tough 困难的

from my perspective 从我的角度来看

polite=well-mannered 礼貌的

traditionally 传统上，以前

elders 长辈们/长者们

socialize 社交

a pair of parents 一对父母

it’s very likely that ... 很有可能...

they are like that 他们是这样的

used to ... in the past 在过去...