

词汇: *grief* 悲伤

If there is one thing in life that we could choose not to experience, it is the death of someone we love. **Losing** a friend or family member is **heartbreaking** and hard to accept, but how we deal with it, and how we **'move on'**, varies from person to person.

Death is, of course, **inevitable**, but sometimes we feel the **passing** of a loved one has come too soon. Our first reaction is to **grieve**, and even though we may soon be encouraged to accept **closure** and **let go**, the grieving can last a while. But **grief** is a very natural, human response to loss and can take the form of many unexpected emotions, from shock to guilt, anger and **disbelief**.

When someone dies, we may be tempted to **put on a brave face** and hide our feelings. But experts say that this is the time to talk about feelings – even cry and **sob** and show people you are **suffering**. There's nothing wrong with trying to keep the **memory of the deceased** alive. You can talk to them in your head, write them a letter or share memories with other people who knew them.

Some people have chosen to make a more permanent reminder of someone by getting a **memorial** tattoo. Dr John Troyer from Bath University told the BBC: "You can have a continuing bond with the dead... I think it's a very important way for people to **come to terms** that someone's left."

Whatever approach you take to grieving and to keeping someone's memory alive, eventually the physical aching and pain caused by the loss of a **loved one** will subside. But the memories of that person and the times we shared can stay with us forever, and talking about them and expressing your feelings is all part of the **healing process**. But as singer and songwriter Patti Smith told the BBC: "Loss is something that we never get over."

词汇表

lose	失去
heartbreaking	令人心碎的
move on	接受现实，继续向前
inevitable	不可避免的，必然发生的
passing	逝世
grieve	(因某人过世而) 伤心，悲痛
closure	解脱，宽慰
let go	放手
grief	悲痛，悲哀
disbelief	怀疑，不相信
put on a brave face	强装勇敢，假装不在乎
sob	抽泣
suffer	受苦，经历(坏事)
memory	记忆，回忆
the deceased	去世的人，亡故者
memorial	纪念性的，追悼的
come to terms (with something)	逐渐接受
loved one	亲人，家人
healing process	治愈过程

测验与练习

1. 阅读课文并回答问题。

1. True or false? *After someone you know has died, it can feel like your heart has broken.*
2. When a loved one has died, what is the first thing we feel?
3. According to the article, what is going to happen to all of us?
4. According to experts, why is it good to talk about your feelings?
5. Why might a memorial tattoo help you come to terms with the death of a loved one?

2. 选择意思恰当的单词或词组来完成下列句子。

1. I was upset about losing my job, but I guess it's time to _____ and find a new one.

move up	move on	move in	move out
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2. There is a plan to build a _____ for the soldiers who died in the war.

memories	memory	memorial	memorials
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3. You made a great speech, Roy – you _____ yourself very well.

passed	expressed	suffered	deceased
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4. It was _____ to see all the work I had done in the garden be destroyed by the storm.

inevitable	disbelief	grief	heartbreaking
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5. She looked OK about failing her exams, but I think she's putting on a _____.

braved face	brave face	face brave	grave face
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答案

1. 阅读课文并回答问题。

1. True or false? *After someone you know has died, it can feel like your heart has broken.*

True. The death of someone can be 'heartbreaking', although your heart is not literally broken.

2. When a loved one has died, what is the first thing we feel?

Our first reaction is to grieve. The emotion is grief.

3. According to the article, what is going to happen to all of us?

We are all going to die one day – it is inevitable.

4. According to experts, why is it good to talk about your feelings?

Talking about your feelings shows other people you are suffering.

5. Why might a memorial tattoo help you come to terms with the death of a loved one?

According to Dr John Troyer from Bath University, memorial tattoos can help you have a continuing bond with the dead.

2. 选择意思恰当的单词或词组来完成下列句子。

1. I was upset about losing my job, but I guess it's time to **move on** and find a new one.

2. There is a plan to build a **memorial** for the soldiers who died in the war.

3. You made a great speech, Roy – you **expressed** yourself very well.

4. It was **heartbreaking** to see all the work I had done in the garden be destroyed by the storm.

5. She looked OK about failing her exams, but I think she's putting on a **brave face**.