



Полезная лексика по теме
**«Видеоразбор:
посвящается всем
женщинам»**

<p>The interviewer: Can you tell us what you were like when you were younger?</p> <p>Kelly: How young?</p> <p>Text: We asked women of diverse backgrounds to reflect on their past life experience.</p> <p>Jasmine: When I was younger I was actually very quiet and very introverted.</p> <p>Rachel: Oh my gosh, I was... I was painfully shy.</p> <p>Kelly: I was very insecure, I was very unhappy.</p> <p>Woman: I would like... find the comfort of not having that love at my home. I would find, like, the comfort in like another man, you know. And like that... I let define me.</p> <p>Jasmine: I believe defining moments in my life have been the most challenging ones.</p>	<p>to be like — представлять собой, быть каким-то по характеру</p> <p>(of) a diverse background — с разными историями жизни</p> <p>to reflect on — поразмышлять о, задуматься о</p> <p>experience — опыт</p> <p>actually — на самом деле, фактически</p> <p>introverted — замкнутый</p> <p>Oh my gosh! — О боже!</p> <p>painfully — очень, крайне</p> <p>shy — застенчивый</p> <p>insecure — неуверенный</p> <p>unhappy — несчастный</p> <p>like (сленг) — вроде, как бы</p> <p>comfort — утешение</p> <p>to define — определять (характер)</p> <p>a defining moment — поворотный, определяющий момент</p> <p>challenging — трудный, но интересный</p>
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<p>Rachel: The biggest moment is probably losing my mom. So it's affected pretty much every aspect of my life that I can think of.</p>	<p>probably — вероятно to lose — терять to affect — влиять pretty much — почти что, чуть ли не an aspect — аспект, сторона</p>
<p>Miki: I just remember... fighting. I just remember fighting to just be.</p>	<p>to fight — драться, бороться</p>
<p>Kelly: After my accident, I just wanted to help people. And I just wanted my life to mean something. My outer beauty had been scarred now and so... Outer beauty fades, it goes away. And what's left is what's in your heart.</p>	<p>an accident — авария, несчастный случай to mean — значить, иметь значение outer beauty — внешняя красота scarred — покрытый шрамами to fade — увядать</p>
<p>Miki: Everything that I've gone through has brought me to this point. It made me the woman that I am today.</p>	<p>to go away — исчезать to go through — испытать, пережить to bring — приводить a point — момент, положение дел</p>
<p>The interviewer: If you could tell your younger self anything what would that be?</p>	<p>smb's younger self — кто-то/некто в юности</p>
<p>Rachel: Okay. Hi Rachel, this is future Rachel.</p>	<p>darling — дорогой</p>
<p>Jasmine: Beautiful Jasmine, beautiful little Jasmine...</p>	<p>perfect — совершенный</p>
<p>Kelly: Little darling Kelly...</p>	<p>like — как и forever — вечно</p>
<p>Miki: Miki... You are perfect.</p>	<p>every single — все до единого</p>
<p>Rachel: A lot of people know, but they don't think about it but you like most people on this planet, you won't have your mom forever. So love her with everything you've got. Love her with every single hug, every single kiss, every single good night.</p>	<p>a hug — объятие a kiss — поцелуй</p>
<p>Miki: You are exactly where you need to be. You have a purpose that is unique... and solely for you.</p>	<p>exactly — точно, именно a purpose — цель unique — уникальный solely — единственно, исключительно</p>



Kelly: You are so **crazy**, and so **wild**, and so beautiful, and I'm so **proud of** you. And there's gonna be so many hard things that **come your way**, but you're gonna **make it out** okay, and you're gonna be fine. You're going to **flourish**. You are a unique, beautiful **individual**... crazy little wild thing.

Jasmine: **Even though** you are in the world that's trying to make you someone that you're not, but just be as **true** to yourself as you can because who you are is **amazing**. Who you are is beautiful.

Kelly: And you don't have to **settle for** the things that you think you do. You **deserve** so much more than what you've given yourself.

Miki: And know that you are enough, all the time... all the time. **In all ways**. Yeah.

Text: What's the greatest lesson a woman should learn? That since day one, she's already had everything she needs **within** herself. It's the world that **convinced** her she did not. — Rupi Kaur*

crazy — сумасшедший

wild — дикий

to be proud of — гордиться кем-то

to come smb's way — встречаться/быть у кого-то на пути

to make it out — справляться, выбираться

to flourish — процветать, преуспевать

an individual — личность

even though — даже если, и хотя

true — честный, истинный

amazing — удивительный, прекрасный

to settle for — довольствоваться

to deserve — заслуживать

in all ways — во всем, во всех отношениях

within — внутри

to convince — убеждать

*Rupi Kaur — современная индийская поэтесса