CantoneseClass101.com

LESSON NOTES

Upper Intermediate S1 #18
Getting Therapy in Hong Kong

CONTENTS

18

innoVativeLANGUAGE.COM

TRADITIONAL CHINESE

1. A: 我個心理醫生話我有心理問題。

2. B: 你睇起嚟好正常喎。

3. A: 錯覺嚟啫，我細個嗰陣我父母愛我嘅方式唔係好正確。

4. B: 係？我以為你哋一家人好和諧添！

5. A: 表面上係，但佢哋太過縱我，造成心理創傷。

6. B: 嘩！原來你有童年陰影？我完全睇唔出。

7. A: 因為我哋完全唔會嗌交吖嘛。但我內心好冇安全感。

8. B: 個個人心底都有少少唔安全嘅。

9. A: 仲會焦慮，抑鬱，同冇自信，有時仲好極端添。

JYUTPING

1. A: ngo5 go3 sam1 lei5 ji1 sang1 waa6 ngo5 jau5 sam1 lei5 man6 tai4.

2. B: nei5 tai2 hei2 lei4 hou2 zing3 soeng4 wo3.

3. A: co3 gok3 lei4 ze1, ngo5 sai5 go3 go2 zan6 ngo5 fu6 mou5 oi3 ngo5 ge3 fong1 sik1 m4 hai6 hou2 zing3 kok3.

4. B: hai6? ngo5 ji5 wai4 nei5 dei6 jat1 gaa1 jan4 hou2 wo4 haai4 tim1!

5. A: biu2 min6 soeng6 hai6, daan6 keoi5 dei6 taai3 gwo3 zung3 ngo5, zou6 sing4 sam1 lei5 cong3 soeng1.

6. B: waa4! jyun4 loi4 nei5 jau5 tung4 nin4 jam1 jing2? ngo5 jyun4 cyun tai2 m4 ceot1.

7. A: jan1 wai6 ngo5 dei6 jyun4 cyun4 m4 wui5 aai3 gaau1 aa1 maa3. daan6 ngo5 noi6 sam1 hou2 mou6 on1 cyun4 gam2.

8. B: go3 go3 jan4 sam1 dai2 dou1 jau5 siu2 siu2 m4 on1 cyun4 ge2.

9. A: zung6 wui5 ziu1 leoi6, jik1 wat1, tung4 mou5 zi6 seon3, jau5 si4 zung6 hou2 gik6 dyun1 tim1.

ENGLISH

1. A: My therapist says I have a psychological problem.

2. B: You seem pretty well adjusted to me.

3. A: That's an illusion. When I was a young child, my parents used the wrong type of love.

4. B: Really? I thought your family was so loving.

5. A: On the surface, yes. But they loved me too much creating psychological trauma.

6. B: Wow! So you have childhood trauma? I couldn't tell.

7. A: That's because we don't fight at all, but on the inside, I'm really insecure.

8. B: Everyone is a bit insecure on the inside.

9. A: Also anxious, depressed, and lacking in self confidence. And sometimes, I'm bipolar too.

VOCABULARY

Traditional	Romanization	English	Class
抑鬱	jik1 wat1	depression	noun
焦慮	ziu1 leoi6	anxiety	noun
安全感	on1 cyun4 gam2	sense of security	phrase
陰影	jam1 jing2	shadow	noun
童年	tung4 nin4	childhood	noun
創傷	cong3 soeng1	trauma	noun
縱	zung3	to spoil	verb
和諧	wo4 haai4	harmonious	adjective
錯覺	co3 gok3	misperception	noun
心理醫生	sam1 lei5 ji1 sang1	psychologist	noun
極端	gik6 dyun1	extremely	adverb

SAMPLE SENTENCES

每個人都相信張國榮係因為抑鬱而自殺嘅。

mui5 go3 jan4 dou1 soeng1 seon3 zoeng1 gwok3 wing4 hai6 jan1 wai6 jik1 wat1 ji4 zi6 saat3 ge3.

Everybody believes that Leslie Cheung committed suicide because of depression.

有啲人有社交焦慮症，完全識唔到朋友。

jau5 di1 jan4 jau5 se5 gaau1 ziu1 leoi6 zing3, jyun4 cyun4 sik1 m4 dou2 pang4 jau5.

Some people suffer from social anxiety disorder and have trouble making friends.

你成日都唔接我電話，令我好冇安全感。

nei5 sing4 jat6 dou1 m4 zip3 ngo5 din6 waa2, ling6 ngo5 hou2 mou5 on1 cyun4 gam2.

You always ignore my calls, that makes me feel very insecure.

喺美國軍事打擊嘅陰影下，有二百萬人逃離敘利亞。

hai2 mei5 gwok3 gwan1 si6 daa2 gik1 ge3 jam1 jing2 haa6, jau5 ji6 baak3 maan6 jan4 tou4 lei4 zeoi6 lei6 aa3.

Under the shadow of the U.S. military strike, two million people fled Syria.

去迪士尼樂園過生日係我童年嘅夢想。

heoi3 dik6 si6 nei4 lok6 jyun4 gwo3 saang1 jat6 hai6 ngo5 tung4 nin4 ge3 mung6 soeng2.

Spending my birthday at Disneyland was my childhood dream.

佢爸爸嘅車禍令佢造成好大心理創傷。

keoi5 baa4 baa1 ge3 ce1 wo3 ling6 keoi5 zou6 sing4 hou2 daai3 sam1 lei5 cong3 soeng1.

He is psychologically traumatized by his father's car accident.

你咁縱個仔，遲早出事。

nei5 gam3 zung3 go3 zai2, ci4 zou2 ceot1 si6.

If you keep spoiling your son like this, something bad will happen sooner or later.

每個人都希望生活喺一個和諧嘅社會入面。

mui5 go3 jan4 dou1 hei1 mong6 sang1 wut6 hai2 jat1 go3 wo4 haai4 ge3 se5 wui5 jap6 min6.

Everyone wants to live in a harmonious society.

兩條線其實一樣長，你以為呢條長
啲只係錯覺。

*loeng5 tiu4 sin3 kei4 sat3 jat1 joeng3 coeng4,
nei5 ji5 wai4 ni1 tiu4 coeng4 di1 zi2 hai6 co3
gok3.*

The two lines actually have the same
length, it's just illusion causing you to think
this one is longer.

心理醫生為咗醫好你嘅恐懼，會對
你實施一定程度嘅放鬆催眠。

*sam1 lei5 ji1 sang1 wai4 zo2 ji1 hou2 nei5 ge3
hung2 geoi6，wui5 deoi3 nei5 sat6 si1 jat1 ding6
cing4 dou6 ge3 fong3 sung1 ceoi1 min4。*

In order to treat paranoia, psychologists
will use hypnotism to make patients relax.

佢對我極端仇視。

keoi5 deoi3 ngo5 gik6 dyun1 sau4 si6.

He is extremely hostile to me.

GRAMMAR

The Focus of this Lesson is the Final Particle 吖嘛 (*aa1 maa3*)
因為我哋完全唔會嗌交吖嘛。
"That's because we don't fight at all."

With the final particle 吖嘛 *(aa1 maa3)* the tone of the sentence is changed and often softened to a less serious case. We use this final particle when answering a question or expressing an opinion in response to a statement someone else has made. Its literal meaning is "it's as simple as this," "this is correct"; with 吖嘛 we are confirming the statement that we've just said, and pointing out that the answer is obvious, or that it's not complex and the other party should understand.

For example, if your friend asks 點解你朋友一直都唔來返工呀？(*dim2 gaai2 nei5 pang4 jau5 jat1 zik6 dou1 m4 lei4 faan1 gung1 aa6*) "Why is your friend not coming to work?" you can answer 因為佢有焦慮同埋抑鬱吖嘛 (*jan1 wai6 keoi5 jau5 ziu1 leoi6 tung4 maai4 jik1 wat1 aa1 maa3*) "Because he is suffering from anxiety and depression."

Or if your friend asks 點解你男朋友要去睇心理醫生呀？(*dim2 gaai2 nei5 naam4 pang4 jau5 jiu3 heoi3 tai2 sam1 lei5 ji1 sang1 aa6*) "Why is your boyfriend going to the psychiatrist?" you can answer 因為佢抑鬱吖嘛。(*jan1 wai6 keoi5 jik1 wat1 aa1*

maa3)"Because he's depressed."

The literal meaning doesn't change, but the tone has softened while pointing out the obvious.

Sentence Structure

[plain sentence (answer including reason) + final particle 吖嘛]

1. 因為我哋完全唔會嗌交 + 吖嘛
   jan1 wai6 ngo5 dei6 jyun4 cyun4 m4 wui5 aai3 gaau1 + aa1 maa3
   "That's because we never fought."

2. 因為佢有焦慮同埋抑鬱 + 吖嘛
   jan1 wai6 keoi5 jau5 ziu1 leoi6 tung4 maai4 jik1 wat1 + aa1 maa3
   "Because he is suffering from anxiety and depression."

3. 因為佢抑鬱 + 吖嘛
   jan1 wai6 keoi5 jik1 wat1 + aa1 maa3
   "Because he's depressed."

CULTURAL INSIGHT

Depression in Hong Kong

Depression is an increasingly common mood disorder in modern society; environmental factors in Hong Kong, such as overcrowding, pollution and financial pressures are leading contributors to the cause of depression. Previous studies show that there are over 300,000 depressive patients in Hong Kong.

A survey conducted by the Mental Health Association of Hong Kong in 2011 shows that 32.5% of children and adolescents under 25 years old have depression symptoms, which is three times more than the rate found in the adult categories. Based on the census of the same year, there were 2.8 people divorced per 1,000 people. Which brought up the central phenomenological experience of children of divorce, while studies show that children of divorced parents are seven times more likely to suffer from depression.