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**INSIDE  
OUT**

迪士尼大电影  
双语阅读

# 头脑特工队

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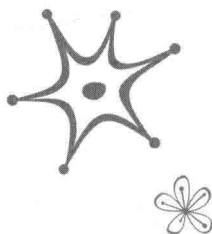
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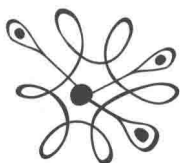


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Look who's helping you out of your head.

看看脑袋里谁在帮你出主意。

Joy

乐乐

Sadness

忧忧

Anger

怒怒

Fear

怕怕

Disgust

厌厌

## Joy

- Joy has been Riley's lead emotion. She's a big fan of laughter, chocolate cake, and spinning. She sees life's challenges as opportunities, and the sad bits as hiccups on the way back to something great. She just wants Riley to be happy, and works twice as hard as anyone else to make this happen. After all, isn't that the point?

## 乐乐

- 乐乐是莱莉的主控情绪小人。她喜欢大笑，喜欢巧克力蛋糕，喜欢旋转。她将生活中的挑战视为机遇，将忧伤视为通往美好事物的小低潮。她希望莱莉能够一直开心，为此她付出了更多的努力。毕竟，这不就是她存在的意义吗？





## Sadness

- Sadness has always been a “glass half-empty” kind of emotion. She’d love to be more optimistic, but it’s hard to stay positive when the world is so full of misery: she’s seen the deaths of three pet goldfish and the loss of a beloved purple troll doll; and she’s seen ice cream scoops fall to the ground for no good reason... Sometimes, Riley’s life becomes so grim, she has no choice but to collapse into a puddle of sorrow. It’s a painful job, but Sadness perseveres.

## 忧忧

- 忧忧一直是悲观的情绪小人。她希望能更加乐观，可在这个拥有这么多不幸的世界很难保持乐观向上；她见证了三条金鱼的去世，紫色巨魔娃娃的丢失，冰激凌勺无故掉落在地上……有时候，莱莉的生活是如此糟糕，以至于只能陷在悲伤中无法自拔。这是一份非常痛苦的工作，但是忧忧一直坚持不懈。



## Anger

- Anger tries to keep his cool. But it’s difficult when there’s so much rampant injustice in the world. Ever since Riley turned two, he’s been fighting the good fight, organizing tantrums for important causes such as “car seat liberation”, and “more cookies”. It’s a tough job, but someone’s got to do it.

## 怒怒

- 怒怒一直在试图保持平静，但是却很难做到，因为这个世界存有那么多不公平的事情。自从莱莉满两岁后，怒怒就一直在与各种事情发脾气作斗争，如“不想系安全带”“索要更多的饼干”等。这是一份艰难的工作，但总得有人做才行。

## Disgust

- Disgust has always been proud of her refined tastes. For over a decade, her expert judgment has protected Riley from broccoli and helped her to avoid boys. After all, her job is to keep Riley from being poisoned, physically or socially. Her colleagues view her as a bit of an elitist, but Disgust refuses to lower her standards for anybody. The world is a disgusting place and it's her responsibility to say so.



## 厌厌

- 厌厌一直以其高雅的品味而自豪。十年来，她的专业意见使茉莉避免碰到西兰花和小男孩。毕竟，她的工作就是让茉莉身心上不受荼毒。她的同事们认为她是非常优秀的人才，但厌厌拒绝为任何人来降低自己的标准。这个世界是如此令人恶心，这么说也是她的职责。

## Fear

- There are very few things in life that Fear has not found to be dangerous, including roller skates, puppies, rain, and stranger noise coming from the basement some nights. He does his best to protect Riley and keep her safe.

## 怕怕

- 世界上很少有怕怕认为不危险的事物：不管是溜冰鞋、小狗、雨，还是某些夜晚地下室传来的噪声，怕怕都认为这些是危险的。他力所能及地保护着茉莉，让她平平安安。





## Bing Bong

- Bing Bong is Riley's imaginary friend, and she hasn't conjured up him since Riley turned four. He's a cat/elephant/dolphin made out of cotton candy. Bing Bong's goal is "get back in with Riley", so they can continue their imaginary games, like taking his song powered rocket to the moon.

## 兵兵

- 兵兵是莱莉想象出来的朋友，自从莱莉满了四岁，他就再也没有在她的脑海中出现过了。他由棉花糖构成，身体一部分是猫，一部分是大象，还有一部分是海豚。兵兵的目标就是让莱莉能想起他，然后两个人可以继续玩想象出来的游戏，比如乘坐以歌声为动力的火箭去月球。



## Chapter 1

On the day Riley was born, Joy found herself inside a strange and beautiful place: Riley's mind. Joy, a glowing collection of yellow energy particles, was one of the new baby's Emotions<sup>①</sup>. From inside Headquarters, the control center of Riley's Mind World, she saw everything through Riley's eyes.

Joy stepped up to the console<sup>②</sup>, a device the Emotions used to control Riley's reactions, and watched in awe<sup>③</sup>, as Riley's parents looked down at their beautiful daughter for the first time. "Hello, Riley," said Mom, beaming.



001

### 第 1 章

莱莉出生的那天，乐乐发现自己身处一个既陌生又美丽的地方：莱莉的大脑中。乐乐由一团发光的黄色能量粒子组成，是这个新生儿的情绪小人之一。在情绪总部，也就是莱莉大脑的控制中心，乐乐可以通过莱莉的眼睛看到一切。

乐乐走上控制台，那是情绪小人用来控制莱莉反应的装置。她惊奇地看着眼前的一幕——莱莉的爸妈第一次低头看着自己那美丽的女儿，妈妈满脸笑容地说：“嗨，莱莉！”

① emotion *n.* 情感，情绪 ② console *n.* 控制台，操纵台 ③ awe *n.* 敬畏

“Oh, look at you,” said Dad in amazement<sup>①</sup>.  
“Aren’t you a little bundle of joy?”

Suddenly, a golden sphere rolled down a track to the right of the console in Headquarters, lighting up the room with its soft glow. Joy picked up the strange globe and held it carefully in her hands. She could see an image of Riley’s parents, smiling inside the sphere. “Aren’t you a little bundle of joy?” said Dad. It was the memory of what Joy had just witnessed<sup>②</sup>! She placed the memory sphere back and watched as it continued rolling down the track to the memory shelves in the back of Headquarters.

Joy instantly fell in love with Riley and devoted<sup>③</sup> herself completely to doing everything she could to help



爸爸惊叹道：“噢，看看你，你可不就是快乐的小宝贝嘛！”

突然，控制台右边的轨道上滚下一个金色圆球，闪着柔和的光芒，照亮了整个空间。乐乐捡起那个奇怪的圆球，小心地拿在手里，她看见圆球里有莱莉父母微笑的画面，爸爸说道：“你可不就是个快乐的小宝贝嘛！”这是乐乐刚刚见证过的那一幕的记忆！她把记忆球放回轨道，看着它滚向控制室后面的记忆架。

乐乐对莱莉一见钟情，发誓要全心全意、竭尽所能地让莱莉过上快乐的生活。她以为永远只有她和莱莉……但是，莱莉出生

① amazement *n.* 惊讶 ② witness *v.* 目击，见证 ③ devote *v.* 致力于，专心从事

Riley live a happy life. She thought it would just be her and Riley forever... But thirty-three seconds after Riley was born, someone else materialized<sup>①</sup> at the console and started working the controls. Riley began to cry.

"I'm Sadness," the blue newcomer said to Joy, introducing herself somberly<sup>②</sup>.

"I just want to fix that," Joy said, gently pushing Sadness off the controls. She pressed a few buttons and Riley stopped crying.

As time went on, more Emotions showed up inside Headquarters, taking control whenever Riley needed them. And with each new Emotion, memories started rolling through in different colors, matching the Emotion that Riley felt about the memory.



后 33 秒，情绪总部突然出现了另外一个小人，她开始操纵控制台，莱莉哭了起来。

通体蓝色的新人忧伤地向乐乐介绍自己：“我是忧伤。”

“让我来处理。”乐乐说着轻轻地把忧伤推离了控制台，然后按下几个按钮，莱莉就不哭了。

随着时间的推移，情绪总部出现了更多的情绪小人，在莱莉需要的时候控制她的情绪。每出现一种新的情绪便有不同颜色的记忆球滚下，记忆球的颜色和莱莉对该记忆的情绪一致。

① materialize v. 突然，出现 ② somberly adv. 忧伤地，阴郁地

Fear's job was to keep Riley safe. He guided her whenever she encountered something he thought was dangerous, like power cords<sup>①</sup>, roller skates<sup>②</sup>, and dogs. "Look out!" was one of his favorite phrases. All of Riley's memories associated with fear were stored in purple spheres, the same color as Fear himself.

Disgust was green. She kept her sharp eye out for anything that looked worthy of an "Ew." She took control whenever something gross came up—like broccoli<sup>③</sup>, bad art, or nasty people. Basically, Disgust kept Riley from being physically or socially poisoned. Riley's disgusted memories were saved inside green spheres.

When the Emotions saw unfair things happening to Riley as they watched out the view screen in Head-

怕怕负责莱莉的安全，每当遇到可能存在危险的事物时，像电源线、溜冰鞋还有狗之类的，怕怕就会保护她。“当心！”是他最喜欢的口头禅之一。莱莉所有和害怕相关的记忆存储在紫色的圆球中，和怕怕身体的颜色一样。

厌厌是绿色的，她敏锐的眼睛不放过任何令她恶心的东西。一旦看见讨厌的东西，如西兰花、糟糕的艺术或讨厌的人，她就负责控制。基本上，厌厌保障莱莉既不被讨厌的东西也不被讨厌的人毒害。莱莉厌恶的记忆存储在绿色的圆球中。

当情绪总部的情绪小人通过屏幕看到不公之事发生在莱莉

① power cords 电源线 ② roller skates 轮式溜冰鞋 ③ broccoli *n.* 西兰花

quarters, Anger—who was short, red, and angry—took the reins. Life's injustices really heated him up! Anger worked hard to even the score, so he was always ready to release a scowl<sup>①</sup>, scream, or growl<sup>②</sup> at any unfair situation. When he got REALLY mad, he would get so hot that his head would light on fire! Riley's angry memories were saved inside red spheres.

Each Emotion had its own job, but most of the time they were content to let Joy run the console. And Joy could see why all of them were important... except for Sadness. Joy didn't want Riley to ever feel sad! She wanted Riley to be as happy as she could be, so she tried her best to keep Sadness as far from the controls as possible.



身上时，怒怒——矮个头、红色、愤怒的情绪小人——便上场了。生活中的不公常令他怒火冲天！怒怒努力寻求公平，遇到不公之事，他总是怒目而视、尖叫咆哮。当他非常生气的时候，他整个人都会发热变烫，脑袋上甚至会冒火！茉莉愤怒的记忆存储在红色圆球中。

每一个情绪小人都自己负责的事情，但是大多数时候他们都愿意让乐乐来控制情绪，而且乐乐也明白每一个情绪小人的重要性……除了忧忧。乐乐希望茉莉永远不忧伤！她希望茉莉尽可能地快乐，因此她总是尽量让忧忧离控制台远远的。

① scowl v. 皱眉，怒视 ② growl v. 咆哮

As Riley's lead Emotion, Joy did an excellent job, and most of Riley's memories were golden, just like Joy. The most important ones were core memories—these glowed brighter than Riley's normal memories. They were formed when Riley had big “life moments”, like when she was two and a half and scored her first hockey goal in a game with her parents!

The core memories powered the Islands of Personality<sup>①</sup> with lightlines, which were like electrical cords that stretched over a deep ravine<sup>②</sup> from Headquarters to the actual islands. The islands made Riley who she was, and they each said something different about her. For example, the



作为莱莉的主导情绪，乐乐的工作很出色，莱莉的大多数记忆都是金色的，正如乐乐的颜色一样。最重要的记忆是核心记忆——它们比莱莉的普通记忆更加闪亮。它们形成于莱莉重大的“生活时刻”，比如她两岁半的时候，和父母玩冰球第一次进球得分！

核心记忆球通过光缆给性格岛供应能量，光缆从情绪总部延伸到具体的岛屿，就像蔓延在深谷上方的电线。这些岛屿决定了莱莉的性格，每座岛屿代表了生活的不同方面，比如，

① personality *n.* 性格，个性 ② ravine *n.* 沟壑，深谷

core memory of Riley's first goal powered Hockey Island. There were also Goofball<sup>①</sup>, Family, Honesty, and Friendship Islands—they were like mini theme parks. The Emotions loved to watch the islands light up as they looked out the back window of Headquarters.

Riley had a very happy childhood, living with her parents in their small Minnesota<sup>②</sup> town. She loved playing hockey, hanging out with her friends, and ice-skating on the lake. Joy made sure that at the end of each day, most of the memories rolling through Headquarters were golden, happy ones. But when Riley was eleven years old, her parents made a major decision that changed everything.



莱莉第一次进球得分的核心记忆塑造了冰球岛。此外还有耍宝岛、家人岛、诚实岛和友情岛——它们就像迷你主题公园。情绪小人喜欢从情绪总部的后窗看着一座座岛屿亮起。

莱莉和父母一起在明尼苏达州的小镇度过了自己非常快乐的童年，她喜欢打冰球，和伙伴们出去玩耍，在湖面上溜冰。每一天结束时，乐乐确保滚过情绪总部的记忆球大多是金色的，里面都是快乐的记忆。但是，莱莉 11 岁的时候，她的父母做了一项重要的决定，一切都变了。

① goofball *n.* 傻瓜，怪人 ② Minnesota *n.* 明尼苏达州(美国中北部州)

## Chapter 2

Riley's dad started a new business. Then her parents sold their home in Minnesota, and the family moved to San Francisco<sup>①</sup>. Just like that, Riley's life was turned upside down.

The car ride across the country was long, and Riley's Emotions started to get restless<sup>②</sup>. "Why don't we just live in this smelly car? We've already been in it forever," said Disgust, looking at the other Emotions.

Joy pointed out that the ride gave them plenty of time to imagine what the new house would look like. She plugged a cloud-shaped disc into

## 第 2 章

茉莉的爸爸换了新工作，因此父母把在明尼苏达州的房子卖了，全家搬到了旧金山。就这样，茉莉的生活有了天翻地覆的变化。

从明尼苏达州到圣弗朗西斯科要跨越大半个美国，车程漫长。茉莉的情绪小人们变得焦躁起来，厌厌看着其他情绪小人说：“我们为什么不干脆住在这臭烘烘的车子里？反正已经在里面闷了这么久。”

乐乐指出长时间的旅程刚好可以让他们有足够的时间想象

① San Francisco *n.* 旧金山，美国加利福尼亚州西部港口城市 ② restless *adj.* 焦虑的，烦躁不安的



the console as the Emotions reviewed all the great options they had thought up. Joy loved the image of the gingerbread<sup>①</sup> house with the candy shutters. Anger liked the one of a dark castle that came with its very own fire-breathing dragon.

When Dad finally drove down their new block, the Emotions waited anxiously. They held their breath as Riley stepped out of the car and looked at the house...

It was NOTHING like what they had imagined.

“Maybe it’s nice on the inside,” Joy said cheerfully as she looked at the run-down Victorian<sup>②</sup>.

But the inside was even worse! It was small, dark, and creepy, and it smelled weird. “We’re supposed to live here?” Anger shouted.



新房子的样子。她往控制台插入一张云状碟片。于是，情绪小人们纷纷开始回顾各自已经想出的好点子，乐乐喜欢有糖果窗的姜饼屋，怒怒喜欢住着喷火龙的黑暗城堡。

爸爸终于将车子开到了新家所在的街区，情绪小人们屏住呼吸，焦虑不安地等着。莱莉走出车外，看着眼前的房子……

和想象中的样子完全不一样。

乐乐看着那破旧的维多利亚式老房子，自我安慰道：“兴许里面不错。”

但里面更糟糕！房子又小又暗，令人毛骨悚然，还有一股

① gingerbread *n.* 姜饼 ② Victorian *n.* 维多利亚时代的建筑（或家具、服饰等）