

---

# BBC LEARNING ENGLISH

## Authentic Real English 地道英语

### Humblebrag 谦虚自夸

---



- 关于台词的备注:  
这不是广播节目的逐字稿件。本文稿可能没有体现录制、编辑过程中对节目做出的改变。

**Rob**

Morning Feifei, nice bike.

**Feifei**

Thanks Rob, you know I always cycle to work. And what a beautiful sports car!

**Rob**

Oh this old thing? Hey, Feifei, mind if we take a selfie?

**Feifei**

What, me in my sweaty cycling gear and you leaning on your fancy...?

**Rob**

Smile! Right, let me just post this...“I really respect my super healthy colleague Feifei cycling to work every day. It saves money and is good for the environment! Much better than lazy little me driving this old car.”

**Feifei**

Hang on, let me see. You know, Rob, I'm not sure how I feel about this post. I mean, it's a bit of a humblebrag.

**Rob**

A humblebrag?

**Feifei**

Sorry – I'll just say it straight. You make it look like you're praising my cycling, but in fact you're just drawing attention to your expensive car.

**Rob**

Hmm.

**Feifei**

Rob 表面看上去是在夸我骑车出行的方式既健康又环保，但实际上是在吸引人们关注他的跑车。Rob 表面上看似“谦逊 **humble**”，但其实是在“夸耀 **brag**”自己的车。这就叫做“**humblebrag** 谦虚自夸”。

**Rob**

OK, I get it. You're right. I suppose that is what I was doing.

**Feifei**

You're not the only one. It's everywhere on social media and in the workplace these days. 咱们来听些例句，看例句中的人们是怎么“humblebrag”。

**Examples**

I never thought I was very good at exams so it's a bit confusing that I got top of the class in all subjects again this year.

I somehow made it to the singing competition final this year. Think the judges need their ears testing!

**Feifei**

还有一些人把“谦虚的吹嘘 humblebragging”隐藏在牢骚、抱怨中。像这样：

**Examples**

I'm exhausted because I've just received two promotions in three months. I need a holiday!

Help! I can't believe the cakes in first class aren't sugar-free. I'll be gaining so much weight.

**Feifei**

这里是 BBC 英语教学的《地道英语》节目。这集节目中给大家介绍流行词“humblebrag”的含义。

**Rob**

Mm, some pretty impressive humblebrags there! But what exactly is the problem with it?

**Feifei**

Well researchers in Harvard and University of North Carolina have found that if you humblebrag, people like you less. They say you're better off just bragging.

**Rob**

Just plain bragging?

**Feifei**

Apparently so. Humblebragging makes you look less sincere.

**Rob**

That makes sense. Best to say what I think. OK, let me change the caption...“I'm not going to lie, I absolutely love my new sports car. Feifei's bike isn't bad either.”

**Feifei**

That will do! Let me just comment...“Get some exercise!”

**Rob**

Ha, very funny. Bye!

**Feifei**

Bye!