

中心：\_\_\_\_\_

姓名：\_\_\_\_\_

### 1150511 社會人士中翻英短文翻譯題目

近來，傳簡訊或在線上聊天很容易。但面對面接觸還是很重要。每天花幾分鐘坐下來和你的父母說說話。接著，不要壓抑你的情緒。如果某個問題對你來說很重要，就告訴你的父母。記得要避免責怪任何人，並且也讓父母分享他們的看法。當你發現自己在生父母的氣時，在你繼續之前先暫停並試著冷靜一下。用同理心試著去理解父母的觀點。在你認可他們的感受後，你就可以表達自己的需求。

簡訊 text message

面對面 face-to-face

壓抑 bottle up

暫停 pause

同理心 empathy

認可 acknowledge



中心：\_\_\_\_\_

姓名：\_\_\_\_\_

### 1150511 社會人士中翻英短文翻譯參考答案

These days, it's easy to send a text message or have an online chat. But face-to-face contact is still important. Take a few minutes a day to sit down and talk with your parents. Next, don't bottle up your emotions. If an issue is important to you, tell your parents about it. Remember to avoid blaming anyone and let your parents share their feelings, too.

When you find yourself getting angry with your parents, pause and try to calm down before you continue. Use empathy to try to understand your parents' points of view. After you acknowledge their feelings, you can express your own needs.