

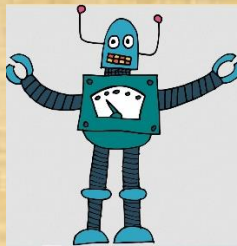


# 回答这个问题的方法有很多种： “你好吗？”

There are many ways to answer the  
“How are you?” question! 😊 😐 😊

以及如何避免听起来像一个无聊的机器人 🤖

**And** (和) **how to** (如何 *rúhé*) **avoid** (避免 *bìmiǎn*)  
**sounding like** (听起来像 *tīngqǐláixiàng*) **a** (一个) **boring**  
(无聊的) **robot** (机器人).



有很多方法可以回答这个问题：“你好吗？”

There are many ways to answer the question: “How are you?”



也许你的朋友问：“你好吗？你可以说：“我很好”，有时这没关系。“Fine”的意思是：“很好！”

Maybe your friend asks: “How are you?” You can say: “I’m fine,” and that is OK sometimes. “Fine” means: “Very good!”

但是，这有点无聊。

**But, it's a little boring.**



哦不！

Oh no!

**最高级 zuìgāojí! SU-PER-LA-TIVES!**

<b>Very, very, good! 非常好!</b>	<b>Very, very bad! 非常糟糕</b>
Great! 伟大! wěidà!	Terrible 可怕 kěpà
Wonderful! 美妙	Horrible 可怕
Excellent! 非常好	Awful 可怕
Terrific! 了不起	Horrible 可怕
Fantastic! 匪夷所思	
- 它们都意味着同样的事情：真的很棒！	



如果你的朋友回答最高级，你可以问：

If your friend answers with a superlative, you can ask:

发生了什么事？ fāshēng le shénmeshì?

What happened?



你也可以用一种感觉 (=情绪) 来回答“你好吗？”的问题。

You can also answer the “How are you?” question with a feeling (= emotion).

I'm 我是：

- Happy! 快乐 // I'm happy to see you again!
- Excited! 兴奋 xīngfèn!
- Sad 伤心 shāngxīn
- Angry 生气 shēngqì
- Afraid 害怕 hàipà
- Embarrassed 尴尬 gāngà
- Frustrated 沮丧 jǔsàng





- Tired 累 lèi
- Worried 担心 dānxīn

或者你可以用“身体状况”的回答来回答，比如：

Or you can answer with a “body condition” response like:

**I'm Sick** 我生病了 wǒ shēngbìng le

**I'm Tired** 我累了 wǒ lèile

**I'm Hungry** 我饿了 wǒ èle

**I have a headache!** 我头痛

如果您观看许多美国电视节目和/或电影，“你好吗”问题最常见的答案是：

If you watch many American TV shows and/or movies, the most common answer to the “How are you question is:



## “I’m good” “我好”

There are also many in-between “good and bad” answers to the “how are you question:

- **I’m OK** (Not great, not bad) 我还可以 wǒ hái kěyǐ (不是很好，还不错)
- **So-so** 一般 [yī bān]
- 

**总之：**有很多方法可以回答“你好吗？”的问题！

In sum: There are many ways to answer the “How are you?” question!

### NOTES 笔记

你想听起来像一个无聊的机器人吗？ Do you want to sound like a boring robot?

或者，像一个聪明有趣的人？ Or, like a smart, interesting person?

有时在西方文化中： Sometimes in western culture:

- 体面 tǐmiàn: 尊严;威信;面子/光荣;可信的/ (某人的外表) 像样的;可敬  
dignity; prestige; face / honorable; creditable / (of sb's appearance) presentable;  
respectable



- 面子 miànzi: 外表面;外表/社会声望;脸 outer surface; the outside appearance/ social prestige; face

...不如真相重要。 ...is not as important as the truth.

想象一下，你是一名心理学家。而且，有人进入你的办公室是因为他们遇到了一个大问题。

Imagine you are a psychologist. And, someone comes into your office because they have a big problem.

他们来找你是因为他们需要帮助来解决某种问题。

They came to you because they need help to solve some kind of problem.

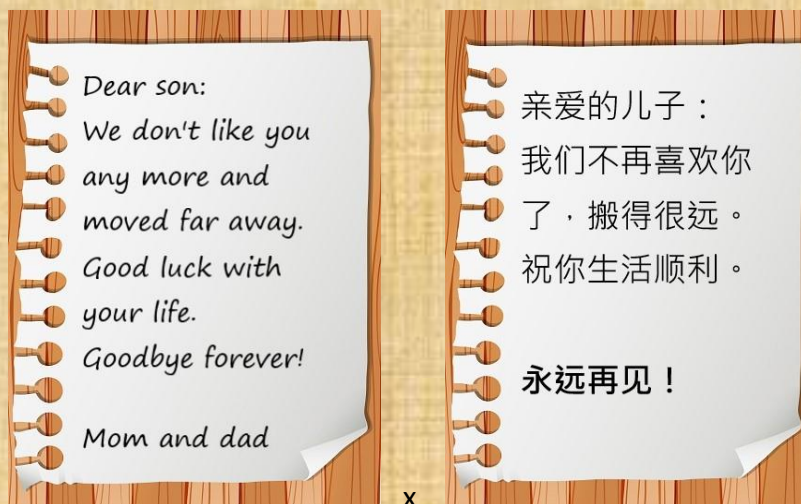
也许问题是： Maybe the problem is:

- 他们的家人 their family.
- 也许是学校，或者是他们的工作。 Maybe its school, or their job.
- 也许是一些内心的冲突，比如他们必须做出的决定，他们不知道什么是最好的事情。  
Maybe it's some inner conflict, like a decision they must make and they don't know what is the best thing to do.
- 也许他们很沮丧，或者对某件事非常生气，他们想要快乐。  
Maybe they are depressed, or very angry about something and they want to be happy instead.

通常，在西方文化中，如果朋友问：“你好吗？”他们真的想知道真相。 Usually, in western culture, if a friend asks: “How are you?” they really want to know the truth.

- 所以，如果你快乐，你可能会说：“我很高兴！”  
So, if you are happy, you might say: “I'm happy!”
- 或者，如果你很难过，你可以说：“我很伤心。” Or, if you're sad, you might say: “I'm sad.”
- 如果你的狗死了，你的父母对你很生气，你和你最好的朋友吵架了，你摔断了腿，你就不“好了”。在这样的例子中，你真的处于一个可怕的境地！所以你可能会说：“太可怕了！”  
If your dog died, and your parents are angry at you, and you had a fight with your best friend, and you broke your leg, you are not “fine.” In an example like that, you are really in a terrible situation! So you might say: “Terrible!”
- Or how about this: One day, you go home from school. There is a little note on the door from your parents. It says:





有人问你：“你好吗？你会说什么？”“好吗？”

And somebody asks you: “How are you? What will you say? “Fine?”

- 或者说：有一天，你去你家附近的山上玩，你发现了埋藏的宝藏！那里有钻石、红宝石、祖母绿、蓝宝石、金银，价值数十亿元！而且，只有你知道它在哪里！哇！突然间，你和你的家人变得非常富有！你好吗？很好！比“好”好！你“太棒了！匪夷所思！

Or how about this: One day you go playing in the mountain near your house, and you find buried treasure! There are diamonds, rubies, emeralds, sapphires, gold and silver there, worth billions of Yuan! And, only you know where it is! Wow! Suddenly you and your family are fabulously rich! How are you? So good! Better than “fine!” You are “wonderful!” Fantastic!

- 或者，也许你从来都不擅长数学，但有一天在学校的一次考试中，你的数学考试得了 100%！哇！伟大！美妙！了不起！

Or maybe you were never very good at math, but on a test at school one day you got a 100% on your math test! Wow! Great! Wonderful! Terrific!

有朋友真是太好了。因为你可以与你的朋友分享你的感受。 It is nice to have friends. Because you can share your feelings with your friends.

如果你有大问题，请诚实地和你的父母谈谈。 If you have big problems, talk with you parents - honestly.

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<https://srkffriendshiptour.org/englishadventures>



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