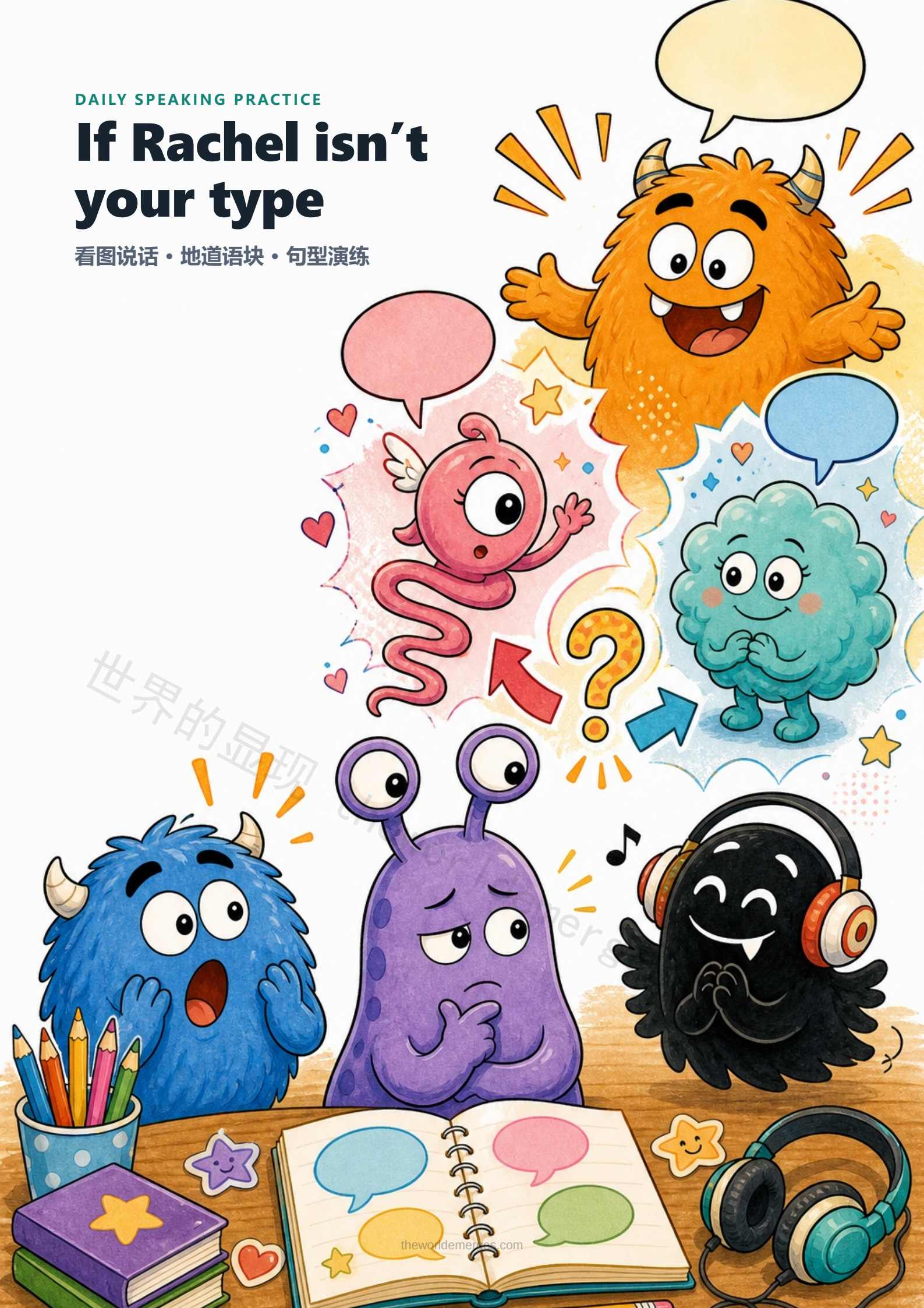


DAILY SPEAKING PRACTICE

If Rachel isn't your type

看图说话 · 地道语块 · 句型演练



英文原文

- Lila:** If Rachel isn't your type, how about Amina? She has great legs and I know you're a leg man.
- George:** And now for something completely different...How is your diet coming along? Have you lost any weight yet?
- Lila:** I don't really want to talk about my weight.
- George:** But I think you're having trouble shedding those pounds, right? I have lots of suggestions on what you can do.

参考译文

- Lila:** 如果 Rachel 不是你喜欢的类型，那 Amina 呢？她腿很好看，而且我知道你喜欢腿好看的女人。
- George:** 那我们现在彻底换个话题吧.....你的节食计划进展怎么样？你体重减下来了吗？
- Lila:** 我其实不太想聊我的体重。
- George:** 可是我觉得你减那几磅挺费劲的，对吧？我有好多建议可以告诉你怎么做。

英文文本来源: [Speak English with ESLPod.com](https://www.speakenglishwithesl.com)。本文档基于原文进行了学习拆解与表达拓展。

第1句

If Rachel isn't your type, how about Amina? Rachel /'reɪtʃəl/; Amina /ə'mi:nə/

your type 指“你喜欢的类型”，常用于恋爱或交友语境。how about...? 在这里不是单纯问意见，而是在继续推荐另一个相亲对象。

语块拆解

be someone's type 是某人喜欢的类型

be into someone like that

I'm not really into guys like that.

我其实不太喜欢那种男生。

be someone's kind of person

She seems like your kind of person.

她感觉是你会喜欢的那类人。

How about + [人/事]?怎么样?

What about + [人/事]?

What about Daniel? He's single too.

Daniel 呢? 他也单身。

Have you considered + [人/事]?

Have you considered taking a weekend trip?

你考虑过周末出去玩一趟吗?

句型拆解

If + [A isn't right/your type], how about + [B]? / 如果 A 不合适, 那 B 呢?

type 在这里不是“种类”的机械翻译, 而是“喜欢的类型”; 不要说 Rachel is not your like type.

第2句

She has great legs and I know you're a leg man. great /greɪt/; legs /legz/

leg man 是很口语、也有点物化女性的说法，指“特别喜欢女人腿好看的人”。这句话能听懂即可，现实中随便这样评价别人身体很容易冒犯。

语块拆解

have great legs 腿很好看

be in great shape

She's in great shape because she runs every morning.

她身材状态很好，因为她每天早上跑步。

look really fit

He looks really fit after training for the marathon.

他练马拉松之后看起来很健康结实。

be a leg man 偏爱腿好看的人

have a thing for + [特质]

He has a thing for people with a good sense of humor.

他特别喜欢有幽默感的人。

be drawn to + [特质/人]

I'm drawn to people who are confident but kind.

我会被自信又善良的人吸引。

句型拆解

I know you're a + [偏好类型的人]. / 我知道你是那种喜欢.....的人。

涉及外貌和身体特征时要谨慎；这个句型可以学，但不要随使用来评价第三个人的身体。

第3句

And now for something completely different... completely /kəm'pli:tli/; different /'dɪfrənt/

这是夸张的转场句，意思是“现在来点完全不一样的”。George 用它明确告诉对方：我要把这个尴尬话题切掉。

语块拆解

something completely different 完全不同的事情 / 彻底换个话题

on a totally different note

On a totally different note, how was your trip?

说点完全不一样的，你旅行怎么样？

changing gears

Changing gears, let's talk about next week's plan.

换个方向，我们聊聊下周计划吧。

句型拆解

And now for something completely different... / 现在来点完全不一样的.....

这个表达带一点戏剧化和幽默感，不适合特别正式或严肃的场合。

第4句

How is your diet coming along? diet /'daɪət/; coming /'kʌmɪŋ/

come along 表示“进展如何”，常用于询问项目、学习、计划等进度。这里 George 故意问 Lila 的减肥计划，属于反击式转移话题。

语块拆解

How is + [事情] coming along?进展怎么样？

How is + [事情] going?

How is your new project going?

你的新项目进展怎么样？

How is progress on + [事情]?

How is progress on the report?

报告进度怎么样？

句型拆解

How is + [计划/任务] coming along? /进展怎么样？

coming along 不是“走过来”，而是“事情推进得怎么样”。

第5句

Have you lost any weight yet? weight /weɪt/; yet /jet/

Have you + 过去分词 + yet? 用来问“到现在为止有没有……”。但问别人减重是很私人的问题，语气容易让人不舒服。

语块拆解

lose weight 减重 / 瘦下来

get in shape

I'm trying to get in shape before summer.

我想在夏天前把状态练好一点。

slim down

He slimmed down a bit after changing his routine.

他改变作息后瘦了一点。

Have you + [过去分词] + yet? 你已经……了吗?

Have you finished...?

Have you finished the application yet?

你申请表填完了吗?

Have you gotten around to...?

Have you gotten around to calling the doctor yet?

你抽空给医生打电话了吗?

句型拆解

Have you + [过去分词] + any + [名词] yet? / 你到现在有没有……?

yet 常放在疑问句句尾；不要说 Have you lost weight already? 来问普通进度，already 容易带惊讶或预设。

第6句

I don't really want to talk about my weight. really /'ri:əli/; weight /weɪt/

don't really want to 比直接说 I don't want to 更委婉，意思是“我其实不太想.....”。Lila 终于体会到 George 一直不想聊私生活的感受。

语块拆解

don't really want to + [动词原形] 其实不太想.....

I'd rather not + [动词原形]

I'd rather not talk about that right now.

我现在不太想聊那个。

I'm not comfortable + [动词-ing]

I'm not comfortable discussing my salary.

我不太想讨论我的薪水。

talk about my weight 聊我的体重

discuss my body

I don't want to discuss my body at dinner.

我不想在吃饭时讨论我的身体。

get into personal stuff

I don't want to get into personal stuff at work.

我不想在 workplace 聊私人话题。

句型拆解

I don't really want to talk about + [私人话题]. / 我其实不太想聊.....

拒绝别人时不一定要很硬；don't really want to 是更自然、更有边界感的说法。

第7句

But I think you're having trouble shedding those pounds, right?

trouble /'trʌbl/; shedding /'ʃedɪŋ/

have trouble doing something 表示“做某事有困难”。shedding those pounds 是“减掉那些体重”的说法，但直接这样说别人可能很刺耳。

语块拆解

have trouble + [动词-ing] 做.....有困难

struggle with + [名词/动词-ing]

I struggle with staying focused in the afternoon.

我下午很难保持专注。

have a hard time + [动词-ing]

She has a hard time saying no to people.

她很不擅长拒绝别人。

shed pounds 减掉体重

lose a few pounds

He wants to lose a few pounds before the wedding.

他想在婚礼前减几磅。

drop some weight

She dropped some weight after changing her diet.

她调整饮食后瘦了一些。

句型拆解

I think you're having trouble + [动词-ing], right? / 我觉得你在.....上有点困难，对吧？

这个句型很直接，容易让人有被评判的感觉；用于敏感话题时要非常谨慎。

第8句

I have lots of suggestions on what you can do. suggestions /səg'dʒestʃənz/

suggestions on what you can do 表示“关于你可以怎么做的建议”。George 表面热心，实际上是在用 Lila 对他说话的方式反过来让她感到不舒服。

语块拆解

have lots of suggestions on + [事情] 对.....有很多建议

have a few ideas about + [事情]

I have a few ideas about how we can improve the page.

关于我们怎么优化这个页面，我有几个想法。

have some tips for + [人/事情]

I have some tips for staying calm during interviews.

关于面试时保持冷静，我有一些小建议。

what you can do 你可以怎么做

how to handle it

Let's talk about how to handle it without making things worse.

我们聊聊怎么处理，别把事情弄得更糟。

ways to make it easier

There are a few ways to make it easier.

有几个办法可以让它简单一点。

句型拆解

I have lots of suggestions on what you can do. / 关于你可以怎么做，我有很多建议。

suggestion 是可数名词，很多建议要说 lots of suggestions，不要说 many suggestion。

If + [A isn't right/your type], how about + [B]? / 如果 A 不合适, 那 B 呢?

type 在这里不是“种类”的机械翻译, 而是“喜欢的类型”; 不要说 Rachel is not your like type.

职场沟通

If Tuesday isn't good for the client, how about Thursday morning?

如果周二客户不方便, 那周四上午呢?

日常闲聊

If sushi isn't your thing, how about Thai food?

如果你不太想吃寿司, 那泰餐怎么样?

I know you're a + [偏好类型的人]. / 我知道你是那种喜欢.....的人。

涉及外貌和身体特征时要谨慎; 这个句型可以学, 但不要随使用来评价第三个人的身体。

职场沟通

I know you're a details person, so I added the full breakdown.

我知道你是很注重细节的人, 所以我加了完整拆解。

日常闲聊

I know you're a coffee person, so I found a great little café.

我知道你爱喝咖啡, 所以我找到了一家很棒的小咖啡馆。

And now for something completely different... / 现在来点完全不一样的.....

这个表达带一点戏剧化和幽默感, 不适合特别正式或严肃的场合。

职场沟通

And now for something completely different: let's look at the customer feedback.

现在换个完全不同的内容: 我们看看客户反馈。

日常闲聊

And now for something completely different, did you see that new café downtown?

现在彻底换个话题, 你看到市中心那家新咖啡馆了吗?

How is + [计划/任务] coming along? /进展怎么样?

coming along 不是“走过来”, 而是“事情推进得怎么样”。

职场沟通

How is the budget review coming along?

预算审核进展怎么样?

日常闲聊

How is your Spanish class coming along?

你的西语课学得怎么样了?

Have you + [过去分词] + any + [名词] yet? / 你到现在有没有.....?

yet 常放在疑问句句尾；不要说 Have you lost weight already? 来问普通进度，already 容易带惊讶或预设。

职场沟通

Have you received any feedback yet?

你到现在收到什么反馈了吗？

日常闲聊

Have you made any plans for the weekend yet?

你周末有什么安排了吗？

I don't really want to talk about + [私人话题]. / 我其实不太想聊.....

拒绝别人时不一定要很硬；don't really want to 是更自然、更有边界感的说法。

职场沟通

I don't really want to talk about my personal situation in the meeting.

我其实不太想在会上聊我的私人情况。

日常闲聊

I don't really want to talk about my ex tonight.

我今晚其实不太想聊我前任。

I think you're having trouble + [动词-ing], right? / 我觉得你在.....上有点困难，对吧？

这个句型很直接，容易让人有被评判的感觉；用于敏感话题时要非常谨慎。

职场沟通

I think you're having trouble getting the data from the system, right?

我觉得你从系统里取数据有点困难，对吧？

日常闲聊

I think you're having trouble sleeping lately, right?

我觉得你最近睡眠有点困难，对吧？

I have lots of suggestions on what you can do. / 关于你可以怎么做，我有很多建议。

suggestion 是可数名词，很多建议要说 lots of suggestions，不要说 many suggestion。

职场沟通

I have lots of suggestions on what you can do to make the report clearer.

关于你怎么让报告更清晰，我有很多建议。

日常闲聊

I have lots of suggestions on what you can do this weekend.

关于你周末可以做什么，我有很多建议。

LOOK AND TALK

朋友聚会里，有人想把话题绕开

先描述画面里谁在提起相亲、分手、宠物和近况，谁在试着转移话题。练习用 That reminds me / Forget about... / Speaking of... 自然接话，也可以复用同主题里的 change the subject、moving on、love life 等表达。

可以优先用这些表达

be someone's type

How about + [人/事]?

have great legs

be a leg man

something completely different

change the subject

moving on

love life

go out with someone

引导问题

1. Who is trying to change the subject, and why?
2. What makes the conversation feel a little awkward?
3. What can the speaker say to move on politely?
4. Have you seen any good movies lately?

