

English Only

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

Time: 00:00

Voice 1

Welcome to Spotlight. I'm Colin Lowther.

Voice 2

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

Time: 00:31

Voice 1

Have you ever agreed to meet a friend for a meal? Imagine this. You arrived early and got a good table. You waited. And waited. Now she is almost 30 minutes late. You begin to worry. What if something happened? What if she is hurt and needs help? You send her a message asking if everything is ok. She says that everything is fine. You ask if she is going to be there soon. She messages back, "I forgot!"

Voice 2

You sit there for a minute. You do not feel good about what happened. But what can you say? Anyone can forget a meeting. What really makes you angry is that your friend did not say "I am sorry." Today's Spotlight is on when, why, and how people say, "I am sorry."

Voice 1

People apologize in many different ways and for different reasons. Some people say "sorry" more often than other people. And saying sorry is also cultural. People in some cultures apologize more than people in different cultures. For example, many people believe that people from Canada apologize more often than people from the United States. And people from Britain and Japan apologize a lot each day. In fact, in Japan, there are over 20 different ways to apologize.

Voice 2

People say "I am sorry" for many different reasons. Some people will say it if they walk into you on the street.

"Oops! Sorry!"

Voice 1

Other people will say it after they say or do something that is not nice.

"I'm sorry."

Voice 2

People say sorry if they need your help.

"Sorry, can you help me?"

Voice 1

Or they may say sorry when something bad happened to another person – even if they had nothing to do with it.

"I am sorry that happened to you."

Voice 2

People even say "I'm sorry" about the weather!

"Sorry it's so cold today!"

Time: 04:08

Voice 1

In many of these cases, saying sorry is easy. But what if you hurt someone you love? Why is it sometimes so difficult to say? Telling someone, "I am sorry" should be easy. It is just words! It does not cost any money. It does not require great skill or education. Then why can it be so difficult to do?

Voice 2

People find all sorts of reasons to avoid saying "I am sorry". They justify what they did. That is, they explain how it was the best thing to do. Sometimes a person who should say sorry only sees what the *other* person did. They point out what *that person* did wrong. People do this because saying that you are sorry means admitting that you hurt someone else. People do not like to feel guilty.

Voice 1

But telling someone "I am sorry" is an important step in fixing relationships. Aaron Lazare is a psychiatrist who studied what an apology – saying sorry – can do. In an article for Psychology Today he wrote,

Voice 3

"I am always amazed by how many of my friends and patients of all kinds hold on to anger for years. It cuts through their own lives and the lives of family and friends. So many of these things could have been avoided or healed with a real apology."

Voice 2

But what is a real apology? Many experts say there is more to a good apology than just saying the words “I am sorry”. There are several steps. The first step is to admit that you did something wrong. Be clear, not general. Name what you did. For example, do not say, “I am sorry I hurt you.” Instead, say, “I am sorry that I broke your glasses.”

Voice 1

You need to do this to show that you understand how your actions affected the other person. You need to explain that you understand their pain.

Time: 07:53

Voice 2

Next, you need to admit responsibility. You can explain *why* you did what you did. You can tell the other person that you were not trying to hurt them. But try to imagine what the other person is feeling. And take responsibility for what you did.

Voice 1

Finally, you need to tell the person that you will not do that thing again. Explain how you will change your behavior. This can help them rebuild the trust in your relationship. But make sure you honor your promise to change. You need to say, “I am sorry” But you need to *prove* it as well.

Voice 2

Also remember that sometimes, one apology is not enough. Sometimes, when a person is hurt very badly, or has lost their trust in you, it may take a long time for them to accept your apology and forgive you.

Voice 1

Here is an example of what an apology like this could sound like. Imagine the situation from the beginning of this program. You are meeting a friend, and she forgot your meeting. Your friend could apologize like this:

Voice 4

“I am sorry that I did not meet you at the restaurant. It was not kind of me to leave you waiting. Next time I will make sure to set a reminder on my mobile phone so that I do not forget. I hope you will forgive me.”

Time: 10:24

Voice 2

Many people think that saying “I am sorry” is a sign of weakness. But Aaron Lazare disagrees. He writes,

Voice 3

“An apology is a show of strength. It is an act of honesty because we admit we did wrong. It is an act of generosity because we are giving worth to the people we hurt. It offers hope for a new relationship, possibly even a stronger one. The apology communicates that we are serious about the relationship. Saying “I am sorry” is an act of courage because it opens us up to shame and the risk of feeling stupid, being rejected, and experiencing new pain from the person we hurt.”

Voice 1

Saying I'm sorry is often difficult. But it is worth the pain for a better relationship. What about you? Have you ever had to say “I am sorry”? Was it easy or difficult? What would have happened if you did not say it? Tell us what you think. You can leave a comment on our website. Or email us at radio@radioenglish.net. You can also comment on Facebook at [Facebook.com/spotlightradio](https://www.facebook.com/spotlightradio).

Voice 2

The writer of this program was Adam Navis. The producer was Michio Ozaki. The voices you heard were from the United States and the United Kingdom. All quotes were adapted for this program and voiced by Spotlight. You can listen to this program again, and read it, on the internet at www.radioenglish.net. This program is called, ‘Saying Sorry’.

Voice 1

You can also get our programs delivered directly to your Android or Apple device through our free official Spotlight English app. 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 Colin Lowther.

الصوت الأول

مرحباً بك في Spotlight. أنا كولين لوثر.

Voice 2

And I'm Liz Waid. 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 ليز ويد. يستخدم برنامج Spotlight أسلوب لغة انجليزية خاصة للبث بحيث يسهل على الناس فهم اللغة بغض النظر عن المكان الذي يعيشون فيه حول العالم

الوقت: 00:31

Voice 1

Have you ever agreed to meet a friend for a meal? Imagine this. You arrived early and got a good table. You waited. And waited. Now she is almost 30 minutes late. You begin to worry. What if something happened? What if she is hurt and needs help? You send her a message asking if everything is ok. She says that everything is fine. You ask if she is going to be there soon. She messages back, "I forgot!"

الصوت الأول

هل اتفقت من قبل مع صديق على لقاء لتناول وجبة؟ تخيل هذا. لقد وصلت مبكراً وحصلت على طاولة جيدة. انتظرت طويلاً. الآن تأخرت حوالي 30 دقيقة. تبدأ في القلق. ماذا لو حدث شيء؟ ماذا لو أصيب ويحتاج إلى مساعدة؟ ترسل له رسالة تسأل عما إذا كان كل شيء على ما يرام. يقول أن كل شيء على ما يرام. تسأل إذا سيصل قريباً. ردّ قائلاً: "لقد نسيت!"

Voice 2

You sit there for a minute. You do not feel good about what happened. But what can you say? Anyone can forget a meeting. What really makes you angry is that your friend did not say "I am sorry." Today's Spotlight is on when, why, and how people say, "I am sorry."

تجلس هناك لمدة دقيقة. لا تشعر بالرضا عما حدث. ولكن ماذا يمكنك أن تقول؟ يمكن لأي شخص أن ينسى اجتماع. لكن ما يجعلك غاضبًا حقًا هو أن صديقك لم يقل "أنا آسف". موضوع برنامج **Spotlight** اليوم عن متى ولماذا وكيف يقول الناس "أنا آسف".

Voice 1

People apologize in many different ways and for different reasons. Some people say "sorry" more often than other people. And saying sorry is also cultural. People in some cultures apologize more than people in different cultures. For example, many people believe that people from Canada apologize more often than people from the United States. And people from Britain and Japan apologize a lot each day. In fact, in Japan, there are over 20 different ways to apologize.

الصوت الأول

يعتذر الناس بعدة طرق مختلفة ولأسباب مختلفة. بعض الناس يقولون "آسف" أكثر من غيرهم. الأسف شيء ثقافي أيضاً. يعتذر الناس في بعض الثقافات أكثر من الناس في الثقافات المختلفة. على سبيل المثال، يعتقد الكثير من الناس أن الناس من كندا يعتذرون أكثر من الناس من الولايات المتحدة. والناس من بريطانيا واليابان يعتذرون كثيراً كل يوم. في الواقع، هناك أكثر من 20 طريقة مختلفة للاعتذار في اليابان.

Voice 2

People say "I am sorry" for many different reasons. Some people will say it if they walk into you on the street.

"Oops! Sorry!"

الصوت الثاني

يقول الناس "أنا آسف" لأسباب عديدة مختلفة. سيقولها بعض الناس إذا تعدوك وأنت تمشي في الشارع.

"أوويس! آسف!"

Voice 1

Other people will say it after they say or do something that is not nice.

"I'm sorry."

الصوت الأول

يسعتذر الناس بعد أن يقولوا أو يفعلوا شيئاً غير لطيف.

"أنا آسف."

Voice 2

People say sorry if they need your help.

"Sorry, can you help me?"

الصوت الثاني

يقول الناس آسف إذا كانوا بحاجة لمساعدتك.

"آسف ، هل يمكنك مساعدتي؟"

Voice 1

Or they may say sorry when something bad happened to another person – even if they had nothing to do with it.

"I am sorry that happened to you."

الصوت الأول

أو قد يقولوا آسف عندما يحدث شيء سيئ لشخص آخر – حتى لو لم يكن لهم علاقة به.

"أنا آسف لأن ذلك حدث لك."

Voice 2

People even say "I'm sorry" about the weather!

"Sorry it's so cold today!"

الصوت الثاني

يقول الناس "أنا آسف" عن الطقس!

"آسف ، الجو بارد اليوم!"

الوقت: 04:08

Voice 1

In many of these cases, saying sorry is easy. But what if you hurt someone you love? Why is it sometimes so difficult to say? Telling someone, "I am sorry" should be easy. It is just words! It does not cost any money. It does not require great skill or education. Then why can it be so difficult to do?

الصوت الأول

في كثير من هذه الحالات، قول آسف أمر سهل. ولكن ماذا لو أذيت شخصاً تحبه؟ لماذا يصعب أحياناً قول أنا آسف. إخبار شخص ما بأنك آسف يجب أن يكون سهلاً. إنها مجرد كلمات! لا يكلف أي مال. لا يتطلب مهارة أو تعليم كبير. لماذا من الصعب القيام بذلك؟

Voice 2

People find all sorts of reasons to avoid saying “I am sorry”. They justify what they did. That is, they explain how it was the best thing to do. Sometimes a person who should say sorry only sees what the *other* person did. They point out what *that person* did wrong. People do this because saying that you are sorry means admitting that you hurt someone else. People do not like to feel guilty.

الصوت الثاني

يخترع الناس أساليب كثيرة لتجنب قول "أنا آسف". يبررون ما فعلوه. أي أنهم يشرحون ويبررون بشكل جيد. في بعض الأحيان ، يرى الشخص الذي يجب أن يأسف ردة فعل الشخص الآخر فقط. يشيرون إلى الخطأ الذي ارتكبه هذا الشخص. يفعل الناس ذلك لأن قولك آسف يعني الاعتراف بأنك أذيت شخصاً آخر. الناس لا يحبون الشعور بالذنب.

Voice 1

But telling someone “I am sorry” is an important step in fixing relationships. Aaron Lazare is a psychiatrist who studied what an apology – saying sorry – can do. In an article for Psychology Today he wrote,

الصوت الأول

لكن إخبار شخص ما "أنا آسف" هو خطوة مهمة في إصلاح العلاقات. آرون لازاري طبيب نفسي درس ما يمكن أن يفعله الاعتذار في مقال لمجلة Psychology Today كتب:

Voice 3

“I am always amazed by how many of my friends and patients of all kinds hold on to anger for years. It cuts through their own lives and the lives of family and friends. So many of these things could have been avoided or healed with a real apology.”

الصوت الثالث

“أنا مندهش دائماً من عدد أصدقائي والمرضى من جميع الأنواع الذين يحتفظون بالغضب لسنوات. إنه يخرق حياتهم وحياة العائلة والأصدقاء. الكثير من هذه الأشياء كان يمكن تجنبها أو شفاؤها باعتذار حقيقي.”

Voice 2

But what is a real apology? Many experts say there is more to a good apology than just saying the words “I am sorry”. There are several steps. The first step is to admit that you did something wrong. Be clear, not general. Name what you did. For example, do not say, “I am sorry I hurt you.” Instead, say, “I am sorry that I broke your glasses.”

لكن ما هو الإعتذار الحقيقي؟ يقول العديد من الخبراء أن هناك اعتذاراً جيداً أكثر من مجرد قول عبارة "أنا آسف". هناك عدة خطوات. الخطوة الأولى هي الاعتراف بأنك فعلت شيئاً خاطئاً. كن واضحاً، وليس عاماً. اذكر ما فعلته. كمثال، لا تقل "أنا آسف لأنني أذيتك". بدلاً من ذلك ، قل "أنا آسف لأنني كسرت نظارتك".

Voice 1

You need to do this to show that you understand how your actions affected the other person.
You need to explain that you understand their pain.

الصوت الأول

تحتاج إلى القيام بذلك لتثبت أنك تفهم كيف أثرت أفعالك على الشخص الآخر. عليك أن توضح أنك تفهم ألمهم.

الوقت: 07:53

Voice 2

Next, you need to admit responsibility. You can explain *why* you did what you did. You can tell the other person that you were not trying to hurt them. But try to imagine what the other person is feeling. And take responsibility for what you did.

الصوت الثاني

بعد ذلك ، تحتاج إلى الاعتراف بالمسؤولية. يمكنك أن تشرح لماذا فعلت ما فعلته. يمكنك إخبار الشخص الآخر أنك لم تحاول إيذائه. ولكن حاول أن تتخيل ما يشعر به الشخص الآخر. وتحمل مسؤولية ما فعلته.

Voice 1

Finally, you need to tell the person that you will not do that thing again. Explain how you will change your behavior. This can help them rebuild the trust in your relationship. But make sure you honor your promise to change. You need to say, "I am sorry" But you need to *prove* it as well.

الصوت الأول

أخيراً ، يجب أن تخبر الشخص أنك لن تفعل ذلك مرة أخرى. اشرح كيف ستغير سلوكك. يمكن أن يساعدك ذلك على إعادة بناء الثقة في علاقتك. ولكن تأكد من أنك تحترم وعدك بالتغيير. عليك أن تقول "أنا آسف" ولكن عليك أن تثبت ذلك أيضاً.

Voice 2

Also remember that sometimes, one apology is not enough. Sometimes, when a person is hurt very badly, or has lost their trust in you, it may take a long time for them to accept your apology and forgive you

تذكر أيضًا أنه في بعض الأحيان، لا يكفي اعتذار واحد. في بعض الأحيان، عندما يتأذى الشخص بشدة، أو يفقد ثقته فيك، قد يستغرق الأمر وقتًا طويلًا لقبول اعتذارك ويغفر لك.

Voice 1

Here is an example of what an apology like this could sound like. Imagine the situation from the beginning of this program. You are meeting a friend, and she forgot your meeting. Your friend could apologize like this:

الصوت الأول

فيما يلي مثال على ما يمكن أن يبدو عليه هذا الاعتذار. تخيل الموقف الذي عرضناه في بداية البرنامج. أنت تقابل صديق، وقد نسى اجتماعك. يمكن لصديقك أن يعتذر هكذا:

Voice 4

"I am sorry that I did not meet you at the restaurant. It was not kind of me to leave you waiting. Next time I will make sure to set a reminder on my mobile phone so that I do not forget. I hope you will forgive me."

الصوت الرابع

"أنا آسف لأنني لم ألتقي بك في المطعم. لم يكن لطفا مني أن أتركك تنتظر. في المرة القادمة سأعمل تذكير على هاتفي المحمول حتى لا أنسى. أتمنى أن تغفر لي."

الوقت: 10:24

Voice 2

Many people think that saying "I am sorry" is a sign of weakness. But Aaron Lazare disagrees. He writes,

الصوت الثاني

يعتقد الكثير من الناس أن قول "أنا آسف" علامة ضعف. لكن آرون لازار لا يوافق على ذلك. يكتب:

Voice 3

"An apology is a show of strength. It is an act of honesty because we admit we did wrong. It is an act of generosity because we are giving worth to the people we hurt. It offers hope for a new relationship, possibly even a stronger one. The apology communicates that we are serious about the relationship. Saying "I am sorry" is an act of courage because it opens us up to shame and the risk of feeling stupid, being rejected, and experiencing new pain from the person we hurt."

"الاعتذار هو عرض للقوة. إنه فعل يدل على الصدق لأننا نعتترف أننا أخطأنا. إنه عمل من الكرم لأننا نعطي قيمة للأشخاص الذين آذيناهم. إنه يوفر الأمل لعلاقة جديدة، وربما علاقة أقوى. يشير الاعتذار إلى أننا جادون بشأن العلاقة. إن قول "أنا آسف" هو عمل شجاع لأنه يشعرنا بالخجل، خطر الشعور بالخياء، والتعرض للرفض، والشعور بالألم جديد من الشخص الذي آذيناها".

Voice 1

Saying I'm sorry is often difficult. But it is worth the pain for a better relationship. What about you? Have you ever had to say "I am sorry"? Was it easy or difficult? What would have happened if you did not say it? Tell us what you think. You can leave a comment on our website. Or email us at radio@radioenglish.net. You can also comment on Facebook at [Facebook.com/spotlightradio](https://www.facebook.com/spotlightradio).

الصوت الأول

غالبا ما يكون الأسف صعبا. لكن الأمر يستحق الألم من أجل علاقة أفضل. ماذا عنك؟ هل سبق لك أن قلت "أنا آسف"؟ هل كانت سهلة أم صعبة؟ ماذا كان سيحدث لو لم تقل ذلك؟ أخبرنا ماذا تعتقد. يمكنك ترك تعليق على موقعنا. أو راسلنا بالبريد الإلكتروني على radio@radioenglish.net. يمكنك أيضا التعليق على موقعنا على فيسبوك على [Facebook.com/spotlightradio](https://www.facebook.com/spotlightradio).

Voice 2

The writer of this program was Adam Navis. The producer was Michio Ozaki. The voices you heard were from the United States and the United Kingdom. All quotes were adapted for this program and voiced by Spotlight. You can listen to this program again, and read it, on the internet at www.radioenglish.net. This program is called, 'Saying Sorry'.

الصوت الثاني

آدم نافيس هو كاتب هذا البرنامج. المنتج هو ميشيو أوزاكي. 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 www.radioenglish.net. يسمى هذا البرنامج "قل آسف".

Voice 1

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يمكنك أيضاً توصيل برامجنا مباشرة إلى جهاز الأندرويد أو أبل الخاص بك من خلال تطبيقنا الرسمي المجاني
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