



100%
Mandarin

Unfiltered Mandarin: Friends Talk Life and Choices

Transcript

Includes:

- Simplified Chinese
- Pinyin
- English translation
- Traditional Chinese (*Note: generated by ChatGPT 4. Checked for accuracy but minor errors may exist.)

Time - 01:06

春春：那我们就开始吧

chūn chūn: nà wǒmen jiù kāishǐ ba

Chunchun: Then let's get started

(春春：那我們就開始吧)

Melody：帮我放啊

bāng wǒ fàng a

Melody: Help me to put them in (the bucket)

(幫我放啊)

抽吧, 你先抽第一个

chōu ba, nǐ xiān chōu dì yī gè

Go ahead and draw, you draw the first one

(抽吧, 你先抽第一個)

那我开始了啊

nà wǒ kāishǐ le a

Then I'll start now

(那我開始了啊)

这个是给你的

zhège shì gěi nǐ de

This one is for you

(這個是給你的)

Time - 01:31

Q1:

在决定成为白领妈妈之前
你是否设想过自己的生活会如何因这个角色而改变，
这些变化中哪些是出乎意料的？

zài juéding chéngwéi bái lǐng māma zhī qián
nǐ shì fǒu shè xiǎng guò zì jǐ de shēng huó huì rú hé yīn zhè ge jué sè ér gǎi biàn,
zhè xiē biàn huà zhōng nǎ xiē shì chū hū yì liào de?

Before deciding to become a white-collar mom (career mom), did you ever
imagine how your life would change because of this role, and which of these
changes were unexpected?

(在決定成為白領媽媽之前
你是否設想過自己的生活會如何因這個角色而改變，
這些變化中哪些是出乎意料的？)

A1:

当然想过，
就都说养小孩就是把之前的自己再养一遍嘛，
所以做妈妈之前就已经想好了既然我选择已经当了那我就要all-in进去，
为小孩也是为我自己吧。

dāng rán xiǎng guò,
jiù dōu shuō yǎng xiǎo hái jiù shì bǎ zhī qián de zì jǐ zài yǎng yī biàn ma,
suǒ yǐ zuò mā ma zhī qián jiù yǐ jīng xiǎng hǎo le jì rán wǒ xuǎn zé yǐ jīng dāng le
nà wǒ jiù yào all-in jìn qù,
wèi xiǎo hái yě shì wèi wǒ zì jǐ ba.

Of course, I thought about it. People always say that raising a child is like
raising your former self all over again, so before becoming a mother, I had
already made up my mind that since I chose this path, I would go all-in. It's for
the child, but also for myself.

(當然想過，就都說養小孩就是把之前的自己再養一遍嘛，所以做媽媽之前就已
經想好了既然我選擇已經當了那我就要all-in進去，為小孩也是為我自己吧。)

所以我当然有想过，
做妈妈嘛就是要舍弃自己很多自由的时间，
但是令我出乎意料的是，
一个小孩的需求竟然可以大到需要我舍弃自己的基本的生理需求，
比如很多吃饭和睡眠的时间。

suǒyǐ wǒ dāngrán yǒu xiǎng guò,
zuò māma ma jiù shì yào shěqì zìjǐ hěn duō zìyóu de shíjiān,
dànshì lìng wǒ chūhū yìliào de shì,
yīgè xiǎohái de xūqiú jìngrán kěyǐ dà dào xūyào wǒ shěqì zìjǐ de jīběn de
shēnglǐ xūqiú,
bǐrú hěn duō chīfàn hé shuìmián de shíjiān.

So yes, I definitely considered that being a mother means giving up a lot of your free time. However, what surprised me was that a child's needs could be so overwhelming (to the point) that I had to sacrifice even my basic physical needs, like time for eating and sleeping.

(所以我當然有想過，做媽媽嘛就是要捨棄自己很多自由的時間，但是令我出乎意料的是，一個小孩的需求竟然可以大到需要我捨棄自己的基本的生理需求，比如很多吃飯和睡眠的時間。)

上厕所的时间呢？

shàng cèsuǒ de shíjiān ne?

What about the time for going to the bathroom?

(上廁所的時間呢？)

当然了！

有也得憋着，

如果那个时候她需要你的话

dāngrán le!

yǒu yě děi biēzhe,

rúguǒ nàgè shíhòu tā xūyào nǐ de huà

Of course! Even if you have to, you must hold it in, if she needs you at that moment.

(當然了！有也得憋著，哈哈如果那個時候她需要你的話)

なるほどね

naruhodo ne

I see (This is Japanese, meaning "I understand" or "I get it.")

这是我完全没想到的

zhè shì wǒ wánquán méi xiǎngdào de

This is something I never expected

(這是我完全沒想到的)

到你抽了

dào nǐ chōu le

It's your turn to draw

(到你抽了)

来个 common question 吧

lái gè... ba

Let's have a common question.

(來個 common question 吧)

Time - 02:40

Q2:

在你看来幸福的标准是什么？

是遵循内心的声音还是满足社会的期待？

zài nǐ kànlái xìngfú de biāozhǔn shì shénme?

shì zūnxún nèixīn de shēngyīn háishì mǎnzú shèhuì de qīdài?

In your opinion, what is the standard for happiness? Is it following the voice of your heart or meeting society's expectations?

(在你看來幸福的標準是什麼？是遵循內心的聲音還是滿足社會的期待?)

有深度啊

yǒu shēndù a

That's deep

(有深度啊)

那谁先答呀？

nà shéi xiān dá ya?

So, who answers first?

(那誰先答呀?)

石头剪刀布

shítou jiǎndāo bù

Rock, paper, scissors

(石頭剪刀布)

输的先答还是赢的先答？

shū de xiān dá háishì yíng de xiān dá?

Does the loser answer first or the winner?

(輸的先答還是贏的先答?)

当然是输的

dāngrán shì shū de

Of course, the loser

(當然是輸的)

输的先答？

shū de xiān dá

the loser answer first

(輸的先答?)

对!
duì!
Correct!
(對!)

A2:
Chunchun:

我觉得幸福有三大要素:
wǒ jué de xìngfú yǒu sān dà yàosù:
I think there are three main elements to happiness:
(我覺得幸福有三大要素:)

第一个, 自由选择的权利,
其实这个就比较难了,
你像我们现在努力工作其实就是为了让自己以后或者是自己的孩子以后能有更多自由选择的权利;

dì yī gè, zì yóu xuǎn zé de quán lì,
qí shí zhè gè jiù bǐ jiào nán le,
nǐ xiàng wǒ men xiàn zài nǚ lì gōng zuò qí shí jiù shì wèi le ràng zì jǐ yǐ hòu
huò zhě shì zì jǐ de hái zǐ yǐ hòu néng yǒu gèng duō zì yóu xuǎn zé de quán lì;

The first is the right to free choice. Actually, this is quite difficult. You see, the reason we work hard now is to allow ourselves or our children to have more freedom of choice in the future.

(第一個, 自由選擇的權利, 其實這個就比較難了, 你像我們現在努力工作其實就是為了讓自己以後或者是自己的孩子以後能有更多自由選擇的權利;)

第二呢就是良好的关系—夫妻关系,
亲子关系, 同事关系, 朋友关系,
人就是需要情感的滋润嘛, 和他人的关心,
我觉得我们就是在为他人付出的过程中然后去找到自己的那份幸福感

dì èr ne jiù shì liáng hǎo de guān xì,
fū qī guān xì, qīn zǐ guān xì, tóng shì guān xì, péng yǒu guān xì,
rén jiù shì xū yào qíng gǎn de zī rùn ma, hé tā rén de guān xīn,
wǒ jué de wǒ men jiù shì zài wèi tā rén fù chū de guò chéng zhōng rán hòu
qù zhǎo dào zì jǐ de nà fèn xìng fú gǎn

The second is about good relationships—marital relationships, parent-child relationships, colleague relationships, and friendships. People need emotional nourishment and care from others. I believe that in the process of giving to others, we find our own sense of happiness.

(第二呢就是良好的關係—夫妻關係，親子關係，同事關係，朋友關係，人就是需要情感的滋潤嘛，和他人的關心，我覺得我們就是在為他人付出的過程中然後去找到自己的那份幸福感)

存在感，归属感

cún zài gǎn, guī shǔ gǎn

Sense of existence, sense of belonging

(存在感，歸屬感)

第三个的话就是每天都有成长的感觉，
相信大家都体验过因为成长而带来的幸福感

dì sān gè de huà jiù shì měi tiān dōu yǒu chéng zhǎng de gǎn jué,
xiāng xìn dà jiā dōu tǐ yàn guò yīn wèi chéng zhǎng ér dài lái de xìng fú gǎn

As for the third one, it is the feeling of growth every day. I believe everyone has experienced the happiness that comes from growing.

(第三個的話就是每天都有成長的感覺，相信大家都體驗過因為成長而帶來的幸福感)

对，这就是我理解的幸福

duì, zhè jiù shì wǒ lǐ jiě de xìng fú

Yes, this is what I understand as happiness

(對，這就是我理解的幸福)

Melody:

对，其实这个也是我的回答。

duì, qí shí zhè ge yě shì wǒ de huí dá.

Yes, actually this is also my answer.

(對，其實這個也是我的回答.)

我觉得...

wǒ jué de

I think / I feel...

(我覺得)

我的幸福的标准其实是
遵循内心声音的同时满足一定程度的社会期待。

wǒ de xìng fú de biāo zhǔn qí shí shì
zūn xún nèi xīn shēng yīn de tóng shí mǎn zú yī dìng chéng dù de shè huì qī
dài.

My standard of happiness is actually following my inner voice while also meeting a certain level of societal expectations.

(我的幸福的標準其實是遵循內心聲音的同時滿足一定程度的社會期待.)

我们毕竟是社会性动物想要完全脱离社会并不现实
wǒ men bì jìng shì shè huì xìng dòng wù, xiǎng yào wán quán tuō lí shè huì
bìng bù xiàn shí
After all, we are social animals, so it's unrealistic to completely detach from society.

(我們畢竟是社會性動物想要完全脫離社會並不現實)

可不咋滴
kě bù zǎ dī
Exactly / That's true (Northeastern dialect)

要找到一个平衡点既满足自己的同时又为社会提供价值,
但是具体这个价值要怎么提供就要因人而异

yào zhǎo dào yī gè píng héng diǎn jì mǎn zú zì jǐ de tóng shí yòu wèi shè huì
tí gōng jià zhí,
dàn shì jù tǐ zhè gè jià zhí yào zěn me tí gōng jiù yào yīn rén ér yì

We need to find a balance that satisfies ourselves while also providing value to society, but how exactly to provide this value depends on the individual.

(要找到一個平衡點既滿足自己的同時又為社會提供價值, 但是具體這個價值要怎麼提供就要因人而異)

嗯, 同意!
ng, tóng yì
Hmm, I agree!
(嗯, 同意!)

下一个
xià yī gè
Next one
(下一個)

下一个! 下一个我抽了啊
xià yī gè! xià yī gè wǒ chōu le a
Next one! I'll draw/pick the next one!
(下一個! 下一個我抽了啊)

抽!
chōu!
Draw! / Pick!
(抽!)

是问我的吧
shì wèn wǒ de ba
It's asking me, right?
(是問我的吧)

Time - 04:23

Q3:

追求自由的野孩子, 你认为真正的自由是什么?

在追求自由的过程中遇到过哪些最大的挑战?

zhuī qiú zì yóu de yě hái zi, nǐ rèn wéi zhēn zhèng de zì yóu shì shén me?
zài zhuī qiú zì yóu de guò chéng zhōng yù dào guò nǎ xiē zuì dà de tiǎo
zhàn?

Wild child in pursuit of freedom, what do you think true freedom is?
What are the biggest challenges you've encountered in the process of
pursuing freedom?

(追求自由的野孩子, 你認為真正的自由是什麼?在追求自由的過程中遇到過哪
些最大的挑戰?)

A3:

我覺得真正的自由是精神層面和現實層面共同的自由。

wǒ jué de zhēn zhèng de zì yóu shì jīng shén céng miàn hé xiàn shí céng
miàn gòng tóng de zì yóu.

I think true freedom is the combination of both spiritual and practical freedom.

(我覺得真正的自由是精神層面和現實層面共同的自由.)

首先要有自信和強大的精神力量,
有勇氣做自己想做的事,
不被周圍人的意見左右,不被主流價值觀綁架

shǒuxiān yào yǒu zìxìn hé qiángdà de jīngshén lìliàng,
yǒu yǒngqì zuò zìjǐ xiǎng zuò de shì,
bù bèi zhōuwéi rén de yìjiàn zuǒyòu, bù bèi zhǔliú jiàzhíguān bǎngjià

First, you must have confidence and strong mental strength, the courage to
do what you want to do, not be swayed by others' opinions, and not be bound
by mainstream values.

(首先要有自信和強大的精神力量,有勇氣做自己想做的事,不被周圍人的意見左
右,不被主流價值觀綁架)

其次就是在現實生活中,
有能力想去哪就去哪,

只做自己坚信有意义的事,
然后有经济实力支持自己的梦想

qí cì jiù shì zài xiàn shí shēng huó zhōng,
yǒu néng lì xiǎng qù nǎ jiù qù nǎ,
zhǐ zuò zì jǐ jiān xìn yǒu yì yì de shì,
rán hòu yǒu jīng jì shí lì zhī chí zì jǐ de mèng xiǎng

Secondly, in real life, have the ability to go wherever you want to go, only do things that you firmly believe are meaningful, and have the financial strength to support your dreams.

(其次就是在現實生活中,有能力想去哪就去哪,只做自己堅信有意義的事,然後有經濟實力支持自己的夢想)

那最大的挑战呢?
nà zuì dà de tiǎo zhàn ne
So, what is the greatest challenge?
(那最大的挑戰呢?)

对我来说精神层面的自由不是很难达到,
还是现实层面的自由比较难达到

duì wǒ lái shuō jīng shén céng miàn de zì yóu bù shì hěn nán dá dào,
hái shì xiàn shí céng miàn de zì yóu bǐ jiào nán dá dào

For me, freedom on the spiritual level is not very difficult to achieve; it's the freedom on the practical level that is harder to achieve.

(對我來說精神層面的自由不是很難達到,還是現實層面的自由比較難達到)

就是缺钱呗哈哈
jiù shì quē qián bei hā hā hā
So you are short on money hahaha
(就是缺錢唄哈哈)

对
duì
Yes/correct
(對)

毕竟不是富二代还拒绝给别人打工,

所以就要想方设法自己挣更多钱

bìjìng bù shì fù èr dài hái jùjué gěi biérén dǎgōng,
suǒyǐ jiù yào xiǎng fāng shèfǎ zìjǐ zhèng gèng duō qián

After all, I'm not a trust fund baby and refuse to work for others, so I have to find ways to earn more money for myself.

(畢竟不是富二代還拒絕給別人打工,所以就要想方設法自己掙更多錢)

牛啊, 牛!

niú a, niú!

Awesome (impressive)!

(牛啊, 牛!)

终于结束啦

zhōngyú jiéshù la

It's finally over!

(終於結束啦)

那该我抽下一个了呗

nà gāi wǒ chōu xià yī gè le bei

Then it's my turn to draw the next one.

(那該我抽下一個了唄)

抽吧

chōu ba

Go ahead and draw.

(抽吧)

来一个 common question 吧

lái yī gè common question ba

Let's have a common question.

(來一個 common question 吧)

OK我读了啊

OK wǒ dú le a

OK, I'll read it now.

(OK我讀了啊)

这个不是很难

zhège bù shì hěn nán

This one isn't very difficult.
(這個不是很難)

Time- 05:33

Q4:

想象一下如果明天世界末日，
你会选择如何度过这最后一天？
是和家人共度还是独自探险？

xiǎngxiàng yīxià rúguǒ míngtiān shìjiè mòrì,
nǐ huì xuǎnzé rúhé dùguò zhè zuìhòu yī tiān?
shì hé jiārén gòngdù háishì dúzì tànxiǎn?

Imagine if tomorrow were the end of the world, how would you choose to spend this last day?

Would you spend it with family or go on a solo adventure?

(想像一下如果明天世界末日，你會選擇如何度過這最後一天？是和家人共度還是獨自探險?)

A4:

Chunchun:

其实这个问题对我来说不是很难

qíshí zhège wèntí duì wǒ lái shuō bù shì hěn nán

Actually, this question isn't very difficult for me.

(其實這個問題對我來說不是很難)

现在有家庭有孩子所以我自然很想跟他们在一起共度一天

xiànzài yǒu jiā tíng yǒu hái zǐ suǒ yǐ wǒ zì rán hěn xiǎng... jiù shì gēn tā men zài yī qǐ gòng dù yī tiān

Now that I have a family and children, so I naturally really want to just spend the day with them.

(現在有家庭有孩子所以我自然很想...就是跟他們在一起共度一天)

不管是开心也好难过也好，
起码这一天我们都是陪伴着彼此，
都不会孤单，
一起迎接世界末日

bùguǎn shì kāixīn yě hǎo nán guò yě hǎo,
qǐmǎ zhè yī tiān wǒ men dōu shì péi bàn zhe bǐ cǐ,
dōu bù huì gū dān,
yī qǐ yíng jiē shì jiè mò rì

Whether we're happy or sad, at least on this day we'll be together, none of us will be lonely, and we'll face the end of the world together.

(不管是開心也好難過也好,起碼這一天我們都是陪伴著彼此,都不會孤單,一起迎接世界末日)

这世界末日你还特别开心

zhè shìjiè mòrì nǐ hái tèbié kāixīn

It's the end of the world, and you're still so happy.

(這世界末日你還特別開心)

Melody:

那我觉得其实挺难的

nà wǒ juéde qíshí tǐng nán de

Well then I think it (this question) is actually quite difficult.

(那我覺得其實挺難的)

为什么一定要选一个是自己探险还是和家人共度?

wèishénme yīdìng yào xuǎn yī gè shì zìjǐ tànxiǎn háishì hé jiārén gòngdù

Why do we have to choose between going on a solo adventure or spending time with family?

(為什麼一定要選一個是自己探險還是和家人共度?)

可不可以和家人一起去探險?

kě bù kěyǐ hé jiārén yīqǐ qù tànxiǎn

Is it possible to go on an adventure with family?

(可不可以和家人一起去探險?)

但是如果非要选一个的话,那我可能选和家人一起共度

dànshì rúguǒ fēi yào xuǎn yī gè de huà, nà wǒ kěnéng xuǎn hé jiārén yīqǐ gòngdù

But if I really had to choose one, I would probably choose to spend it with my family.

(但是如果非要選一個的話,那我可能選和家人一起共度)

你抽下一个吧

nǐ chōu xià yī gè ba

You draw the next one.

(你抽下一個吧)

来了哦

lái le o

Here it comes!

(來了哦)

哦...问题是...

ò... wèntí shì...

Oh... the question is...

(哦...問題是...)

Time - 06:25

Q5:

追求自由的你是否曾经因为追求某种自由而牺牲了另外一种自由?

zhuīqiú zìyóu de nǐ shìfǒu céngjīng yīnwèi zhuīqiú mǒu zhǒng zìyóu ér
xīshēng le lìngwài yī zhǒng zìyóu

You, who are chasing freedom, have you ever sacrificed one kind of freedom
in the pursuit of another?

(追求自由的你是否曾經因為追求某種自由而犧牲了另外一種自由?)

A5:

必须的呀哈哈。不止牺牲了一种牺牲了好几种呢。

bìxū de ya hāhāhā. bù zhǐ xīshēng le yī zhǒng, xīshēng le hǎo jǐ zhǒng ne.

Of course, haha. I didn't just sacrifice one; I sacrificed several kinds!

(必須的呀哈哈。不止犧牲了一種犧牲了好幾種呢。)

比如...呃...追求地域自由,我能回国的时间就很少

bǐrú... e... zhuīqiú dìyù zìyóu, wǒ néng huíguó de shíjiān jiù hěn shǎo

For example... um... in pursuing geographic freedom, I have very little time to
return to my home country.

(比如...呃...追求地域自由,我能回國的時間就很少)

可不咋滴

kě bù zǎ dī

Exactly / That's true (Northeastern dialect)

上次见她都是三年前的事了

shàng cì jiàn tā dōu shì sān nián qián de shì le

The last time I saw her was three years ago.

(上次見她都是三年前的事了)

对呀, 像我牺牲了很多能见家人朋友的时间

duì ya, xiàng wǒ xīshēng le hěn duō néng jiàn jiārén péngyǒu de shíjiān

Exactly, I've sacrificed a lot of time that I could have spent with family and
friends.

(對呀，像我犧牲了很多能見家人朋友的時間)

追求财富自由的话我就会牺牲了很多属于自己的时间

zhuīqiú cáifù zìyóu de huà wǒ jiù huì xīshēng le hěn duō shǔyú zìjǐ de shíjiān
In pursuing financial freedom, I will end up sacrificing a lot of my personal time.

(追求財富自由的話我就會犧牲了很多屬於自己的時間)

Note: The sentence I used in the video is not technically grammatically correct. Better options would be:

1-追求财富自由的话我就牺牲了很多属于自己的时间(...I sacrificed...)

2-追求财富自由的话我就会牺牲很多属于自己的时间(...I will have to sacrifice...)

像我现在每天几乎都工作很长时间，
所以我就没时间运动，
没时间好好吃饭，
没时间社交

xiàng wǒ xiànzài měitiān jīhū dōu gōngzuò hěn cháng shíjiān,
suǒyǐ wǒ jiù méi shíjiān yùndòng,
méi shíjiān hǎohǎo chīfàn,
méi shíjiān shèjiāo

Like now, I work long hours almost every day, so I have no time to exercise, no time to eat properly, and no time to socialize.

(像我現在每天幾乎都工作很長時間，所以我就沒時間運動，沒時間好好吃飯，沒時間社交)

长此以往对我的健康也会有影响，
对我的心理健康也是有一定影响的

cháng cǐ yǐwǎng duì wǒ de jiànkāng yě huì yǒu yǐngxiǎng,
duì wǒ de xīnlǐ jiànkāng yě shì yǒu yī dìng yǐng xiǎng de

If this goes on for a long time, it will affect my physical health, and it will also have a certain impact on my mental health.

(長此以往對我的健康也會有影響，對我的心理健康也是有一定影響的)

抱一下

bào yī xià
Let me hug you.
(抱一下)

下一个问题
xià yī gè wèn tí
The next question.
(下一個問題)

该我抽了?
gāi wǒ chōu le
Is it my turn to draw?
(該我抽了?)

准备好了吗?
zhǔn bèi hǎo le ma
Are you ready?
(準備好了嗎?)

这种问题都有点难回答
zhè zhǒng wèn tí dōu yǒu diǎn nán huí dá
These kinds of questions are a bit hard to answer.
(這種問題都有點難回答)

问我的
wèn wǒ de
It's asking me.
It's for me.
(問我的)

又是问她的
yòu shì wèn tā de
It's another one for her.
(又是問她的)

Time - 07:29

Q6:

在追求自由的过程中,
有没有某个决定或者行动让你深刻意识到
自由并非无拘无束而是需要自我约束和责任感?

zài zhuīqiú zìyóu de guòchéng zhōng,
yǒuméiyǒu mǒu gè juéding huòzhě xíngdòng ràng nǐ shēnkè yìshí dào
zìyóu bìngfēi wú jū wú shù ér shì xūyào zìwǒ yuēshù hé zérèngǎn?

In the process of pursuing freedom, was there a particular decision or action that made you realize deeply that freedom is not without constraints but requires self-discipline and a sense of responsibility?

(在追求自由的過程中,有沒有某個決定或者行動讓你深刻意識到自由並非無拘無束而是需要自我約束和責任感?)

A6:

当然有啊
dāngrán yǒu a
Of course, there is.
(當然有啊)

不是有一句话说“自律才能自由”嘛
bù shì yǒu yī jù huà shuō "zìlǜ cái néng zìyóu" ma
Isn't there a saying that "only through self-discipline can one achieve freedom"?
(不是有一句話說“自律才能自由”嘛)

如果没有自我约束也没有责任感的话,
你几乎可以肯定地说那一定会导致不良后果的.

rúguǒ méiyǒu zìwǒ yuēshù yě méiyǒu zérèngǎn de huà,
nǐ jīhū kěyǐ kěndìng de shuō nà yīdìng huì dǎozhì bùliáng hòuguǒ de.

If there is no self-restraint and no sense of responsibility, you can almost certainly say that it will lead to negative consequences for sure.

(如果沒有自我約束也沒有責任感的話,你幾乎可以肯定地說那一定會導致不良後果的.)

比如我之前有段时间是个party girl

bǐrú wǒ zhīqián yǒu duàn shíjiān shì gè

For example, I used to be a party girl for a while.

(比如我之前有段時間是個party girl)

就是明明知道第二天有很多工作要做但是我还会是一直party到天亮

jiùshì míngmíng zhīdào dìèr tiān yǒu hěn duō gōngzuò yào zuò dànshì wǒ hái huì shì yīzhí party dào tiānliàng

Like, I clearly knew that I had a lot of work to do the next day, but I would still party until dawn.

(就是明明知道第二天有很多工作要做但是我還會是一直party到天亮)

那之后肯定要补觉啊

nà zhīhòu kěndìng yào bǔjiào a

After that, I definitely had to catch up on sleep.

(那之後肯定要補覺啊)

但是要做的工是有数的,

之后呢就需要n倍努力把进度赶上

dànshì yào zuò de gōngzuò shì yǒu shù de,

zhīhòu ne jiù xūyào n bèi nǚlì bǎ jìndù gǎnshàng

But there is a certain amount of work to be done, then I had to put in N times the effort to catch up on progress.

(但是要做的工是有數的,之後呢就需要n倍努力把進度趕上)

所以这样下去呢就会恶性循环,就会过劳

suǒyǐ zhèyàng xiàqù ne jiù huì èxìng xúnhuán, jiù huì guòláo

So if this continues, it will become a vicious cycle, leading to overwork.

(所以這樣下去呢就會惡性循環,就會過勞)

虽然说要劳逸结合,但是也要有个度

suīrán shuō yào láo yì jiéhé, dànshì yě yào yǒu gè dù

Although it's said that work and rest should be balanced, there should still be a limit (to how much one rests).

(雖然說要勞逸結合,但是也要有個度)

是, 是的是的是的, 有道理有道理

shì, shì de shì de shì de, yǒu dào lǐ yǒu dào lǐ

Yes, yes, you're absolutely right, that makes sense.

(是，是的是的是的，有道理有道理)

不好意思啊妈味有点重

bù hǎoyìsi a mā wèi yǒu diǎn zhòng

Sorry, I sounded a bit too much like a mom.

(不好意思啊媽味有點重)

好，下一个吧

hǎo, xià yī gè ba

Alright, let's move on to the next one.

(好，下一個吧)

你抽一个吧

nǐ chōu yī gè ba

You draw one

(你抽一個吧)

还是我抽啊？这就是我抽的

hái shì wǒ chōu a? zhè jiù shì wǒ chōu de

Me again? This is the one I drew

(還是我抽啊？這就是我抽的)

你手气还怪好的嘞

nǐ shǒu qì hái guài hǎo de lei

You've got quite good luck (in drawing)

(你手氣還怪好的嘞)

抽简单一点的吧

chōu jiǎn dān yì diǎn de ba

(I wanna) draw an easier one

(抽簡單一點的吧)

Time - 08:45

Q7:

你如何看待社交媒体上展示的完美生活?

它对你的生活方式有何影响?

nǐ rú hé kàn dài shè jiāo méi tǐ shàng zhǎn shì de wán měi shēng huó?
tā duì nǐ de shēng huó fāng shì yǒu hé yǐng xiǎng?

How do you view the perfect life shown on social media?
What impact does it have on your lifestyle?

(你如何看待社交媒體上展示的完美生活?它對你的生活方式有何影響?)

A7:

Chunchun:

中国现在有句话嘛——“毛坯的人生精装的朋友圈”

zhōngguó xiànzài yǒu jù huà ma— “máopī de rénshēng jīngzhuāng de péngyǒuquān”

There is a saying in China now— “Bare shell life, fully furnished WeChat Moments”

(中國現在有句話嘛——“毛坯的人生精装的朋友圈”)

* “毛坯的人生精装的朋友圈”:

Literal translation: Bare shell life, fully furnished WeChat Moments

It refers to the contrast between unpolished real life and the perfect photos people post on social media

所以我还是希望大家能够多多focus在当下的体验

suǒyǐ wǒ hái shì xīwàng dàjiā nénggòu duōduō focus zài dāngxià de tǐyàn

So I think it would be better if everyone can focus more on the experience of the present moment.

(所以我還是希望大家能夠多多focus在當下的體驗)

别被社交网络上的完美生活给蒙骗了眼睛

bié bèi shèjiāo wǎngluò shàng de wánměi shēnghuó gěi méngpiàn le yǎnjīng
Don't be fooled by the perfect lives on social media

(別被社交網絡上的完美生活給矇騙了眼睛)

那对你个人的生活方式有什么影响吗?

nà duì nǐ gèrén de shēnghuó fāngshì yǒu shénme yǐngxiǎng ma?

So, does that have any impact on your personal lifestyle?

(那對你個人的生活方式有什麼影響嗎?)

原来有影响, 小时候的时候有影响

yuánlái yǒu yǐngxiǎng, xiǎoshíhòu de shíhou yǒu yǐngxiǎng

It used to have an impact, it had an impact when I was a child

(原來有影響, 小時候的時候有影響)

就经常会觉得, 哇, 别人的生活怎么那么丰富多彩

jiù jīngcháng huì juéde wā biérén de shēnghuó zěnmē nàme fēngfù duōcǎi

I would often think, wow, how come other people's lives are so rich and colorful?

(就經常會覺得哇別人的生活怎麼那麼豐富多彩)

然后...但是现在...现在就不会被影响了

ránhòu... dànshì xiànzài... xiànzài jiù bù huì bèi yǐngxiǎng le

And then... but now... now I am no longer affected.

(然後...但是現在...現在就不會被影響了)

那你觉得呢?

nà nǐ juéde ne

What do you think?

(那你覺得呢?)

Melody:

我觉得完美生活是一部精心编排的电影

wǒ juéde wánměi shēnghuó shì yī bù jīngxīn biānpái de diànyǐng

I think a perfect life is a carefully scripted movie

(我覺得完美生活是一部精心編排的電影)

过着完美生活的人都是演员

guòzhe wánměi shēnghuó de rén dōu shì yǎnyuán

People living a perfect life are all actors

(過著完美生活的人都是演員)

而这些演员的真实生活往往都不那么完美

ér zhèxiē yǎnyuán de zhēnshí shēnghuó wǎngwǎng dōu bù nàme wánměi.

And the real lives of these actors are often not so perfect.

(而這些演員的真實生活往往都不那麼完美.)

那对你的生活方式有啥影响?

nà duì nǐ de shēnghuó fāngshì yǒu shá yǐngxiǎng?

What impact does that have on your lifestyle?

(那對你的生活方式有啥影響?)

就是我明白了这点之后...其实跟你差不多

jiùshì wǒ míngbái le zhè diǎn zhīhòu... qíshí gēn nǐ chàbùduō

After I understood this... actually similar to you.

(就是我明白了這點之後,其實跟你差不多)

在我明白了长大了之后

zài wǒ míngbái le zhǎngdà le zhīhòu

After I understood (this) and grew up

(在我明白了長大了之後)

我就觉得我只把他们的完美生活当做我找灵感的Pinterest

wǒ jiù juéde wǒ zhǐ bǎ tāmen de wánměi shēnghuó dāngzuò wǒ zhǎo línggǎn de Pinterest

I just feel like I only use their perfect lives as my Pinterest for finding inspiration.

(我就覺得我只把他們的完美生活當做我找靈感的Pinterest)

而不是我生活的指南针

ér bù shì wǒ shēnghuó de zhǐnánzhēn

Rather than a compass for my life.

(而不是我生活的指南針)

就是只是去找找灵感就好

jiùshì zhǐshì qù zhǎo zhǎo línggǎn jiù hǎo

Just finding some inspiration is enough.

(就是只是去找找靈感就好)

看一看就行

kàn yī kàn jiù xíng

Just take a look.

(看一看就行)

差不多

chàbùduō

Almost the same.

(差不多)

下一个吧, 下一个我抽了吧?

xià yī ge ba, xià yī ge wǒ chōu le ba?

Next one, should I draw the next one?

(下一個吧，下一個我抽了吧?)

你抽吧

nǐ chōu ba

Go ahead.

You draw.

(你抽吧)

來了啊

lái le a

Here it comes.

(來了啊)

Time - 10:12

Q8:

你认为幸福的婚姻或伴侣关系中最重要要素是什么？

你是如何维护这些要素的？

nǐ rènwéi xìngfú de hūnyīn huò bànlǚ guānxi zhōng zuì zhòngyào de yàosù shì shénme?

nǐ shì rúhé wéihù zhèxiē yàosù de?

What do you think is the most important element in a happy marriage or partnership?

How do you maintain these elements?

(你認為幸福的婚姻或伴侶關係中最重要要素是什麼？你是如何維護這些要素的？)

A8:

首先我觉得最重要的就是要保持沟通

shǒuxiān wǒ juéde zuì zhòngyào de jiùshì yào bǎochí gōutōng

First of all, I think the most important thing is to maintain communication.

(首先我覺得最重要的就是要保持溝通)

像我们两个在一起这么多年，

xiàng wǒmen liǎng ge zài yīqǐ zhème duō nián,

Like the two of us (me & my husband) being together for so many years,

(像我們兩個在一起這麼多年，)

就是每天晚上睡前都会有一个交流吧算是，

jiùshì měitiān wǎnshàng shuìqián dōu huì yǒu yī gè jiāoliú ba suàn shì,

Every night before bed, we always have a conversation, you could say.

(就是每天晚上睡前都會有一個交流吧算是，)

但是这个沟通你不能说是就只限于“你困不困？饿不饿？”这种。

dànshì zhè gè gōutōng nǐ bù néng shuō shì jiù zhǐ xiànyú "nǐ kùn bù kùn? è bù è?" zhè zhǒng.

But this communication can't be limited to just "Are you sleepy? Hungry?" this type.

(但是這個溝通你不能說是就只限於“你困不困？餓不餓？”這種。)

好无聊

hǎo wúliáo

So boring.

(好無聊)

对

duì

Exactly.

(對)

就是可以聊一下今天在工作上的一些你遇到的烦心事，压力。

jiùshì kěyǐ liáo yī xià jīntiān zài gōngzuò shàng de yī xiē nǐ yùdào de fánxīn shì, yālì.

You can talk a bit about some of the bothersome things and stress you encountered at work today.

(就是可以聊一下今天在工作上的一些你遇到的煩心事，壓力。)

然后也可以...比方说现在有孩子嘛，

可以聊一下孩子今天发生比较有趣的事情，

ránhòu yě kěyǐ... bǐfāng shuō xiànzài yǒu hái zi ma,

kěyǐ liáo yī xià hái zi jīntiān fāshēng bǐjiào yǒuqù de shìqíng,

And you can also... for example, since we have kid now, we can talk about something interesting that happened with the kid today.

(然後也可以...比方說現在有孩子嘛，可以聊一下孩子今天發生比較有趣的事情，)

然后或者是在育儿方面的困惑。

ránhòu huòzhě shì zài yù'ér fāngmiàn de kùnhuò.

Or any confusion regarding parenting.

(然後或者是在育兒方面的困惑。)

总之就是越聊越亲密然后越聊越能了解彼此

zǒngzhī jiùshì yuè liáo yuè qīnmì ránhòu yuè liáo yuè néng liǎojiě bǐcǐ

In short, the more you talk, the closer you become, the better you understand each other.

(總之就是越聊越親密然後越聊越能了解彼此)

对

duì

Exactly.

(對)

然后第二的话我觉得就是抓大放小吧，别在琐事上太消耗对方了

ránhòu dì èr de huà wǒ juéde jiùshì zhuā dà fàng xiǎo ba, bié zài suǒshì shàng tài xiāohào duìfāng le

And secondly, I think it's about focusing on the bigger issues and letting go of the small stuff. Don't exhaust each other over trivial matters.

(然後第二的話我覺得就是抓大放小吧，別在瑣事上太消耗對方了)

因为我们俩也都是二十多岁之后才认识的，头20多年都不生活在一起，

yīnwèi wǒmen liǎng yě dōu shì èr shí duō suì zhīhòu cái rènshi de, tóu èr shí duō nián dōu bù shēnghuó zài yīqǐ,

Because the two of us only met after our twenties, we didn't live together for the first 20 years of our lives.

(因為我們倆也都是20多歲之後才認識的，頭20多年都不生活在一起，)

所以生活方式上肯定会有一些不同的地方，

suǒyǐ shēnghuó fāngshì shàng kěndìng huì yǒu yī xiē bùtóng de dìfāng,

So there will definitely be some differences in our lifestyles.

(所以生活方式上肯定會有一些不同的地方，)

那就尊重彼此吧。

nà jiù zūnzhòng bǐcǐ ba

Then let's just respect each other.

(那就尊重彼此吧。)

第三的话，我觉得说到做到比较重要吧

dì sān de huà, wǒ juéde shuō dào zuò dào bǐjiào zhòngyào ba

As for the third point, I think keeping our word is quite important

(第三的話，我覺得說到做到比較重要吧)

答应对方的事情一定要做到。

dāying duìfāng de shìqing yī dìng yào zuòdào

You must follow through on the things you promised the other person.

(答應對方的事情一定要做到)

和伴侣相处...说到底伴侣也是人

hé bànlǚ xiāngchǔ... shuō dào dǐ bànlǚ yě shì rén

When interacting with your partner... after all, your partner is also just a human being.

(和伴侶相處...說到底伴侶也是人)

和伴侣相处也是在和一个普通人相处

hé bànlǚ xiāngchǔ yě shì zài hé yī gè pǔtōng rén xiāngchǔ

Getting along with a partner is also like getting along with a normal person.

(和伴侶相處也是在和一個普通人相處)

对呀

duì ya

Exactly.

(對呀)

所以就好好说话，多付出少抱怨，你的真心总会被看见

suǒyǐ jiù hǎohǎo shuōhuà, duō fùchū shǎo bàoyuàn, nǐ de zhēnxīn zǒng huì bèi kànjiàn

So just speak kindly, give more and complain less, and your sincerity will eventually be noticed.

(所以就好好說話，多付出少抱怨，你的真心總會被看見)

还挺押韵的

hái tǐng yāyùn de

It's quite rhyming.

(還挺押韻的)

那继续抽下一个

nà jìxù chōu xià yī gè

Then let's continue and draw the next one.

(那繼續抽下一個)

继续!

jìxù!

Continue!

(繼續!)

该你抽了

gāi nǐ chōu le

It's your turn to draw.

(該你抽了)

又到我了

yòu dào wǒ le

It's my turn again.

(又到我了)

来个简单一点的

lái gè jiǎndān yī diǎn de
Give me something a bit simpler.
(來個簡單一點的)

Time - 11:52

Q9:

如果可以重新选择你还会坚持你现在的的生活方式吗？为什么？

rúguǒ kěyǐ chóngxīn xuǎnzé nǐ hái huì jiānchí nǐ xiànzài de shēnghuó fāngshì ma? wèishénme?

If you could choose again, would you still stick to your current lifestyle? Why?

(如果可以重新選擇你還會堅持你現在的生活方式嗎？為什麼？)

A9:

Melody:

那...肯定啊!

nà... kěndìng a!

Well... of course!

(那...肯定啊!)

如果让我重新选一万次我还选现在的生活方式。

rúguǒ ràng wǒ chóngxīn xuǎn yī wàn cì wǒ hái xuǎn xiànzài de shēnghuó fāngshì.

Even if I could choose 10,000 times, I would still choose my current lifestyle.

(如果讓我重新選1萬次我還選現在的生活方式)

就...原因就非常简单，因为开心嘛。

jiù... yuányīn jiù fēicháng jiǎndān, yīnwèi kāixīn ma.

Well... the reason is very simple, because I'm happy.

(就...原因就非常简单，因為開心嘛)

就是又能做自己喜欢的事，又觉得它有意义，然后又为社会提供价值。

jiùshì yòu néng zuò zìjǐ xǐhuān de shì, yòu juéde tā yǒu yìyì, ránhòu yòu wèi shèhuì tígōng jiàzhí.

It's that I can do what I love, feel it's meaningful, and also provide value to society.

(就是又能做自己喜欢的事，又覺得它有意義，然後又為社會提供價值)

就非常开心，为什么不呢？

jiù fēicháng kāixīn, wèishénme bù ne?

I'm really happy, so why not?

(就非常開心，為什麼不呢？)

那你呢？

nà nǐ ne?

What about you?

(那你呢?)

Chunchun:

其实网上有一句话是说,
qíshí wǎngshàng yǒu yī jù huà shì shuō,
Actually, there's a saying online that goes,
(其實網上有一句話是說)

其实我们都是看过了自己的人生剧本,才有了现在的选择。
qíshí wǒmen dōu shì kànguò le zìjǐ de rénshēng jùběn, cái yǒu le xiànzài de xuǎnzé.
Actually, we've all seen the script of our lives, and that's why we made the choices we have now.
(其實我們都是看過了自己的人生劇本,才有了現在的選擇)

所以即使你觉得百分之九十九是痛苦的,只有百分之一是幸福的,
suǒyǐ jíshǐ nǐ juéde bǎifēnzhī jiǔshíjiǔ shì tòngkǔ de, zhǐyǒu bǎifēnzhī yī shì xìngfú de,
So even if you feel 99% is painful, and only 1% is happiness,
(所以即使你覺得百分之九十九是痛苦的,只有百分之一是幸福的,)

但是你还是这么选。
dànshì nǐ hái shì huì zhème xuǎn.
But you would still choose this.
(但是你還是會這麼選。)

那抽下一个喽,我抽
nà chōu xià yī gè lou, wǒ chōu
Then let's draw the next one, I'll draw
(那抽下一個喽,我抽)

请!
qǐng!
Please!
(請!)

我觉得这一定是问你的吧
wǒ juéde zhè yīdìng shì wèn nǐ de ba
I think this must be asking you, right?
(我覺得這一定是問你的吧)

应该是，她的问题都快念完了

yīnggāi shì, tā de wèntí dōu kuài niàn wán le

It should be, we've almost finished reading the questions about her.

(應該是，她的問題都快念完了)

问题是...

wèntí shì...

The question is...

(問題是...)

Time - 12:49

Q10:

在你看来社会主流价值观对个人的选择的压力有多大?
如何保持自我不被外界声音所左右?

zài nǐ kànlái shèhuì zhǔliú jiàzhíguān duì gèrén de xuǎnzé de yālì yǒu duō dà?
rúhé bǎochí zìwǒ bù bèi wàijiè shēngyīn suǒ zuǒyòu?

In your opinion, how much pressure does mainstream values of society put on individual choices?
How to maintain oneself without being influenced by external voices?

(在你看來社會主流價值觀對個人的選擇的壓力有多大?如何保持自我不被外界聲音所左右?)

A10:

既然大多数人都选择跟随主流价值观，那就说明压力山大啊
jìrán dàduōshù rén dōu xuǎnzé gēnsuí zhǔliú jiàzhíguān, nà jiù shuōmíng yālì shāndà a
Since most people choose to follow mainstream values, that shows the pressure is immense.
(既然大多數人都選擇跟隨主流價值觀，那就說明壓力山大啊)

是啊
shì a
That's right
(是啊)

但是具体压力的大小还是因人而异的
dànshì jùtǐ yālì de dàxiǎo hái shì yīnrén'éryì de
However, the specific level of stress still varies from person to person
(但是具體壓力的大小還是因人而異的)

取决于个人的性格啊，价值观啊，所处的环境啊之类的
qǔjué yú gèrén de xìnggé a, jiàzhíguān a, suǒchǔ de huánjìng a zhīlèide
It depends on a person's personality, values, the environment they are in, and so on
(取決於個人的性格啊，價值觀啊，所處的環境啊之類的)

那至于我是怎么保持自我的， 嗯...

nà zhìyú wǒ shì zěnmē bǎochí zìwǒ de, ǎng...

As for how I maintain my sense of self, um...

(那至於我是怎麼保持自我的， 嗯...)

其实我和大家都一样，也有过非常迷茫的时期

qíshí wǒ hé dàjiā dōu yī yàng, yě yǒuguò fēicháng mí máng de shíqī

Actually, I am just like everyone else, and I have also been through very confusing times

(其實我和大家都一樣，也有過非常迷茫的時期)

我是最近两年才变得越来越像自己

wǒ shì zuìjìn liǎng nián cái biànde yuè lái yuè xiàng zìjǐ

It is only in the last two years that I have become more and more like myself

(我是最近兩年才變得越來越像自己)

总结一下的话，首先所处的环境对我的影响最大

zǒngjié yīxià de huà, shǒuxiān suǒchǔ de huánjìng duì wǒ de yǐngxiǎng zuì dà

To sum it up, firstly, the environment around me has had the greatest impact on me

(總結一下的話，首先所處的環境對我的影響最大)

这个环境包括我居住的城市，还有我身边的好朋友

zhège huánjìng bāokuò wǒ jūzhù de chéngshì, hái yǒu wǒ shēnbiān de hǎo péngyǒu

This environment includes the city I live in, as well as the good friends around me

(這個環境包括我居住的城市，還有我身邊的好朋友)

住在让我心情特别好的地方

zhù zài ràng wǒ xīnqíng tèbié hǎo de dìfāng

Living in a place that makes me feel very happy

(住在讓我心情特別好的地方)

然后身边有一群支持我的朋友

ránhòu shēnbiān yǒu yīqún zhīchí wǒ de péngyǒu

and being surrounded by a group of supportive friends

(然後身邊有一群支持我的朋友)

这样就会让我更有信心

zhèyàng jiù huì ràng wǒ gèng yǒu xìnxīn

This makes me feel more confident

(這樣就會讓我更有信心)

第二呢就是我坚信我不会失败
dì'èr ne jiùshì wǒ jiānxìn wǒ bù huì shībài
Secondly, I firmly believe that I will not fail
(第二呢就是我堅信我不會失敗)

每次做一件事情的时候我都在想,
měi cì zuò yī jiàn shìqíng de shíhòu wǒ dōu zài xiǎng,
Every time I do something, I always think,
(每次做一件事情的時候我都在想,)

要么我会成功, 要么我就能学到些新知识。
yàome wǒ huì chénggōng, yàome wǒ jiù néng xué dào xiē xīn zhīshí.
Either I will succeed, or I will learn something new.
(要麼我會成功, 要麼我就能學到些新知識。)

对我来说其实都是积极正面的。
duì wǒ lái shuō qíshí dōu shì jījí zhèngmiàn de.
For me, both are actually positive.
(對我來說其實都是積極正面的。)

所以我就可以不断地试错和反思,
suǒyǐ wǒ jiù kěyǐ bùduàn de shì cuò hé fǎnsī,
So I can continuously try and learn from my mistakes and reflect,
(所以我就可以不斷地試錯和反思,)

就能更坚定地面对外界的压力和挑战。
jiù néng gèng jiāndìng de miànduì wàijiè de yālì hé tiǎozhàn.
Then I can face external pressures and challenges more firmly.
(就能更堅定地面對外界的壓力和挑戰。)

最后一点, 我知道自己想要什么,
zuìhòu yīdiǎn, wǒ zhīdào zìjǐ xiǎng yào shénme,
Lastly, I know what I want,
(最後一點, 我知道自己想要什麼,)

然后我也在忙着采取行动去得到我想要的。
ránhòu wǒ yě zài mángzhe cǎiqǔ xíngdòng qù dédào wǒ xiǎng yào de.
And then I am also busy taking action to get what I want.
(然後我也在忙著採取行動去得到我想要的。)

所以呢就也没有时间去在意别人怎么看我，
suǒyǐ ne jiù yě méiyǒu shíjiān qù zàiyì biérén zěnme kàn wǒ,
So I don't have time to care about how others see me,
(所以呢就也没有时间去在意别人怎麼看我，)

也自然而然不会被他们左右。
yě zìrán'érrán bù huì bèi tāmen zuǒyòu.
So naturally, I won't be influenced by them.
(也自然而然不會被他們左右。)

上高度了
shàng gāodù le
It's getting deep.
Literal translation: Reached a higher level (metaphorically, like achieving a higher perspective or state)
(上高度了)

下一个吧
xià yī gè ba
Next one
(下一個吧)

下一个你抽吧
xià yī gè nǐ chōu ba
You draw the next one
(下一個你抽吧)

还是我抽啊？
háishì wǒ chōu a?
Me again?
(還是我抽啊？)

这个应该挺简单
zhè ge yīnggāi tǐng jiǎndān
This should be quite simple
(這個應該挺簡單)

Time - 14:27

Q11:

如果可以拥有一种超能力但只能在一天使用，你会选择什么能力？并描述你会如何使用它。

rúguǒ kěyǐ yǒngyǒu yī zhǒng chāonénglì dàn zhǐ néng zài yī tiān shǐyòng, nǐ huì xuǎnzé shénme nénglì?
bìng miáoshù nǐ huì rúhé shǐyòng tā.

If you could have one superpower but could only use it for one day, what ability would you choose?
And describe how you would use it.

(如果可以擁有一種超能力但只能在一天使用，你會選擇什麼能力？並描述你會如何使用它。)

A11:

Chunchun:

如果可以的话我想会读心术。

rúguǒ kěyǐ de huà wǒ xiǎng huì dúxīnshù.

If it's possible, I would like to be able to read minds.

(如果可以的話我想會讀心術。)

本INFJ太需要这个能力了，这得减少多少内耗呀

běn INFJ tài xūyào zhè gè nénglì le, zhè děi jiǎnshǎo duōshǎo nèihào ya
As an INFJ, I really need this ability—it would reduce so much internal struggle!

(本INFJ太需要這個能力了，這得減少多少內耗呀)

内耗？超级内耗是吗？

nèihào? chāojí nèihào shì ma?

Internal struggle? So, you're dealing with a lot internally, right?

(內耗？超級內耗是嗎？)

那但是你有没有想过读心术其实是一把双刃剑？

nà dànshì nǐ yǒu méiyǒu xiǎngguò dúxīnshù qíshí shì yī bǎ shuāngrènjiàn?

But have you ever thought that mind-reading is actually a double-edged sword?

(那但是你有沒有想過讀心術其實是一把雙刃劍？)

因为你就可以随时随地知道大家都在想什么。

yīnwèi nǐ jiù kěyǐ suǐshí suídì zhīdào dàjiā dōu zài xiǎng shénme.
Because you would be able to know what everyone is thinking at any time,
anywhere.

(因為你就可以隨時隨地知道大家都在想什麼。)

其实对陌生人来说还好,
qíshí duì mòshēngrén lái shuō hái hǎo,
Actually, it's not too bad when it comes to strangers,
(其實對陌生人來說還好,)

如果是一个身边特别亲近的人,
rúguǒ shì yī gè shēnbiān tèbié qīnjìn de rén,
If it's someone really close to you,
(如果是一個身邊特別親近的人,)

你知道了他的一些不好的想法,
nǐ zhīdào le tā de yīxiē bù hǎo de xiǎngfǎ,
You found out some negative thoughts he has,
(你知道了他的一些不好的想法)

关于你的不好的想法,
guānyú nǐ de bù hǎo de xiǎngfǎ,
negative thoughts about you,
(關於你的不好的想法)

那其实挺伤心的。
nà qíshí tǐng shāngxīn de.
That would actually be quite hurtful.
(那其實挺傷心的。)

那我又不要这种能力了
nà wǒ yòu bù xiǎng yào zhè zhǒng nénglì le
Then I don't want this ability anymore
(那我又不要這種能力了)

好像当个糊涂人也挺好的
hǎoxiàng dāng gè hútu rén yě tǐng hǎo de
It seems being a bit clueless is actually pretty nice.
(好像當個糊塗人也挺好的)

不好意思啊
bù hǎo yìsi a

Sorry about that.

(不好意思啊)

过!

guò!

Pass!

(過!)

那你呢?

nà nǐ ne?

What about you?

(那你呢?)

Melody:

我呀...

wǒ ya...

Me...

(我呀...)

其实我从小到大都一直只想有一种超能力，就是瞬间移动。

qíshí wǒ cóng xiǎo dào dà dōu yīzhí zhǐ xiǎng yǒu yī zhǒng chāonénglì, jiùshì shùnjiān yí dòng.

Actually, ever since I was a kid, I've always wanted one superpower which is teleportation.

(其實我從小到大都一直只想有一種超能力，就是瞬間移動。)

对，但是我不理解为什么这个问题说只能使用一天时间。

duì, dànshì wǒ bù lǐjiě wèishénme zhè gè wèntí shuō zhǐ néng shǐyòng yī tiān shíjiān.

Yeah, but I don't understand why the question says you can only use it for one day.

(對，但是我不理解為什麼這個問題說只能使用一天時間。)

那可能这一天时间我就去去想去的地方，然后见见一直想见的人就行。

nà kěnéng zhè yī tiān shíjiān wǒ jiù qù qù xiǎng qù de dìfāng, ránhòu jiàn jiàn yīzhí xiǎng jiàn de rén jiù xíng.

Then maybe in this one day, I'd just go to the places I want to visit and meet the people I've always wanted to see.

(那可能這一天時間我就去去想去的地方，然後見見一直想見的人就行。)

就酱

jiù jiàng

That's it.

(就醬)

Casual way of saying “就这样 jiù zhèyàng”

抽下一个吧

chōu xià yī gè ba

Let's draw the next one.

(抽下一個吧)

Time - 15:50

Q12:

作为母亲你怎么看待你和孩子不同的生活方式和价值观？

zuòwéi mǔqīn nǐ zěnmē kàndài nǐ hé háizi bùtóng de shēnghuó fāngshì hé jiàzhíguān?

As a mother, how do you view the differences between your lifestyle and values and those of your child?

(作為母親你怎麼看待你和孩子不同的生活方式和價值觀？)

A12:

在这里想跟大家分享一首纪伯伦的诗。

zài zhèlǐ xiǎng gēn dàjiā fēnxiǎng yī shǒu Jì Bólún de shī.

I want to share a poem by Kahlil Gibran with everyone here.

(在這裡想跟大家分享一首紀伯倫的詩。)

我找一下啊。

wǒ zhǎo yī xià a.

Let me look for it.

(我找一下啊。)

这首诗是：

zhè shǒu shī shì:

This poem is:

(這首詩是：)

Kahlil Gibran on Children

Your children are not your children.

They are the sons and daughters of Life's longing for itself.

They come through you but not from you,

And though they are with you yet they belong not to you.

You may give them your love but not your thoughts,

For they have their own thoughts.

You may house their bodies but not their souls,

For their souls dwell in the house of tomorrow,

which you cannot visit, not even in your dreams.

You may strive to be like them,

but seek not to make them like you.

For life goes not backward nor tarries with yesterday.

You are the bows from which your children

as living arrows are sent forth.

*The archer sees the mark upon the path of the infinite,
and He bends you with His might
that His arrows may go swift and far.
Let your bending in the archer's hand be for gladness;
For even as He loves the arrow that flies,
so He loves also the bow that is stable.*

你的孩子其实不是你的孩子
nǐ de hái zǐ qí shí bù shì nǐ de hái zǐ
Your children are not your children.
(你的孩子其實不是你的孩子)

那是谁的孩子呢?
nà shì shéi de hái zǐ ne?
Then whose children are they?
(那是誰的孩子呢?)

他们是生命对于自身渴望而诞生的孩子
tāmen shì shēng mìng duì yú zì shēn kě wàng ér dàn shēng de hái zǐ
They are the sons and daughters of Life's longing for itself.
(他們是生命對於自身渴望而誕生的孩子)

他们通过你来到这个世界却并非因你而来
tāmen tōng guò nǐ lái dào zhè ge shì jiè què bìng fēi yīn nǐ ér lái
They come through you but not from you,
(他們通過你來到這個世界卻並非因你而來)

他们在你身边却并不属于你
tāmen zài nǐ shēn biān què bìng bù shǔ yú nǐ
And though they are with you yet they belong not to you
(他們在你身邊卻並不屬於你)

你可以给他们的是你的爱却不是你的想法
nǐ kě yǐ gěi tāmen de shì nǐ de ài què bù shì nǐ de xiǎng fǎ
You may give them your love but not your thoughts,
(你可以給他們的是你的愛卻不是你的想法)

因为他们有自己的思想
yīn wèi tāmen yǒu zì jǐ de sī xiǎng
For they have their own thoughts.
(因為他們有自己的思想)

你可以庇护的是他们的身体却不是他们的灵魂
nǐ kě yǐ bì hù de shì tāmen de shēn tǐ què bù shì tāmen de línghún
You may house their bodies but not their souls,
(你可以庇護的是他們的身體卻不是他們的靈魂)

因为他们的灵魂属于明天

yīnwèi tāmen de línghún shǔyú míngtiān
For their souls dwell in the house of tomorrow
(因為他們的靈魂屬於明天)

所以其实明白了这个道理之后你就知道,
suǒyǐ qíshí míngbái le zhège dào lǐ zhīhòu nǐ jiù zhīdào,
So once you truly understand this, you will realize that
(所以其實明白了這個道理之後你就知道,)

你的孩子是来自于未来的人,
nǐ de háizi shì láizì yú wèilái de rén,
Your children are people who come from the future,
(你的孩子是來自於未來的人,)

而你是来自于过去。
ér nǐ shì láizì yú guòqù.
But you are from the past.
(而你是來自於過去。)

当然会不同了, 什么都不同。
dāngrán huì bùtóng le, shénme dōu bùtóng.
Of course, you are different, everything is different.
(當然會不同了, 什麼都不同。)

所以能做的就只有理解尊重和支持。
suǒyǐ néng zuò de jiù zhǐyǒu lǐjiě zūnzhòng hé zhīchí.
So all you can do is understand, respect, and support.
(所以能做的就只有理解尊重和支持。)

作为一个单身狗无法理解了
zuòwéi yī gè dānshēn gǒu wúfǎ lǐjiě le
As a single person, you can't understand this.
(作為一個單身狗無法理解了)

抽下一个? 那...还有吗?
chōu xià yī gè? nà... hái yǒu ma?
Draw the next one? So... is there more?
(抽下一個? 那...還有嗎?)

该我抽了吧?
gāi wǒ chōu le ba?
It's my turn to draw, right?

(該我抽了吧?)

你抽吧

nǐ chōu ba

Go ahead

(你抽吧)

这肯定是问我的

zhè kěndìng shì wèn wǒ de

This is definitely for me

(這肯定是問我的)

问我的都已经问完了

wèn wǒ de dōu yǐjīng wèn wán le

All the questions for me have already been asked

(問我的都已經問完了)

开始了啊

kāi shǐ le a

I'll start

(開始了啊)

Time - 17:06

Q13:

作为白领妈妈，你认为家庭给予了你哪些不可替代的幸福？
同时又有哪些时刻让你感到压力山大？

zuòwéi báilǐng māmā, nǐ rènwéi jiāting jǐyǔ le nǐ nǎxiē bù kě tìdài de xìngfú?
tóngshí yòu yǒu nǎxiē shíkè ràng nǐ gǎndào yālì shāndà?

As a career mom, what irreplaceable happiness do you think your family has given you?

What are some moments that stress you out at the same time?

(作為白領媽媽，你認為家庭給予了你哪些不可替代的幸福？同時又有哪些時刻讓你感到壓力山大？)

A13:

就是你会觉得你所有的爱都会有回应。

jiùshì nǐ huì juéde nǐ suǒyǒu de ài dōu huì yǒu huíyìng.

It's that you'll feel all your love will be reciprocated.

(就是你會覺得你所有的愛都會有回應。)

然后他们就会一直在

ránhòu tāmen jiù huì yīzhí zài

And then they will always be there

(然後他們就會一直在)

这种安全感我觉得是不可替代的

zhè zhǒng ānquángǎn wǒ juéde shì bùkě tìdài de

I feel this kind of sense of security is irreplaceable

(這種安全感我覺得是不可替代的)

然后再有就是，

ránhòu zài yǒu jiùshì,

And then there's also,

(然後再有就是，)

举个例子吧，就我们家小朋友小的时候需求特别特别高，

jǔ gè lìzi ba, jiù wǒmen jiā xiǎopéngyǒu xiǎo de shíhòu xūqiú tèbié tèbié gāo,

For example, when our child was young (little), her needs were extremely high,

(舉個例子吧，就我們家小朋友小的時候需求特別特別高，)

即使她在厕所里面上厕所你都要坐在旁边陪着她

jíshǐ tā zài cèsuǒ lǐmiàn shàng cèsuǒ nǐ dōu yào zuò zài pángbiān péizhe tā
Even when she was using the bathroom, you had to sit next to her to keep her company

(即使她在廁所裡面上廁所你都要坐在旁邊陪著她)

然后突然在她两岁多的有一天

ránhòu tūrán zài tā liǎng suì duō de yǒu yītiān

And then, suddenly one day when she was over two years old

(然後突然在她兩歲多的有一天)

然后我在里面上厕所

ránhòu wǒ zài lǐmiàn shàng cèsuǒ

Then I was using the bathroom

(然後我在裡面上廁所)

她就小心翼翼地敲了敲门说：“妈妈我来陪着你，这样你就不会孤单了”

tā jiù xiǎoxīnyìyì de qiāo le qiāo mén shuō: “māma wǒ lái péizhe nǐ, zhèyàng nǐ jiù bù huì gūdān le”

She carefully knocked on the door and said, "Mom, I'll keep you company so you won't feel lonely."

(她就小心翼翼地敲了敲門說：“媽媽我來陪著你，這樣你就不會孤單了”)

这样我就感觉就好像我用心浇灌了两年的小花终于开始开花了

zhèyàng wǒ jiù gǎnjué jiù hǎoxiàng wǒ yòngxīn jiāoguàn le liǎng nián de xiǎo huā zhōngyú kāishǐ kāihuā le

This made me feel like the little flower I had carefully nurtured for two years had finally started to bloom

(這樣我就感覺就好像我用心澆灌了兩年的小花終於開始開花了)

骗我生孩子是吧？

piàn wǒ shēng háizi shì ba?

Are you tricking me into having kids?

(騙我生孩子是吧？)

没有没有没有，孩子跟孩子也不一样

méiyǒu méiyǒu méiyǒu, háizi gēn háizi yě bù yī yàng

No, no, no, every child is different

(沒有沒有沒有，孩子跟孩子也不一樣)

所以那个时候就是既有成就感又有幸福感吧，所有的爱都有了回应

suǒyǐ nàge shíhòu jiùshì jì yǒu chéngjiùgǎn yòu yǒu xìngfúgǎn ba, suǒyǒu de ài dōu yǒu le huíyìng

So at that time, there was both a sense of accomplishment and happiness, and all the love was reciprocated

(所以那個時候就是既有成就感又有幸福感吧，所有的愛都有了回應)

然后压力山大的话就是，对我个人来讲我很担心她的某些天赋没有被我看到

ránhòu yālì shāndà de huà jiùshì, duì wǒ gèrén lái jiǎng wǒ hěn dānxīn tā de mǒuxiē tiānfù méiyǒu bèi wǒ kàndào

And when it comes to feeling stressed, for me personally, I worry a lot that some of her talents might go unnoticed by me

(然後壓力山大的話就是，對我個人來講我很擔心她的某些天賦沒有被我看到)

这个是我比较担心的

zhège shì wǒ bǐjiào dānxīn de

This is what I'm more worried about

(這個是我比較擔心的)

我们好像只剩一个问题了

wǒmen hǎoxiàng zhǐ shèng yī gè wèntí le

It seems we only have one question left

(我們好像只剩一個問題了)

那就不用抽了，我来给它读出来吧

nà jiù bù yòng chōu le, wǒ lái gěi tā dú chūlái ba

Then no need to draw it, I'll read it out loud

(那就不用抽了，我來給它讀出來吧)

Time - 18:31

Q14:

如果可以 and 任何一部电影或者电视剧中的主角共度一天你会选择谁?
你会和他/她一起做些什么?

rúguǒ kěyǐ hé rènhé yī bù diànyǐng huòzhě diànshìjù zhōng de zhǔjué gòngdù
yī tiān nǐ huì xuǎnzé shéi?
nǐ huì hé tā yī qǐ zuò xiē shénme?

If you could spend a day with the main character from any movie or TV show,
who would you choose?
What would you do together with him/her?

(如果可以 and 任何一部電影或者電視劇中的主角共度一天你會選擇誰? (你會和他/她一起做些什麼?)

A14**Melody:**

这是能说的吗?

zhè shì néng shuō de ma?

Is this something that can be said?

(這是能說的嗎?)

就捡能说的说呗

jiù jiǎn néng shuō de shuō bei

Just say what can be said

(就撿能說的說唄)

那我肯定选黑客帝国里的Neo啊

nà wǒ kěndìng xuǎn Hēikè Dìguó lǐ de Neo a

Then I would definitely choose Neo from The Matrix

(那我肯定選黑客帝國裡的Neo啊)

还是想去看看外面的世界

háishì xiǎng qù kànkàn wàimiàn de shìjiè

I still want to see the world out there

(還是想去看看外面的世界)

还是个野孩子

háishì gè yě háizi

Still a wild child

(還是個野孩子)

对对对对对，你呢？

duì duì duì duì duì, nǐ ne?

Yes, exactly! What about you?

(對對對對對，你呢？)

Chunchun:

其实这个问题感觉又回到了我们两个不同的这个...lifestyle上

qíshí zhègè wèntí gǎnjué yòu huí dào le wǒmen liǎng gè bùtóng de zhègè...

lifestyle shàng

Actually, this question seems to go back to our two different lifestyles

(其實這個問題感覺又回到了我們兩個不同的這個...lifestyle上)

就是迪士尼的一部电影叫Coco

jiùshì Díshìní de yī bù diànyǐng jiào Coco

It's a Disney movie called Coco

(就是迪士尼的一部電影叫Coco)

英文名好像叫Coco，中文名叫寻梦环游记

yīngwén míng hǎoxiàng jiào Coco zhōngwén míng jiào Xún Mèng Huányóu Jì

The English title seems to be Coco, and the Chinese title is Xún Mèng

Huányóu Jì (or Finding Dreams and Traveling).

(英文名好像叫Coco，中文名叫《尋夢環遊記》)

如果可能的话我想跟这个主角去看一次亡灵的世界

rúguǒ kěnéng de huà wǒ xiǎng gēn zhègè zhǔjué qù kàn yī cì wánglíng de shìjiè

If possible, I'd like to go with the main character to see the world of the dead

(如果可能的話我想跟這個主角去看一次亡靈的世界)

去看亡灵的世界？

qù kàn wánglíng de shìjiè?

Go see the world of the dead?

(去看亡靈的世界？)

对，就是我想去见见我的爷爷奶奶

duì, jiùshì wǒ xiǎng qù jiànjiàn wǒ de yéye nǎinai

Yes, I just want to go see my grandparents

(對，就是我想去見見我的爺爺奶奶)

去见他们有什么目的吗？

qù jiàn tāmen yǒu shénme mùdì ma?

Is there a specific purpose in going to see them?

(去見他們有什麼目的嗎？)

就是我觉得我没有跟他们有一次很好的告别

jiùshì wǒ juéde wǒ méiyǒu gēn tāmen yǒu yīcì hěn hǎo de gàobié
It's just that I feel I never had a proper goodbye with them

(就是我覺得我沒有跟他們有一次很好的告別)

因为我也属于在离家比较远的地方生活

yīnwèi wǒ yě shǔyú zài lí jiā bǐjiào yuǎn de dìfāng shēnghuó
Since I'm kind of living quite far from home.

(因為我也屬於在離家比較遠的地方生活)

然后我想再去看看他们

ránhòu wǒ xiǎng zài qù kànkān tāmen

And then I want to go see them again

(然後我想再去看看他們)

没了

méi le

That's it / Nothing left

(沒了)

回答了好多问题好累哦

huídá le hǎoduō wèntí hǎo lèi ò

(We) answered so many questions, so tired

(回答了好多問題好累哦)

好累哦

hǎo lèi ò

So tired

(好累哦)

快六点了，你饿了吗？

kuài liù diǎn le, nǐ è le ma?

It's almost 6pm, are you hungry?

(快六點了，你餓了嗎？)

有点饿

yǒudiǎn è

A bit hungry

(有點餓)

那咱俩出去吃饭哦

nà zán liǎ chūqù chīfàn ò

Then let's go out for a meal

(那咱俩出去吃饭哦)

那就拜拜

nà jiù báibái

Then let's say bye

(那就拜拜)

就拜拜，就结束了呗

jiù báibái, jiù jiéshù le bei

Just say bye, and it's a wrap, right?

(就拜拜，就结束了呗)

那行，下次见喽

nà xíng, xiàcì jiàn lou

Alright, see you next time!

(那行，下次见喽)

下次见

xiàcì jiàn

See you next time

(下次见)

