
BBC LEARNING ENGLISH

Authentic Real English 地道英语

Digital detox

数字排毒



- 关于台词的备注:
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Feifei

大家好，欢迎来到 BBC 英语教学的《地道英语》节目。我是冯菲菲。

Neil

And I'm Neil.

Feifei

Oh. You don't sound too good, Neil. What's up? Are you sick?

Neil

I feel sick.

Feifei

What are the symptoms?

Neil

OK, Dr Feifei. Here we go: I can't sleep. I feel anxious all the time. I can't concentrate on anything. I have itchy eyes. I'm tired. My neck hurts and I have terrible headaches.

Feifei

啊，我看出你的问题了。你是不是一天到晚低着头，看手机？

Neil

Yeah – all the time.

Feifei

是不是吃饭、睡觉、连上厕所都带着手机？

Neil

Yes, yes, of course, yes! What's this got to do with how awful I feel?

Feifei

You need a detox.

Neil

A detox? But I haven't drunk any alcohol for months. I exercise every day. I only eat organic food.

Feifei

你需要来一个“digital detox”。A digital detox is a period of time away from all devices that can connect to the internet. 简单地说，a digital detox 就是放下手机，远离社交网络，给自己来一个“数字排毒”。

Neil

I can't do that! It's impossible! I'll get even worse! What if someone likes my status at 4am and I miss it?

Feifei

Now that is a sign you're addicted. You really do need a digital detox. Let's hear some examples.

Examples

My phone broke the day I went on holiday which forced me to have a digital detox. I felt so relaxed.

I spend all day and night on Saturdays on social media so I need a digital detox every Sunday or I'm too tired to go to work on Monday.

Right, here's the key to the safe that I've locked all my gadgets in. I'm going to do this digital detox even if it kills me!

Feifei

这里是 BBC 英语教学的《地道英语》节目。我的搭档 Neil 可是个名副其实的“低头族”。他一天到晚离不了手机、看平板、工作时还用电脑。这不，把自己给搞病了。

Neil

And Dr Feifei here has prescribed a strict digital detox.

Feifei

We use the word 'detox' more generally to describe a period when you stop doing something harmful – like drinking too much alcohol or eating junk food.

Neil

And so a digital detox is a break from all electronic gadgets. OK, well, here's my phone, Feifei.

Feifei

I'll deal with that.

Neil

Oh... Well, I suppose it's for the best. Bye.

Feifei

Dr Feifei always knows best.