wishyou.today learning

day 9 happy days

Talk about happiness in all its shades (joyful, content, relaxed, thrilled) and gush with 别提多……了.

“How are you?” deserves a better answer than 很好. These words let you say exactly what kind of good you feel.

words

word	pinyin	meaning	example
快活	kuàihuo	happy, merry	孩子们在海边玩得很快活。 The children are having a whale of a time at the beach.
欢快	huānkuài	cheerful, lively	音乐的节奏很欢快。 The music has a lively rhythm.
喜悦	xǐyuè	joy, delight	她脸上满是丰收的喜悦。 Her face was full of the joy of a good harvest.
喜洋洋	xǐyángyáng	joyful, beaming	过年了，大家都喜洋洋的。 It’s New Year, and everyone is beaming.
欣喜	xīnxǐ	glad, joyful	看到大家的进步，老师感到很欣喜。 The teacher was delighted to see everyone’s progress.
欣慰	xīnwèi	gratified, relieved	孩子考上了大学，妈妈很欣慰。 Mum was so gratified when her child got into university.
愉悦	yúyuè	joyful, pleasant	音乐能让人心情愉悦。 Music can lift your mood.
美滋滋	měizīzī	pleased, delighted with oneself	听到表扬，他心里美滋滋的。 Hearing the praise, he was secretly delighted.
舒畅	shūchàng	happy, comfortable, free of worry	散步以后，我心情舒畅多了。 After a walk I feel much better.
顺心	shùnxīn	satisfactory, going smoothly	祝你工作顺心！ Hope everything goes well at work!
惬意	qièyì	pleased, comfortable, cosy	下午在树下看书，很惬意。 Reading under a tree in the afternoon is so pleasant.
如意	rúyì	as one wishes	生活不可能事事如意。 Life can’t always go the way you want.
自在	zìzai	comfortable, at ease	在朋友家里，我觉得很自在。 I feel at home at my friend’s place.
悠闲	yōuxián	leisurely, carefree	他们在海边过着悠闲的日子。 They live a leisurely life by the sea.
安逸	ānyì	easy and comfortable	他不想过太安逸的生活。 He doesn’t want a life that’s too comfortable.

安心	ānxīn	at ease, not worried; to keep one's mind on	你安心工作，孩子我来照顾。 Focus on your work: I'll look after the kids.
安详	ānxiáng	serene, composed	奶奶睡得很安详。 Grandma is sleeping peacefully.
坦然	tǎnrán	calm, untroubled	面对失败，他很坦然。 He faced the failure calmly.
庆幸	qìngxìng	to rejoice (that something bad was avoided)	我很庆幸自己没有上那班车。 I'm so glad I didn't take that bus.
荣幸	róngxìng	honoured	认识您，我很荣幸。 It's an honour to meet you.
有幸	yǒuxìng	to be fortunate to	我有幸见过这位作家。 I was lucky enough to meet that writer.
知足	zhīzú	content with what one has	他很知足，从不抱怨。 He's content with his lot and never complains.
甜蜜	tiánmì	sweet, happy (of love, life)	他们的婚后生活很甜蜜。 Their married life is sweet.
温馨	wēnxīn	warm, cosy	这家小店布置得很温馨。 This little shop is cosily decorated.
嬉笑	xīxiào	to laugh and play	孩子们在院子里嬉笑。 The children are laughing and playing in the yard.
欢呼	huānhū	to cheer, hail	听到这个消息，大家都欢呼起来。 When they heard the news, everyone cheered.
洋溢	yángyì	to be brimming with	她的脸上洋溢着幸福的笑容。 Her face was glowing with a happy smile.
振奋	zhènfèn	to inspire; inspiring, roused	这是一个振奋人心的消息。 This is inspiring news.
振作	zhènzuò	to pull oneself together	失败了不要紧，振作起来！ Failure doesn't matter: pull yourself together!
起劲	qǐjìn	energetic, enthusiastic	他们干得很起劲。 They're working with real gusto.
兴致	xìngzhì	interest, mood (for doing something)	下雨了，大家的兴致却很高。 It rained, but everyone was still in high spirits.
踊跃	yǒngyuè	eagerly, enthusiastically (to take part)	同学们踊跃发言。 The students are eager to speak.
爽	shuǎng	great, refreshing (spoken)	夏天喝一杯冰水，真爽！ A glass of ice-cold water in summer: wonderful!
过瘾	guòyǐn	to satisfy a craving; terrific	这场比赛看得真过瘾！ What a match: that was brilliant to watch!
酣畅	hānchàng	to one's heart's content	昨天晚上他睡得很酣畅。 Last night he slept long and deeply.

pattern 别提(有)多……了: you can't imagine how …

别提 **(有)** **多** **adjective** **了** **= you can't imagine how ...!**

别提 means "don't mention it", so 别提多高兴了 is "I can't even tell you how happy". Put a bare adjective (or a feeling verb) between 多 and 了; 有 is optional. It's spoken, warm and a little exaggerated, for good and bad feelings alike.

那天的晚饭别提有多香了。 **nà tiān de wǎnfàn bié tí yǒu duō xiāng le** You can't imagine how good dinner smelled that day.

新家又大又亮，住着别提多舒畅了。 **xīn jiā yòu dà yòu liàng zhù zhe bié tí duō shūchàng le** The new flat is big and bright: it feels wonderful to live in.

终于放假了，大家别提多快活了。 **zhōngyú fàngjià le dàjiā bié tí duō kuàihuo le** The holidays are finally here, and everyone is over the moon.

dialogue three months married

anna 小明，结婚三个月了，日子过得怎么样？
Xiǎomíng jiéhūn sān gè yuè le rìzi guò de zěnmeyàng · Xiaoming, three months married: how's life?

xiaoming 别提多甜蜜了！每天下班回家，家里都特别温馨，我每天都很快活。
bié tí duō tiánmì le měi tiān xiàbān huí jiā jiā lǐ dōu tèbié wēnxīn wǒ měi tiān dōu hěn kuàihuo · Sweeter than I can tell you! Every evening I come home to a cosy place. I'm happy every single day.

anna 看你美滋滋的样子，幸福都流露在脸上了。看到你这么快乐，我也很欣喜。
kàn nǐ měizīzī de yàngzi xìngfú dōu liúlù zài liǎn shàng le kàn dào nǐ zhème kuàilè wǒ yě hěn xīnxǐ · I can tell from that pleased look: the happiness shows all over your face. Seeing you this happy makes me glad too.

xiaoming 我爱人做饭，我洗碗，生活又安逸又顺心。她性格豁达，我急躁的时候她也很包容。工作上的烦恼，我现在也能坦然面对了。
wǒ àiren zuòfàn wǒ xǐ wǎn shēnghuó yòu ānyì yòu shùnxīn tā xìnggé huòdá wǒ jízào de shíhou tā yě hěn bāoróng gōngzuò shàng de fánnǎo wǒ xiànzài yě néng tǎnrán miànduì le · My wife cooks, I wash up: life is comfortable and everything goes smoothly. She's easy-going, and bears with me when I'm impatient. Even problems at work, I can face them calmly now.

anna 真让人羡慕。你们上个月去云南玩得怎么样？
zhēn ràng rén xiànmù nǐmen shàng gè yuè qù Yúnnán wán de zěnmeyàng · I'm jealous. How was your trip to Yunnan last month?

xiaoming 太过瘾了！我们在山里住了一个星期，每天睡到自然醒，睡得特别酣畅，又悠闲又自在。
tài guòyǐn le wǒmen zài shān lǐ zhù le yí gè xīngqī měi tiān shuì dào zìrán xǐng shuì de tèbié hānchàng yòu yōuxián yòu zìzai · Fantastic! We stayed in the mountains for a week, slept until we woke up every day, slept like logs: so relaxed, so free.

anna 听起来好爽！对上班族来说，这简直是一种解脱。
tīng qǐlai hǎo shuǎng duì shàngbān zú lái shuō zhè jiǎnzhí shì yì zhǒng jiětuō · Sounds amazing! For office workers, that's a real escape.

xiaoming 最难忘的是那里的人，纯朴又热情，脸上总是洋溢着喜悦的笑容。
zuì nánwàng de shì nàlǐ de rén chúnpǔ yòu rèqíng liǎn shàng zǒngshì yángyì zhe xǐyuè de xiàoróng · What I'll never forget is the people there: simple, honest and warm, their faces always beaming with joy.

anna 你说得我也想去了。最近工作压力大，天天加班，身心疲倦，心里一点也不舒畅。
nǐ shuō de wǒ yě xiǎng qù le zuìjìn gōngzuò yālì dà tiān tiān jiābān shēnxīn píjuàn xīnlǐ yìdiǎn yě bù shūchàng · You're making me want to go. Work has been so stressful lately, with overtime every day; I'm worn out in body and mind, and I don't feel good at all.

xiaoming 振作一点！周末我爷爷奶奶庆祝结婚五十周年，你也来吧。
zhènzuò yìdiǎn zhōumò wǒ yéye nǎinai qìngzhù jiéhūn wǔshí zhōunián nǐ yě lái ba · Cheer up! This weekend my grandparents are celebrating their fiftieth wedding anniversary. Come along!

anna 真的吗？我很荣幸！
zhēn de ma wǒ hěn róngxìng · Really? I'd be honoured to be there!

xiaoming 爷爷说，他这一辈子最庆幸的事，就是娶了奶奶。他年轻时脾气暴躁，是奶奶的宽容让他变得沉稳了。
yéye shuō tā zhè yíbèizi zuì qìngxìng de shì jiùshì qǔ le nǎinai tā niánqīng shí píqi bàozào shì nǎinai de kuānróng ràng tā biàn de chénwěn le · Grandpa says the luckiest thing in his life was marrying Grandma. He was hot-tempered when he was young; it was Grandma's forbearance that made him steady.

anna 他们一定很知足吧。我有幸见过你奶奶一次，她那么慈祥、安详。
tāmen yídìng hěn zhīzú ba wǒ yǒuxìng jiàn guo nǐ nǎinai yí cì tā nàme cíxiáng ānxiáng · They must be very content. I had the good fortune to meet your grandma once: she's so kind and serene.

xiaoming 是啊。到时候孩子们嬉笑打闹，大人们喝茶聊天，兴致都很高。我爷爷说话很风趣，你一定会喜欢他。你就安心来玩吧！
shì a dào shíhou háizimen xīxiào dǎ nào dàrenmen hē chá liáotiān xìngzhì dōu hěn gāo wǒ yéye shuōhuà hěn fēngqù nǐ yídìng huì xǐhuan tā nǐ jiù ānxīn lái wán ba · Yes. The kids will be laughing and playing, the grown-ups

drinking tea and chatting, everyone in high spirits. My grandpa is very witty: you'll love him. Just come and enjoy yourself!

write it trace the grey, then write your own

稽
jī
to examine

咧
liē
to grin

荡
dàng
to sway, swing

唤
huàn
to call

good to know · 别提(有)多 + adjective + 了 means "you can't imagine how …": 别提多高兴了. The adjective is bare: no 很 or 非常 before it. 爽 and 过瘾 are casual and very common: a cold drink on a hot day is 爽, a great match or film is 过瘾.

Happy, content, carefree, thrilled: now you can tell your friends exactly how good life feels.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 10 sad and low

Talk about sadness, disappointment and feeling low, comfort a friend, and say “terribly” with 得要命 / 得要死.

Being able to name a bad feeling, and to answer someone else’s, matters more in a friendship than any amount of small talk.

words

word	pinyin	meaning	example
悲哀	bēiāi	sad, pitiful, sorrowful	不能按自己的想法生活，是一种悲哀。 Not being able to live as you want is a sad thing.
悲惨	bēicǎn	tragic, miserable	他小时候的生活非常悲惨。 His childhood was miserable.
悲痛	bēitòng	grief-stricken; grief	老人去世了，家人十分悲痛。 The old man passed away, and his family is grief-stricken.
惨	cǎn	miserable, terrible; heavily	这次比赛我们输得很惨。 We lost really badly in this match.
惨痛	cǎntòng	bitter, painful (of a lesson, loss)	这是一次惨痛的教训。 That was a bitter lesson.
伤感	shānggǎn	sentimental, sad	秋天总让人有点伤感。 Autumn always makes people a bit wistful.
心酸	xīnsuān	heartbreaking, sad	看到他一个人吃饭，我有点|心酸。 Seeing him eat alone made my heart ache.
辛酸	xīnsuān	bitter (hardship)	创业的路上有很多辛酸。 Starting a business involves a lot of hardship.
凄凉	qīliáng	desolate, bleak	冬天的小村子显得很凄凉。 In winter the little village looks desolate.
痛心	tòngxīn	pained, grieved	看到孩子学坏，父母很痛心。 Parents are pained to see their children go astray.
惋惜	wǎnxī	to feel sorry, regret (for others)	这么好的机会没抓住，真让人惋惜。 What a shame such a good chance was missed.
可悲	kěbēi	pitiful, lamentable	不懂得珍惜才是最可悲的。 The saddest thing is not knowing how to treasure what you have.
哭泣	kūqì	to weep, cry (written)	她一个人在房间里哭泣。 She was crying alone in her room.
呜咽	wūyè	to sob	电话那头传来了她的呜咽声。 Down the line came the sound of her sobbing.
哽咽	gěngyè	to choke with sobs	说到这里，他哽咽了。 At this point he choked up.
叹气	tànqì	to sigh	他看着窗外，不停地叹气。 He looked out of the window, sighing again and again.

苦笑	kǔxiào	a wry smile; to smile bitterly	听到这个消息，他只能苦笑。 All he could do at the news was smile wryly.
苦涩	kǔsè	bitter, astringent; bitter (feeling)	这种茶有点苦涩。 This tea is a little bitter.
苦恼	kǔnǎo	troubled, worried; worry	他最近很苦恼，不知道该选哪个工作。 He's been troubled lately, not knowing which job to choose.
低落	dīluò	low, depressed (mood)	他这几天情绪很低落。 He's been feeling very low these past few days.
消沉	xiāochén	depressed, dispirited	失业以后，他变得很消沉。 After losing his job he became dispirited.
沮丧	jǔsàng	dejected, disheartened	输了比赛，队员们都很沮丧。 The players were dejected after losing the match.
抑郁	yìyù	depressed; depression	长期的压力让她感到抑郁。 Long-term stress has left her depressed.
忧郁	yōuyù	melancholy, gloomy	他看起来有点忧郁。 He looks a bit melancholy.
郁闷	yùmèn	fed up, down, frustrated	下了一个星期的雨，真郁闷！ A whole week of rain: so depressing!
烦闷	fánmèn	irritable and depressed	天气太热，人也很烦闷。 When it's this hot, you feel irritable.
闷	mèn	bored, gloomy; stuffy	一个人在家待着，太闷了。 Staying at home alone is so boring.
沉闷	chénmèn	dull, oppressive, depressing	会议的气氛很沉闷。 The atmosphere at the meeting was gloomy.
失落	shīluò	disappointed, feeling a loss	没被选上，他有点失落。 He felt a bit let down at not being chosen.
空虚	kōngxū	empty (inside), hollow	每天只玩手机，他觉得生活很空虚。 Doing nothing but playing on his phone all day, he feels his life is empty.
孤单	gūdān	lonely, alone	刚到国外的时候，我很孤单。 When I first went abroad, I was lonely.
孤零零	gūlínglíng	all alone	路边孤零零地站着一棵树。 A tree stood all alone by the road.
颓废	tuífèi	dispirited, decadent	别再颓废下去了，振作起来！ Stop wallowing: pull yourself together!
泄气	xièqì	to lose heart	一次没成功，别泄气。 Don't lose heart just because it didn't work once.
气馁	qìněi	to be discouraged	遇到困难，他从不气馁。 He never loses heart when things get hard.

pattern **x得要命 / x得要死: terribly, to death**

adjective or feeling | **得** | **要命 / 要死** | **= terribly, to death**

Add 得要命 or 得要死 after an adjective or a feeling verb to say “terribly, like crazy”: 累得要命 (dead tired), 饿得要死 (starving). It is spoken and exaggerated; nobody is dying. 要命 alone is an exclamation too: 真要命！ “This is killing me!”

考试前那几天，我紧张得要命。 **kǎoshì qián nà jǐ tiān wǒ jǐnzhāng de yào mìng** I was terribly nervous in the days before the exam.

一个人在国外过年，孤单得要死。 **yí gè rén zài guó wài guònián gūdān de yào sǐ** Spending New Year alone abroad is so lonely.

这几天天气太热了，我烦闷得要死。 **zhè jǐ tiān tiānqì tài rè le wǒ fánmèn de yào sǐ** It’s been so hot these days: I’m irritable as anything.

dialogue a bad result

anna 怎么了？你今天看起来情绪很低落。

zěnme le nǐ jīntiān kàn qǐlai qíngxù hěn dīluò · What's wrong? You seem really down today.

little sister 研究生考试的成绩出来了，我没考上。

yánjiūshēng kǎoshì de chéngjì chūlái le wǒ méi kǎo shàng · The graduate entrance results are out. I didn't get in.

anna 啊，真可惜。你复习得那么辛苦，每天都那么劳累。

a zhēn kěxī nǐ fùxí de nàme xīnkǔ měi tiān dōu nàme láolèi · Oh no, what a shame. You studied so hard, and you were worn out every day.

little sister 是啊，我难受得要死，昨天晚上一个人哭泣了很久。给我妈妈打电话的时候，一开口就呜咽起来，哽咽得说不出来。

shì a wǒ nánshòu de yào sǐ zuótiān wǎnshang yí gè rén kūqì le hěn jiǔ gěi wǒ māma dǎ diànhuà de shíhou yì kāi kǒu jiù wūyè qǐlai gěngyè de shuō bu chulai · Yes, I feel terrible: last night I cried on my own for ages. When I called my mum, I started sobbing as soon as I opened my mouth and was too choked up to speak.

anna 别难过，我明白那种失落的感觉。

bié nánguò wǒ míngbai nà zhǒng shīluò de gǎnjué · Don't be sad. I know that feeling of disappointment.

little sister 最惨的是，朋友们都考上了，唯独我没考上。我觉得自己很悲哀，努力了这么久，结果是这样。

zuì cǎn de shì péngyoumen dōu kǎo shàng le wéidú wǒ méi kǎo shàng wǒ juéde zìjǐ hěn bēiāi nǔlì le zhème jiǔ jiéguǒ shì zhèyàng · The worst thing is, my friends all got in, except me. I feel pathetic: all that work, and this is the result.

anna 不要这么想。失败不可悲，放弃才可悲。

búyào zhème xiǎng shībài bù kěbēi fàngqì cái kěbēi · Don't think like that. Failing isn't pitiful; giving up is.

little sister 可我现在特别空虚，什么都不想做，整天待在家里，好闷啊。家里气氛也很沉闷，太郁闷了。

kě wǒ xiànzài tèbié kōngxū shénme dōu bù xiǎng zuò zhěng tiān dāi zài jiā lǐ hǎo mèn a jiā lǐ qìfēn yě hěn chénmèn tài yùmèn le · But I feel so empty now. I don't want to do anything, I just stay at home all day, and it's so dreary. The atmosphere at home is gloomy too. It's so depressing.

anna 别这么消沉，也别这样折磨自己。一直颓废下去，对身体也不好。

bié zhème xiāochén yě bié zhèyàng zhémó zìjǐ yìzhí tuífèi xiaqu duì shēntǐ yě bù hǎo · Don't be so downhearted, and don't torment yourself like this. If you keep moping like this, it's bad for your health too.

little sister 我知道，可就是很沮丧。我妈妈只是叹气，我爸爸苦笑着说“明年再来”。

wǒ zhīdào kě jiùshì hěn jǔsàng wǒ māma zhǐshì tànqì wǒ bàba kǔxiào zhe shuō míngnián zài lái · I know, but I'm just so dejected. Mum just sighs, and Dad gives a wry smile and says, “Try again next year.”

anna 他们是心疼你。说实话，我第一次参加汉语考试也没过。那时候我太自满了，复习也很松懈，那是一次很惨痛的经历。

tāmen shì xīnténg nǐ shuō shíhuà wǒ dì yī cì cānjiā Hànyǔ kǎoshì yě méi guò nà shíhou wǒ tài zìmǎn le fùxí yě hěn sōngxiè nà shì yí cì hěn cǎntòng de jīnglì · That's because they care about you. To be honest, I failed my first Chinese exam too. I was too complacent back then and slack with my revision. It was a painful experience.

little sister 真的？那你后来是怎么振作起来的？

zhēn de nà nǐ hòulái shì zěnme zhènzuò qǐlai de · Really? So how did you pull yourself together?

anna 我告诉自己，不要泄气，要脚踏实地，一步一步来。回头看，那些辛酸和苦涩都变成了财富。不过如果心情长期不好，就要小心抑郁。

wǒ gàosu zìjǐ búyào xièqì yào jiǎotàshídì yí bù yí bù lái huítóu kàn nàxiē xīnsuān hé kǔsè dōu biànchéng le cáifù búguò rúguǒ xīnqíng chángqī bù hǎo jiù yào xiǎoxīn yìyù · I told myself not to lose heart, to keep my feet on the ground and take it one step at a time. Looking back, all that hardship and bitterness turned into something valuable. But if you feel low for a long time, watch out for depression.

little sister 我不会的，我只是有点忧郁。谢谢你，安娜，听你这么说，我心里没那么苦恼了，也安心多了。

wǒ bú huì de wǒ zhǐshì yǒu diǎn yōuyù xièxie nǐ Ānnà tīng nǐ zhème shuō wǒ xīnlǐ méi nàme kǔnǎo le yě ānxīn duō le · I won't get depressed, I'm just a bit melancholy. Thank you, Anna. Hearing you say that, I feel less miserable and much more at ease.

write it trace the grey, then write your own

鸣
míng
to cry, sing (birds); to sound

磨
mó
to grind, wear; dawdle

皆
jiē
all, each (written)

谋
móu
plans

good to know · 得要命 and 得要死 come after an adjective: 累得要命, 饿得要死. They are casual and cheerful exaggeration; in formal writing say 极其 or 非常. 抑郁 is also the medical word: 抑郁症 is depression. If a friend has felt 抑郁 for weeks, suggest they see a doctor (看医生).

Sad, disappointed, flat, lonely, and then back on your feet: you can now go through all of it, and help a friend through it, in Chinese.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 11 angry and fed up

Say how angry, annoyed or fed up you are, from mildly irritated to furious, and sigh 真是的! like a native.

Landlords, neighbours, traffic: everyone needs to complain sometimes, and the right word says how serious it is.

words

word	pinyin	meaning	example
发火	fāhuǒ	to get angry, lose one's temper	别生气，也别发火，我们慢慢说。 Don't get angry or blow up: let's talk it through slowly.
发怒	fānù	to get angry (written)	他很少发怒。 He rarely gets angry.
恼火	nǎohuǒ	annoyed, irritated	电脑又坏了，真让人恼火。 The computer's broken again: so irritating.
气愤	qìfèn	indignant, furious	听到这个消息，大家都很气愤。 Everyone was indignant at the news.
烦躁	fánzào	fretful, irritable	天太热，人容易烦躁。 When it's too hot, people get irritable easily.
焦躁	jiāozào	anxious and impatient, agitated	等结果的时候，他非常焦躁。 He was very agitated while waiting for the result.
别扭	bièniu	awkward, uncomfortable; at odds	吵过架以后，两人见面都很别扭。 After the quarrel, the two of them felt awkward around each other.
憋	biē	to hold in, suppress; stifled	有什么不满就说出来，别憋着。 If something bothers you, say it: don't hold it in.
怨	yuàn	to blame, resent	这件事不能怨他。 You can't blame him for this.
怨恨	yuànhèn	to resent, hate; resentment	她并不怨恨任何人。 She doesn't resent anyone.
怨气	yuànqì	grievance, resentment	大家心里都有怨气。 Everyone is harbouring a grievance.
仇恨	chóuhèn	hatred, enmity	两家人之间有很深的仇恨。 There is deep hatred between the two families.
反感	fǎngǎn	to dislike; aversion	我对这种广告很反感。 I really dislike this kind of advert.
厌烦	yànfán	to be fed up with, sick of	他总说同样的事，我都听厌烦了。 He always talks about the same thing; I'm sick of hearing it.
厌倦	yànjuàn	to be weary of, tired of	他厌倦了城市的生活。 He grew tired of city life.

厌恶	yànwù	to loathe, detest	我厌恶浪费粮食的行为。 I detest wasting food.
可恶	kěwù	hateful, outrageous	偷别人钱包的人真可恶！ People who steal wallets are despicable!
唾弃	tuòqì	to spurn, condemn	这种行为应该受到唾弃。 Behaviour like this should be condemned.
鄙视	bǐshì	to despise, look down on	他鄙视那些靠关系上位的人。 He despises people who get ahead through connections.
藐视	miǎoshì	to defy, disregard	他藐视规则，最后受到了惩罚。 He defied the rules and was punished in the end.
蔑视	mièshì	to scorn, show contempt for	她用蔑视的眼光看着他。 She looked at him with contempt.
轻蔑	qīngmiè	contemptuous, scornful	他轻蔑地笑了笑。 He gave a scornful smile.
轻视	qīngshì	to underestimate, look down on	不要轻视任何对手。 Never underestimate an opponent.
不屑	bùxiè	to disdain, not deign to	他对这种小事不屑一顾。 He thinks such trifles are beneath his notice.
漠然	mòrán	indifferent, apathetic	他对别人的困难漠然不理。 He's indifferent to other people's troubles.
不服	bùfú	to refuse to accept, not be convinced	他对比赛结果很不服。 He refuses to accept the result of the match.
服气	fúqì	to accept (being beaten), be convinced	他赢得光明正大，我服气。 He won fair and square: I accept it.
活该	huógāi	it serves someone right	不听劝，活该被雨淋。 He wouldn't listen, so it serves him right that he got soaked.
扫兴	sǎoxìng	disappointed, spoiled (fun)	刚出门就下雨了，真扫兴。 It started raining the moment we went out: what a letdown.
够呛	gòuqiàng	terrible, unbearable (spoken)	这么热的天在外面干活，真够呛。 Working outside in this heat is murder.
懒得	lǎnde	to not feel like, can't be bothered	天太冷，我懒得出门。 It's too cold; I can't be bothered to go out.
没劲	méijìn	boring, dull; tired	这个节目真没劲。 This programme is so boring.
发泄	fāxiè	to vent, let off steam	他用跑步来发泄压力。 He runs to let off stress.
宣泄	xuānxiè	to release, give vent to (written)	音乐是宣泄情绪的好方法。 Music is a good way to release your emotions.
压抑	yāyì	oppressive, stifling; to suppress	办公室的气氛很压抑。 The atmosphere in the office is oppressive.

pattern 真是的: honestly! for goodness' sake!

(你 / 他 / 这孩子) 真是的 ，+ the complaint = Honestly! Really!

真是的 is a sigh of annoyance, usually about a person: 你也真是的 (honestly, you!), 他这个人真是的. It can come before or after the complaint and is softer than a real scolding, often affectionate. On its own, 真是的！ means “For goodness’ sake!”

你也真是的，下雨了也不带伞。 **nǐ yě zhēn shì de xià yǔ le yě bú dài sǎn** Honestly, you: it’s raining and you didn’t bring an umbrella.

真是的！又堵车了，我们肯定要迟到了。 **zhēn shì de yòu dǔchē le wǒmen kěndìng yào chídào le** For goodness’ sake! Another traffic jam: we’re definitely going to be late.

这孩子真是的，玩了一天，作业一个字都没写。 **zhè háizi zhēn shì de wán le yì tiān zuòyè yí gè zì dōu méi xiě** Honestly, this child: he’s played all day and hasn’t written a word of his homework.

dialogue letting off steam

xiaoming 安娜，你脸色不太好，谁让你生气了？
Ānnà nǐ liǎnsè bú tài hǎo shéi ràng nǐ shēngqì le · Anna, you don't look great. Who's upset you?

anna 别提了！我的房东要涨房租，一次就涨一千块！
bié tí le wǒ de fángdōng yào zhǎng fángzū yí cì jiù zhǎng yìqiān kuài · Don't ask! My landlord wants to put the rent up by a thousand yuan in one go!

xiaoming 什么？合同不是还没到期吗？这房东也太贪了吧！
shénme hétóng bú shì hái méi dàoqī ma zhè fángdōng yě tài tān le ba · What? Isn't your contract still running? That landlord is far too greedy!

anna 是啊！他说不同意就搬走，想租房子的人多的是。这么霸道，真是的，太可恶了！
shì a tā shuō bù tóngyì jiù bān zǒu xiǎng zū fángzi de rén duō de shì zhème bàdào zhēn shì de tài kěwù le · Exactly! He says if I don't agree I can move out: there are plenty of people who want the flat. So high-handed! Honestly, it's outrageous!

xiaoming 所以你这么气愤。他这是藐视合同！
suǒyǐ nǐ zhème qìfèn tā zhè shì miǎoshì hétóng · No wonder you're so angry. He's treating the contract as if it doesn't exist!

anna 我跟他讲道理，他一脸不屑，用一种轻蔑的语气说话，好像很蔑视我。
wǒ gēn tā jiǎng dàolǐ tā yì liǎn búxiè yòng yì zhǒng qīngmiè de yǔqì shuōhuà hǎoxiàng hěn mièshì wǒ · I tried to reason with him, but he looked at me with disdain and spoke in a contemptuous tone, as if he looked down on me.

xiaoming 这种态度又傲慢又粗鲁，太让人反感了。明显是看你是外国人，就轻视你。
zhè zhǒng tàidù yòu àomàn yòu cūlǔ tài ràng rén fǎngǎn le míngxiǎn shì kàn nǐ shì wàiguó rén jiù qīngshì nǐ · That attitude is arrogant and rude, and so off-putting. He obviously thinks less of you because you're a foreigner.

anna 我当时恼火得要死，差点就发火了，最后还是保持了理智。我心里很不服，可是又没办法。
wǒ dāngshí nǎohuǒ de yào sǐ chà diǎn jiù fāhuǒ le zuìhòu háishi bǎochí le lǐzhì wǒ xīnlǐ hěn bùfú kěshì yòu méi bànfǎ · I was absolutely furious and nearly lost my temper, but in the end I kept my head. I wasn't going to accept it, but what could I do?

xiaoming 我也替你不服气，合同就是合同！不过别把怨气憋在心里，会憋出病的。
wǒ yě tì nǐ bù fúqì hétóng jiùshì hétóng búguò bié bǎ yuànqì biē zài xīnlǐ huì biē chū bìng de · I wouldn't accept it either: a contract is a contract! But don't bottle up your anger, or it'll make you ill.

anna 我已经憋了一天了。楼上的邻居也很自私，天天晚上吵，我跟他说过，他的态度很漠然，好像跟他没关系。我每天晚上都很焦躁，睡不好。
wǒ yǐjīng biē le yì tiān le lóu shàng de línjū yě hěn zìsī tiān tiān wǎnshang chǎo wǒ gēn tā shuō guo tā de tàidù hěn mòrán hǎoxiàng gēn tā méi guānxi wǒ měi tiān wǎnshang dōu hěn jiāozào shuì bu hǎo · I've been holding it in all day. The neighbour upstairs is selfish too: he's noisy every night. I told him, and he couldn't care less, as if it had nothing to do with him. Every night I'm on edge and can't sleep.

xiaoming 楼上的人也真是的，一点也不考虑别人。
lóu shàng de rén yě zhēn shì de yìdiǎn yě bù kǎolǜ biérén · Honestly, that neighbour: he doesn't think of anyone else at all.

anna 我不想怨恨谁，只是觉得很压抑。现在每次见到房东，我都觉得很别扭，什么都没劲，也很厌烦。
wǒ bù xiǎng yuànhèn shéi zhǐshì juéde hěn yāyì xiànzài měi cì jiàn dào fángdōng wǒ dōu juéde hěn bièniu shénme dōu méijìn yě hěn yànfán · I don't want to hate anyone, I just feel so stifled. Every time I see the landlord now I feel awkward, nothing's any fun, and I'm sick of it all.

xiaoming 我认识一位律师，姓孙，专门处理房子的问题。他很耿直，又很精明。你去问问他？
wǒ rènshi yí wèi lǜshī xìng Sūn zhuānmén chǔlǐ fángzi de wèntí tā hěn gěngzhí yòu hěn jīngmíng nǐ qù wèn wen tā · I know a lawyer, Mr Sun, who specialises in housing problems. He's straight as a die, and very sharp. Why not ask him?

anna 好啊。不过我现在累得够呛，今天懒得想了。
hǎo a búguò wǒ xiànzài lèi de gòuqiàng jīntiān lǎnde xiǎng le · Good idea. But I'm worn out right now: I can't be bothered to think about it today.

xiaoming 那我们打球吧，把不满都发泄出来！运动是最好的宣泄。
nà wǒmen dǎ qiú ba bǎ bùmǎn dōu fāxiè chulai yùndòng shì zuìhǎo de xuānxiè · Then let's shoot some hoops and get it all out of your system! Exercise is the best release.

write it trace the grey, then write your own

陋 lòu humble, narrow											
翼 yì wing											
丝 sī silk; thread, a tiny bit											
凤 fèng phoenix											

good to know · 真是的 is a sigh of annoyance: 你也真是的！ "Honestly, you!" It is often half-affectionate, the way a parent or friend grumbles. 懒得 + verb means "can't be bothered to": 懒得做饭, 懒得理他. It's very common and a bit cheeky.

Annoyed, fed up, furious, then calm again: you can now complain in Chinese without losing your cool.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 12 worry and fear

Talk about worry, nerves and fear, reassure someone, and read “all / only” in public notices: 均, 一概, 唯独.

Worry is the feeling people share most readily, and comforting words are a big part of friendship in any language.

words

word	pinyin	meaning	example
操心	cāoxīn	to worry about, take trouble over	父母总是为孩子操心。 Parents are always worrying about their children.
犯愁	fànchóu	to fret, be worried	他正为房租犯愁。 He’s fretting about the rent.
忧愁	yōuchóu	worried, sad; sorrow	她的眼里满是忧愁。 Her eyes are full of sorrow.
忧虑	yōulǜ	anxious, concerned; worry	专家对环境问题表示忧虑。 Experts have expressed concern about environmental problems.
顾虑	gùlǜ	misgiving, worry; to worry about	有什么顾虑，你就直说。 If you have any misgivings, just say so.
疑虑	yílǜ	doubt, misgiving	对这个计划，我还有一些疑虑。 I still have some doubts about this plan.
牵挂	qiānguà	to worry about, care about	我在外地工作，最牵挂的是妈妈。 Working away from home, the person I worry about most is my mum.
挂念	guàniàn	to miss, worry about	别挂念我，我在这儿很好。 Don’t worry about me: I’m fine here.
惦记	diànjì	to keep thinking about, worry about	奶奶一直惦记着你。 Grandma keeps thinking about you.
关切	guānqiè	concerned, caring; concern	医生关切地问她感觉怎么样。 The doctor asked her with concern how she was feeling.
焦急	jiāojí	anxious, frantic	孩子还没回家，妈妈非常焦急。 The child still isn’t home, and Mum is frantic.
心慌	xīnhuāng	flustered, heart pounding	一上台我就心慌。 As soon as I’m on stage my heart starts pounding.
慌	huāng	flustered, panicked	别慌，慢慢说。 Don’t panic: tell me slowly.
慌乱	huāngluàn	flustered and confused	他慌乱地找着钥匙。 He searched for his keys in a fluster.
慌忙	huāngmáng	hurriedly, in a rush	听到电话，她慌忙站了起来。 When she heard the phone, she jumped up in a hurry.
慌张	huāngzhāng	flustered, nervous	别慌张，先想想办法。 Don’t get flustered: think of a way first.

惊慌	jīnghuāng	alarmed, panic-stricken	着火了，大家并没有惊慌。 There was a fire, but nobody panicked.
恐慌	kǒnghuāng	panic; panicky	这个假{jia3}消息引起了一些恐慌。 The fake news caused some panic.
恐怖	kǒngbù	terrifying, horror	我不敢看恐怖电影。 I don't dare watch horror films.
吓人	xiàrén	frightening, scary	这条路晚上黑得吓人。 This road is frighteningly dark at night.
受惊	shòujīng	to be startled, frightened	孩子受惊了，一直在哭。 The child got a fright and won't stop crying.
惊吓	jīngxià	fright, shock	小猫受到惊吓，跑到床下去了。 The kitten got a fright and ran under the bed.
畏惧	wèijù	to fear, dread	他从不畏惧困难。 He is never daunted by difficulties.
畏缩	wèisuō	to shrink back, flinch	遇到问题不能畏缩。 You mustn't shrink from problems.
胆怯	dǎnqiè	timid, cowardly	第一次上台，他有点胆怯。 On stage for the first time, he was a bit timid.
退缩	tuìsuō	to shrink back, flinch	他在困难面前从不退缩。 He never backs down in the face of difficulty.
生怕	shēngpà	for fear that, afraid that	他轻轻地走，生怕吵醒孩子。 He walked quietly for fear of waking the baby.
心病	xīnbìng	a worry, a sore point	孩子的成绩是她的心病。 Her child's grades are a constant worry for her.
心事	xīnshì	something on one's mind	他好像有心事，一句也不说。 He seems to have something on his mind; he hasn't said a word.
定心丸	dìngxīnwán	reassurance (lit. heart-settling pill)	医生说没事，这给了大家一颗定心丸。 The doctor said it was nothing serious, and that set everyone's mind at rest.
忙乱	mángluàn	in a rush and a muddle	早上忙乱了一阵，我忘了带手机。 In the morning rush I forgot my phone.
狼狈	lángbèi	in a sorry state, embarrassed	被雨淋湿以后，他样子很狼狈。 After getting soaked in the rain, he was a sorry sight.
窘迫	jiǒngpò	embarrassed, awkward; hard up	他一时答不上来，显得很窘迫。 Unable to answer straight away, he looked very embarrassed.
拘束	jūshù	ill at ease, constrained	在这里别拘束，就像在自己家一样。 Make yourself at home here: don't be shy.
迟疑	chíyí	to hesitate	他迟疑了一下，|还是{==still, in the end}同意了。 He hesitated for a moment, but agreed all the same.

pattern **all and only, again: 均, 一概, 唯独 in notices**

我市 / 我方 | ... | 均 / 一概 | = all, without exception | 唯独 / 无非 | = only, merely

Public notices and news use the written scope words you met on day 6, often with formal 我: 我市各学校均停课 (all schools in our city are closed). 一概 likes a negative after it (一概不收 none accepted). In speech, 唯独 picks out the one exception and 无非 shrinks things down: 他无非是担心你 “he’s only worried about you”.

我市明天有暴雨，各学校均停课一天。 **wǒ shì míngtiān yǒu bàoyǔ gè xuéxiào jūn tíng kè yì tiān** Heavy rain is expected in our city tomorrow; all schools will close for the day.

考试期间，手机一概不得带进考场。 **kǎoshì qījiān shǒujī yígài bùdé dài jìn kǎo chǎng** During the exam, no phones whatsoever may be taken into the exam room.

大家都很紧张，唯独他一点也不慌。 **dàjiā dōu hěn jǐnzhāng wéidú tā yìdiǎn yě bù huāng** Everyone was nervous except him: he wasn’t flustered at all.

dialogue a cup of tea and a few worries

ms zhang 安娜，来，坐！最近怎么样？你看起来有心事。
Ānnà lái zuò zuìjìn zěnmeyàng nǐ kàn qǐlai yǒu xīnshì · Anna, come in, sit down! How are things? You look as if something's on your mind.

anna 被您看出来了。下周我要给上海的客户做报告，他们对我们的方案还有一些疑虑，我很担心说错。
bèi nín kàn chulai le xià zhōu wǒ yào gěi Shànghǎi de kèhù zuò bàogào tāmen duì wǒmen de fāngàn hái yǒu yìxiē yílǜ wǒ hěn dānxīn shuō cuò · You've guessed it. Next week I'm presenting to our Shanghai client. They still have some doubts about our plan, and I'm worried I'll say the wrong thing.

ms zhang 第一次总会有点胆怯，别慌张，这很正常。到时候沉着一点就行。
dì yī cì zǒng huì yǒu diǎn dǎnqiè bié huāngzhāng zhè hěn zhèngcháng dào shíhou chénzhuó yìdiǎn jiù xíng · Everyone's a bit timid the first time. Don't get flustered; it's perfectly normal. Just stay calm on the day.

anna 我生怕自己一紧张就慌了。上次开会，我一慌乱，资料掉得到处都是，特别窘迫。我这个人有时候丢三落四的。
wǒ shēngpà zìjǐ yì jǐnzhāng jiù huāng le shàng cì kāihuì wǒ yì huāngluàn zīliào diào de dàochù dōu shì tèbié jiǒngpò wǒ zhè gè rén yǒu shíhou diūsān làsì de · I'm so afraid I'll panic as soon as I get nervous. At the last meeting I got in a muddle and dropped my papers everywhere. It was mortifying. I can be so scatterbrained sometimes.

ms zhang 你准备得这么认真，没什么好顾虑的。做事不能畏惧困难，一畏缩就输了。
nǐ zhǔnbèi de zhème rènzhēn méi shénme hǎo gùlǜ de zuò shì bù néng wèijù kùnnan yí wèisuō jiù shū le · You've prepared so carefully that there's nothing to worry about. You can't be afraid of difficulties: the moment you hold back, you've lost.

anna 谢谢您。您最近好吗？小明说您也有点忧虑。
xièxie nín nín zuìjìn hǎo ma Xiǎomíng shuō nín yě yǒu diǎn yōulǜ · Thank you. And how are you? Xiaoming says you've been a bit anxious too.

ms zhang 还不是为了孩子们操心。妹妹找工作的事是我的一块心病，我天天挂念着。
hái bú shì wèile háizimen cāoxīn mèimei zhǎo gōngzuò de shì shì wǒ de yí kuài xīnbìng wǒ tiān tiān guàniàn zhe · Worrying about the children, as always. My daughter's job hunt is weighing on my mind; I think about it every day.

anna 她那么优秀，又那么稳重，一定没问题的。您不用犯愁。
tā nàme yōuxiù yòu nàme wěnzhòng yídìng méi wèntí de nín búyòng fànchóu · She's so talented, and so level-headed, she'll be fine. You don't need to fret.

ms zhang 还有她爸爸，最近天天加班，回到家一副很狼狈的样子，饭也吃不上。我很惦记他的身体。
hái yǒu tā bàba zuìjìn tiān tiān jiābān huí dào jiā yí fù hěn lángbèi de yàngzi fàn yě chī bu shàng wǒ hěn diànjì tā de shēntǐ · And her dad: he's been working overtime every day lately and comes home looking a wreck, without even a proper meal. I worry about his health.

anna 李医生自己是医生，他会注意的。
Lǐyīshēng zìjǐ shì yīshēng tā huì zhùyì de · Dr Li is a doctor himself; he'll be careful.

ms zhang 上个月他在医院里差点晕倒，那天家里一阵忙乱，我受了很大的惊吓，大白也受惊了，一直叫。
shàng gè yuè tā zài yīyuàn lǐ chà diǎn yūn dǎo nà tiān jiā lǐ yízhèn mángluàn wǒ shòu le hěn dà de jīngxià Dàbái yě shòujīng le yìzhí jiào · Last month he nearly fainted at the hospital. That day the house was in chaos, I had a terrible fright, and even Dabai was scared and wouldn't stop barking.

anna 您一定很惊慌吧？
nín yídìng hěn jīnghuāng ba · You must have been so alarmed.

ms zhang 当时我心慌得要死，一点也镇定不下来，慌忙打车去了医院。还好医生说他只是太累了，检查结果就是我的定心丸。
dāngshí wǒ xīnhuāng de yào sǐ yìdiǎn yě zhèndìng bu xialai huāngmáng dǎchē qù le yīyuàn hái hǎo yīshēng shuō tā zhǐshì tài lèi le jiǎnchá jiéguǒ jiùshì wǒ de dìngxīnwán · My heart was pounding like mad and I couldn't

calm down at all; I rushed to the hospital in a taxi. Luckily the doctor said he was just exhausted: the test results set my mind at rest.

anna 那就好。您对家人的关切，大家都看在眼里。
nà jiù hǎo nín duì jiārén de guānqiè dàjiā dōu kàn zài yǎn lǐ · Thank goodness. Everyone can see how much you care about your family.

ms zhang 你也是我们家的人啊。报告的事别迟疑，大胆去做！就算说错了，坦然面对就好。
nǐ yě shì wǒmen jiā de rén a bàogào de shì bié chíyí dàdǎn qù zuò jiùsuàn shuō cuò le tǎnrán miànduì jiù hǎo · You're part of our family too. Don't hesitate about the presentation: go for it! Even if you say something wrong, just take it in your stride.

write it trace the grey, then write your own

愧 kuì shame	
悦 yuè pleased	
滋 zī to grow	
馨 xīn fragrance	

good to know · Public notices love written "all / only": 我市各学校均停课 (all schools in our city are closed), 一概不退 (no refunds whatsoever). Read them as 都 and 只. 生怕 means "for fear that": 他走得很慢，生怕摔倒 "he walked slowly for fear of falling".

Worried, nervous, scared stiff, then reassured: you can now share a worry in Chinese, and lift one off someone else.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 13 hopes and wishes

Talk about hopes, wishes and bad luck, and say “not necessarily”, “never”, “no need” and “do not” with 不见得, 绝不, 无须, 勿.

Plans, dreams and stubborn hopes come up in every serious conversation, and the written negatives are on every sign and in every notice.

words

word	pinyin	meaning	example
知	zhī	to know (written)	谁知第二天就下起了大雪。 Who would have known it would snow heavily the next day?
憧憬	chōngjǐng	to look forward to, yearn for	她憧憬着大学的生活。 She’s dreaming of life at university.
但愿	dànyuàn	if only, let’s hope	但愿他的病能快点好起来。 Let’s hope he gets well soon.
盼	pàn	to look forward to, long for	孩子们都盼着放假。 The children can’t wait for the holidays.
期盼	qīpàn	to expect, hope for	我们期盼着你早点回来。 We’re longing for you to come back soon.
指望	zhǐwàng	to count on, rely on; hope	别指望他会帮你。 Don’t count on him helping you.
奢望	shēwàng	an extravagant hope	我不敢有这样的奢望。 I wouldn’t dare hope for that much.
急于	jíyú	to be eager to, in a hurry to	他急于知道考试结果。 He’s eager to know the exam results.
乐意	lèyì	to be willing, glad to	我很乐意帮忙。 I’m happy to help.
甘心	gānxīn	to be willing; to be reconciled to	输了这么多次，他|还是{==still}不甘心。 After losing so many times, he still won’t accept it.
忍心	rěnxīn	to have the heart to	我不忍心告诉她这个坏消息。 I don’t have the heart to tell her the bad news.
死心	sǐxīn	to give up hope	他还没死心，想再试一次。 He hasn’t given up hope; he wants to try once more.
禁不住	jīnbuzhù	can’t help (doing)	听到这个笑话，她禁不住笑了。 Hearing the joke, she couldn’t help laughing.
豁出去	huōchuqu	to go all out, risk everything	为了这次机会，我豁出去了！ For this chance I’m going all out!
寄托	jìtuō	to place (hopes) in; to entrust	父母把希望寄托在孩子身上。 Parents place their hopes in their children.
心声	xīnshēng	heartfelt wish, true feelings	这首歌|唱出了年轻人的心声。 This song expresses what young people really feel.

满怀	mǎnhuái	to be full of (feelings)	他满怀信心地走进了考场。 He walked into the exam room full of confidence.
侥幸	jiǎoxìng	lucky, by sheer luck	这次能通过完全是侥幸。 Passing this time was pure luck.
倒霉	dǎoméi	to have bad luck; unlucky	真倒霉，刚出门就下雨了。 Just my luck: it started raining the moment I went out.
厄运	èyùn	bad luck, misfortune	他终于摆脱了厄运。 He finally shook off his bad luck.
不得已	bùdéyǐ	to have no choice, as a last resort	我也是不得已才这么做的。 I only did it because I had no choice.
享	xiǎng	to enjoy	我们是一家人，有福同享嘛！ We're family: good fortune is for sharing!
享用	xiǎngyòng	to enjoy (food, a service)	请慢慢享用。 Please enjoy your meal.
钟	zhōng	bell; clock	教室墙上的钟停了。 The clock on the classroom wall has stopped.
感悟	gǎnwù	insight; to realise	这次旅行给了我很多感悟。 This trip gave me a lot to think about.
不见得	bùjiàndé	not necessarily	他说的不见得对。 What he says isn't necessarily right.
无从	wúcóng	to have no way to	我不知道他的电话，无从联系他。 I don't have his number, so I have no way to contact him.
无须	wúxū	no need to	这件事你无须担心。 You needn't worry about this.
勿	wù	do not (written)	请勿在此停车。 No parking here, please.
不准	bùzhǔn	not allowed, forbidden	这里不准抽烟。 Smoking is not allowed here.
不容	bùróng	not to allow, brook no	这件事不容拖延。 This matter can't be delayed.
休想	xiūxiǎng	don't even think about it	你想骗我？休想！ You want to fool me? Not a chance!
绝不	juébù	never, absolutely not	我绝不同意。 I will never agree.
无可	wúkě	there is nothing to …	他的回答无可挑剔。 His answer was faultless.

pattern written negatives: not necessarily, never, no need, do not

不见得 = not necessarily　绝不 = never ever　无须 / 勿 = no need / do not

无从 / 无可 = no way to / nothing to

Advanced Chinese has a negative for every shade. 不见得 is a soft “not necessarily”, 绝不 a hard “never”. 无须 means “no need to” and 勿 is “do not” on signs. 无从 is “no way to” (无从查起 nowhere to start looking), and 无可 + verb is “nothing to …” (无可挑剔 faultless).

贵的东西不见得好。 **guì de dōngxi bújiàndé hǎo** Expensive things aren’t necessarily good.

我绝不放弃。 **wǒ juébú fàngqì** I will never give up.

请勿吸烟。 **qǐng wù xī yān** No smoking, please.

他的表现无可挑剔。 **tā de biǎoxiàn wúkě tiāoti** His performance was faultless.

dialogue a second try

little sister 陈教授，打扰了。我想跟您说说我的心声。
Chénjiàoshòu dǎrǎo le wǒ xiǎng gēn nín shuō shuo wǒ de xīnshēng · Professor Chen, sorry to bother you. I'd like to tell you what's really on my mind.

professor chen 请坐。我听说你今年没考上研究生，别太难过。
qǐng zuò wǒ tīngshuō nǐ jīnnián méi kǎo shàng yánjiūshēng bié tài nánguò · Please, sit down. I hear you didn't get into the graduate programme this year. Don't be too upset.

little sister 说实话，我还没死心。我期盼明年能做您的学生。
shuō shíhuà wǒ hái méi sǐxīn wǒ qīpàn míngnián néng zuò nín de xuéshēng · To be honest, I haven't given up. I'm hoping to be your student next year.

professor chen 我很乐意。不过你得想清楚，做研究不能急于出成绩，更不能浮躁。
wǒ hěn lèyì búguò nǐ děi xiǎng qīngchu zuò yánjiū bù néng jíyú chū chéngjì gèng bù néng fúzào · I'd be delighted. But think it through: in research you can't be in a hurry for results, and you certainly can't be restless.

little sister 我明白。我爸爸妈妈原来指望我当老师，可我更想研究历史。
wǒ míngbai wǒ bàba māma yuánlái zhǐwàng wǒ dāng lǎoshī kě wǒ gèng xiǎng yánjiū lìshǐ · I understand. My parents had counted on me becoming a teacher, but I'd rather study history.

professor chen 研究历史不见得能挣大钱，你考虑过吗？
yánjiū lìshǐ bújiàndé néng zhèng dà qián nǐ kǎolǜ guo ma · Studying history won't necessarily make you rich. Have you thought about that?

little sister 考虑过。我不奢望大富大贵，只想做自己喜欢的事。我这个人很倔强，他们也不忍心看我难过，不得已才同意了。
kǎolǜ guo wǒ bù shēwàng dà fù dà guì zhǐ xiǎng zuò zìjǐ xǐhuan de shì wǒ zhè gè rén hěn juéjiàng tāmen yě bù rěnxīn kàn wǒ nánguò bùdéyǐ cái tóngyì le · I have. I don't dream of getting rich; I just want to do what I love. I'm quite strong-willed, and they couldn't bear to see me unhappy, so in the end they had to agree.

professor chen 很好。很多人把梦想寄托在别人身上，你能自己做决定，难能可贵。
hěn hǎo hěn duō rén bǎ mèngxiǎng jìtuō zài biérén shēn shàng nǐ néng zìjǐ zuò juédìng nánnéng kěguì · Good. Lots of people pin their dreams on others; making your own decision is admirable.

little sister 这次失败让我有了很多感悟。我决定豁出去了，明年再考一次。
zhè cì shībài ràng wǒ yǒu le hěn duō gǎnwù wǒ juédìng huōchuqu le míngnián zài kǎo yí cì · This failure has taught me a lot. I've decided to go all out and try again next year.

professor chen 有这样的态度，我无须多说了。不过考试不准带资料，你得靠平时的积累，别抱侥幸心理。
yǒu zhèyàng de tàidù wǒ wúxū duō shuō le búguò kǎoshì bù zhǔn dài zīliào nǐ děi kào píngshí de jīlěi bié bào jiǎoxìng xīnlǐ · With that attitude, I needn't say any more. But no notes are allowed in the exam: you'll have to rely on what you build up day by day, not on luck.

little sister 我知道。这次我绝不偷懒了，每一章都会一丝不苟地复习。
wǒ zhīdào zhè cì wǒ juébù tōulǎn le měi yì zhāng dōu huì yìsī bùgǒu de fùxí · I know. This time I won't slack off, I promise: I'll revise every chapter meticulously.

professor chen 人总会遇到厄运，但只要满怀希望、自强不息，总会有转机。时间不容浪费，从今天开始吧。
rén zǒng huì yùdào èyùn dàn zhǐyào mǎnhuái xīwàng zìqiáng bùxī zǒng huì yǒu zhuǎnjī shíjiān bùróng làngfèi cóng jīntiān kāishǐ ba · Everyone meets bad luck, but as long as you're full of hope and keep striving, things will turn around. There's no time to waste: start today.

little sister 谢谢您！听您这么说，我心里特别振奋，禁不住想马上去图书馆。
xièxie nín tīng nín zhème shuō wǒ xīnlǐ tèbié zhènfèn jīnbuzhù xiǎng mǎshàng qù túshūguǎn · Thank you! Hearing you say that, I feel so fired up that I can't help wanting to go to the library right now.

professor chen 哈哈，去吧。不过想一个星期就把历史学完？休想！
hā hā qù ba búguò xiǎng yí gè xīngqī jiù bǎ lìshǐ xué wán xiūxiǎng · Ha, off you go. But if you think you can learn all of history in a week, think again!

write it trace the grey, then write your own

溢
yì
to overflow

振
zhèn
to shake, rouse

爽
shuǎng
great, refreshing (spoken)

瘾
yǐn
addiction; craving

good to know · 勿 is the “do not” of signs: 请勿吸烟 (no smoking), 请勿拍照 (no photos). You will rarely hear it in conversation. 不见得 softens a disagreement: 贵的不见得好 “expensive isn’t necessarily good”. It is much politer than 不对.

Hope, determination, a little bad luck and a lot of nerve: you can now talk about what you want from life in Chinese.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 14 surprise and shame

Talk about surprise, embarrassment, shame and envy, and say “to such a point” with 到这个份上 and “I don’t know what to say” with 不知……才好.

Embarrassing stories are the best stories, and these are the words for telling them, and for the awkward moments themselves.

words

word	pinyin	meaning	example
诧异	chàyì	surprised, astonished	他的突然出现让大家很诧异。 Everyone was surprised when he suddenly turned up.
惊奇	jīngqí	amazed, surprised	孩子们惊奇地看着这个新玩具。 The children stared at the new toy in amazement.
惊叹	jīngtàn	to marvel at, exclaim in admiration	游客们惊叹这里的美景。 Tourists marvel at the beautiful scenery here.
震惊	zhènjīng	shocked; to shock	这个新闻震惊了全国。 The news shocked the whole country.
震撼	zhènhàn	to shake, stun; overwhelming	第一次看到大海，我被震撼了。 The first time I saw the sea, I was overwhelmed.
惊动	jīngdòng	to alarm, disturb, cause a stir	别惊动大家，我们自己处理。 Don’t disturb everyone: we’ll deal with it ourselves.
惊险	jīngxiǎn	thrilling, dangerous	这部电影有很多惊险的场面。 The film has lots of thrilling scenes.
纳闷儿	nàmènr	to be puzzled, wonder	他怎么还没来？我很纳闷儿。 Why isn’t he here yet? I can’t work it out.
茫然	mángrán	at a loss, bewildered	毕业以后，他对未来感到茫然。 After graduating, he felt lost about the future.
发呆	fādāi	to stare blankly, daydream	上课的时候别发呆。 Don’t daydream in class.
发愣	fālèng	to be stunned, freeze	听到这个问题，他发愣了。 When he heard the question, he froze.
出神	chūshén	to be lost in thought, spellbound	她看着窗外，想得出神。 She gazed out of the window, lost in thought.
惭愧	cánkuì	ashamed	我没帮上忙，很惭愧。 I’m ashamed I couldn’t help.
羞耻	xiūchǐ	shame; ashamed	做错了事，他感到很羞耻。 Having done wrong, he felt deeply ashamed.
羞愧	xiūkuì	ashamed, abashed	他羞愧地低着头。 He hung his head in shame.

耻辱	chǐrǔ	disgrace, humiliation	失败不是耻辱，放弃才是。 Failure is no disgrace; giving up is.
丢脸	diūliǎn	to lose face, be embarrassed	在大家面前摔倒，真丢脸！ Falling over in front of everyone: so embarrassing!
丢人	diūrén	to lose face, be embarrassing	别哭了，多丢人啊！ Stop crying: how embarrassing!
难堪	nánkān	embarrassing, awkward; ugly	他在大家面前批评我，让我很难堪。 He criticised me in front of everyone, which was mortifying.
难为情	nánwéiqíng	shy, embarrassed	被大家夸，她有点难为情。 She was a bit embarrassed to be praised by everyone.
过意不去	guòyìbùqù	to feel bad (about troubling someone)	让你等这么久，真过意不去。 I feel really bad for keeping you waiting so long.
自卑	zìbēi	to feel inferior	他因为个子矮而自卑。 He feels inferior because he's short.
自责	zìzé	to blame oneself	这不是你的错，别自责了。 It's not your fault: stop blaming yourself.
自尊	zìzūn	self-respect, pride	批评孩子时要注意保护他的自尊。 When you criticise a child, take care to protect their self-respect.
悔恨	huǐhèn	remorse; to regret deeply	他悔恨自己当初没有好好学习。 He bitterly regrets not having studied properly.
嫉妒	jídù	to be jealous, envy	她嫉妒别人比她漂亮。 She's jealous of people who are prettier than she is.
忌妒	jìdu	to be jealous (variant spelling)	他有点忌妒弟弟。 He's a little jealous of his younger brother.
眼红	yǎnhóng	to be envious	看到他赚了那么多钱，很多人都眼红了。 Seeing how much money he made, lots of people got envious.
多心	duōxīn	oversensitive, suspicious	你别多心，他不是故意的。 Don't take it personally: he didn't mean it.
介意	jièyì	to mind, take offence	你介意我开窗吗？ Do you mind if I open the window?
好受	hǎoshòu	comfortable, feeling better	吃了药以后，我好受多了。 I feel much better after taking the medicine.
不堪	bùkān	unbearable; extremely (after an adjective)	一天的工作让他疲惫不堪。 The day's work left him utterly exhausted.
煎熬	jiānáo	torment, ordeal	等结果的那几天，对我来说是一种煎熬。 Those days waiting for the results were an ordeal for me.
受苦	shòukǔ	to suffer hardship	父母不想让孩子受苦。 Parents don't want their children to suffer.
受罪	shòuzuì	to have a hard time, endure torment	这么热的天挤公交车，真受罪。 Squeezing onto a bus in this heat is

pattern 到这个份上 “to such a point” and 不知……才好 “don’t know what to …”

X | **到这个份上 (地步)** | **= to such a point** | **不知** | **说什么 / 怎么办 / 如何** | **才好 / 是好** | **= don’t know what to …**

X到这个份上 (also 到这个地步) says something has gone so far that it changes things: 忙到这个份上 “so busy that …”, 事情到了这个份上 “now that it’s come to this”. 不知 + a question word + 才好 / 是好 means “don’t know what to do / say”: 不知说什么才好, 不知如何是好.

事情到了这个份上，我们只能说实话了。 **shìqing dào le zhège fèn shàng wǒmen zhǐ néng shuō shíhuà le** Now that things have come to this, all we can do is tell the truth.

他忙到这个份上，连饭都顾不上吃。 **tā máng dào zhège fèn shàng lián fàn dōu gù bu shàng chī** He’s so busy that he doesn’t even have time to eat.

面对大家的掌声，我不知说什么才好。 **miànduì dàjiā de zhǎngshēng wǒ bù zhī shuō shénme cái hǎo** Faced with everyone’s applause, I didn’t know what to say.

孩子一直哭，妈妈不知如何是好。 **háizi yìzhí kū māma bù zhī rúhé shì hǎo** The baby kept crying and the mother didn’t know what to do.

dialogue an interview about embarrassing moments

editor lin 安娜，谢谢你接受采访。我们想写外国人在北京工作的故事。
Ānnà xièxie nǐ jiēshòu cǎifǎng wǒmen xiǎng xiě wàiguó rén zài Běijīng gōngzuò de gùshi · Anna, thank you for agreeing to the interview. We want to write about foreigners working in Beijing.

anna 不客气，我很荣幸。
búkèqi wǒ hěn róngxìng · My pleasure, I'm honoured.

editor lin 你在中国工作，有没有特别丢脸的经历？你可以坦率地说。
nǐ zài Zhōngguó gōngzuò yǒu méiyǒu tèbié diūliǎn de jīnglì nǐ kěyǐ tǎnshuài de shuō · Working in China, have you had any really embarrassing moments? Feel free to be frank.

anna 有啊！上周给客户做报告，我放错了一页资料，大家都很惊奇地看着我。我这个人有点粗心大意。
yǒu a shàng zhōu gěi kèhù zuò bàogào wǒ fàng cuò le yí yè zīliào dàjiā dōu hěn jīngqí de kàn zhe wǒ wǒ zhè gè rén yǒu diǎn cūxīn dàyì · Oh yes! Last week, presenting to a client, I put up the wrong page, and everyone stared at me in surprise. I can be a bit careless.

editor lin 那你当时怎么办？
nà nǐ dāngshí zěnme bàn · So what did you do?

anna 我发愣了好几秒，真不知说什么才好。当时很羞愧，站在台上，脑子里一片茫然。
wǒ fālèng le hǎo jǐ miǎo zhēn bù zhī shuō shénme cái hǎo dāngshí hěn xiūkuì zhàn zài tái shàng nǎozi lǐ yí piàn mángrán · I froze for several seconds; I really didn't know what to say. I was so ashamed, standing up there completely at a loss.

editor lin 那几秒钟一定很煎熬吧？换了我，也会很难堪、很难为情。
nà jǐ miǎo zhōng yídìng hěn jiānáo ba huàn le wǒ yě huì hěn nánkān hěn nánwéiqíng · Those seconds must have been agony. I'd have been mortified and embarrassed too.

anna 心里别提多不好受了，简直是受罪。我觉得太丢人了，事后还自责了很久，那几天疲惫不堪。
xīnlǐ bié tí duō bù hǎoshòu le jiǎnzhí shì shòuzuì wǒ juéde tài diūrén le shìhòu hái zìzé le hěn jiǔ nà jǐ tiān píbèi bùkān · I can't tell you how awful it felt: pure torture. It was so humiliating, and I blamed myself for ages afterwards. I was exhausted for days.

editor lin 后来呢？客户什么反应？
hòulái ne kèhù shénme fǎnyìng · And then? How did the client react?

anna 没想到，客户说这一页的数据很有意思，让我多讲讲。我自己都很纳闷儿。这件小事还惊动了我们老板，他专门打电话来问。
méi xiǎng dào kèhù shuō zhè yí yè de shùjù hěn yǒu yìsi ràng wǒ duō jiǎng jiang wǒ zìjǐ dōu hěn nàmènr zhè jiàn xiǎo shì hái jīngdòng le wǒmen lǎobǎn tā zhuānmén dǎ diànhuà lái wèn · To my surprise, the client said the figures on that page were interesting and asked me to say more. I was baffled myself. This little incident even reached our boss, who phoned specially to ask about it.

editor lin 哈哈，这真是一次惊险的经历！我听得都出神了，你的勇气和机智真让人惊叹。
hā hā zhè zhēn shì yí cì jīngxiǎn de jīnglì wǒ tīng de dōu chūshén le nǐ de yǒngqì hé jīzhì zhēn ràng rén jīngtàn · Ha! What a close shave! I was spellbound listening, and I'm amazed at your nerve and quick wits.

anna 刘经理说，遇到事情要镇静。事情到了这个份上，只能把错的变成对的。
Liújīnglǐ shuō yùdào shìqing yào zhènjìng shìqing dào le zhège fèn shàng zhǐ néng bǎ cuò de biànchéng duì de · Manager Liu said you have to keep calm when things go wrong. When things get to that point, all you can do is turn the mistake into something right.

editor lin 刚来中国的时候，你会不会觉得自卑？
gāng lái Zhōngguó de shíhou nǐ huì bu huì juéde zìbēi · When you first came to China, did you ever feel inferior?

anna 会。看到同事们能力那么强，又那么见多识广，我觉得自己像井底之蛙，有点忌妒，也有点眼红。
huì kàn dào tóngshìmen nénglì nàme qiáng yòu nàme jiànduō shíguǎng wǒ juéde zìjǐ xiàng jǐngdǐzhīwā yǒu diǎn jìdu yě yǒu diǎn yǎnhóng · Yes. Seeing how capable and well-travelled my colleagues were, I felt like a frog at the bottom of a well, a bit jealous, a bit envious.

editor lin 很多人都有这种感觉，你不用介意。那同事们对你怎么样?
hěn duō rén dōu yǒu zhè zhǒng gǎnjué nǐ búyòng jièyì nà tóngshìmen duì nǐ zěnmeyàng · Lots of people feel that way; don't let it bother you. And how are your colleagues with you?

anna 他们都很友善，刘经理也很和蔼。现在我懂了：自尊心不能太强，犯错不是耻辱。嫉妒别人，只会让自己受苦。
tāmen dōu hěn yǒushàn Liújīnglǐ yě hěn héǎi xiànzài wǒ dǒng le zìzūn xīn bù néng tài qiáng fàn cuò bú shì chǐrǔ jídù biérén zhǐ huì ràng zìjǐ shòukǔ · They're all very friendly, and Manager Liu is very kind too. And I understand now: you can't be too proud, and making a mistake is no disgrace. Envying others only makes you suffer.

editor lin 说得真好！我们的读者一定会有共鸣。
shuō de zhēn hǎo wǒmen de dúzhě yídìng huì yǒu gòngmíng · Well said! Our readers will definitely relate.

write it trace the grey, then write your own

惨
cǎn
miserable, terrible; heavily

咽
yàn
to swallow

叹
tàn
to sigh

郁
yù
gloomy

good to know · 到这个份上 (or 到这个地步) means "to such a point": 事情到了这个份上 "now that things have come to this". It often comes before a decision. 不知 + question + 才好 / 是好 means "don't know what to …": 不知说什么才好, 不知如何是好. It's a polite way to show you are moved or at a loss.

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day 15 feelings in four characters

Chinese HSK 7–9 in 193 days
unit 2 · feelings

Describe joy, grief, panic and surprise with four-character idioms, and say “take it or leave it” with 爱A不A.

Chengyu for feelings are everywhere in stories, speeches and toasts; one idiom paints a whole scene.

words

word	pinyin	meaning	example
喜出望外	xǐchūwàngwài	overjoyed (at a surprise)	听说自己得{de2}了第一名，他喜出望外。 He was overjoyed to hear he had come first.
兴高采烈	xìnggāocǎiliè	in high spirits	大家兴高采烈地出发了。 Everyone set off in high spirits.
眉开眼笑	méikāiyǎnxiào	beaming with joy	看到孙子，奶奶眉开眼笑。 Grandma beams when she sees her grandson.
欢声笑语	huānshēngxiàoyǔ	laughter and cheerful voices	晚会上一片欢声笑语。 The party was full of laughter and chatter.
哄堂大笑	hōngtángdàxiào	the whole room roars with laughter	他的回答让全班哄堂大笑。 His answer made the whole class burst out laughing.
皆大欢喜	jiēdàhuānxǐ	everyone is happy	最后的结果皆大欢喜。 In the end everyone was happy with the result.
怡然自得	yíránzìdé	happy and content	老人坐在树下喝茶，怡然自得。 The old man sits under a tree drinking tea, utterly content.
心安理得	xīnānlǐdé	with a clear conscience	这是我自己挣的钱，花得心安理得。 I earned this money myself, so I spend it with a clear conscience.
称心如意	chènxīnrúyì	just as one wishes	祝你新的一年称心如意！ May the new year bring you everything you wish for!
如愿以偿	rúyuànyǐcháng	to have one’s wish fulfilled	她如愿以偿地考上了大学。 She got into university, just as she had hoped.
心想事成	xīnxiǎngshìchéng	may your wishes come true	祝你心想事成！ May all your wishes come true!
喜怒哀乐	xǐnùāilè	joy, anger, sorrow and happiness	这部电影写出了普通人的喜怒哀乐。 The film captures the joys and sorrows of ordinary people.
悲欢离合	bēihuānlíhé	sorrows and joys, partings and reunions	人生总有悲欢离合。 Life is full of partings and reunions.
愁眉苦脸	chóuméikǔliǎn	to look miserable	别愁眉苦脸的，问题总会解决的。 Don’t pull such a long face: the problem will get solved.

垂头丧气	chuítóusàngqì	dejected, crestfallen	比赛输了，队员们垂头丧气地离开了。 Having lost the match, the players left with their heads down.
哭笑不得	kūxiàobùdé	not know whether to laugh or cry	他的理由让人哭笑不得。 His excuse left us not knowing whether to laugh or cry.
热泪盈眶	rèlèiyíngkuàng	eyes brimming with tears	看到父母来机场接他，他热泪盈眶。 Seeing his parents waiting at the airport, his eyes filled with tears.
面红耳赤	miànhóngěrchì	red in the face (anger, shame)	两个人吵得面红耳赤。 The two of them argued until they were red in the face.
恼羞成怒	nǎoxiūchéngnù	to fly into a rage out of embarrassment	被大家笑了以后，他恼羞成怒。 When everyone laughed at him, his embarrassment turned to anger.
心急如焚	xīnjírúfén	worried sick, frantic	孩子走丢了，妈妈心急如焚。 The child went missing, and the mother was frantic.
提心吊胆	tíxīndiàodǎn	on tenterhooks, scared stiff	走在这条黑路上，我一直提心吊胆。 Walking along this dark road, I was on edge the whole time.
惊慌失措	jīnghuāngshīcuò	panic-stricken	着火时千万不要惊慌失措。 Whatever you do, don't panic in a fire.
惊心动魄	jīngxīndòngpò	thrilling, nerve-racking	这场比赛惊心动魄。 This match was truly thrilling.
触目惊心	chùmùjīngxīn	shocking to see	地震后的情景触目惊心。 The scenes after the earthquake were shocking.
骇人听闻	hàiréntīngwén	appalling, shocking (to hear)	这是一|起{=(measure word)}骇人听闻的事故。 This was an appalling accident.
目瞪口呆	mùdèngkǒudāi	dumbstruck, open-mouthed	看到这个结果，大家都目瞪口呆。 Everyone was dumbstruck at the result.
晕头转向	yūntóuzhuànxiàng	confused, disoriented	这么多事，忙得我晕头转向。 With so much to do, I don't know whether I'm coming or going.
莫名其妙	mòmíngqímiào	baffling, for no reason	他莫名其妙地生气了。 He got angry for no reason at all.
受宠若惊	shòuchǒngruòjīng	overwhelmed by a favour, flattered	经理请我吃饭，我有点受宠若惊。 The manager took me out for dinner, and I was rather flattered.
情不自禁	qíngbùzìjīn	can't help oneself	听到这首歌，她情不自禁地跟着唱起来。 Hearing the song, she couldn't help singing along.
如痴如醉	rúchīrúzuì	spellbound, enraptured	观众听得如痴如醉。 The audience listened, enraptured.
迫不及待	pòbùjídài	unable to wait	孩子们迫不及待地打开了礼物。 The children couldn't wait to open their presents.
梦寐以求	mèngmèiyǐqiú	to long for, dream of	这是我梦寐以求的工作。 This is my dream job.

念念不忘	niànniànbùwàng	never to forget, always remember	他对家乡的菜念念不忘。 He never stops thinking about the food from his home town.
记忆犹新	jìyìyóuxīn	still fresh in one's memory	那次旅行，我至今记忆犹新。 That trip is still fresh in my memory today.

pattern 爱a不a: take it or leave it

爱 | verb | 不 | same verb | = do it or don't, I don't care

爱 + verb + 不 + the same verb says "do it or don't, it's up to you (and I don't care)": 爱信不信 (believe it or not), 爱吃不吃 (eat it or don't). It is blunt and a bit cheeky, so between friends and family it's playful; with strangers it sounds rude.

我说的都是真的，你爱信不信。 **wǒ shuō de dōu shì zhēn de nǐ ài xìn bu xìn** Everything I've said is true. Believe it or not, it's up to you.

饭做好了，你爱吃不吃。 **fàn zuò hǎo le nǐ ài chī bu chī** Dinner's ready. Eat it or don't.

他爱来不来，我们先走吧。 **tā ài lái bu lái wǒmen xiān zǒu ba** He can come or not, as he likes. Let's go.

dialogue fifty years together

xiaoming 安娜，你来了！爷爷奶奶看到这么多客人，都眉开眼笑的。
Ānnà nǐ lái le yéye nǎinai kàn dào zhème duō kèrén dōu méikāi yǎnxiào de · Anna, you made it! Grandpa and Grandma are beaming at all these guests.

anna 能被邀请来，我真有点受宠若惊。屋子里到处是欢声笑语，太温馨了！
néng bèi yāoqǐng lái wǒ zhēn yǒu diǎn shòuchǒng ruòjīng wūzi lǐ dàochù shì huānshēng xiàoyǔ tài wēnxīn le · I'm flattered to be invited. The whole house is full of laughter and chatter: it's so cosy!

xiaoming 刚才爷爷讲他们年轻时的故事，大家都听得如痴如醉，兴致特别高。
gāngcái yéye jiǎng tāmen niánqīng shí de gùshi dàjiā dōu tīng de púchī rúzuì xìngzhì tèbié gāo · Just now Grandpa was telling stories about when they were young, and everyone was spellbound and in the best of spirits.

anna 他们是怎么认识的？
tāmen shì zěnme rènshi de · How did they meet?

xiaoming 那年爷爷去城里找工作，在车站迷了路，晕头转向，是奶奶帮了他。奶奶说，她一看就觉得这个年轻人很憨厚。
nà nián yéye qù chéng lǐ zhǎo gōngzuò zài chēzhàn mí le lù yūntóu zhuànxiàng shì nǎinai bāng le tā nǎinai shuō tā yí kàn jiù juéde zhège niánqīng rén hěn hānhòu · That year Grandpa went to the city to look for work. He got lost at the station and didn't know which way to turn, and it was Grandma who helped him. Grandma says she could tell at once that this young man was simple and good-hearted.

anna 真有意思！后来呢？
zhēn yǒu yìsi hòulái ne · How lovely! And then?

xiaoming 后来他们分开了好几年，经历了很多悲欢离合。有一次奶奶生病，爷爷心急如焚，当天晚上就赶回了家。那几年奶奶天天提心吊胆。
hòulái tāmen fēnkāi le hǎo jǐ nián jīnglì le hěn duō bēihuān líhé yǒu yí cì nǎinai shēngbìng yéye xīnjí rúfén dàngtiān wǎnshang jiù gǎn huí le jiā nà jǐ nián nǎinai tiān tiān tíxīn diàodǎn · Then they were apart for years and went through all of life's partings and reunions. Once, when Grandma fell ill, Grandpa was frantic and rushed home that very night. For years Grandma lived on tenterhooks.

anna 那段日子一定很惊心动魄。最后呢？
nà duàn rìzi yídìng hěn jīngxīn dòngpò zuìhòu ne · That must have been a nerve-racking time. And in the end?

xiaoming 最后才如愿以偿地结了婚。生活很苦，他们靠自力更生过日子，可爷爷从来不愁眉苦脸，也不垂头丧气。他说人生的喜怒哀乐，他都和奶奶一起经历了。
zuìhòu cái rúyuànyǐcháng de jié le hūn shēnghuó hěn kǔ tāmen kào zìlì gēngshēng guò rìzi kě yéye cónglái bù chóuméi kǔliǎn yě bù chuítóu sàngqì tā shuō rénshēng de xǐ nù āi lè tā dōu hé nǎinai yìqǐ jīnglì le · In the end they got married, just as they'd hoped. Life was hard and they had to make their own way, but Grandpa never looked miserable or gave up hope. He says he's shared every joy and sorrow in life with Grandma.

anna 所以他对那段日子念念不忘，五十年了，说起来还记忆犹新。比起新闻里那些骇人听闻的事，这个故事多么温暖！
suǒyǐ tā duì nà duàn rìzi niànniàn búwàng wǔshí nián le shuō qǐlai hái jìyì yóuxīn bǐ qǐ xīnwén lǐ nàxiē hàiréntīngwén de shì zhège gùshi duōme wēnnuǎn · So that's why he's never forgotten those days: fifty years on, it's still fresh in his mind. After all the shocking things in the news, what a heart-warming story!

xiaoming 是啊。现在他们每天种花、养鱼，日子过得很悠闲，怡然自得。爷爷说他这一辈子光明磊落，没做过对不起别人的事，活得心安理得。
shì a xiànzài tāmen měi tiān zhòng huā yǎng yú rìzi guò de hěn yōuxián yírán zìdé yéye shuō tā zhè yíbèizi guāngmíng lěiluò méi zuò guo duìbuqǐ biérén de shì huó de xīnān lǐdé · Yes. Now they grow flowers and keep fish; life is leisurely and they're perfectly content. Grandpa says he's lived an honest, above-board life and never wronged anyone, so his conscience is clear.

anna 这样的婚姻，是很多人梦寐以求的。你看，孩子们已经迫不及待地想吃蛋糕了！
zhèyàng de hūnyīn shì hěn duō rén mèngmèiyǐqiú de nǐ kàn háizimen yǐjīng pòbùjídài de xiǎng chī dàngāo le · A marriage like that is what so many people dream of. Look, the children can't wait for the cake!

xiaoming 哎呀，爷爷切蛋糕的时候，蛋糕倒了！奶奶惊慌失措，大家都目瞪口呆，大白也莫名其妙地叫了起来。

āiyā yéye qiē dàngāo de shíhou dàngāo dǎo le nǎinai jīnghuāng shīcuò dàjiā dōu mùdèng kǒudāi Dàbái yě mòmíngqímiào de jiào le qǐlai · Oh no, the cake fell over when Grandpa was cutting it! Grandma panicked, everyone stood there open-mouthed, and Dabai started barking for no reason at all.

anna 你爷爷真是哭笑不得！

nǐ yéye zhēn shì kūxiào bùdé · Your grandpa doesn't know whether to laugh or cry!

xiaoming 奶奶却说：“蛋糕爱倒不倒，我们五十年都没倒！”

nǎinai què shuō dàngāo ài dǎo bu dǎo wǒmen wǔshí nián dōu méi dǎo · But Grandma said: “The cake can fall over if it likes. We haven't, in fifty years!”

anna 太幽默了！大家笑得要死，爷爷也情不自禁地亲了奶奶一下。祝爷爷奶奶心想事成，称心如意！

tài yōumò le dàjiā xiào de yào sǐ yéye yě qíngbúzìjīn de qīn le nǎinai yíxià zhù yéye nǎinai xīnxiǎng shìchéng chènxīn rúyì · How funny! Everyone was in stitches, and Grandpa couldn't help giving Grandma a kiss. May all your wishes come true, Grandpa and Grandma, and may everything go just as you like!

write it trace the grey, then write your own

闷
mèn
bored, gloomy; stuffy

废
fèi
waste, useless; abandon

泄
xiè
to let out, release; vent

憋
biē
to hold in, suppress; stifled

good to know · 爱A不A repeats one verb: 爱信不信 “believe it or not, up to you”, 爱去不去. It says “I don't care what you choose”, so it's playful between friends and rude to strangers. Toasts and greeting cards love idioms: 心想事成, 称心如意, 万事如意 all wish that everything goes your way.

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day 16 mission: a week of ups and downs

Follow a week of ups and downs in four chapters and talk about every feeling in it, from fury and fear to tears of joy.

A mission pulls the whole unit together: every feeling word, idiom and pattern of this unit, in one story.

chapter 1 chapter 1: monday, the landlord

lawyer sun 安娜，请坐。小明跟我说了你的情况，你一定很恼火吧?

Ānnà qǐng zuò Xiǎomíng gēn wǒ shuō le nǐ de qíngkuàng nǐ yídìng hěn nǎohuǒ ba · Anna, have a seat. Xiaoming told me about your situation. You must be furious.

anna 别提多气愤了！房东要涨一千块房租，不同意就让我搬走。真是的!

bié tí duō qìfèn le fángdōng yào zhǎng yìqiān kuài fángzū bù tóngyì jiù ràng wǒ bān zǒu zhēn shì de · You can't imagine how angry I am! The landlord wants another thousand a month, and if I don't agree I have to move out. Honestly!

anna 那天我差点发火，晚上又焦躁得睡不着，心里全是事。他还漠然地说：“你爱住不住。”

nà tiān wǒ chà diǎn fāhuǒ wǎnshang yòu jiāozào de shuì bu zháo xīnlǐ quán shì shì tā hái mòrán de shuō nǐ ài zhù bu zhù · That day I nearly lost my temper, and at night I was too agitated to sleep, my head full of worries. And he just said, without a care: “Stay or don't, up to you.”

anna 这件事成了我的一块心病。我妈妈在国外也很牵挂我，天天打电话。

zhè jiàn shì chéng le wǒ de yí kuài xīnbìng wǒ māma zài guó wài yě hěn qiānguà wǒ tiān tiān dǎ diànhuà · This has become a constant worry. My mum abroad is worried about me too and calls every day.

lawyer sun 你无须担心。合同上写着，到期以前，房东不准随便涨房租。

nǐ wúxū dānxīn hétóng shàng xiě zhe dàoqī yǐqián fángdōng bù zhǔn suíbiàn zhǎng fángzū · There's no need to worry. Your contract says the landlord isn't allowed to raise the rent before it runs out.

anna 真的吗？可是他态度很轻蔑，一副不屑的样子，好像我是个傻瓜。

zhēn de ma kěshì tā tàidù hěn qīngmiè yí fù búxiè de yàngzi hǎoxiàng wǒ shì gè shǎguā · Really? But he was so contemptuous, so dismissive, as if I were a fool.

lawyer sun 这种人我见多了。他是看你不懂法律，才这么轻视你。不过法律不容他这么做，他休想多拿一分钱。

zhè zhǒng rén wǒ jiàn duō le tā shì kàn nǐ bù dǒng fǎlǜ cái zhème qīngshì nǐ búguò fǎlǜ bùróng tā zhème zuò tā xiūxiǎng duō ná yì fēn qián · I've seen plenty of people like him. He looks down on you because he thinks you don't know the law. But the law won't let him do this: he won't get a penny more.

lawyer sun 这种藐视合同的人，大家都鄙视，这样的态度让人厌恶。你不用跟他闹别扭，也不用怨自己，他不值得你发怒。

zhè zhǒng miǎoshì hétóng de rén dàjiā dōu bǐshì zhèyàng de tàidù ràng rén yànwù nǐ búyòng gēn tā nào bièniu yě búyòng yuàn zìjǐ tā bù zhídé nǐ fānù · Everyone despises people who treat contracts with contempt; that kind of attitude is repellent. There's no need to fall out with him, and don't blame yourself: he isn't worth getting angry over.

anna 太好了！有您在，我就像吃了一颗定心丸。这几天我一直很焦急，也很忧虑。

tài hǎo le yǒu nín zài wǒ jiù xiàng chī le yì kē dìngxīnwán zhè jǐ tiān wǒ yìzhí hěn jiāojí yě hěn yōulǜ · Wonderful! With you on my side, I feel completely reassured. I've been so anxious and worried these past few days.

lawyer sun 别太操心，也别犯愁，这件事交给我。不过事情还没到这个份上，先好好跟他谈。

bié tài cāoxīn yě bié fànchóu zhè jiàn shì jiāo gěi wǒ búguò shìqing hái méi dào zhège fèn shàng xiān hǎohǎo gēn tā tán · Don't worry, don't fret: leave it to me. But things haven't got to that point yet. Talk to him properly first.

lawyer sun 你要有心理准备，他不见得会马上服气。他要是不服，我们再走法律程序。

nǐ yào yǒu xīnlǐ zhǔnbèi tā bújiàndé huì mǎshàng fúqì tā yàoshi bùfú wǒmen zài zǒu fǎlǜ chéngxù · Be prepared: he won't necessarily accept it straight away. If he doesn't, then we take legal steps.

anna 说实话，我心里很压抑，有时候甚至厌倦了在这里的生活。我憋了一个星期的怨气，现在终于可以发泄出来了。

shuō shíhuà wǒ xīnlǐ hěn yāyì yǒu shíhou shènzhì yànjuàn le zài zhèlǐ de shēnghuó wǒ biē le yí gè xīngqī de yuànqì xiànzài zhōngyú kěyǐ fāxiè chulai le · To be honest, I've felt so stifled that sometimes I've even been tired of life here. I've been bottling up my anger for a week, and now I can finally let it out.

lawyer sun 我理解。遇到这种可恶的事，谁都会烦躁、反感。可以用运动来宣泄，别让仇恨占满你的心。

wǒ lǐjiě yùdào zhè zhǒng kěwù de shì shéi dōu huì fánzào fǎngǎn kěyǐ yòng yùndòng lái xuānxiè bié ràng chóuhèn zhàn mǎn nǐ de xīn · I understand. Anyone would feel irritable and disgusted after something this nasty. Let it out through exercise; don't let hatred fill your heart.

anna 对，我已经厌烦了跟他打交道，也懒得跟他吵，吵架太没劲了。谢谢您，我现在心里舒畅多了。

duì wǒ yǐjīng yànfán le gēn tā dǎ jiāodao yě lǎnde gēn tā chǎo chǎojià tài méijìn le xièxie nín wǒ xiànzài xīnlǐ shūchàng duō le · Yes, I'm sick of dealing with him, and I can't be bothered to argue with him: arguing is pointless. Thank you, I feel so much better now.

chapter 2 chapter 2: wednesday, the sister's news

little sister 安娜！你猜猜！博物馆录用我去实习了！
Ānnà nǐ cāi cai bówùguǎn lùyòng wǒ qù shíxí le · Anna! Guess what! The museum has taken me on as an intern!

anna 真的吗？太好了！你一定喜出望外吧？
zhēn de ma tài hǎo le nǐ yídìng xǐchūwàngwài ba · Really? Fantastic! You must be over the moon!

little sister 别提多高兴了！接到电话的时候，我禁不住大声欢呼，邻居还以为出什么事了！然后我热泪盈眶，激动得说不出来。
bié tí duō gāoxìng le jiē dào diànhuà de shíhou wǒ jīnbuzhù dà shēng huānhū línjū hái yǐwéi chū shénme shì le ránhòu wǒ rèlèi yíngkuàng jīdòng de shuō bu chulai · I can't tell you how happy I am! When the call came I couldn't help cheering out loud, and the neighbours thought something had happened! Then my eyes filled with tears and I was too excited to speak.

anna 哈哈，你一定兴高采烈、眉开眼笑的。上个月你还那么沮丧、那么消沉，我都替你担心。
hā hā nǐ yídìng xìnggāo cǎiliè méikāi yǎnxiào de shàng gè yuè nǐ hái nàme jǔsàng nàme xiāochén wǒ dōu tì nǐ dānxīn · Ha! You must have been on top of the world, all smiles. Last month you were so dejected and down that I was worried about you.

little sister 是啊，那时候我每天待在家里，觉得生活很空虚，一个人孤零零的，还常常哭泣。
shì a nà shíhou wǒ měi tiān dāi zài jiā lǐ juéde shēnghuó hěn kōngxū yí gè rén gūlínglíng de hái chángcháng kūqì · Yes, back then I stayed shut up at home every day. Life felt empty, I was all alone, and I often cried.

anna 我还记得你在电话里呜咽，哽咽得说不出来，我心里很心酸。
wǒ hái jìde nǐ zài diànhuà lǐ wūyè gěngyè de shuō bu chulai wǒ xīnlǐ hěn xīnsuān · I still remember you sobbing on the phone, too choked up to speak. It broke my heart.

little sister 那是我最低落、最颓废的时候，一次很惨痛的经历。我天天叹气、苦笑，觉得自己很可悲，又很失落。那段时间真倒霉，我还以为厄运永远不会结束。
nà shì wǒ zuì dīluò zuì tuífèi de shíhou yí cì hěn cǎntòng de jīnglì wǒ tiān tiān tànqì kǔxiào juéde zìjǐ hěn kěbēi yòu hěn shīluò nà duàn shíjiān zhēn dǎoméi wǒ hái yǐwéi èyùn yǒngyuǎn bú huì jiéshù · That was when I was at my lowest, completely letting myself go: a really painful time. I sighed and smiled bitterly every day, felt pathetic and let down. I had such bad luck then, I thought it would never end.

anna 不过你没有泄气，也没有气馁，终于振作起来了。陈教授知道了吗？
búguò nǐ méiyǒu xièqì yě méiyǒu qìněi zhōngyú zhènzuò qǐlai le Chénjiàoshòu zhīdào le ma · But you didn't lose heart or give up, and you finally pulled yourself together. Does Professor Chen know?

little sister 知道了。他说这份实习对我考研究生很有帮助，我不知怎么感谢他才好。
zhīdào le tā shuō zhè fèn shíxí duì wǒ kǎo yánjiūshēng hěn yǒu bāngzhù wǒ bù zhī zěnme gǎnxiè tā cái hǎo · Yes. He says the internship will really help me with the graduate exam. I don't know how to thank him.

anna 他一定很乐意帮你，也一定很欣慰。你爸爸妈妈呢？
tā yídìng hěn lèyì bāng nǐ yě yídìng hěn xīnwèi nǐ bàba māma ne · He must be glad to help you, and very pleased. And your parents?

little sister 我妈妈一直惦记着我，常常关切地问我怎么样，现在她终于可以安心了。他们也不忍心看我难过。我爸爸美滋滋地请全家吃了一顿饭。
wǒ māma yìzhí diànjì zhe wǒ chángcháng guānqiè de wèn wǒ zěnmeyàng xiànzài tā zhōngyú kěyǐ ānxīn le tāmen yě bù rěnxīn kàn wǒ nánguò wǒ bàba měizīzī de qǐng quán jiā chī le yí dùn fàn · Mum was always thinking about me and anxiously asking how I was; now she can finally stop worrying. They couldn't bear to see me unhappy. And Dad was so pleased he took the whole family out for a meal.

anna 你看，你没有死心，现在如愿以偿了！
nǐ kàn nǐ méiyǒu sǐxīn xiànzài rúyuànyǐcháng le · You see? You didn't give up, and now your wish has come true!

little sister 博物馆的工作是我憧憬了很久的，我一直盼着这一天，以前都不敢有这种奢望。
bówùguǎn de gōngzuò shì wǒ chōngjǐng le hěn jiǔ de wǒ yìzhí pàn zhe zhè yì tiān yǐqián dōu bù gǎn yǒu zhè zhǒng shēwàng · Working at a museum is what I've dreamed of for so long. I've been longing for this day; I never dared hope for so much.

anna 记住，要把希望寄托在自己身上，别抱侥幸心理。

jì zhù yào bǎ xīwàng jìtuō zài zìjǐ shēn shàng bié bào jiǎoxìng xīnlǐ · Remember: put your hope in yourself, and don't count on luck.

little sister 嗯，我满怀信心。以前我总是不甘心，现在反而很坦然。说出心声以后，我心里轻松多了。不管明年考得怎么样，我都绝不放弃。

ǹg wǒ mǎnhuái xìnxīn yǐqián wǒ zǒngshì bù gānxīn xiànzài fǎnér hěn tǎnrán shuō chū xīnshēng yǐhòu wǒ xīnlǐ qīngsōng duō le bùguǎn míngnián kǎo de zěnmeyàng wǒ dōu juébú fàngqì · Yes, I'm full of confidence. I used to be so unwilling to accept things, but now I'm calm. Since I said what I really felt, I feel much lighter. Whatever happens in next year's exam, I'll never give up.

anna 说得好！但愿你明年心想事成。

shuō de hǎo dànyuàn nǐ míngnián xīnxiǎng shìchéng · Well said! I hope all your wishes come true next year.

chapter 3 chapter 3: friday, the big presentation

anna 刘经理，我心慌得要死。客户对我们的方案还有很多疑虑。

Liújīnglǐ wǒ xīnhuāng de yào sǐ kèhù duì wǒmen de fāngàn hái yǒu hěn duō yílǜ · Manager Liu, my heart's pounding like mad. The client still has lots of doubts about our plan.

manager liu 别慌张。你准备了这么久，没什么好顾虑的。第一次在大客户面前讲，胆怯是正常的，但不能畏缩，也别迟疑。

bié huāngzhāng nǐ zhǔnbèi le zhème jiǔ méi shénme hǎo gùlǜ de dì yī cì zài dà kèhù miànqián jiǎng dǎnqiè shì zhèngcháng de dàn bù néng wèisuō yě bié chíyí · Don't get flustered. You've prepared for so long; there's nothing to worry about. Feeling timid the first time you present to a big client is normal, but don't shrink back, and don't hesitate.

anna 我昨天晚上紧张得发呆，今天早上一阵忙乱，又慌忙打车过来。上次让大家那么难堪，我很惭愧，真过意不去。

wǒ zuótiān wǎnshang jǐnzhāng de fādāi jīntiān zǎoshang yízhèn mángluàn yòu huāngmáng dǎchē guolai shàng cì ràng dàjiā nàme nánkān wǒ hěn cánkuì zhēn guò yì bú qù · Last night I was so nervous I just sat staring into space, this morning was chaos, and I rushed over in a taxi. Last time I put everyone in such an awkward spot: I'm ashamed and I feel terrible about it.

anna 我生怕又像上次那样放错资料。一想到上次的事，我就觉得很丢脸、很难为情，窘迫得想马上离开。

wǒ shēngpà yòu xiàng shàng cì nàyàng fàng cuò zīliào yì xiǎng dào shàng cì de shì wǒ jiù juéde hěn diūliǎn hěn nánwéiqíng jiǒngpò de xiǎng mǎshàng líkāi · I'm so afraid I'll put up the wrong page like last time. Whenever I think about it, I feel so embarrassed and awkward that I want to leave on the spot.

manager liu 你太多心了，没有人介意。别再自责，也别自卑，要有自尊心。畏惧只会让你退缩。

nǐ tài duōxīn le méiyǒu rén jièyì bié zài zìzé yě bié zìbēi yào yǒu zìzūn xīn wèijù zhǐ huì ràng nǐ tuìsuō · You're reading too much into it: nobody minds. Stop blaming yourself and stop feeling inferior; have some self-respect. Fear will only make you hold back.

manager liu 你看，客户的经理也很拘束，大家都紧张。这几天你忙得那么狼狈，大家都看在眼里。

nǐ kàn kèhù de jīnglǐ yě hěn jūshù dàjiā dōu jǐnzhāng zhè jǐ tiān nǐ máng de nàme lángbèi dàjiā dōu kàn zài yǎn lǐ · Look, the client's manager is ill at ease too: everyone's nervous. Everyone has seen how run off your feet you've been these past few days.

anna 好，我豁出去了！

hǎo wǒ huōchuqu le · All right, I'm going for it!

manager liu 你讲得太好了！客户都听得出神了，最后还大为惊叹。

nǐ jiǎng de tài hǎo le kèhù dōu tīng de chūshén le zuìhòu hái dàwéi jīngtàn · You were brilliant! The client was spellbound, and at the end they were full of admiration.

anna 我讲完的时候，他们突然站起来鼓掌，我诧异得发愣了。

wǒ jiǎng wán de shíhou tāmen tūrán zhàn qǐlái gǔzhǎng wǒ chàyì de fālèng le · When I finished, they suddenly stood up and applauded, and I was so surprised I froze.

manager liu 那一刻大家都目瞪口呆，然后掌声响了起来，场面真震撼！他们还说，这是他们见过的最好的方案，当场就同意合作了。

nà yí kè dàjiā dōu mùdèng kǒudāi ránhòu zhǎngshēng xiǎng le qǐlai chǎngmiàn zhēn zhènhàn tāmen hái shuō zhè shì tāmen jiàn guo de zuìhǎo de fāngàn dāngchǎng jiù tóngyì hézuò le · For a moment everyone was dumbstruck, then the applause began: what a moment! They even said it was the best plan they'd ever seen, and agreed to the partnership on the spot.

anna 我一开始还有点纳闷儿，后来才明白，是新加的数据打动了他们。刚才我紧张得脑子里一片茫然，现在才好受一点。

wǒ yì kāishǐ hái yǒu diǎn nàmènr hòulái cái míngbai shì xīn jiā de shùjù dǎdòng le tāmen gāngcái wǒ jǐnzhāng de nǎozi lǐ yí piàn mángrán xiànzài cái hǎoshòu yìdiǎn · At first I was a bit puzzled, then I realised it was the new figures that won them over. Just now I was so nervous my mind was a blank; only now do I feel a bit better.

manager liu 整个过程惊心动魄，我刚才也心急如焚。结果真让人惊喜！

zhěnggè guòchéng jīngxīn dòngpò wǒ gāngcái yě xīnjí rúfén jiéguǒ zhēn ràng rén jīngxǐ · The whole thing was nail-biting: I was frantic myself just now. What a wonderful result!

anna 上一次我在台上提心吊胆，这一次却这么顺利。

shàng yí cì wǒ zài tái shàng tíxīn diàodǎn zhè yí cì què zhème shùnlì · Last time I was on stage I was a nervous wreck, and this time it went so smoothly.

manager liu 我公司能拿下这个客户，主要是靠你。我们有幸遇到这么好的机会，你也没有让大家失望。

wǒ gōngsī néng ná xià zhège kèhù zhǔyào shì kào nǐ wǒmen yǒuxìng yùdào zhème hǎo de jīhuì nǐ yě méiyǒu ràng dàjiā shīwàng · Our company won this client mainly thanks to you. We were lucky to get such a great chance, and you didn't let anyone down.

anna 能跟大家一起工作，我很荣幸。说实话，我现在有点受宠若惊。

néng gēn dàjiā yìqǐ gōngzuò wǒ hěn róngxìng shuō shíhuà wǒ xiànzài yǒu diǎn shòuchǒng ruòjīng · I'm honoured to work with all of you. To be honest, I'm a little overwhelmed.

chapter 4 chapter 4: sunday, a dinner to celebrate

xiaoming 欢迎欢迎！今天是庆祝会：安娜签了大客户，妹妹找到了实习，房租的事也解决了！
huānyíng huānyíng jīntiān shì qìngzhù huì Ānnà qiān le dà kèhù mèimei zhǎo dào le shíxí fángzū de shì yě jiějué le · Welcome, welcome! Today is a celebration: Anna landed a big client, my sister found an internship, and the rent problem is solved!

anna 这一个星期真是酸甜苦辣，什么都经历了。上周我还累得够呛，愁眉苦脸、垂头丧气的。
zhè yí gè xīngqī zhēn shì suān tián kǔ là shénme dōu jīnglì le shàng zhōu wǒ hái lèi de gòuqiàng chóuméi kǔliǎn chuítóu sàngqì de · What a week: I've tasted every flavour, sweet and bitter. Last week I was worn out, pulling a long face, utterly dejected.

xiaoming 我爱人做了很多菜，大家慢慢享用，今天一定要吃个过瘾！
wǒ àiren zuò le hěn duō cài dàjiā màn màn xiǎngyòng jīntiān yídìng yào chī gè guòyǐn · My wife has cooked loads of dishes. Everyone, enjoy, and eat to your heart's content!

little sister 哇，别提多香了！我早就迫不及待了。坐在这里真惬意，又自在又悠闲。
wā bié tí duō xiāng le wǒ zǎo jiù pòbùjídài le zuò zài zhèlǐ zhēn qièyì yòu zìzai yòu yōuxián · Wow, it smells amazing! I couldn't wait. Sitting here is so pleasant, relaxed and easy.

anna 小明，你家布置得真温馨，你们的日子一定很甜蜜吧？
Xiǎomíng nǐ jiā bùzhì de zhēn wēnxīn nǐmen de rìzi yídìng hěn tiánmì ba · Xiaoming, your flat is so cosy. Life must be sweet for you two.

xiaoming 是啊，又安逸又顺心。我很知足，也很庆幸。
shì a yòu ānyì yòu shùnxīn wǒ hěn zhīzú yě hěn qìngxìng · Yes, comfortable and easy. I'm content, and I count myself lucky.

little sister 哥哥又开始了！他每天都美滋滋的，看着就让人眼红。
gēge yòu kāishǐ le tā měi tiān dōu měizīzī de kàn zhe jiù ràng rén yǎnhóng · Here he goes again! He's pleased as punch every day; it's enough to make anyone jealous.

xiaoming 你爱信不信，结婚就是这么好！你看爷爷奶奶，奶奶的神情多安详，看着孩子们嬉笑，怡然自得。
nǐ ài xìn bu xìn jiéhūn jiùshì zhème hǎo nǐ kàn yéye nǎinai nǎinai de shénqíng duō ānxiáng kàn zhe háizimen xīxiào yírán zìdé · Believe it or not, marriage really is that good! Look at Grandpa and Grandma: Grandma looks so serene, watching the children play, perfectly content.

little sister 爷爷说他对结婚那天念念不忘，现在还记忆犹新。
yéye shuō tā duì jiéhūn nà tiān niànniàn búwàng xiànzài hái jìyì yóuxīn · Grandpa says he's never forgotten his wedding day: it's still fresh in his mind.

xiaoming 爷爷刚才听妹妹讲博物馆的事，听得如痴如醉，情不自禁地笑了起来。
yéye gāngcái tīng mèimei jiǎng bówùguǎn de shì tīng de rúchī rúzuì qíngbúzìjīn de xiào le qǐlai · Just now Grandpa was spellbound listening to my sister talk about the museum, and couldn't help smiling.

little sister 这是我梦寐以求的实习嘛！
zhè shì wǒ mèngmèiyǐqiú de shíxí ma · It's my dream internship, after all!

anna 哈哈，大家都哄堂大笑了。今天屋子里满是欢声笑语，太让人愉悦了！看着大家脸上洋溢着喜悦，我心里别提多快活了！
hā hā dàjiā dōu hōngtáng dàxiào le jīntiān wūzi lǐ mǎn shì huānshēng xiàoyǔ tài ràng rén yúyuè le kàn zhe dàjiā liǎn shàng yángyì zhe xǐyuè wǒ xīnlǐ bié tí duō kuàihuo le · Ha! Everyone burst out laughing. The whole evening is full of laughter: such a joy! Seeing the joy on everyone's faces, I can't tell you how happy I feel!

little sister 安娜，房东最后怎么说？
Ānnà fángdōng zuìhòu zěnme shuō · Anna, what did the landlord say in the end?

anna 我按孙律师说的跟他谈，他一开始面红耳赤，差点恼羞成怒，最后只好同意不涨了。他那个样子，真让人哭笑不得。
wǒ àn Sūnlǜshī shuō de gēn tā tán tā yì kāishǐ miànhóng ěrchì chà diǎn nǎoxiū chéngnù zuìhòu zhǐhǎo tóngyì bù zhǎng le tā nàge yàngzi zhēn ràng rén kūxiào bùdé · I talked to him the way Lawyer Sun told me to. At first he

went red in the face and nearly flew into a rage, but in the end he had to agree not to put the rent up. The look on his face: I didn't know whether to laugh or cry.

xiaoming 活该！谁让他那么霸道。

huógāi shéi ràng tā nàme bàdào · Serves him right! That's what he gets for being such a bully.

anna 现在我对他也没有怨恨了。这件事让我有了很多感悟。

xiànzài wǒ duì tā yě méiyǒu yuànhèn le zhè jiàn shì ràng wǒ yǒu le hěn duō gǎnwù · Now I don't even resent him. This whole business has taught me a lot.

little sister 下周博物馆有个活动，大家都踊跃报名吧！这一个星期，我们每个人都是晕头转向，最后却皆大欢喜！

xià zhōu bówùguǎn yǒu gè huódòng dàjiā dōu yǒngyuè bàomíng ba zhè yí gè xīngqī wǒmen měi gè rén dōu shì yūntóu zhuànxiàng zuìhòu què jiēdàhuānxǐ · There's an event at the museum next week: everyone sign up! This week all of us were running around in circles, and in the end everyone's happy!

xiaoming 来，为我们的喜怒哀乐干杯，祝大家万事如意、称心如意！

lái wèi wǒmen de xǐ nù āi lè gānbēi zhù dàjiā wàn shì rúyì chènxīn rúyì · Come on, a toast to all our joys and sorrows: may everything go well, and just the way we want!

A whole week of feelings, told in advanced Chinese. Unit 2, done!
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