

《别再把lose your head翻译成“头掉了”！没这么血腥！》

我可以打包票，80%的人看到 lose 这一个单词，都会想到“失去”这个意思。

但这个口语高频词在不同的语境下运用，又岂会这么简单？比如：Lose it，就不是“失去它”，同样，lose your head

也不能翻译成“头掉了”。

关于“lose”的表达

01.大发雷霆

Lose it

I ' m going to lose it!我要发火了!

I ' m losing it!我要大发雷霆了。

02.

失去理智



美加文学
www.tjqzz.com



Lose one's mind

I keep hearing voices in my head. I ' m afraid I may be losing my mind.我不断听到脑海中的声音。我担心自己会失去理智。

Have you lost your mind? Why would spend that much money on a chair?你疯了吗?为什么要花那么多钱在椅子上?

03.失去理智

Lose your marbles

Have you lost all your marbles?

你失去理智了嘛?

He ' s losing his marbles.他失去理智了。

04.做事慌张

Lose your head

Stay calm. Don ' t lose your head.

保持冷静。别慌慌张张的。

Any time he drinks, he loses his head.

每当他去喝酒，他就会失去理智。

05. 丧失信心

Lose heart

Don ' t lose heart. There will be plenty more chances for promotion.

别灰心!还有很多晋升的机会。

It ' s not the time to lose heart. I must push forward.

现在不是灰心的时候，我必须勇往直前。

06. 爱上某人

Lose your heart to someone

I lost my heart to her when I met her the first time.

我对她一见钟情。

I think I'm losing my heart to him.

我想我爱上他了。

07. 失去一大笔钱

How many times have you lost an arm and a leg playing mahjong with the aunties?

How many times have you lost an arm and a leg playing mahjong with the aunties? 你和阿姨们打麻将输了多少次了?

We all lost an arm and a leg in 2020. 2020年我们都损失了很多。

08. 惨赔

Lose your shirt

I lost my shirt last night playing poker.

我昨晚打扑克赔惨了。

You can ' t trust him. If you make a deal with him, you ' ll lose your shirt.

你不能相信他。如果你和他做交易，你会赔惨的。

09. 快速又大量的(常用来形容钱)

Hand over fist

Business was good and we were making money hand over fist.

生意很好，所以我们挣了很多钱。

We were losing money hand over fist.

我们损失惨重。

10. 忽略; 忘记

Lose sight of sth

I ' m worried that we ' re losing sight of our original objectives.

我担心我们会失去最初的目标。

Some members of the peace-keeping force seem to have lost sight of the fact that they are there to help people.

维持和平部队的一些成员似乎忘记了他们在那里帮助人民的事实。

11. 失去消息，跟不上

Lost track of sth

What he was saying was so complicated that I lost track after the first



couple of sentences.他说的太复杂了，以至于我在第一两句话后就忘了。

I ' ve lost track of the number of times he ' s asked me to lend

him money.我记不清他向我借钱的次数了。

12.不知所措，迷失方向

Lose your bearings

He lost his bearings in the dark.

他在黑暗中迷失了方向。

It takes a while to get your bearings when you start a new job.

当你开始一份新工作时，需要一段时间来熟悉情况。

13.双输，两败俱伤

lose-lose

He said that going ahead with the strike would be a lose-lose situation for all concerned.

他说继续罢工对所有有关人员来说都是双输的局面。

Whether they get divorced or not doesn ' t matter, it ' s still lose lose for the kids.

他们离婚与否不重要，对孩子来说还是双输。