
BBC LEARNING ENGLISH

Authentic Real English 地道英语

Live rent-free in one's head

在脑海中挥之不去



- 关于台词的备注:
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Jiaying

大家好，欢迎收听 BBC 英语教学的“地道英语”节目，我是佳莹。

Neil

... and me, Neil.

Jiaying

Are you OK, Neil? You look really tired.

Neil

I am – but my best friend is living with me and he’s a nightmare. He never does the washing-up, and he plays his guitar all day – which he’s rubbish at! I’m just so stressed – I can’t relax!

Jiaying

Sounds like he’s living rent-free in your head.

Neil

What? No, Jiaying, rent is important – and he pays that. He’s just annoying to live with. Why do you think he doesn’t pay rent?

Jiaying

我不是这个意思。我说的是“live rent-free in your head”，意思是“总是想着某件事情或某个人”。我们可以用这个表达来谈论自己喜欢或讨厌的事情或人，通常指此事或此人“在脑海里挥之不去”。

Neil

Ah... that makes sense. I thought you were saying I have a big head and someone could live in it. I didn’t think that comment through.

Jiaying

Well – now you know. We can talk more about it after these examples.

Examples

Juan loves Kika so much. She lives rent-free in his head.

The moment we lost the football final lives rent-free in my head. I can't stop thinking about what could have been.

You need to stop thinking about your argument with him. He's living rent-free in your head.

Jiaying

你正在收听的是 BBC 英语教学的“地道英语”节目。刚刚，我们介绍了表达“live rent-free in your head”的意思和用法，它表示“不由自主地总是想着某件事情或某个人”。

Neil

Yes – for example – I became totally obsessed with videos on decorating cakes and they lived rent-free in my head. I loved it so much.

Jiaying

除了“live rent-free in your head”，你也可以说“can't get something or someone out of your mind”。

Neil

Like my best friend – I can't stop thinking about him!

Jiaying

Yes – he's really annoying you. Have you decided what to do with him?

Neil

I have – I told him your address, and now he's coming to live with you.

Jiaying

Oh, no! Then he'll be living rent-free in my head!

Neil

Just joking – I would never do that!

Jiaying

Bye, Neil.

Neil
Bye.