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# BBC LEARNING ENGLISH

## Authentic Real English 地道英语

### Not gonna lie 实话实说

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- 关于台词的备注:

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#### Neil

Hello and welcome to Authentic Real English. I'm Neil.

#### Feifei

大家好，我是冯菲菲。

#### Neil

You're a pretty polite person, aren't you, Feifei?

#### Feifei

Well, thanks. I don't know. I do try to be!

#### Neil

Well, that was a very polite answer! But sometimes we want to say things that are very honest, or that others might not want to hear.

#### Feifei

有时候，我们想表达一个真实的想法或观点，但这个观点可能不中听或别人不想听。举个例子，我问你：“Do I look tired today?”

#### Neil

Well, I could directly say: “Yes, you do look a bit tired.”

#### Feifei

Or you could start with this slang expression ‘not gonna lie’.

#### Neil

Not gonna lie Feifei, you do look a little tired.

#### Feifei

I know, I need to get to bed earlier! Not gonna lie 是一个通俗表达，在我们想表达真实想法，而不是礼貌寒暄的时候就可以用它。“Gonna”是“going to”的缩略形式。

**Neil**

It's not only used for honest criticism, we might also use it before something we're very proud of, or something we boast about. For example: I love recording these programmes. Though I'm not gonna lie, I'm the best presenter in the team.

**Feifei**

Whoah, that's enough. 其实这个说法不仅可以用来告诉他人我们要“实话实说”，它还可以被用在一件让你骄傲、自豪的事情前面。比如，刚才 Neil 说“ I'm not gonna lie, I'm the best presenter in the team”， although I'm sure everyone listening agrees that I'm the best presenter。

**Neil**

Of course you're a fantastic presenter, Feifei. Just an example!

**Feifei**

Talking of examples, let's hear a few more.

**Examples**

A: Fancy coming round for dinner tomorrow?

B: Absolutely. If you're making your famous roast?

A: Oh yes. Not gonna lie, it's the best roast in town!

Slow down! You really are a terrible driver Mark, not gonna lie.

Not gonna lie, I absolutely love my job. I feel so happy when I walk through the office door every day.

**Neil**

That last example sounds just like me. Especially as I'm... the best presenter.

**Feifei**

好了，好了， this joke is getting old now。

**Neil**

You're right. OK, one more thing. This phrase 'not gonna lie'...

**Feifei**

Yes?

**Neil**

Not gonna lie, I think some people use it too much!

**Feifei**

是的，**not gonna lie** 这个表达在社交平台中出现的频率非常高。你肯定见过这种用法：一位好友发了一张自己在海边度假的图片然后配上文字：“**Not gonna lie, it's stunning here**”。

**Neil**

The kind of post that makes me feel jealous when I'm stuck in the office.

**Feifei**

But I thought you loved your job?!

**Neil**

Oh, I do.

**Feifei**

And yes, you are a very good presenter, Neil.

**Neil**

Well, that makes me feel better, not gonna lie.

**Feifei**

Bye.

**Neil**

Bye.