研究發現， 在最憂心氣候變遷的人當中， 只有大約三分之一的人會經常採取氣候行動。 有採取行動的人都有一個共同的因素， 那就是

(n.) **obstacles**
阻礙

(adj.) **engaged**
投入的、參與的

(adj.) **alarmed**
憂心忡忡的

(adj.) **unifying**
共同的、整合的

(n.) **involvement**
參與、投入

(phr.) **make a difference**
帶來改變、有作用

(adj.) **misguided**
錯判的、被誤導的

他們相信自己的投入能夠創造改變。 這種信念並非誤判。 悠久歷史中，社會的進步證明了改變是有可能的。

▶ 00:02:59 109 words 5 / 7

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.

個人的行動——不論是當義工、 去投票、去抗議， 或者個人為共同目標做出貢獻—— 這些都是建立集體動能的關鍵， 集體動能在過去曾解決了看似無法突破的問題。 並不是說關心和熱情沒有意義。 道德義憤或怒氣可以幫助我們專注在攸關重大的議題上。 正確運用的話，義憤也可以成為強大的凝聚力。 在美國公民權運動中， 出於共同的怒火，反對系統性種族主義、不公平， 以及對黑人的暴力， 讓各個不同的社群受到激勵而通力合作，為爭取平等而戰。 將不同背景及心態的人集結在一起 在任何運動中都十分重要，能夠建立持久性和韌性。

(adj.) **communal**
共同的、群體的

(n.) **momentum**
動能、持續推進的力量

(adj.) **impenetrable**
無法突破的、攻不進的

(n.) **moral outrage**
道德義憤

(v.) **harnessed**
駕馭、善用 (力量)

(v.) **galvanized**
激勵、喚起行動

(adj.) **systemic**
系統性的

(n.) **resilience**
韌性、回復力

▶ 00:03:45 100 words 6 / 7

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.

> 透過這種方式，想想你能如何運用你獨有的觀點、 知識，和專業技術來促進變革， 都是助益良多。 尋找共同社群還有許多其他益處。 單單看到其他人在努力，就足以推動一個人採取行動。 創造正向的回饋循環。 當你不確定下一步怎麼走， 與人合作更能幫助你解決問題。 且他人的支持與鼓勵 可以帶來鼓舞和喜悅， 在你感到疲憊、沮喪，或碰到瓶頸時，也有幫助。 達成任何目標的道路都很漫長，且必然會遇到瓶頸。

(n.) **expertise**
專業知識與技術

(v.) **witnessing**
目擊、看見

(n.) **positive feedback loop**
正向回饋循環

(n.) **collaboration**
合作

(phr.) **problem solve**
解決問題

(phr.) **bound to**
必然會

(n.) **sticking points**
卡關之處

(v.) **conquering**
戰勝、攻克

▶ 00:04:23 42 words 7 / 7

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，要突破瓶頸，最好的方法就是開始行動， 不論結果多微小或不完美都沒關係。 進展始於再多寫下一個句子、 再多跑一英里路， 或甚至投下一票，以建立更美好的未來。

(adj.) **imperfect**
不完美的

(n.) **outcome**
結果、成果

(v.) **casting**
投下（票）