

Doomscrolling 阴暗刷屏

- 关于台词的备注:
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Feifei

欢迎收听 BBC 英语教学的“地道英语”。大家好，我是冯菲菲。Rob，咱们开始录节目了！

Rob

... oh, sorry, Feifei, I was just looking at the news on my smartphone.

Feifei

Now is not the time to be looking at the news – we’re presenting a programme!

Rob

I know, but there’s so much news to look at and it’s all very, very...

Feifei

... depressing? Yes, there has been a lot of depressing news recently, but you seem addicted to it.

Rob

Oh, look at this! Did you know we are all going to die... some day?

Feifei

Enough doomscrolling, Rob!

Rob

What’s that?

Feifei

“Doomscrolling”指“人们在智能手机应用中、社交媒体或互联网上不断滚动浏览无数的坏消息”。

“Doomscrolling”在新冠疫情期间发生得更是频繁，人们呆在家里，刷社交媒体，看到一屏又一屏的坏消息，但仍继续“负面刷屏”。And you are obsessed, Rob. You just can't stop reading information that depresses you!

Rob

OK, OK – I'll try to find some more positive news while we hear some examples.

Examples

I've been doomscrolling too much and read so much information about coronavirus that I can't sleep at night.

Stop doomscrolling! If you read too much bad news you'll get depressed.

My brother does too much doomsurfing – he loves to tell us the latest gloom and doom in the world, so we've stopped listening to him!

Feifei

你正在收听的是 BBC英语教学的“地道英语”节目。上面，我们给大家介绍了新词“doomscrolling”的意思和用法。“Doomscrolling”也被称为“doomsurfing”，意思都是“在手机上一屏一屏地刷令人沮丧的坏消息”。Rob，咱们说点好消息吧！

Rob

Yes, and I think I've got one. Look, a kitten that went missing has been found...

Feifei

Sweet!

Rob

Oh, and look at this! New research says biscuits don't make you fat... Oh, look at this story...

Feifei

OK, Rob. Is there a word for endlessly looking at good news stories?

Rob

Err... 'joyscrolling'? 'Happyscrolling'?

Feifei

Well, it's good to see you smiling again.

Rob

Well, we all need something to smile about after the events of this year.

Feifei

I agree. Bye.

Rob

Bye-bye!