

《双语美文：关于幸福的蟑螂理论》

At a restaurant, a cockroach suddenly flew from somewhere and sat on a lady.

在一家餐厅，一只蟑螂不知从哪儿突然飞了出来，落在一位女士的大腿上。

She started screaming out of fear.

女士吓得惊声尖叫。

With a panic stricken face and trembling voice, she started jumping, with both her hands desperately trying to get rid of the cockroach.

她表情惊恐，声音颤抖，站起身来上下跳动，两手胡乱挥舞，竭力想把蟑螂从身上弄下来。

Her reaction was contagious, as everyone in her group also got panicky.

她这副样子极具感染力，附近的食客都变得惊慌起来。

The lady finally managed to push the cockroach away but ...it landed on another lady in the group.

最后这位女士终于把蟑螂赶走了……可是它却落到了附近的另一个女士的腿上。

Now, it was the turn of the other lady in the group to continue the drama.

现在，轮到这第二位女士开始慌乱。

The waiter rushed forward to their rescue.

服务员冲过来，帮他们解决了问题。

In the relay of throwing, the cockroach next fell upon the waiter.

如同递接力棒一样，蟑螂这次又飞到了服务员身上。

The waiter stood firm, composed himself and observed the behavior of the cockroach on his shirt.

服务员却只是定定的站着，强忍着没有惊慌失措，还冷静的观察着蟑螂在自己衬衣上

如何爬动。

When he was confident enough, he grabbed it with his fingers and threw it out of the restaurant.

当他确定自己可以抓住蟑螂的时候，他用手指拈住它，把它丢出了餐厅。

Sipping my coffee and watching the amusement, the antenna of my mind picked up a few thoughts and started wondering, was the cockroach responsible for their histrionic behavior?

此时我一边喝着咖啡，一边看着这一出闹剧，突然，我思想的触须接收到了一些灵光，我开始思考，那只蟑螂是否应该对这些人夸张的反应负责？

If so, then why was the waiter not disturbed ?

如果确实如此，为什么那位服务员可以镇定自若？

He handled it near to perfection, without any chaos.

他对此事的处理方法近乎完美，没有造成一丝混乱。

It is not the cockroach, but the inability of those people to handle the disturbance caused by the cockroach , that disturbed the ladies.

事实上，并不是蟑螂本身，而是那些被蟑螂碰到的人目睹蟑螂造成的混乱时，对自己情绪的失控，才让周围的女士陷入惊慌。

I realized that, it is not the shouting of my father or my boss or my wife that disturbs me, but it's my inability to handle the disturbances caused by their shouting that disturbs me.

我意识到，扰乱我的心情的并不是我的父亲、老板或者妻子训斥我的言语，而是我被他们训斥后，对自己随之产生的负面情绪的失控更让我心烦意乱。

It's not the traffic jams on the road that disturbs me, but my inability to handle the disturbance caused by the traffic jam that disturbs me.

让我烦恼的不是马路上的交通堵塞，而是当我的情绪被交通影响后，我无法控制这种消极情绪，由此产生的无力感。

More than the problem, it's my reaction to the problem that creates chaos in my life.

比起问题本身，我对问题的态度更有可能在我的生活中制造混乱。

