

# HSIN YE TAIWANESE MANDARIN



Cathy

Cindy啊, 我跟你說, 我透過四個月的實驗發現了一件事。

Cindy, I have to tell you something I discovered through a four-month experiment.

Cindy

什麼事啊? 說來聽聽。

What is it? Tell me.

Cathy

就是呢, 我從畢業之後就再也沒有用過社群媒體了, 然後到現在已經過了快四個月, 我覺得心靈很平靜, 而且可以自由支配的時間也變得很多。

Well, since I graduated, I haven't used social media at all. It's been almost four months now, and I feel a sense of inner peace, plus I have a lot more free time.

Cindy

哇喔, 果然社群媒體還是要少用嗎?

Wow, so we really should use social media less?

Cathy

可能吧! 當然一開始的時候會很不習慣, 因為我以前是一個蠻喜歡分享日常生活的人, 不管做什麼事情都會發個限時動態或是貼文, 但現在就不會了。

Maybe! At first, it was really hard to get used to, because I used to love sharing my daily life. Whatever I was doing, I'd post stories or make a post, but now I don't.

Cindy

那你覺得是什麼原因讓你不再發這些動態或貼文了嗎?

So, what do you think made you stop posting these stories or posts?

Cathy

覺得沒必要吧! 就是到了某一個時間點就會突然了解到, 啊, 或許什麼事情都發布到網路上不太好, 就馬上停止了這個習慣了。

I guess I just felt it wasn't necessary! At some point, I suddenly realized, "Maybe it's not so great to post everything online," and I stopped that habit right away.

Cindy

為什麼你會覺得發布到網路上不太好啊?

Why do you think posting online isn't a good thing?

Cathy

可能是開始了解到或許不是所有的人都希望妳過得好嗎?

這只是我的猜想, 不過我覺得人總是自私的吧! 如果不是家人或者很好的朋友, 很難真的打從心底祝福別人。所以我就會擔心如果自己在網路上散發出我過得很幸福的話, 會不會反而吸引到更多忌妒或怨恨的能量也不一定。

Maybe I started realizing that not everyone wishes you well?

This is just my guess, but I think people are selfish by nature! If they're not family or close friends, it's hard for them to genuinely wish you well. So, I started worrying that if I show how happy I am online, I might attract more jealousy or negative energy.

Cindy

這麼說倒也是啦! 不過妳是從畢業之後才開始有這份擔心嗎? 或者是很早以前開始就有了呢?

That makes sense! But did you start worrying about this only after graduation, or have you felt this way for a long time?

Cathy

我想我其實很早以前就有這種想法了, 只是那個時候還不夠有自信吧! 我會覺得如果不常常出現在社群媒體上的話, 大家就會忘記我, 也會少了很多很跟大家聯繫的機會。

I think I've had this thought for a long time, but I just wasn't confident enough back then! I felt like if I didn't show up on social media often, people would forget me, and I'd miss out on many chances to connect with others.

Cindy

所以妳覺得妳現在比較有自信了, 才會想停止社群媒體的更新, 因為你知道就算這樣大家也不會忘記妳。

So you think you're more confident now, and that's why you stopped updating social media—because you know that even if you don't, people won't forget you.

Cathy

對, 就是這樣的感覺。而且我也不會在意別人的生活了, 我覺得這是有自信之後的其中一個改變。

Exactly, that's how I feel. Plus, I don't care about other people's lives anymore. I think that's one of the changes that came with confidence.

Cindy

妳說不會在意別人的生活是什麼意思啊?

What do you mean when you say you don't care about other people's lives?

Cathy

嗯...就是不會去想著別人今天又去哪裡玩、去哪裡吃好料、或者又買了什麼新的東西。  
Hmm...I mean I don't think about where others are going to play today, where they're eating something good, or what new things they've bought.

Cindy

所以就是不會拿別人的生活跟自己的生活比較, 我可以這樣說嗎?  
So, you don't compare your life with others', is that right?

Cathy

嗯, 可以, 我覺得開始對自己有自信之後會了解到, 其實生活裡的所有酸甜苦辣都是只有自己才能體會的, 實在沒有必要把別人在社群媒體上展現的好的一面跟自己的生活做對比。

Yes, you could say that. I think once you gain confidence, you realize that the ups and downs of life are something only you can truly experience, so there's no need to compare the best parts of other people's lives on social media with your own.

Cindy

確實, 因為我也認為人不太可能在社群媒體上把自己不好的一面展現給陌生人看, 人都好面子的嘛, 所以當然想要讓自己一直都是光鮮亮麗的。

Exactly, because I also think people aren't likely to show their bad side to strangers on social media. People care about their image, so of course, they want to always appear bright and shiny.

Cathy

所以後來我就覺得使用社群媒體好像失去意義了。如果使用這些東西會讓自己產生比較的心態的話, 那不要用還比較好。

So, eventually, I felt that using social media lost its meaning. If using it makes you develop a comparative mindset, then it's better not to use it at all.

Cindy

確實是這樣, 但我是一直都有使用啦! 因為我還是會跟比較親近的好友分享生活, 可能我對妳剛剛提到的比較心態的感觸沒這麼深。

That's true, but I still use it! Because I still share my life with close friends. Maybe I don't feel the comparative mindset as strongly as you do.

Cathy

哈哈, 對啊, 所以妳就知道我以前是多麼沒自信的人。  
Hahaha, right, so you can see how insecure I used to be.

Cindy

那我很好奇妳是怎麼從沒有自信變成有自信的啊?  
是因為看了書, 還是有什麼特別的事件嗎?

So I'm curious, how did you go from lacking confidence to being confident? Was it because of reading books, or did something special happen?

Cathy

其實也沒有欸，我覺得是在很多試探跟行動之後才會漸漸長出自信。

Not really. I think it's something that gradually grew after a lot of trials and actions.

Cindy

怎麼說呢？

What do you mean?

Cathy

就是做過很多事情之後，不管這些事情是成功還是失敗，我都能從中學到一些教訓，也會覺得有所成長，所以也不會因為結果而影響到心情。

I mean, after doing many things, whether they were successful or not, I learned lessons from them and felt like I grew. So, the results don't affect my mood anymore.

Cindy

原來如此，也就是說透過不斷的行動，讓自己的內心逐漸壯大嗎？

I see. So, you're saying that through constant action, your inner strength gradually grew?

Cathy

沒錯沒錯，這是我認為的自信啦！不知道各位聽眾朋友是怎麼想的呢？

歡迎留言告訴我們喔！

Exactly, that's what I think confidence is! I wonder what our listeners think? Feel