



Полезная лексика по теме
«**Видеоразбор: как стать
уверенным в себе**»

In **well-meaning** attempts to **boost** our **confidence** ahead of challenging moments, people often try to **draw** our **attention to** our strengths: our intelligence, our **competence**, our experience.

But this can — curiously — have some **awkward consequences**. There's a type of **under-confidence** that **arises** specifically when we **grow too attached to** our own **dignity** and become **anxious** around any situation that might seem to **threaten** it.

We **hold back from** challenges in which there is any risk of ending up **looking ridiculous** which **comprises**, of course, almost all the most interesting situations.

well-meaning — из лучших побуждений, с лучшими намерениями

to boost smb's confidence — повысить уверенность в себе

to draw smb's attention to smth — обращать чье-то внимание на что-то

competence — компетентность

awkward /'ɔ:kwəd/ — нелепый

a consequence /'kɒnsɪkwəns/ — следствие

under-confidence — неуверенность в себе

to arise — проявиться

to grow too attached to smth — слишком сильно привязываться к чему-либо

dignity /'dɪgnəti/ — чувство собственного достоинства

anxious /'æŋkjəs/ — тревожный

to threaten /'θretən/ — угрожать

to hold back from smth — держаться подальше от чего-то

to look ridiculous — выглядеть нелепо, смешно

to comprise — составлять



In a foreign city, we might grow **reluctant to ask** anyone to guide us to the nice bars, because they might think us an **ignorant, pitiable**, lost tourist. Or at work, we don't **apply for a promotion**, in case the senior management **deems** us delusionally **arrogant**.

In a **concerted bid** never to look foolish, we don't **venture** very far **from** our **cocoon**, and **thereby** — from time to time at least — **miss out on** the best opportunities of our lives.

At the heart of our under-confidence is a **skewed** picture of how **dignified** it is normal for a person to be. We imagine that it might be possible, after a certain age, to **place** ourselves **beyond mockery**. We trust that it's an option to lead a good life without regularly **making a complete idiot of** ourselves.

One of the most **charming** books ever written in early modern Europe is called "In Praise of **Folly**" by the Dutch **scholar** and philosopher, Erasmus. In its pages, Erasmus **advances a hugely liberating argument**. **In a warm tone**, he reminds us that everyone, however important and learned they might be, is a fool. **No one is spared**, not even the author.

However **well-schooled** he himself was, Erasmus remained — he insists — as much of a **nitwit** as anyone else: his **judgement** is faulty, his passions get the better of him, he is **prey to superstition and irrational fear**, he is shy whenever he has to meet new people, he **drops** things at elegant dinners.

reluctant /rɪˈlʌktənt/ to do smth —
нежелающий что-то делать

ignorant — невежественный

pitiable — жалкий

to apply for a promotion — просить
повышение

to deem smb arrogant — считать кого-либо
высокомерным

a concerted bid — решительная попытка

to venture from one's cocoon /kəˈkuːn/ —
выходить из своего кокона

thereby — тем самым

to miss out on smth — упускать что-то

skewed — искаженный

dignified — достойный

to place oneself beyond mockery — быть
недостижимым для насмешек

to make a complete idiot of oneself —
выставлять себя полным дураком

charming — прелестный

folly — глупость

a scholar /ˈskɒl.ər/ — ученый

to advance a hugely liberating argument —
приводить неимоверно успокаивающий
довод

in a warm tone — очень мягко

no one is spared — без исключений

well-schooled — образованный

a nitwit /ˈnɪt.wɪt/ — простофиля

a judgement — суждение

prey to superstition and irrational fear —
объект суеверий и иррациональных
страхов

to drop — ронять



There's a similarly **uplifting** message to be pulled from the work of Pieter Brueghel. His central work, "The Dutch Proverbs", presents a **comically disenchanting** view of human nature. Everyone, he suggests, is **pretty much deranged**: here's a man throwing his money into the river; there's a soldier **squatting** on the fire and burning his trousers; someone is **intently bashing** his **head against a brick wall**; someone else is biting a **pillar**.

Importantly, the painting is not an attack on just a few unusually awful people — it's a picture of parts of all of us. Brueghel's and Erasmus's work proposes that the way to greater confidence isn't to **reassure** ourselves of our own dignity — it's to **grow at peace with** the **inevitable** nature of our **ridiculousness**.

We are idiots now, we have been idiots in the past, and we will be idiots again in the future... and that's OK. There aren't any other **available options** for human beings to be. Once we learn to see ourselves as already, and **by nature**, foolish, it really doesn't matter so much if we do one more thing that might make us look a bit stupid.

The individual we asked directions from in a foreign city might **regard** us **with contempt**. But if these people did so, it wouldn't be news to us — they would only be confirming what we had already **gracefully** accepted in our hearts long ago: that we, like them — and every other person on the earth — are a nitwit.

uplifting — вдохновляющий, позитивный
comically disenchanting /ˌdɪsɪn'tʃɑːntɪd/ —
комично правдивый

pretty much deranged /dɪ'reɪndʒd/ —
довольно сумасшедший

to squat — присесть на корточки

intently — сосредоточенно

to bash one's head against a brick wall —
биться головой о стену

a pillar — столб

to reassure smb /ˌriːə'ʃʊər/ — убеждать
кого-то

to grow at peace with — смириться

inevitable — неизбежный

ridiculousness — нелепость,
смехотворность

an available option — другой выбор

by nature — от природы

to regard smb with contempt — посмотреть
на кого-то с презрением

gracefully — изячно



The risk of trying and failing would **have** its **sting substantially removed**. A fear of **humiliation** would no longer **stalk** us **in the shadows of** our minds. We would grow free to **give** things **a go** by accepting that **failure** was the acceptable norm. And every so often, **amidst** the **endless rebuffs** we'd have **factored in from the outset**, it would work: we'd get a kiss, we'd make a friend, we'd get a raise.

to have one's sting substantially removed —
потерять свою силу

humiliation /hjuːˌmɪliˈeɪʃən/ — унижение

to stalk — преследовать

in the shadow of smth — во власти чего-либо

to give smth a go — попробовать что-то,
давать шанс чему-то

a failure — провал, неудача

amidst /əˈmɪdst/ — среди

endless rebuffs — постоянные неудачи,
отказы

to factor in from the outset — брать в
расчет с самого начала