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词汇: *sharing information* 共享信息

It's good to **share**, right? Growing up as kids we are told to share our toys and not be selfish. We also live in an age where discussing our feelings is encouraged. But when does it all become too much? With new **crazes trending** all the time, such as dance challenges and wearing a pillow as a dress, the question is: when can sharing become **oversharing** on **social media**?

What is oversharing? The term has become associated with social media, but it isn't exclusive to this **platform**. Imagine you head to a party and you meet someone. Within five minutes they have **divulged intimate details** about their life. While some of us may try to escape these people, according to marriage therapist Carolyn Cole, this form of oversharing could come from a strong desire to **connect** with someone. But how does this translate to social media?

Dr Christopher Hand, a lecturer in **cyberpsychology**, says the more details people **disclose**, the less **sympathy** we express when things go wrong. This could be due to a belief that we attract our own negative experiences the more we share them. It seems that **sadfishing**, the idea of searching for sympathy by oversharing, is generally perceived as negative rather than the **cry for help** it could actually be.

However, Dr Hand's research also seems to suggest that the more we **post** on a platform, the more socially attractive we become – provided that the **posts** we **bang out** are positive. Even back in 2015, Gwendolyn Seidman PhD, said that we should avoid **whining** and being negative online. We should also steer clear of **showing off, bragging** or **flexing**, as it's now known – especially about our love lives. It makes sense – if your date is going 'that well', would you really have time to share a photo with text?

So, how can you know if you are oversharing? Well, why not ask your friends **in real life**. They would probably be more than happy to tell you if your posts about your breakfast or your gripes about your lack of money really are too much.

## 词汇表

<b>share</b>	分享
<b>craze</b>	风行一时的东西，时尚
<b>trend</b>	（一段时间内在社交媒体或网站上） 被多次提及，流传
<b>oversharing</b>	过度分享
<b>social media</b>	社交媒体
<b>platform</b>	平台
<b>divulge</b>	泄露
<b>intimate details</b>	隐私
<b>connect</b>	与...建立良好关系
<b>cyberpsychology</b>	网络心理学
<b>disclose</b>	公开，透露
<b>sympathy</b>	同情心
<b>sadfishing</b>	博同情，“卖惨”
<b>cry for help</b>	大声求援，求助的表示
<b>post</b>	（动词）发布（信息）
<b>posts</b>	（名词）网站上公布的信息，帖子
<b>bang out</b>	匆匆发出
<b>whining</b>	抱怨，发牢骚
<b>showing off</b>	炫耀
<b>bragging</b>	吹嘘
<b>flexing</b>	显摆，炫耀
<b>in real life</b>	现实生活中

## 测验与练习

### 1. 阅读课文并回答问题。

1. What are 'dance challenges' and 'pillow dresses' examples of?
2. What might people who overshare at parties be trying to do?
3. According to Dr Hand, what is the downside of sharing too many details?
4. What happens when we share a lot of positive posts?
5. What should we avoid doing with our love lives?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. It can be hard to make a strong \_\_\_\_\_ with people at parties.

connected	connection	symptoms	symptomatically
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2. Stop \_\_\_\_\_! Nobody needs to hear about your 'amazing' love life!

flexing	spill	divulged	crazes
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3. Ask your friends \_\_\_\_\_ if you want honest advice whether you overshare.

connect	in real life	bragging	flexing
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4. I'm about to tell you a secret. Do not \_\_\_\_\_ it to anyone.

divulge	divulges	divulging	divulged
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5. Have you seen the latest \_\_\_\_\_? Everyone's photos are upside down.

sadfishing	trending	craze	divulge
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## 答案

### 1. 阅读课文并回答问题。

1. What are 'dance challenges' and 'pillow dresses' examples of?

**They are examples of 'crazes' that can trend.**

2. What might people who overshare at parties be trying to do?

**They might be trying to make a connection.**

3. According to Dr Hand, what is the downside of sharing too many details?

**The downside is that people don't sympathise as much when things go wrong.**

4. What happens when we share a lot of positive posts?

**We can become more socially attractive.**

5. What should we avoid doing with our love lives?

**According to Gwendolyn Seidman, we should avoid showing off.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. It can be hard to make a strong **connection** with people at parties.

2. Stop **flexing**! Nobody needs to hear about your 'amazing' love life!

3. Ask your friends **in real life** if you want honest advice whether you overshare.

4. I'm about to tell you a secret. Do not **divulge** it to anyone.

5. Have you seen the latest **craze**? Everyone's photos are upside down.