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- 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。

**Jiaying**

大家好，歡迎收聽 BBC 英語教學的“道地英語”節目，我是佳瑩。

**Rob**

... and hello, I'm Rob.

**Jiaying**

Rob, what are you doing?

**Rob**

I am biting my tongue!

**Jiaying**

Rob! 雖然“bite your tongue”是這期節目中要教給大家的表達，但不需要真的“bite your tongue（咬舌頭）”。

**Rob**

Oh, phew! Biting my tongue was painful, and it was very hard to speak.

**Jiaying**

這就是為什麼我們用“bite your tongue”來表示“緘口不語”，當我們“bite our tongue（咬著舌頭）”，閉起嘴不說話的時候，我們是在阻止自己說一些可能會冒犯別人或讓別人難過的話。當然，我們也可以對別人說“bite your tongue”，意思就是“忍住別說，保持沉默”，But, Rob, we don't physically bite our tongues.

**Rob**

Right. So, for example, I shouldn't tell someone they've put on weight? I should bite my tongue?

**Jiaying**

Exactly. Just like the people in these examples...

**Examples**

I wanted to tell him his new shirt looked awful, but I decided to bite my tongue!

I know the food's not great, but please bite your tongue and just eat it.

I had to bite my tongue when my friend kept bragging about her 'great' exam results.

**Jiaying**

你正在收聽的是 BBC 英語教學的“道地英語”節目，我們正在學習表達“bite your tongue”的用法，在日常交流中，我們想表達“忍住不說，保持沉默”的時候，就可以說“bite your tongue”。So, Rob, we shouldn't tell people we think they've gained a bit of weight, should we?

**Rob**

No, we should bite our tongue.

**Jiaying**

Good. And I will bite my tongue about your weight.

**Rob**

Excuse me? What about my weight?

**Jiaying**

Sorry, Rob, I am biting my tongue.

**Rob**

Hmm. Maybe saying nothing at all is better than saying something. Now, do you fancy a biscuit?

**Jiaying**

Thanks, Rob.

**Rob**

Bye. Ouch, I've bitten my tongue!