

《高级听力》 礼物篇 《人生的四大阶段》

第一章

STAGE ONE: MIMICRY 模仿

We are born helpless. We can't walk, can't talk, can't feed ourselves, can't even do our own damn taxes.

As children, the way we're wired to learn is by watching and mimicking others. First we learn to do physical skills like walk and talk. Then we develop social skills by watching and mimicking our peers around us. Then, finally, in late childhood, we learn to adapt to our culture by observing the rules and **norms 行为标准** around us and trying to behave in such a way that is generally considered acceptable by society.

The goal of Stage One is to teach us how to function within society so that we can be **autonomous 有自主权的, self-sufficient 自立的** adults. The idea is that the adults in the community around us help us to reach this point through supporting our ability to make decisions and take action ourselves.

But some adults and community members around us suck. They punish us for our independence. They don't support our decisions. And therefore we don't develop autonomy. We get stuck in Stage One, endlessly mimicking those around us, endlessly attempting to please all so that we might not be judged. (此句话大意：我们被困在第一阶段，不停地模仿周围的人，不停地想要取悦所有人，因为这样的话，我们不会引来别人异样的眼光。)

In a "normal" healthy individual, Stage One will last until late adolescence and early adulthood. For some people, it may last further into adulthood. A select few wake up one day at age 45 realizing they've never actually lived for themselves and wonder where the hell the years went.

This is Stage One. The mimicry. The constant search for approval and validation (一直在寻找认同感). The absence of independent thought and personal values (缺乏独立的思想和个人价值观).

We must be aware of the standards and expectations of those around us. But we must also become strong enough to act in spite of those standards and expectations when we feel it is necessary. (大意：我们要变得强大，要在我们认为必要的时候，做出可能并不符合别人的标准或者期待的行为。In spite of: 尽管。此处不要用直译去理解。) We must develop the ability to act by ourselves and for ourselves.

剑桥Amanda独家制作，打卡微信amandayasi9999，祝亲学生前程似锦、鹏程万里！

注意：需注意思考上下文的意义，用合理的词汇去填空