

词汇: *humiliation* 耻辱

Humiliation. Many of us have experienced it, right? That **horrific** feeling of just **wanting the ground to open up and swallow us**. It's an **awful** sensation when someone decides to **belittle** us and **make us feel small**. But what is humiliation, and how can we move on from it?

Humiliation is quite often compared to the feeling of **shame**. However, the fundamental difference is that we feel shame is deserved, while humiliation is not. It has more in common with **bullying** and **harassment**. Neel Burton M.D says that humiliation results from **undermining** claims that you have made, such as "I'm good at my job", and challenges your authority to make such claims in future.

Imagine your colleague shocks you by unfairly **calling you out** on your work during a meeting with your boss. Or your friend may **demean** you by questioning your expertise in a hobby or interest in front of your other friends. The presence of others is the key factor in humiliation – a public **dressing-down**. It also has so many forms and uses in society. Public humiliation is often said to act as a crime deterrent, while it also has a place in comedy. You may enjoy watching a celebrity being **roasted**: a humiliation designed to highlight **faults** for comedic effect.

So, how can you deal with it? According to psychologist Robert J. Sternberg, there are a few steps you can take. First, you must accept the humiliation and realise you're not the only one who has felt like this – talk to others who have experienced it and **move on**. Also, don't immediately try and **strike back** for 'round 2' – often humiliation isn't personal.

Lastly, **resilience** seems to be crucial. Some people say: "What doesn't kill you only makes you stronger". While humiliation probably won't kill you, it can hurt. Why not use the **degradation** as motivation to become a better worker or learn more about that hobby or interest? It could be an opportunity to start investing more in doing something you love. That way it may have an unexpected benefit.

## 词汇表

<b>horrific</b>	极其可怕的
<b>wanting the ground to open up and swallow sb</b>	某人想找个地缝钻进去
<b>awful</b>	糟糕的，极坏的
<b>belittle</b>	轻视，贬低
<b>make sb feel small</b>	让某人感到渺小
<b>shame</b>	羞耻，惭愧
<b>bullying</b>	恃强欺弱的行为
<b>harassment</b>	骚扰行为
<b>undermine</b>	削弱信心，损害
<b>call sb out</b>	批评
<b>demean</b>	贬低，羞辱
<b>dressing-down</b>	训斥
<b>roasted</b>	被严厉批评
<b>fault</b>	缺点，过错
<b>move on</b>	接受现实，继续前行
<b>strike back</b>	回击
<b>resilience</b>	面对逆境顽强的韧性
<b>degradation</b>	丢脸，屈辱

## 测验与练习

### 1. 阅读课文并回答问题。

1. True or false? *Shame and humiliation are the same.*
2. What experiences are similar to humiliation?
3. What factor is key for humiliation to work?
4. Why do people roast celebrities?
5. What could be the unexpected benefit of humiliation?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. When he said that, I felt completely \_\_\_\_\_.

belittle	belittles	belittling	belittled
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2. I just wanted the ground to \_\_\_\_\_ up and swallow me!

open	begin	start	empty
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3. Revenge isn't always the answer – think twice before you \_\_\_\_\_.

make us feel small	strike back	resilience	roasted
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4. They're \_\_\_\_\_ my favourite celebrity on the TV tonight!

roast	roasted	roasting	roasts
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5. You need to be tougher and show more \_\_\_\_\_.

shame	belittle	strike back	resilience
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## 答案

### 1. 阅读课文并回答问题。

1. True or false? *Shame and humiliation are the same.*

**False. We feel shame is deserved, while humiliation is not.**

2. What experiences are similar to humiliation?

**It is similar to bullying and harassment.**

3. What factor is key for humiliation to work?

**The fact that other people are present is key for humiliation to work.**

4. Why do people roast celebrities?

**For comedic effect.**

5. What could be the unexpected benefit of humiliation?

**It could be motivation to become a better worker or learn more about a hobby or interest.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. When he said that, I felt completely **belittled**.

2. I just wanted the ground to **open** up and swallow me!

3. Revenge isn't always the answer – think twice before you **strike back**.

4. They're **roasting** my favourite celebrity on the TV tonight!

5. You need to be tougher and show more **resilience**.