
BBC LEARNING ENGLISH

Authentic Real English 地道英语

Nomophobia

无手机恐惧症



- 关于台词的备注:
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Feifei

Hello and welcome to Authentic Real English. 欢迎收听“地道英语”。我是冯菲菲。

Rob

Yeah, yeah, it was really fun, and when Neil fell over... I know!

Feifei

Excuse me, Rob. Can we begin now?

Rob

Oh, right. Sorry – I'll call you back. Bye.

Feifei

Rob, 你知道演播室里不允许用手机。这个不用我提醒你了把? Switch it off, please.

Rob

But I'm expecting a very important call and...

Feifei

Tough!

Rob

OK. How can I check the latest football scores now? And ring my mum, and I wanted to send a text to Dan and...

Feifei

Rob, are you OK? You're starting to sweat. Oh, no! I think you've got nomophobia!

Rob

Oh, no! What's that? I'll look it up on my phone.

Feifei

No phones, Rob! “Nomophobia” 就是因为害怕没有手机或者不能使用手机而产生的焦虑感和恐惧感。Let's hear some examples of other nomophobia sufferers.

Examples

My brother has definitely got nomophobia – he never switches his phone off, even when we're at the cinema!

My phone is being fixed and I'm feeling quite anxious – maybe I've got nomophobia?

Calling all nomophobes – it's time to switch off your phones, have a digital detox and start talking to people rather than staring at a small screen!

Feifei

你正在收听的是 BBC 英语教学的“地道英语”节目。我们正在讨论“nomophobia”的意思和用法。简单地说，“nomophobia”的意思就是“一想到没有手机或无法使用手机，你就会感到恐惧或担忧”。看上去 Rob 好像就得了“nomophobia”。Not long now, Rob, until you can go outside and use your phone.

Rob

Phew! I've got to text Dan and tell him a really funny joke, plus add some amusing emojis...

Feifei

So, really urgent, then? You could just go and talk to him. He's sitting right over there!

Rob

I can't do that. I have to use my phone – I do everything on my phone these days. I can't live without it. And... can I switch it on now?

Feifei

Oh, go on, then. We're almost finished.

Rob

Oh, no! The battery's dead – it needs charging.

Feifei

Oh dear, Rob. It looks like you'll be suffering from nomophobia for a bit longer.
Bye.

Rob

Umm... could I borrow yours, please?