

## 《如何用一句话“安慰他人”？》

英语口语中，如何用一句话“安慰他人”？一起来看看吧！



Kelly Sikkema/unsplash

别在意。

Never mind. (没什么。)\*带有“别在意”、“忘了它吧”、“没什么”的语感。

Don't worry (about it).

It's okay.

Forget (about) it. (没什么。)\*比Never mind更直接。根据说法不同，有时听起来没有礼貌。

太遗憾了。

What bad luck.

\*用于宽慰努力了但却没能成功的人。“太遗憾了”、“太不顺了”、“太可惜了”。

Better luck next time! (下次一定会走运的!)

That's too bad!

What a shame!

Bummer! \*俚语。

没事儿。

That's all right. (没事儿。)

That's okay.

It's no problem.

别责备自己了。

Don't blame yourself. \*blame “责备人、责难人”。

这不是你的错。

It's not your fault.

常有的事。

It happens. \*发生了没有预料到的事情，劝人想开点儿的语气。

这种事谁都会遇到。

It happens to the best of us.

It happens to everyone.

不必为那事烦恼。

There's no need to worry about it.

Don't concern yourself.

别想得太多。

Don't give it another thought.

\*give it another thought直译是“ 别再有其他的想法 ”， “ 别想得太多 ”。

没办法呀!

It can't be helped.

我不想给您添麻烦。

I don't want to put you out. \*put out有“ 添麻烦 ”的意思。

I don't want to bother you.

I don't want to cause you trouble.

这算什么呀。

This is nothing.

It's no big deal.

It's no problem.

多糟糕呀!

How terrible!

How awful!

别小题大作。

No big deal. \*这种表达方式表示“ 没什么了不起的 ”、“ 没什么 ”、“ 这很容易 ”。

这还算好的呢。

I've seen worse.

\* “ 我还知道更糟糕的事 ”、“ 这还算好的呢 ”，用于鼓励遇到挫折的人。

It could have been worse. (还有比这更糟的呢!)

It might have been worse. (也许有的比这更糟呢。)

别那么自暴自弃。

Don't feel so bad about yourself.

Don't be so hard on yourself.

Don't be so down on yourself.

Don't think so lowly of yourself.

真遗憾!

What a pity!

What a shame!

总会有办法的。

It'll work out. \*work out表示“进展顺利”、“解决”。

Everything will be fine. (一切都会顺利的。)

Things will work out.

她只是有点心烦。

She's just upset.

She's just mad.

She's only angry.

(来源：沪江英语 编辑：bruce)