

词汇: *friendship* 友谊

Who do you count as your friends? From our **BFF** to a **work mate**, it's good to have someone to **chew the fat** with or offer **comfort** and support. But when it comes to **friendship**, is it more important to have quantity or quality?

The recent isolation we have endured due to the coronavirus pandemic has made some of us question our friendships. We've fallen **out of touch** with friends and **acquaintances**, and it may feel awkward, but do we actually have to **rekindle** every **relationship** we once had? It might be time to **take stock** and think about who you kept in touch with, who you missed talking to, and who you didn't. In short, maybe it's time to reset your list of real **mates**.

There's no obligation to stay friends, and writing for BBC Worklife, Bryan Lufkin says: "While people have known for years that friendships are unquestionably good for your health, experts say it's only natural for acquaintances and even friends to **fall by the wayside** as time goes on – and it's nothing to feel guilty about."

Of course, it can be hard to choose who's in your **friendship circle**. This is what Suzanne Degges-White, professor of counselling at Northern Illinois University, calls our '**friendscape**'. She says, "in life, as we go through certain stages and ages, our attention shifts, and we want to be around people who are like us."

So, changing friends is normal, but we still need those special **pals** who've known us long term. These are friendships we invest time in. According to Robin Dunbar, a professor of evolutionary psychology at the University of Oxford, these are your **inner circle** of friends – your "**shoulders to cry on**" – and you have to see them at least once a week to keep them in that circle. He adds that the friends that do **drift** are mostly "**friendships of convenience**". But the advice for maintaining a good friendship is to share how you feel with someone you trust – this can help **strengthen** your friendship as well as giving you both a chance to support each other.

词汇表

BFF (best friend forever)	最好的朋友
work mate	同事, 工友
chew the fat	闲聊
comfort	安慰
friendship	友谊
out of touch	不常联系, 疏远
acquaintance	泛泛之交, 相识的人
rekindle	重新燃起 (一段关系、感情)
relationship	关系
take stock	反思, 仔细考虑
mate	伙伴, 朋友
fall by the wayside	中途放弃, 不再熟络
friendship circle	交友圈
friendscape	朋友圈
pal	好友
inner circle	核心 (朋友) 圈
a shoulder to cry on	可以倾诉的对象
drift	渐渐疏远
friendship of convenience	由于便利而结成的友谊
strengthen	增强, 巩固

测验与练习

1. 阅读课文并回答问题。

1. What recent event has caused us to lose contact with some friends?
2. According to Bryan Lufkin, how guilty should we feel about losing contact with a friend?
3. How can we maintain a good friendship?
4. True or false? *Your inner circle of friends are just friends of convenience.*
5. According to one expert, what kind of people do we like to be around?

2. 选择意思恰当的单词或词组来完成下列句子。

1. The words from my dad offered some _____ after I failed my exams.

rekindle	convenience	comfort	friendscape
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2. I needed a _____ after I split up with my boyfriend.

shoulder to cry on	shoulder to crying on
cry on a shoulder	shoulders to cry on

3. After ten years at the company, I need to _____ of my career and decide what to do next.

rekindle	take stock	chew the fat	acquaintances
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4. I'm going for a coffee with my _____ later. Do you want to join us?

friendscape	inner circle	relationships	work mates
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5. It was great to go out and _____ with my friends.

chewed the fat	chew my fat	chew the fat	chews the fat
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答案

1. 阅读课文并回答问题。

1. What recent event has caused us to lose contact with some friends?

The recent isolation we have endured due to the coronavirus pandemic, has made some of us question our friendships.

2. According to Bryan Lufkin, how guilty should we feel about losing contact with a friend?

Bryan says letting some friends fall by the wayside as time goes on is nothing to feel guilty about.

3. How can we maintain a good friendship?

Sharing how you feel with someone you trust maintains a good friendship.

4. True or false? *Your inner circle of friends are just friends of convenience.*

False. Your inner circle of friends are your 'shoulders to cry on'. The friends that do drift are mostly friendships of convenience.

5. According to one expert, what kind of people do we like to be around?

Suzanne Degges-White says we want to be around people who are like us.

2. 选择意思恰当的单词或词组来完成下列句子。

1. The words from my dad offered some **comfort** after I failed my exams.

2. I needed a **shoulder to cry on** after I split up with my boyfriend.

3. After ten years at the company, I need to **take stock** of my career and decide what to do next.

4. I'm going for a coffee with my **work mates** later. Do you want to join us?

5. It was great to go out and **chew the fat** with my friends.