

# LOVE and LIFE

英语阅读文选

怎样说「我爱你」



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### FIVE LOVE LANGUAGES

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海洋出版社

爱与生命——英语阅读文选

# 怎样说“我爱你”

## FIVE LOVE LANGUAGES

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# 前 言

在 21 世纪,不懂英语即为文盲。英语的学习已成为每位青年朋友的日修课程。同时,我们内心也渴望了解自己的人生,知道自己是什么样的人,有着怎样的未来,如何去把握自己的人生。我们为这些既渴望学习英语、了解西方文化,同时又渴望洞察人生的青年朋友编写了这套英语阅读系列丛书——“爱与生命”。

这套丛书的优点有两方面:

一方面,从文章的形式来看有两个特色:首先,文章风格主要为“论述型”、“推理型”,与大学英语四、六级、TOEFL、GRE、PETS 等考试的阅读文章风格基本一致。通过阅读这些文章,可增强英语语感,扩大阅读量,提高阅读速度。其次,阅读是扩充单词量的最佳途径,为了方便同学记忆单词,加深对文章的理解,我们还将较生僻的单词和常用的短语、句型作了注解、分析,使一般的大学生在注解的帮助下都能完全读懂每一篇文章。“熟能生巧”,大量的语篇阅读必定对学生的写作能力和技巧的提高大有裨益。

另一方面,从文章的内容来看,“爱与生命”丛书是专门根据青年朋友的成长需要而设计的一套英语读物。在我们青年人心中,经常问这样的问题:

- \* 我为什么活在这个世界上?
- \* 我是谁? 我的性格是什么?
- \* 生命的目的和意义是什么?
- \* 如何得到真正的、永恒的爱情?
- \* 友谊如何才能“地久天长”?
- \* 婚姻意味着什么?
- \* “随心所欲”等于自由和幸福吗?

“爱与生命”英语阅读系列丛书沿着这些问题,深入青

年人的内心。不同于以往的“英语文学名著”、“实用英语”或“娱乐英语”的是，她直接谈论青年人最关心的人生观问题，围绕人生的价值、意义和目的，深入探讨个性成长、友谊、恋爱、婚姻、职业、社会道德等严肃主题，并提出与之相应的青年人的责任、义务和使命，使大家对我们的生命以及生命中的爱有更深刻的认识，更有利于培养健康的人格和高尚的品德。

为了使读者学习纯正的英文，编者在选材上尽量避免删节。应当指出，本书有的观点虽然肤浅，甚至是错误的，但全书的主流是积极向上的，希望读者在学习英语的同时，对其观点加以鉴别、分析，取其精华，去其糟粕。

正如世界上各个国家用各自不同的语言去联络沟通，我们每一个人也用各自不同的方式去表达我们心里的爱情。为了沟通，我们不能只满足于了解和掌握自己的爱的语言，我们还要去学习亲人、朋友的爱的语言。正如我们学习英语，从而更深入地与各国朋友交流一样，我们也要用我们的朋友所能理解的爱的语言去说“我爱你”。使彼此达到心灵的相通。

那么，我们究竟有多少种爱的语言呢？无以计数。这也是为什么很多时候我们觉得自己付出这么多，而他（她）这没良心的却从来没有感动过的原因。就好比我们用日语对非洲刚果的情人说一百万遍“我爱你”，她还以为你要把她当生鱼片吃了。但在爱的国度里，有五大通用语言，本书集中介绍这五种“爱语”的起因、表达方式、作用等等。相信你读了这本书后至少能明白并不是你的每一句“我爱你”别人都能听懂。所以当别人不爱你的时候，不要责怪对方，原因只在语言不通。正如你也有不爱别人的时候一样。

但我们仍希望彼此相爱相通，所以你要读这本书，学会怎样说“我爱你”。

## II

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## WHAT HAPPENS TO LOVE AFTER THE WEDDING?

婚姻是爱情的坟墓吗？结婚到底意味着爱的升华还是终结？结婚前的迷恋与狂热为何如此轻易流逝？难道那些尚未离婚的夫妇只因为已经适应了没有爱情的空虚生活，变得麻木不仁了吗？

At 30,000 feet, somewhere between Buffalo and Dallas, he put his magazine in his seat pocket, turned in my direction, and asked, “What kind of work do you do?”

“I do marriage counseling and lead marriage enrichment seminars<sup>①</sup>,” I said matter-of-factly<sup>②</sup>.

“I’ve been wanting to ask someone this for a long time,” he said. “What happens to the love after you get

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① seminar *n.* 专题研讨会

② matter-of-factly *adv.* 实际地

married?"

Relinquishing<sup>①</sup> my hopes of getting a nap, I asked, "What do you mean?"

"Well," he said, "I've been married three times, and each time, it was wonderful before we got married, but somehow after the wedding it all fell apart. All the love I thought I had for her and the love she seemed to have for me evaporated<sup>②</sup>. I am a fairly intelligent person. I operate a successful business, but I don't understand it."

"How long were you married?" I asked.

"The first one lasted about ten years. The second time, we were married three years, and the last one, almost six years."

"Did your love evaporate immediately after the wedding, or was it a gradual loss?" I inquired.

"Well, the second one went wrong from the very beginning. I don't know what happened. I really thought we loved each other, but the honeymoon was a disaster<sup>③</sup>, and we never recovered. We only dated six months. It was a whirlwind romance<sup>④</sup>. It was really exciting! But after the marriage, it was a battle from the beginning."

"In my first marriage, we had three or four good years before the baby came. After the baby was born, I felt like she gave her attention to the baby and I no longer mattered. It was as if her one goal in life was to have a baby, and after

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① relinquish *v.* 放弃

② evaporate *v.* 消失, 消散

③ disaster *n.* 灾难; 完全的失败

④ whirlwind romance 仓促间的风流韵事



the baby, she no longer needed me.”

“Did you tell her that?” I asked.

“Oh, yes, I told her. She said I was crazy. She said I did not understand the stress of being a twenty-four-hour nurse. She said I should be more understanding and help her more. I really tried, but it didn't seem to make any difference. After that, we just grew further apart. After a while, there was no love left, just deadness. Both of us agreed that the marriage was over.”

“My last marriage? I really thought that one would be different. I had been divorced for three years. We dated each other for two years. I really thought we knew what we were doing, and I thought that perhaps for the first time I really knew what it meant to love someone. I genuinely<sup>①</sup> felt that she loved me.”

“After the wedding, I don't think I changed. I continued to express love to her as I had before marriage. I told her how beautiful she was. I told her how much I loved her. I told her how proud I was to be her husband. But a few months after marriage, she started complaining about petty<sup>②</sup> things at first – like my not taking the garbage out or not hanging up my clothes. Later, she went to attacking my character, telling me that she didn't feel she could trust me, accusing me of not being faithful to her. She became a totally negative person. Before marriage, she was never negative. She was one of the most positive people I have ever

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① genuinely *adv.* 真正地;确实

② petty *adj.* 细小的;破碎的

met. That is one of the things that attracted me to her. She never complained about anything. Everything I did was wonderful, but once we were married, it seemed I could do nothing right. I honestly don't know what happened. Eventually, I lost my love for her and began to resent her. She obviously had no love for me. We agreed there was no benefit to our living together any longer, so we split.

"That was a year ago. So my question is, What happens to love after the wedding? Is my experience common? Is that why we have so many divorces in our country? I can't believe that it happened to me three times. And those who don't divorce, do they learn to live with the emptiness, or does love really stay alive in some marriages? If so, how?"

The questions my friend seated in 5A was asking are the questions that thousands of married and divorced persons are asking today. Some are asking friends, some are asking counselors<sup>①</sup> and clergy<sup>②</sup>, and some are asking themselves. Sometimes the answers are couched in psychological research jargon<sup>③</sup> that are almost incomprehensible. Sometimes they are couched in humor and folklore<sup>④</sup>. Most of the jokes and pithy sayings contain some truth, but they are like offering an aspirin<sup>⑤</sup> to a person with cancer.

The desire for romantic love in marriage is deeply root-

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① counselor *n.* 顾问; 建议者

② clergy *n.* 牧师; 神职人员

③ jargon *n.* 术语

④ folklore *n.* 民间传说

⑤ aspirin *n.* 阿司匹林(药片)

ed in our psychological makeup<sup>①</sup>. Almost every popular magazine has at least one article each issue on keeping love alive in a marriage. Books abound on the subject. Television and radio talk shows deal with it. Keeping love alive in our marriages is serious business.

With all the books, magazines, and practical help available, why is it that so few couples seem to have found the secret to keeping love alive after the wedding? Why is it that a couple can attend a communication workshop, hear wonderful ideas on how to enhance<sup>②</sup> communication, return home, and find themselves totally unable to implement the communication patterns demonstrated? How is it that we read a magazine article on “101 Ways to Express Love to Your Spouse<sup>③</sup>,” select two or three ways that seem especially good to us, try them, and our spouse doesn’t even acknowledge our effort? We give up on the other 98 ways and go back to life as usual.

The answer to those questions is the purpose of this book. It is not that the books and articles already published are not helpful. The problem is that we have overlooked one fundamental<sup>④</sup> truth: People speak different love languages.

In the area of linguistics<sup>⑤</sup>, there are major language groups: Japanese, Chinese, Spanish, English, Portuguese, Greek, German, French, and so on. Most of us grow up

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① makeup *n.* (人的)特质,构造

② enhance *v.* 改善;增进

③ spouse *n.* 配偶;夫或妻

④ fundamental *adj.* 基本的

⑤ linguistics *n.* 语言学

learning the language of our parents and siblings<sup>①</sup>, which becomes our primary or native tongue. Later, we may learn additional languages but usually with much more effort. These become our secondary languages. We speak and understand best our native language. We feel most comfortable speaking that language. The more we use a secondary language, the more comfortable we become conversing in it. If we speak only our primary language and encounter someone else who speaks only his or her primary language, which is different from ours, our communication will be limited. We must rely on pointing, grunting<sup>②</sup>, drawing pictures, or acting out our ideas. We can communicate, but it is awkward. Language differences are part and parcel of human culture. If we are to communicate effectively across cultural lines, we must learn the language of those with whom we wish to communicate.

In the area of love, it is similar. Your emotional love language and the language of your spouse may be as different as Chinese from English. No matter how hard you try to express love in English, if your spouse understands only Chinese, you will never understand how to love each other. My friend on the plane was speaking the language of “Affirming<sup>③</sup> Words” to his third wife when he said, “I told her how beautiful she was. I told her I loved her. I told her how proud I was to be her husband.” He was speaking love, and

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① sibling *n.* 兄弟姐妹

② grunt *v.* 咕哝

③ affirming *adj.* 肯定的;积极的

he was sincere, but she did not understand his language. Perhaps she was looking for love in his behavior and didn't see it. Being sincere is not enough. We must be willing to learn our spouse's primary love language if we are to be effective communicators of love.

My conclusion after twenty years of marriage counseling is that there are basically five emotional love languages – five ways that people speak and understand emotional love. In the field of linguistics a language may have numerous dialects<sup>①</sup> or variations. Similarly, within the five basic emotional love languages, there are many dialects. That accounts for the magazine articles titled “10 Ways to Let Your Spouse Know You Love Her.” “20 Ways to Keep Your Man at Home.” or “365 Expressions of Marital<sup>②</sup> Love.” There are not 10, 20, or 365 basic love languages. In my opinion, there are only five. However, there may be numerous dialects. The number of ways to express love within a love language is limited only by one's imagination. The important thing is to speak the love language of your spouse.

We have long known that in early childhood development each child develops unique emotional patterns. Some children, for example, develop a pattern of low self-esteem<sup>③</sup> whereas<sup>④</sup> others have healthy self-esteem. Some develop emotional patterns of insecurity whereas others grow up feeling secure. Some children grow up feeling loved, want-

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① dialect *n.* 方言

② marital *adj.* 婚姻的

③ self-esteem *n.* 自尊; 自负

④ whereas *conj.* 然而

ed, and appreciated, yet others grow up feeling unloved, unwanted, and unappreciated.

The children who feel loved by their parents and peers<sup>①</sup> will develop a primary emotional love language based on their unique psychological makeup and the way their parents and other significant persons expressed love to them. They will speak and understand one primary love language. They may later learn a secondary love language, but they will always feel most comfortable with their primary language. Children who do not feel loved by their parents and peers will also develop a primary love language. However, it will be somewhat distorted<sup>②</sup> in much the same way as some children may learn poor grammar and have an underdeveloped vocabulary. That poor programming does not mean they cannot become good communicators. But it does mean they will have to work at it more diligently than those who had a more positive model. Likewise, children who grow up with an underdeveloped sense of emotional love can also come to feel loved and to communicate love, but they will have to work at it more diligently than those who grew up in a healthy, loving atmosphere.

Seldom do a husband and wife have the same primary emotional love language. We tend to speak our primary love language, and we become confused when our spouse does not understand what we are communicating. We are expressing our love, but the message does not come through

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① peer *n.* 同齡人

② distort *v.* 扭曲; 曲解

because we are speaking what, to them, is a foreign language. Therein<sup>①</sup> lies the fundamental problem, and it is the purpose of this book to offer a solution. That is why I dare to write another book on love. Once we discover the five basic love languages and understand our own primary love language, as well as the primary love language of our spouse, we will then have the needed information to apply the ideas in the books and articles.

Once you identify and learn to speak your spouse's primary love language, I believe that you will have discovered the key to a long-lasting, loving marriage. Love need not evaporate after the wedding, but in order to keep it alive most of us will have to put forth the effort to learn a secondary love language. We cannot rely on our native tongue if our spouse does not understand it. If we want him or her to feel the love we are trying to communicate, we must express it in his or her primary love language.

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① therein *adv.* 在那里;在那时

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## KEEPING THE LOVE TANK FULL

每一个心灵都是一个空的杯子,渴望被填满,有人用权力,有人用金钱,有人用美色,但我们越是用这些东西去填,心灵越觉得如沟壑一般无法填满。唯有,而且也仅有用爱,才能使我们的内心很快被充满,不仅满了,还要溢出来,滋润周围的人。

Love is the most important word in the English language and the most confusing. Both secular<sup>①</sup> and religious thinkers agree that love plays a central role in life. We are told that “love is a many-splendor<sup>②</sup> thing” and that “love makes the world go round.” Thousands of books, songs, magazines, and movies are peppered<sup>③</sup> with the word. Numerous philosophical and theological systems have made a prominent<sup>④</sup> place for love. And the founder of the

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① secular *adj.* 现世的;世俗的

② many-splendor *adj.* 很壮观的

③ pepper sth with sth 连续攻击,不断出现

④ prominent *adj.* 突出的,杰出的



Christian faith wanted love to be the distinguishing characteristic of His followers.

Psychologists have concluded that the need to feel loved is a primary human emotional need. For love, we will climb mountains, cross seas, traverse<sup>①</sup> desert sands, and endure untold hardships. Without love, mountains become unclimbable, seas uncrossable, deserts unbearable, and hardships our plight<sup>②</sup> in life. The Christian apostle<sup>③</sup> to the Gentiles, Paul, exalted<sup>④</sup> love when he indicated that all human accomplishments that are not motivated by love are, in the end, empty. He concluded that in the last scene of the human drama, only three characters will remain: “faith, hope, and love. But the greatest of these is love.”

If we can agree that the word love permeates<sup>⑤</sup> human society, both historically and in the present, we must also agree that it is a most confusing word. We use it in a thousand ways. We say, “I love hot dogs,” and in the next breath, “I love my mother.” We speak of loving activities: swimming, skiing, hunting. We love objects: food, cars, houses. We love animals: dogs, cats, even pet snails. We love nature: trees, grass, flowers, and weather. We love people: mother, father, son, daughter, parents, wives, husbands, friends. We even fall in love with love.

If all that is not confusing enough, we also use the word

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① traverse *v.* 跋涉;横越

② plight *n.* 困难

③ apostle *n.* 提倡者,耶稣的十二个门徒

④ exalt *v.* 恭维;赞美

⑤ permeate *v.* 扩散;弥漫;充满