晨英语

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意见相左：一集拿走 64 个地道职场表达

BBC Office English 第 27 集。从问清来龙去脉、得体选边到折中收场，64 个关键表达与视频精讲完全对应，全部来自对话原文，附中英对照台词。

本篇收获

64 个关键表达速查 | 5 个精选深讲 | 10 个扩展短语 | 完整原声音频 | 中英对照台词全文

会议室里两位同事各执一词，最后都看向你——站谁？分歧难的不是「有不同意见」，是不同意时还能不伤和气。这一集从看懂分歧（understand the disagreement）讲起：介入之前先问清来龙去脉（fill me in on），选边时把话说软（I'm siding with...，但这不代表我不尊重你的意见），僵住了就用折中三件套收场（meet me halfway、find common ground、a happy medium）。64 个关键表达全部来自对话原文，按「看懂分歧 → 得体选边 → 折中收场」分好组；意见相左不可怕，可怕的是表达方式。

01 精选深讲

1. wade in · 贸然介入 —— Pippa 的语境：*"you need to understand the disagreement before you wade in, and wade in just means to get involved quite quickly"*（你得先弄清分歧再介入——wade in 就是很快地卷进去）。Phil 后来又用了一次：*"if you wade in with your opinion"*（带着你的意见贸然插进去）。画面感极强：wade 本义「蹚水」，wade in 就是连水多深都不看就往里跳——专门形容不分青红皂白就掺和。本集的建议就藏在措辞里：before you wade in，先问 context。

2. fill me in on · 给我讲讲细节 —— Phil 的示范句：*"could you fill me in on what the problem is?"*（能给我讲讲问题出在哪吗？）他的解释：*"fill me in means give me the details"*（fill me in 就是把细节补给我）。Pippa 还教了配套的说明句：*"I want to be sure I understand both sides"*（我想确保理解了双方）。fill 本义「填满」——把「信息缺口」填上；比 tell me 更客气，还带点「我是外人请补课」的谦逊，是介入分歧前的标准开场白。

3. I'm siding with… · 我站……这边 —— Phil 的示范：*"in this instance I'm siding with… this person"*（这一次我站他那边）。紧接着补一句软垫：*"But it's not that I don't respect your opinion"*（但这不代表我不尊重你的意见）。side 作动词＝站在某一边。这句话术的高明处在 in this instance——把「站队」限制在单次决定上，避免「你永远和他一伙」的误读；再接 but it's not that… 撇清人身色彩，构成选边场合的完整话术包。

4. meet me halfway · 各退一步 —— Pippa 的示范句：*"can you meet me halfway? And that just means can you compromise with me"*（能各退一步吗？就是能跟我折中吗）。halfway＝半路；meet me halfway＝你走一半我走一半，在中间碰头。它把抽象的 compromise 画成具体动作，是英语里最常用的求折中口语句，谈判、分工、砍价通吃。同场的还有 find common ground（找共同点）和 a happy medium（折中点），三件套一起记效果最好。

5. a happy medium · 折中点 —— Pippa 的定义：*"A similar expression is a happy medium. And this just means to reach a point where everybody is happy"*（另一个类似表达是 a happy medium——达到人人都满意的程度）。她补充：*"you have a solution that makes both sides happy, that's in the middle"*（一个让双方都满意的方案，就在中间那一点）。medium 这里取「居中」本义而非「媒介」，happy 强调「大家都乐意」——比 compromise 更突出双赢结果，语感更正面。

02 一、开场：分歧也可以是健康的

词条	中文释义	原文例句
a disagreement	分歧（本集题眼）	"What do you do when there's a disagreement at work?"
really healthy	非常健康	"it can be really healthy"
in a kind of calm way	用平静的方式	"disagree in a kind of calm way"
get angry	生气	"When people get angry"
confrontation	对抗	"I don't enjoy confrontation anyway"
Having said that	话虽如此	"Having said that, I do think"
different perspectives	不同的视角	"listen to different perspectives"
agreeing, disagreeing, and compromising	赞同、反对与折中	"talk about agreeing, disagreeing, and compromising"

03 二、圆融得体，先看公司文化

词条	中文释义	原文例句
your podcast guide to the world of work	职场世界播客指南	"This is your podcast guide to the world of work"
subtitles and a transcript	字幕和文稿	"you can find subtitles and a transcript"
keeping people happy at work	让大家满意	"keeping people happy at work"
being diplomatic	行事圆融得体（本集题眼）	"We often call this being diplomatic"
upset or offend someone	让人难堪或冒犯别人	"doesn't upset or offend someone"
resolved	被化解	"disagreements be resolved more easily"
company culture	公司文化	"depend on your company culture"
say what they think	有话直说	"people will just say what they think"
international companies	国际公司	"in lots of international companies"

04 三、别急着介入：先看懂分歧

词条	中文释义	原文例句
taking a side	选边站	"understanding disagreements, taking a side"
want your opinion	想听你的意见	"want your opinion"
different ideas	想法不同	"have different ideas about how to do a task"
there's a disagreement	出现了一个分歧	"you're at work and there's a disagreement"
wade in	贸然介入（本集题眼）	"before you wade in"
What should you do, Pippa?	你该怎么办?	"What should you do, Pippa?"
the context	来龙去脉	"what the context is of the thing"
give an opinion on	发表意见	"asked to give an opinion on"

05 四、问清来龙去脉

词条	中文释义	原文例句
fill me in on	给我讲讲细节（本集题眼）	"could you fill me in on what the problem is?"
give me the details	告诉我详情	"fill me in means give me the details"
I understand both sides	我理解了双方	"I understand both sides'"
showing respect to	表达对……的尊重	"showing respect to both perspectives"
a very quick decision	草率决定	"don't make a very quick decision"
going to be helpful	会有帮助	"is my opinion going to be helpful?"

06 五、得体地表明立场

词条	中文释义	原文例句
even more complicated	更复杂	"make things even more complicated"
decide which idea is best	判断哪个主意最好	"we need to decide which idea is best"
diplomatically	得体地、圆融地	"How do we do this diplomatically"
both perspectives	双方视角	"you understand both sides, both perspectives"
I can see why	我明白为什么	"I can see why you want to do it this way"
a complex problem	复杂问题	"if there's maybe a complex problem"
both options might work	两个方案都可行	"both options might work"
any right answers	标准答案	"I'm not sure there are any right answers"

07 六、做决定：选边话术

词条	中文释义	原文例句
acknowledging	承认	"you're just acknowledging"
make a decision	做个决定	"you just need to make a decision"
I'm siding with...	我站……这边（本集题眼）	"in this instance I'm siding with..."
in this instance	这一次	"in this instance"
don't respect your opinion	不尊重你的意见	"I don't respect your opinion"
thinking about what the other person has said	考虑过对方说的话	"thinking about what the other person has said"

08 七、对事不对人

词条	中文释义	原文例句
it to be personal	针对个人	"You don't want it to be personal really"
disagree politely	礼貌地表达反对	"how to disagree politely"
reach a compromise	达成折中（本集题眼）	"to reach a compromise"
demands	要求	"change their opinion or demands"

09 八、折中：各退一步，找共同点

词条	中文释义	原文例句
meet me halfway	各退一步（本集题眼）	"can you meet me halfway?"
compromise with me	跟我折中	"can you compromise with me?"
find common ground	找到共同点（本集题眼）	"try and find common ground"
the things that you agree on	双方都同意的东西	"the things that you agree on"
a happy medium	折中点（本集题眼）	"A similar expression is a happy medium"
everybody is happy	大家都满意	"a point where everybody is happy"
in the middle	处在中间	"that's in the middle"

10 九、柔化语言，好好收尾

词条	中文释义	原文例句
indirect language	间接语言	"slightly more indirect language"
softer language	更柔和的语言	"or softer language"
modal verbs	情态动词	"could you, would you, modal verbs like that"
less confrontational	少一点对抗性	"make it a bit less confrontational"
business English programmes	商务英语节目	"more business English programmes on our website"
speaking confidence	开口自信	"improve your speaking confidence at work"
Beating Speaking Anxiety series	战胜开口焦虑系列	"try our Beating Speaking Anxiety series"
Until next week	下周再会	"Until next week, goodbye"

11 扩展表达（未入选核心清单，但同样值得收）

词条	中文释义
a bit stressful	有点让人紧张
it's important to note	值得注意的是
UK workplaces	英国职场
not being rude	不显得失礼
a nice expression	一个好用的表达
explain why you want to know	解释你为什么想知道
without upsetting anyone	不让任何人难堪
go with this option	选这个方案
state your reasons	说明你的理由
get involved quite quickly	很快就卷进去（wade in 的释义）

12 串词成段

64 个词放回一次真实的站队现场，是这样的：

So there's **a disagreement** at work: two colleagues **have different ideas** about how to do a task, and both **want your opinion**. Don't **wade in** — before you do, get **the context**: "**could you fill me in on** what the problem is?" — *fill me in* means **give me the details**, and it shows you're listening: "I want to be sure **I understand both sides**." When it's time to weigh in, start soft — "**I can see why** you want to do it this way" — and if **both options might work**, admit there aren't **any right answers** before you pick. When a call simply has to be made, make it cleanly: "**in this instance I'm siding with** her — **but it's not that I don't respect your opinion**." Keep it about the work, never about the person. Deadlock? Then **reach a compromise**: ask "**can you meet me halfway?**", **find common ground** — **the things that you agree on** — and land on **a happy medium**: the point where **everybody is happy**, because the answer sits **in the middle**.

参考译文：于是一个分歧摆上了桌面：两位同事对怎么做一件事想法不同，都想听你的意见。别急着贸然介入——先问清来龙去脉：「能跟我说说问题出在哪吗？」fill me in 就是要「把细节讲给我」，同时表明你在听：「我想确保我理解了双方。」轮到你表态时，先软后硬——「我明白你为什么想这么做」；如果两个方案都可行，就先承认「不一定有标准答案」，再做出选择。到了必须拍板的时候，就干脆地拍：「这一次我站她那边——但这不代表我不尊重你的意见。」对事，永远别对人。僵住了？那就折中：问一句「能各退一步吗？」、找到共同点——也就是双方都同意的东西——最后落在一个大家都满意的折中点上，因为答案就在中间。

一句话带走

分歧三步走：先 fill me in on 问清 context（看懂再介入），再 in this instance I'm siding with... + it's not that I don't respect your opinion（选边不伤人），最后 meet me halfway / find common ground / a happy medium 三件套收场——对事不对人，是圆融得体的全部底色。

▼ 完整台词（中英对照）

Phil: What do you do when there's a disagreement at work?	职场里出现分歧时，你会怎么做?
Georgie: I don't mind it too much when people disagree.	别人意见不一致时，我不太介意。
Georgie: I think it can be really healthy, and especially if everyone feels able to disagree in a kind of calm way.	我觉得它可能非常健康——尤其当每个人都能用平静的方式表达不同意见时。
Georgie: When people get angry, that's when it gets a bit a bit stressful.	当人们开始生气，那才是压力变大的时候。
Becca: I don't enjoy confrontation anyway.	反正我本来就不喜欢对抗。
Becca: Having said that, I do think it's important to listen to different perspectives.	话虽如此，我确实认为倾听不同的视角很重要。
Pippa: Today on Office English, we'll talk about agreeing, disagreeing, and compromising.	今天的《职场英语》，我们聊赞同、反对与折中。
Phil: Hello and welcome to Office English from BBC Learning English.	你好，欢迎收听 BBC Learning English 的《职场英语》。
Phil: I'm Phil.	我是菲尔。
Pippa: And I'm Pippa.	我是皮帕。
Pippa: This is your podcast guide to the world of work.	这是你的职场世界播客指南。

Pippa: And you can find subtitles and a transcript to read along with this podcast on our website

你可以在我们的网站找到这期播客的字幕和文稿，边读边听：bbclearningenglish.com。

Phil: So, Pippa, we've just heard some of our Learning English colleagues talking about keeping people happy at work.

那么皮帕，刚才我们听了几位 Learning English 的同事聊如何在职场让大家满意。

Phil: We often call this being diplomatic.

我们常把这叫做 being diplomatic（行事圆融得体）。

Pippa: Yes, being diplomatic means acting in a way that doesn't upset or offend someone.

对，being diplomatic 意思是：以不让人难堪、不冒犯别人的方式行事。

Phil: Yes, it can be difficult to keep everyone happy all the time at work, but there are some steps that you can take to make sure you're not being rude and to help disagreements be resolved more easily.

对，在工作中让所有人时刻都满意可能很难，但你可以采取一些步骤，确保自己不失礼，并让分歧更容易被化解。

Pippa: And it's important to note that it will depend on your company culture and the country that you work in, how diplomatic people are.

还要注意：人们有多圆融，取决于你的公司文化和所在国家。

Pippa: There are some workplaces where people will just say what they think.

有些职场里，人们有话直说。

Pippa: They won't kind of try to, um, not offend people with their opinion.

他们不会为了不冒犯别人而修饰自己的观点。

Pippa: But it's very common in UK workplaces and in lots of international companies that you need to be diplomatic.

但在英国职场和很多国际公司里，你需要圆融得体，这非常常见。

Pippa: So in this episode, we'll talk about understanding disagreements, taking a side and compromising.

所以本集我们会聊：理解分歧、选边站，以及折中。

Phil: OK, so let's imagine you're at work and there's a disagreement.

好，想象你在工作，出现了一个分歧。

Phil: Two colleagues have different ideas about how to do a task and want your opinion.

两位同事对怎么做一项任务有不同想法，想来听听你的意见。

Phil: What should you do, Pippa?

你该怎么办，皮帕?

Pippa: Well, you need to understand the disagreement before you wade in, and wade in just means to get involved quite quickly.

嗯，在你 wade in（贸然介入）之前，你需要先理解这个分歧——wade in 就是很快地卷进去。

Pippa: Um, so you need to ask about, kind of, what the context is of the thing that you're being asked to give an opinion on.

所以你需要问问：你被要求发表意见的这件事，来龙去脉是什么?

Phil: Yeah.

对。

Phil: A nice expression to do this could be, 'could you fill me in on what the problem is?' And fill me in means give me the details.

一个很好用的表达是：could you fill me in on what the problem is?（能跟我说说问题是怎么回事吗？）fill me in 就是「把细节告诉我」。

Pippa: Mhm.

嗯哼。

Pippa: Yeah.

对。

Pippa: And you can sort of explain why you want to know this.

你还可以解释一下你为什么想了解这些。

Pippa: 'I want to be sure I understand both sides' would be a nice expression.

I want to be sure I understand both sides（我想确保我理解了双方）会是个好表达。

Pippa: It's just showing respect to both perspectives and making sure that you don't make a very quick decision if this is quite a big disagreement.

它表达了对双方视角的尊重，也确保你在分歧很大时不会草率决定。

Phil: Yeah.

对。

Phil: And then another question that could be important to ask is, is my opinion going to be helpful?

另一个值得问的重要问题是：我的意见会有帮助吗?

Phil: Is it something you can actually help with, or is it just going to make things even more complicated if you wade in with your opinion?

这件事你能真的帮上忙吗？还是说，如果你贸然带着意见介入，只会把事情搞得更复杂?

Pippa: OK, so now we understand the disagreement, we need to decide which idea is best.

好，现在我们理解了分歧，需要决定哪个想法最好。

Pippa: How do we do this diplomatically without upsetting anyone, Phil?

怎么做才能既得体、又不冒犯任何人，菲尔?

Phil: It is good to show that you understand both sides, both perspectives.

表明你理解双方，是很好的做法。

Phil: So maybe start off by saying something like, 'I can see why you want to do it this way.

也许可以这样开场：I can see why you want to do it this way.（我明白你为什么想这么做。）

Phil: But in this case I agree with...' the other side.	But in this case I agree with...（但在这个case里，我同意……）另一方。
Pippa: Another way you could approach this is if there's maybe a complex problem where actually both options might work, there's not a particular right or wrong, you can say that.	另一种处理方式：如果是个复杂问题、其实两个方案都可行、没有特定的对错，你可以直接这么说。
Pippa: You can say, 'I'm not sure there are any right answers, but I'm going to go with this option because...' and then state your reasons.	你可以说：I'm not sure there are any right answers, but I'm going to go with this option because...（我不确定有没有标准答案，但我打算选这个方案，因为……），然后陈述你的理由。
Pippa: So you're just acknowledging that it's not actually that the other person is wrong.	这样你其实是在承认：并不是对方错了。
Phil: Yeah.	对。
Phil: Sometimes you just need to make a decision.	有时你就是得做个决定。
Phil: So you might say 'in this instance I'm siding with...' this person.	那么你可以说：in this instance I'm siding with...（这一次我站……这边）。
Phil: 'But it's not that I don't respect your opinion'.	但这不是我不尊重你的意见。
Phil: Um, so you're showing that you are thinking about what the other person has said, and you're not just, it's not just you don't like them or something like that.	这样你就在表明：你认真考虑过对方说的话，而不是单纯不喜欢他之类的原因。
Pippa: Mhm.	嗯哼。
Pippa: Yeah.	对。
Pippa: You don't want it to be personal really.	你不想让它变成针对个人的事。
Pippa: So you want to show that in the way that you're talking to people.	你要通过说话的方式把这一点展现出来。
Phil: OK.	好。
Phil: So we've covered how to disagree politely.	如何礼貌地反对，我们讲完了。
Phil: But another option is to reach a compromise.	但另一个选项是达成折中（compromise）。

Phil: And this is where both people change their opinion or demands in order to agree.	这就是双方都改变自己的观点或要求，以达成一致。
Phil: So how can we talk about compromise at work?	那在职场里我们怎么谈折中?
Pippa: Well we have lots of really nice expressions for this in English.	英语里有很多很好用的表达。
Pippa: So we could ask, 'can you meet me halfway?' And that just means can you compromise with me?	我们可以问：can you meet me halfway?（你能跟我各退一步吗？）意思就是：你能跟我折中一下吗?
Phil: Yes.	对。
Phil: You might want to try and find common ground.	你可能还想找到 common ground（共同点）。
Phil: And common ground are the things that you agree on.	Common ground 就是你们双方都同意的东西。
Pippa: Mhm.	嗯哼。
Pippa: A similar expression is a happy medium.	一个类似的表达是 a happy medium（折中点）。
Pippa: And this just means to reach a point where everybody is happy.	意思就是达到一个大家都满意的点。
Pippa: So you have a solution that makes both sides happy, that's in the middle.	于是你有了一个让双方都满意的方案——它处在中间。
Pippa: It's a happy medium.	这就是 a happy medium。
Phil: Now in order to reach a compromise it's often good to use slightly more indirect language or softer language.	现在，为了达成折中，通常最好使用稍微更间接、更柔和的语言。
Phil: So things like possibly or maybe, could you, would you, modal verbs like that, which, they just make it a bit less confrontational.	比如 possibly 或 maybe、could you、would you 这类情态动词——它们只是让话少一点对抗性。
Pippa: That's it for this episode of Office English.	本期《职场英语》就到这里。
Pippa: Find more business English programmes on our website, bbclearningenglish.com.	更多商务英语节目，请到我们的网站 bbclearningenglish.com。

Phil: Now, do you want to improve your speaking confidence at work?	现在，你想提升职场开口的自信吗？一定要试试我们的 Beating Speaking Anxiety 系列——有视频和播客帮你战胜说英语的恐惧，全都在 bbclearningenglish.com。
Phil: Make sure you try our Beating Speaking Anxiety series with videos and podcasts to help you fight your fears of speaking English, and it's all available at	一定要试试我们的 Beating Speaking Anxiety 系列——有视频和播客帮你战胜说英语的恐惧，全都在 bbclearningenglish.com。
Pippa: Until next week, goodbye.	下周再会，再见。
Phil: Bye.	再见。