
BBC LEARNING ENGLISH

Authentic Real English 道地英語

Put the brakes on (something)

“踩剎車” 控制，制止



- *關於臺詞的備註:*
這不是廣播節目的逐字稿件，本文稿可能沒有體現錄製、編輯過程中對節目做出的改變。

Feifei

Hello! 歡迎收聽“道地英語”節目，我是馮菲菲。

Neil

... and hello, I am Neil.

Feifei

Neil，我看你今天是不是騎了一輛嶄新的自行車？

Neil

It was – thank you for noticing. It's a racing bike with 21 gears and 'go faster' stripes on it.

Feifei

Nice! 不過你上周不是剛買了一輛新的山地車嗎？

Neil

I did – to go with the spare one I bought last month. I love bikes!

Feifei

Neil, if you don't mind me saying – you need to put the brakes on your spending.

Neil

Err, you want me to slow down? You think I'll got too fast?

Feifei

Not exactly. 我剛剛說“put the brakes on your spending”的意思是讓你控制一下你的消費，在花錢這件事情上“剎剎車”，片語“put the brakes on something”或著“to put a brake on something”的意思是“放慢或停止一件事情、一項活動”。

So, Neil, would you like to hear some other people putting their brakes on something?

Neil

Will it cost me anything?

Feifei

No. They're free!

Examples

We've put the brakes on our plans to expand the business – there's not enough demand any more.

Let's put the brakes on our holiday plans – we haven't got enough money at the moment.

The company is putting the brakes on recruitment because of the economic downturn.

Feifei

這裡是 BBC 英語教學的“道地英語”節目，我們正在學習表達“put the brakes on something”，我們用“put the brakes on something”來告訴人們“放慢、控制或停止做某事”，就像在開車時踩剎車，讓車速降下來，And Neil, I think you're buying too many bikes. You need to put the brakes on your spending.

Neil

Good advice, Feifei! You know what? I'm going to sell them – what do I need three bikes for?

Feifei

Finally, Neil has listened to me. He's going to sell his bikes!

Neil

That's right. I'm going to put the brakes on cycling and start a new hobby... I'm going to get an e-scooter – much quicker!

Feifei

More spending! I'm going to put a brake on giving you advice – you never listen.

Neil

Sorry, what did you say?

Feifei

Bye, Neil!