

English Only

استخدمها فقط إذا ما فهمت الصوت فقط لكن إذا لسه ما فهمت الكلام، ممكن تنزل تحت وتشوف "النص مع المعنى". مرة ثانية، لا تجمع كلمات.. الكلمات فهي مهمة الفهم أهم.

Time: 00:00

Voice 1

Welcome to Spotlight. I'm Anne Muir.

Voice 2

And I'm Ryan Geertsma. Spotlight uses a special English method of broadcasting. It is easier for people to understand, no matter where in the world they live.

Time: 00:32

Voice 3

"My driver's license came up for renewal. I needed to take a written test of the traffic laws. For days, I studied a little book of all the rules. My boyfriend David would try to persuade me to spend time with him. He wanted me to join him for a walk or to go to a party or even just to talk. I told him I could not take the time. Of course, I got perfect marks on the test. I ran to tell David. "My love," he said, "why would you want to do that?" It was not the response I had expected. Suddenly I understood that I had sacrificed a great deal for a test that was not very important. I had spent days studying for it that I could have spent in much better ways."

Voice 1

This story is from Rachel Naomi Remen. She is from the United States. In that country, every driver must take a written test to get a driving license. But this test is not difficult. And the driver only needs to pass the test. A perfect result does not matter! Remen's efforts to study were extreme – and unnecessary. This was a sign that Remen had a problem.

Voice 2

Today, Remen is a doctor who studies human health and emotions. She also calls herself a "recovering perfectionist." That means she used to be a perfectionist, but she is trying not to be one now. She tells the story of her driving test to show the problems of trying to be

perfect. What is a perfectionist? Why was it so important to Remen to get a perfect result on her driving test? Today's Spotlight is on being perfect.

Voice 1

Perfectionism is a very complex behaviour. It is part of a person's character or personality. Perfectionists always try to do everything perfectly – without any mistakes, errors or faults. Some perfectionists may expect other people around them to be perfect too. On her website, Dr. Remen says:

Voice 3

"Before I began recovering from perfectionism, I felt that I was always falling short. And so was everyone else. Who we were and what we did was never quite good enough? I sat in judgment on life itself. Perfectionism is the belief that life is broken."

Time: 00:54

Voice 2

Many cultures place a high value on working to achieve perfect results. It *can* be good to always aim to be excellent. For example, some sports people may be perfectionists. They work hard for the best possible result. They try to perform perfectly in a competition. People also think the famous artist Michelangelo was a perfectionist. This quality probably helped him create his amazing works of art. Sometimes we even depend on the high expectations of perfectionists. For example, when a specialist is performing a surgery on our hearts, we would like it to be perfect.

Voice 1

But perfectionism can often have negative results. Some people feel that they *need* to be perfect. They have very high expectations for themselves. Perfectionists measure their worth, or value, by how well they do everything. This kind of perfectionism can even become a mental disorder. Experts have identified three different kinds of perfectionism.

Voice 2

The first kind of perfectionism is based on the *self*. This is when a person requires himself to be perfect. Then, when he fails to do this, he is very disappointed. A man named Paul told his story about this kind of perfectionism to the Mental Health Foundation:

Voice 4

"I had been trying to do too much, too well and trying to please too many people. I had been expecting too much of myself for too long and putting too much pressure on myself. I was creating too much stress. That is a lot of 'too muches' for one person. I stopped looking forward to anything. I felt like I was useless and hopeless."

Voice 1

Another kind of perfectionist expects *other* people to be perfect. People in relationships with the perfectionist often feel that they are always being criticized. They may feel that they can never be good enough to be loved. Kathy Miller is a perfectionist. She gives a small example of how her husband was never perfect enough for her

Time: 08:34

Voice 5

"One night I returned home from shopping. My husband, met me at the door, smiling. He led me into the kitchen and announced, "I washed the dishes for you!" As I put my arms around him and said, "Thank you!" I looked over his shoulder. I noticed pieces of food and drops of liquid on the table. "But you have not cleaned the table!" I thought. "You have not *finished* the job!"

Voice 2

A third kind of perfectionism relates to *social* conditions. This kind of perfectionist believes that other people expect her to be perfect. This kind of perfectionism often begins when children have very demanding parents. Doctor Randy Frost has studied perfectionism for many years. He tells the magazine Psychology Today:

Voice 6

"Overly demanding and judgmental parents put a lot of pressure on children to achieve. Our studies show that is connected to perfectionism. Sometimes the parent is happy *only* when the child achieves something or spends a lot of time working at something. The parent's high expectations are not spoken out loud but they are made clear by the environment."

Voice 1

All three of these kinds of perfectionism can have negative effects. Perfectionism can lead to other emotional problems such as depression, using too much alcohol or other drugs, eating disorders or even suicide. Perfectionism can also be connected to other physical problems such as stress problems and heart conditions. However, there are many ways to reduce the need to be perfect. Ann Smith wrote a book called “Overcoming Perfectionism.” She gives some good ideas about having healthier expectations:

Voice 7

“The change starts with acknowledging our humanness. We learn to accept the best and worst of who we are. Some things about us will never change. Other parts of ourselves may be altered by life experiences. In the meantime, you are good enough for today – perfectly imperfect.”

Time: 12:07

Voice 2

It is not easy to stop being a perfectionist. Remember Kathy Miller who was not happy with her husband, even when he was helping her? She says that she is trying not to expect perfection. Her Christian faith has helped her to accept her husband, and herself. Miller writes:

Voice 5

“Giving myself grace has been a slow growth process. But I believe that God understands our mistakes. And he is willing to forgive them. We can stop expecting too much from ourselves and others. You and I are already perfect in God’s sight. We have nothing to prove. We are accepted.”

Voice 1

The writers of this program were Marina Santee and Rena Dam. The producer was Rena Dam. The voices you heard were from the United States and the United Kingdom. All quotes were adapted and voiced by Spotlight. You can find our programs on the internet at www.radioenglish.net. This program is called ‘Being Perfect’.

Voice 2

We hope you can join us again for the next Spotlight program. Goodbye.

النص مع المعنى

حاول تستخدمها فقط للضرورة القصوى. مهارة التخمين والاستيعاب هي الأساس، مو حفظ الكلمات.

الوقت: 00:00

Voice 1

Welcome to Spotlight. I'm Anne Muir.

الصوت الأول

مرحباً بك في Spotlight. أنا آن موير.

Voice 2

And I'm Ryan Geertsma. Spotlight uses a special English method of broadcasting. It is easier for people to understand, no matter where in the world they live

الصوت الثاني

وأنا رايان جيرتسما. يستخدم برنامج Spotlight أسلوب لغة انجليزية خاصة للبحث بحيث يسهل على الناس فهم اللغة بغض النظر عن المكان الذي يعيشون فيه حول العالم

الوقت: 00:32

Voice 3

"My driver's license came up for renewal. I needed to take a written test of the traffic laws. For days, I studied a little book of all the rules. My boyfriend David would try to persuade me to spend time with him. He wanted me to join him for a walk or to go to a party or even just to talk. I told him I could not take the time. Of course, I got perfect marks on the test. I ran to tell David. "My love," he said, "why would you want to do that?" It was not the response I had expected. Suddenly I understood that I had sacrificed a great deal for a test that was not very important. I had spent days studying for it that I could have spent in much better ways."

الصوت الثالث

"رخصة قيادتي بحاجة إلى التجديد. كنت بحاجة لأخذ اختبار مكتوب لقوانين المرور. لعدة أيام، درست كتابًا صغيرًا لجميع القواعد. سيحاول صديقي ديفيد إقناعي بقضاء بعض الوقت معه. أراد مني أن أنضم إليه في نزهة سيراً على الأقدام أو أن أذهب إلى حفلة أو حتى أتحدث فقط. أخبرته أنني لا أملك الوقت الكافي. بالطبع، حصلت على علامات مثالية في اختبار القيادة. ركضت لأخبر ديفيد. قال: "حبي، لماذا تريد أن تفعل ذلك؟" لم يكن الرد الذي توقعته. فجأة أدركت أنني قد ضحيت بالكثير من أجل اختبار لم يكن مهماً للغاية. لقد قضيت أياماً في الدراسة للاختبار وكان من المفترض قضائهم بطريقة أفضل بكثير"

Voice 1

This story is from Rachel Naomi Remen. She is from the United States. In that country, every driver must take a written test to get a driving license. But this test is not difficult. And the driver only needs to pass the test. A perfect result does not matter! Remen's efforts to study were extreme – and unnecessary. This was a sign that Remen had a problem.

الصوت الأول

هذه القصة من Rachel Naomi Remen وهي من الولايات المتحدة. يجب على كل سائق إجراء اختبار خطي في هذا البلد للحصول على رخصة قيادة. لكن هذا الاختبار ليس صعباً. والسائق مكلف فقط باجتياز الاختبار. النتيجة المثالية لا تهم! كانت جهود ريمن للدراسة شديدة – وغير ضرورية. كانت هذه علامة على وجود مشكلة لدى ريمن.

Voice 2

Today, Remen is a doctor who studies human health and emotions. She also calls herself a "recovering perfectionist." That means she used to be a perfectionist, but she is trying not to be one now. She tells the story of her driving test to show the problems of trying to be perfect. What is a perfectionist? Why was it so important to Remen to get a perfect result on her driving test? Today's Spotlight is on being perfect.

الصوت الثاني

ريمين اليوم طبيبة تدرس صحة الإنسان وعواطفه. كما تطلق على نفسها اسم "الكمال المتعافى". هذا يعني أنها كانت مثالية، لكنها تحاول ألا تكون مثالية الآن. تروي قصتها مع اختبار القيادة لإظهار مشكلة محاولتها لتكون مثالية. ما هو الكمال؟ لماذا كان من المهم جداً الحصول على نتيجة مثالية في اختبار القيادة؟ تسلط Spotlight الضوء اليوم على الكمال.

Voice 1

Perfectionism is a very complex behaviour. It is part of a person's character or personality. Perfectionists always try to do everything perfectly – without any mistakes, errors or faults. Some perfectionists may expect other people around them to be perfect too. On her website, Dr. Remen says:

الصوت الأول

الكمالية سلوك معقد للغاية. إنها جزء من شخصية الفرد. يحاول الأشخاص المتصفين بالكمال القيام بكل شيء بشكل مثالي دائماً – دون أي أخطاء. قد يتوقع بعض الأشخاص المتصفين بالكمال أن يكون الآخرون من حولهم مثاليين أيضاً. تقول د. ريمن على موقعها الإلكتروني.

"قبل أن أبدأ في التعافي من الكمالية شعرت أنني كنت أشعر بالتقصير دائماً. وهكذا كان الجميع. من نحن وما فعلناه لم يكن جيداً بما يكفي. جلست في الحكم على الحياة نفسها. الكمالية هي الاعتقاد بأن الحياة معطلة

الوقت: 00:54

Voice 2

Many cultures place a high value on working to achieve perfect results. It *can* be good to always aim to be excellent. For example, some sports people may be perfectionists. They work hard for the best possible result. They try to perform perfectly in a competition. People also think the famous artist Michelangelo was a perfectionist. This quality probably helped him create his amazing works of art. Sometimes we even depend on the high expectations of perfectionists. For example, when a specialist is performing a surgery on our hearts, we would like it to be perfect.

الصوت الثاني

تولي العديد من الثقافات قيمة كبيرة للعمل من أجل تحقيق نتائج مثالية. قد يكون من الجيد أن تهدف دائماً إلى أن تكون ممتازاً. على سبيل المثال ، قد يتصف بعض الرياضيين بالكمالية. إنهم يعملون بجد لتحقيق أفضل نتيجة ممكنة. يحاولون الأداء بشكل مثالي في المنافسة. يعتقد الناس أيضاً أن الفنان الشهير مايكل أنجلو كان صاحب شخصية كمالية. ربما ساعدته هذه الميزة على إنشاء أعماله الفنية المذهلة. في بعض الأحيان نعتمد على التوقعات العالية للكماليين. على سبيل المثال ، عندما يجري أخصائي جراحة في قلوبنا ، نود أن تكون مثالية.

Voice 1

But perfectionism can often have negative results. Some people feel that they *need* to be perfect. They have very high expectations for themselves. Perfectionists measure their worth, or value, by how well they do everything. This kind of perfectionism can even become a mental disorder. Experts have identified three different kinds of perfectionism.

الصوت الأول

لكن الكمالية يمكن أن يكون لها نتائج سلبية في كثير من الأحيان. يشعر بعض الناس أنهم بحاجة إلى أن يكونوا مثاليين. لديهم توقعات عالية جداً لأنفسهم. يقيس الكماليون قيمتهم بمدى أدائهم لكل شيء. يمكن أن يصبح هذا النوع من الكمالية مجرد اضطراب عقلي. حدد الخبراء ثلاثة أنواع مختلفة من الكمالية.

Voice 2

The first kind of perfectionism is based on the *self*. This is when a person requires himself to be perfect. Then, when he fails to do this, he is very disappointed. A man named Paul told his story about this kind of perfectionism to the Mental Health Foundation.

الصوت الثاني

النوع الأول من الكمالية مبني على الذات. هذا عندما يفرض الشخص على نفسه أن يكون كاملاً. ثم ، عندما يفشل في القيام بذلك، يشعر بخيبة أمل كبيرة. أخبر رجل يدعى بول قصته عن هذا النوع من الكمالية لمؤسسة الصحة العقلية.

Voice 4

"I had been trying to do too much, too well and trying to please too many people. I had been expecting too much of myself for too long and putting too much pressure on myself. I was creating too much stress. That is a lot of 'too much' for one person. I stopped looking forward to anything. I felt like I was useless and hopeless."

الصوت الرابع

"لقد كنت أحاول أن أفعل الكثير ، بشكل جيد للغاية وأحاول إرضاء الكثير من الناس. كنت أتوقع الكثير من نفسي لفترة طويلة وضغط كبير على نفسي. كنت أخلق الكثير من الضغط. هذا كثير لشخص واحد. توقفت عن التطلع إلى أي شيء. شعرت بأنني كنت عديم الفائدة واليأس."

Voice 1

Another kind of perfectionist expects *other* people to be perfect. People in relationships with the perfectionist often feel that they are always being criticized. They may feel that they can never be good enough to be loved. Kathy Miller is a perfectionist. She gives a small example of how her husband was never perfect enough for her.

الصوت الأول

النوع الآخر من الكماليين يتوقعوا أن يتصفوا الآخريين بالكمالية. غالباً ما يشعر الأشخاص الذين تصحبهم علاقة مع شخص يتصف بالكمالية أنهم يتعرضون للنقد دائماً. قد يشعرون أنهم لا يمكنهم أبداً أن يكونوا جيدين بما يكفي ليحبوك. كاثي ميلر هو شخصية تتصف بالكمال. تعطي مثالاً صغيراً عن كيف لم يكن زوجها مثالياً بما يكفي لها.

الوقت: 08:34

Voice 5

"One night I returned home from shopping. My husband, met me at the door, smiling. He led me into the kitchen and announced, "I washed the dishes for you!" As I put my arms around him and said, "Thank you!" I looked over his shoulder. I noticed pieces of food and drops of liquid on the table. "But you have not cleaned the table!" I thought. "You have not *finished* the job!"

الصوت الخامس

"ذات ليلة عدت إلى المنزل من التسوق. قابلني زوجي عند الباب وهو يبتسم. قادني إلى المطبخ مخبراً إياها، "لقد غسلت الأطباق لك!" عندما وضعت ذراعي حوله وقلت، "شكراً لك!" نظرت فوق كتفه. لقد لاحظت قطع الطعام وقطرات من السائل على الطاولة. "لكنك لم تنظف الطاولة!" أعتقد أنك. "لم تكمل المهمة!"

Voice 2

A third kind of perfectionism relates to *social* conditions. This kind of perfectionist believes that other people expect her to be perfect. This kind of perfectionism often begins when children have very demanding parents. Doctor Randy Frost has studied perfectionism for many years. He tells the magazine Psychology Today.

الصوت الثاني

النوع الثالث من الكماليين يتعلق بالظروف الاجتماعية. يعتقد هذا النوع من الكماليين أن الآخرين يتوقعون منهم أن يكونوا مثالية. هذا النوع من الكمالية يبدأ غالباً عندما يكون لدى الأطفال آباء متطلبين جداً. درس الدكتور راندي فروست الكمالية لسنوات عديدة. يقول لمجلة *Psychology Today*:

Voice 6

“Overly demanding and judgmental parents put a lot of pressure on children to achieve. Our studies show that is connected to perfectionism. Sometimes the parent is happy *only* when the child achieves something or spends a lot of time working at something. The parent’s high expectations are not spoken out loud but they are made clear by the environment.”

الصوت السادس

"يلقوا الأبوان المتطلبين جداً والمصدرين أحكاماً كثيرة من الضغط على الأطفال لتحقيقهم. تظهر دراستنا أن ذلك مرتبط بالكمالية. في بعض الأحيان يكون الوالد سعيداً فقط عندما يحقق الطفل شيئاً ما أو يقضي الكثير من الوقت في العمل على شيء ما. إن التوقعات العالية للوالدين لا تُصرح بصوت عالٍ ولكنها واضحة".

Voice 1

All three of these kinds of perfectionism can have negative effects. Perfectionism can lead to other emotional problems such as depression, using too much alcohol or other drugs, eating disorders or even suicide. Perfectionism can also be connected to other physical problems such as stress problems and heart conditions. However, there are many ways to reduce the need to be perfect. Ann Smith wrote a book called “Overcoming Perfectionism.” She gives some good ideas about having healthier expectations

الصوت الأول

كل هذه الأنواع الثلاثة من الكمالية يمكن أن يكون لها آثار سلبية. يمكن أن تؤدي الكمالية إلى مشاكل عاطفية أخرى مثل الاكتئاب ، أو استخدام الكثير من الكحول أو المخدرات ، أو اضطرابات الأكل أو حتى الانتحار. يمكن أيضاً ربط الكمالية بمشاكل جسدية أخرى مثل مشاكل الإجهاد وحالات القلب. ومع ذلك ، هناك العديد من الطرق لتقليل الحاجة إلى الكمال. كتبت آن سميث كتاباً بعنوان "التغلب على الكمالية". تعطي بعض الأفكار الجيدة حول الحصول على توقعات أكثر صحة:

Voice 7

“The change starts with acknowledging our humanness. We learn to accept the best and worst of who we are. Some things about us will never change. Other parts of ourselves may be altered by life experiences. In the meantime, you are good enough for today – perfectly imperfect.”

الصوت السابع

"يبدأ التغيير بالاعتراف بإنسانيتنا. نتعلم قبول أفضل وأساء ما نحن عليه. بعض الأمور لدينا لن تتغير أبداً. قد يتم تغيير أجزاء أخرى من أنفسنا من خلال تجارب الحياة. في هذه الأثناء ، أنت جيد بما فيه الكفاية لليوم – غير مثالي بشكل جيد."

الوقت: 12:07

Voice 2

It is not easy to stop being a perfectionist. Remember Kathy Miller who was not happy with her husband, even when he was helping her? She says that she is trying not to expect perfection. Her Christian faith has helped her to accept her husband, and herself. Miller writes.

الصوت الثاني

ليس من السهل التوقف عن كونك شخصية كمالية. هل تتذكر كاثيري ميللر التي لم تكن راضية عن زوجها ، حتى عندما كان يساعدها؟ تقول إنها تحاول ألا تتوقع الكمال. ساعدها إيمانها المسيحي على قبول زوجها و نفسها ككتب ميللر:

Voice 5

“Giving myself grace has been a slow growth process. But I believe that God understands our mistakes. And he is willing to forgive them. We can stop expecting too much from ourselves and others. You and I are already perfect in God’s sight. We have nothing to prove. We are accepted.”

الصوت الخامس

منح نفسي مهلة كانت تسير بشكل بطيء. لكن أعتقد أن الله يفهم أخطائنا. وهو مستعد أن يغفر لنا. يمكننا التوقف عن توقع الكثير من أنفسنا ومن الآخرين. أنت وأنا مثاليان بالفعل في عين الله. ليس لدينا ما نثبت. نحن مقبولون."

Voice 1

The writers of this program were Marina Santee and Rena Dam. The producer was Rena Dam. The voices you heard were from the United States and the United Kingdom. All quotes were adapted and voiced by Spotlight. You can find our programs on the internet at www.radioenglish.net. This program is called 'Being Perfect'.

الصوت الأول

كاتب هذا البرنامج مارينا سانتني ورينا دام. المنتج هو رينا دام. الأصوات التي سمعتها كانت من الولايات المتحدة والمملكة المتحدة. جميع الاقتباسات تتماشى مع هذا البرنامج وتم التعبير عنها بواسطة Spotlight. يمكنك الاستماع إلى هذا البرنامج مرة أخرى وقراءته على الإنترنت على موقع www.radioenglish.net. يُطلق على هذا البرنامج الكمالية.

Voice 2

We hope you can join us again for the next Spotlight program. Goodbye.

صوت الثاني

نأمل أن تتمكن من الانضمام إلينا مرة أخرى في برنامج Spotlight التالي. وداعا.