

词汇: misophonia 恐音症

There are some sounds most of us acknowledge are **irritating** – the **crunching** of crisps, the **humming** of the air conditioning or a **screaming** baby. These **noises**, for many people, act as a mere inconvenience that can distract us from the task at hand. However, there are some amongst us who have a much more severe response to these noises. The question we ask today is: has a noise ever made you feel so angry that you could explode with **rage**? If the answer is yes, you may be suffering from misophonia.

The word ‘misophonia’ literally means ‘a **hatred** of sound’ and is sometimes called **Selective Sound Sensitivity Syndrome**. There are some experts who doubt the existence of the condition. However, for those who claim to suffer from it, the experience can be **traumatic**. Certain sounds **trigger** intense emotional or psychological responses that may seem over the top compared with a non-sufferer’s complaints.

The sound of a loved one chewing their food could trigger a sufferer’s **anxiety** levels, or cause them to **panic**. It may even activate their **fight-or-flight** reflexes, making them want to flee. In extreme cases, that feeling of panic may result in intense bouts of **fury** and end up with sufferers going **berserk**.

Sadly, there’s no known cure. Tinnitus retraining therapy, which helps people tolerate noises, may aid sufferers, while cognitive behavioural therapy and counselling could also help people manage the condition. According to James Cartreine, a clinical psychiatrist, the condition can lead to isolation. Sufferers use coping strategies that include avoiding places with lots of noises, like restaurants, or moving away when they feel like **lashing out** at someone due to their breathing.

So, the next time you see someone fly into a rage because of a sound that is **driving them crazy**, it may be due to a difficult condition they are trying to manage, and not just because they **loathe** a certain sound.

词汇表

irritating	令人厌烦的
crunching	嘎吱地咬嚼声
humming	嗡嗡声
screaming	尖叫的
noise	噪音
rage	暴怒, 狂怒
hatred	憎恨
Selective Sound Sensitivity Syndrome	选择性声音敏感综合症
traumatic	造成精神创伤的, 痛苦难忘的
trigger	引起
anxiety	焦虑, 不安
panic	使...惊慌
fight-or-flight	战斗或逃跑, 或战或退
fury	狂怒
berserk	发狂的, 暴跳如雷的
lash out	发怒, 斥责
drive somebody crazy	使某人发疯、恼怒
loathe	憎恨, 厌恶

测验与练习

1. 阅读课文并回答问题。

1. What can annoying noises do to non-sufferers?
2. What does misophonia mean literally?
3. True or false? *Sufferers' reactions are exaggerated.*
4. What things can possibly ease the suffering of misophonia?
5. What are some coping strategies?

2. 选择意思恰当的单词或词组来完成下列句子。

1. My uncle _____ at me when I told him to stop complaining.

lashed out	rage	loathe	berserk
------------	------	--------	---------

2. That sound really _____ my anxiety.

rages	berserks	triggers	lashes out
-------	----------	----------	------------

3. I got really _____ by what he said.

irritating	irritated	irritates	irritate
------------	-----------	-----------	----------

4. David went _____ at the restaurant last night because they forgot his order.

rage	berserk	panic	loathe
------	---------	-------	--------

5. Don't _____! Everything is going to be alright.

panic	panicked	panics	panicking
-------	----------	--------	-----------

答案

1. 阅读课文并回答问题。

1. What can annoying noises do to non-sufferers?

Annoying noises can cause slight annoyance to non-sufferers and distract them from a task at hand.

2. What does misophonia mean literally?

It means 'a hatred of sound'.

3. True or false? *Sufferers' reactions are exaggerated.*

False. The reactions may seem over the top compared with a non-sufferer's complaints about a noise.

4. What things can possibly ease the suffering of misophonia?

Tinnitus retraining therapy, which helps people tolerate noises, may aid sufferers, while cognitive behavioural therapy and counselling could also aid managing the condition.

5. What are some coping strategies?

Avoiding places with lots of noises like restaurants, or moving away when you feel your anger rising at the sound of someone chewing.

2. 选择意思恰当的单词或词组来完成下列句子。

1. My uncle **lashed out** at me when I told him to stop complaining.

2. That sound really **triggers** my anxiety.

3. I got really **irritated** by what he said.

4. David went **berserk** at the restaurant last night because they forgot his order.

5. Don't **panic!** Everything is going to be alright.