

## Sadfishing

### 卖惨

---

- 关于台词的备注:  
这不是广播节目的逐字稿件。本文稿可能没有体现录制、编辑过程中对节目做出的改变。

#### **Feifei**

欢迎收听 BBC 英语教学的“地道英语”节目。大家好，我是冯菲菲。

#### **Rob**

And I'm Rob! Now, Feifei, can you help me with this social media post I'm trying to write?

#### **Feifei**

I'll try – what do you want to say?

#### **Rob**

Well, I want to post something about how tired I am because I've been working so hard, and how I just can't go on.

#### **Feifei**

看样子你是想寻求同情!

#### **Rob**

Sympathy? No, no, I just want to tell people how exhausted I am because I am so hard working. You just don't understand!

#### **Feifei**

I completely understand. You are sadfishing!

#### **Rob**

Sadfishing? I don't even like fish!

#### **Feifei**

No, Rob. You're fishing for sympathy. 你这是在寻求同情。

我们用“sadfishing”这个新表达来指“一个人夸大自己的情绪问题，以在社交媒体网站上获得他人的同情或者关注”，也就是我们俗说的“卖惨”。

**Rob**

Hmm, that doesn't sound like me. Right, I'm going to send my post now – there, done!

**Feifei**

Good luck. Let's hear some examples of sadfishing.

**Examples**

He got lots of 'likes' for his post about having no friends, but I think he was sadfishing – he's got loads of mates!

I don't know if Heidi really has a problem with her skin. I think she's just sadfishing and wants attention.

Some people say there's a growing trend for sadfishing and people just share their worries online to get noticed. But I wonder if it's a cry for help?

**Feifei**

这里是 BBC 英语教学的“地道英语”节目。以上，我们介绍了新表达“sadfishing”的意思和用法。简单地说，“sadfishing”就是“卖惨”，用悲伤的故事来获取同情或关注。So, Rob, how's your 'sadfishing' going?

**Rob**

It's not sadfishing, Feifei. I'm just telling people about my terrible life so they understand. Oh, and look! I have received a comment already.

**Feifei**

Oh, who from?

**Rob**

It's from Roy. He says “Stop moaning! I work even harder, every weekend and every evening, but it's OK because I love my job!”

**Feifei**

It looks like he's fishing too.

**Rob**

What, sadfishing?

**Feifei**

No, fishing for compliments. Roy 这是在寻求赞美和恭维!

**Rob**

No, Roy's just sad – working at the weekends! Hmm... perhaps my life isn't so bad. Err... I think I'll delete my post now.

**Feifei**

Good idea. Bye, Rob.

**Rob**

Bye!