

Build your Chinese vocabulary

This glossary of terms and phrases is aimed as a conversation building resource. Taking the first step to initiate conversations about our thoughts and feelings can be tricky. We hope that this glossary can help you communicate your inner worlds more clearly and bridge some of the language gap. We're sending you strength!

I feel _____ a lot/sometimes: 我经常/有时觉得_____

Overwhelmed: 不知所措

Stressed: 有压力

Sad: 悲伤

Anxious/anxiety: 忧虑/焦虑

Lonely: 孤独

The urge to self-harm: 有自残的冲动

Demotivated: 灰心丧气

I have _____: 我有 _____

Depression: 抑郁症

Anxiety: 焦虑症

Panic attacks: 恐慌症

Eating disorder: 进食障碍

Bipolar disorder: 躁郁症

Drug and alcohol issues: 吸毒和酗酒问题

Trauma: 心理创伤

Intrusive thoughts: 侵入性思维

Flashbacks: 病理性重现（闪回）

Suicidal thoughts: 自杀的念头

I have trouble sleeping: 我睡眠不好

I can't concentrate: 我无法集中注意力

I am being bullied at school/work: 我在学校/工作中受到欺负

I am having trouble with my relationship/friendships: 我的感情/友谊出现了问题

I need your help/can you help me? 我需要你的帮助/你能帮我吗?

I am worried for my mental wellbeing: 我担心我的心理健康

Can I talk about my worries with you? 我能和你谈谈我的烦恼吗?

Can I speak truthfully? 我能实话实说吗?

It's been difficult for me: 这对我来说很困难

I know you want to help but I need space: 我知道你想帮忙，但我需要空间

Can I please have some time for myself? 我能有自己的时间吗？

I will talk to you when I am ready: 我准备好了再跟你谈

I feel distressed when you... 当你……的时候，我感到很苦恼。

...ignore me: 忽略我

...yell at me: 对我大喊大叫

...talk over me: 打断我说话

Please listen to me before you say anything: 在你开口之前，请先听我说

Telling you this makes me feel... 告诉你这些让我觉得……

...nervous: 紧张

...anxious: 焦虑

...hopeful: 有希望

...embarrassed: 尴尬

...ashamed: 羞愧

...guilty: 内疚

...self-conscious: 难为情

...empowered: 受鼓舞

...pro-active: 积极主动

...mature: 成熟

but I'm telling you this because... 但我还是要告诉你，是因为……

...I have struggled with unexplained anger or rage

我曾与原因不明的火气或愤怒作斗争

...This has been troubling me for a long time

这件事已经困扰我很久了

...I want to learn how to cope with negative thoughts and feelings

我想学习如何处理消极的想法和感觉

It is making it hard for me... 这让我难以……

...to be productive at school/work

高效学习/工作

...enjoy the things I usually enjoy doing

享受我通常喜欢做的事情

...be present with family and friends

和亲友在一起

I would like to ... 我希望……

...talk to a doctor/psychologist/school counsellor/teacher
和医生/心理学家/学校辅导员/老师谈谈

...get a mental health care plan
获得心理健康保健计划

...find a support group
找一个支援小组

...understand why I am feeling this way
了解我为什么会有这种感觉

It is important that...重要的是……

... I feel valued, loved and seen
我感到自己获得尊重、爱和关注

... we don't talk over each other
我们不会互相说服对方改变立场

... I can be independent and have my decisions respected
我可以独立，我的决定会得到尊重

... I have time to rest
我有时间休息

I did not say anything before because I...我之前什么都没说，因为我……

...am afraid of your judgement
害怕你对我进行评判

...did not want you to feel disappointed in me
不想让你对我失望

...felt like a failure
感觉自己很失败

I hope we can work on having a better relationship. I will still listen and respect you but I also need...

我希望我们能建立更好的关系。我仍然会倾听和尊重你，但我也需要……

...to be respected: 被尊重

... you to trust my word: 你相信我的话

...to go out and meet friends, it's important for me to socialise and build meaningful connections with the people around me
走出去结识朋友，对我来说，与周围的人交往并建立有意义的联系是很重要的

...have freedom to do things that I enjoy
有自由去做自己喜欢的事情

...decide my own subjects and course in life
决定我自己人生的主题和道路

Mum and dad, can I talk to you about something that has been troubling me a lot lately? I hope you can listen with an open mind and listen to what I have to say. I've had to muster up a lot of courage for this. I've feel very ashamed and afraid to tell you but I have been feeling very sad for the past few months and it won't go away. I can't concentrate at school/work and don't feel motivation to do anything. Everything feels very hard and I don't know why. I need your support. I would like to see a GP to get a mental health care plan so that I can see a psychologist and learn how to cope with these thoughts and feelings. It would mean a lot to me if you can help me.

爸爸妈妈，我能跟你们谈谈最近让我很困扰的一件事吗？我希望你们能以开放的心态倾听我要说的话。

我得鼓起很大的勇气才行。我感到非常羞愧，而且害怕告诉你们，但在过去的几个月里，我一直感到非常难过，而且这种感觉挥之不去。我无法集中精神学习/工作，做任何事都没有动力。我不知道为什么，一切都很艰难。我需要你们的支持。我想去看全科医生（GP），获得心理健康保健计划，这样我就可以去看心理学家，学习如何应对这些想法和感受。如果你们能够帮助我，那对我来说意义重大。

I understand that you want the best for me, and I want to succeed and do well in life too. But the pressure that you are putting me under is affecting my sleep, mental health, social life and will to live. I need space and time to properly rest and recover.

我知道你们想给我最好的，而我也想取得成功，拥有美好人生。但你们让我承受的压力影响了我的睡眠、心理健康、社交生活和生存意志。我需要空间和时间来好好休息和恢复。

I need the independence to explore and grow so I can learn to stand up for myself and make good decisions in the future for my career, studies and life.

我需要独立探索和成长，这样我才能学会为自己而奋斗，在未来的职业、学习和生活中做出正确的决定。

I need your help: 我需要你们的帮助

I appreciate you listening to me: 感谢你们聆听我的倾诉

Thank you for being here for me: 感谢你们陪在我身边

Your understanding means a lot to me: 你们的理解对我来说很重要