
BBC LEARNING ENGLISH

Authentic Real English 地道英语



Take something to heart 把某事放在心上

- 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。

Feifei

大家好，欢迎收听 BBC 英语教学的“地道英语”节目。我是菲菲。

Rob

... and I'm Rob.

Feifei

你怎么听上去有点儿不高兴？

Rob

I've just had a meeting about my work with my boss, and his feedback wasn't very... good.

Feifei

Oh, no – what did he say?

Rob

He said I had a very 'relaxed' attitude to work.

Feifei

Oh, Rob, don't take it to heart. He's not good at giving constructive feedback.

Rob

My heart is fine, thanks, Feifei. It's just my feelings that are hurt.

Feifei

I'm sure – but I wasn't referring to your heart literally! 在英语里，表达“take something to heart”的意思是“把某事放在心上”。汉语里我们经常说的“往心里去”就可以用“take something to heart”来表达。Cheer up, Rob. You're not the only one who's been taking things to heart. Listen to these examples.

Examples

Don't take her comments to heart. I thought your performance at the show was excellent!

He was only joking about your shoes – don't take it to heart!

Freya tends to take things to heart, so be careful how you deliver your feedback.

Feifei

你正在收听的是 BBC 英语教学的“地道英语”节目。以上我们学习了表达“take something to heart”的意思和用法。表达中的“something”指的就是“让你往心里去的那件事”。比如：**Rob has taken the feedback to heart.** Rob 把反馈放在了心上。老板给 Rob 的反馈让 Rob 心烦意乱、想不开。**Rob, don't take it to heart.** 你别往心里去。**Maybe the boss was trying to be kind?**

Rob

Hmm... but he said I had a 'relaxed' attitude to work – and that means lazy!

Feifei

Not necessarily – maybe he meant you don't find work stressful?

Rob

Really? Do you think so? Hmm... maybe you're right. I'm being too sensitive. I won't take it to heart.

Feifei

这就对了，别往心里去！**Don't take things to heart.**

Rob

Thanks, Feifei. Bye.

Feifei

Bye.