



This is not a word-for-word transcript.

**ዘሩባቤል**

ሰላም! ስለአንድ ጉዳይ ወደምንወያይበትና ስለጉዳዩ ለማውራት የሚያስፈልገውን ቋንቋ ወደምናቀርብበት የEnglish Together ዝግጅት እንኳን በደህና መጡ። ዘሩባቤል እባላለሁ። አብረውኝ ደግሞ. . .

**Tom**

Hi everyone, I'm Tom. Welcome to today's episode of English Together.

**Sian**

And I'm Sian. Hi everyone!

**Tom**

Uhm, what's that on your T-shirt, Sian?

**Sian**

Huh? Oh, this? It's a clown.

**Tom**

Why would you wear a T-shirt of a clown? I don't understand.

**Sian**

Are you ok, Tom?

**Tom**

Uhm. This is a little embarrassing... I actually have a fear of clowns.

**ዘሩባቤል**

Clowns ቀልደኛና አዝናኞች ናቸው። Actually, Tom, in today's episode we are talking about something that might help you with your fear – 'hypnotism' ስመውን ውስጥ ማስገባት። ስመውን ውስጥ ማስገባት በሺህዎች ለሚቆጠሩ ዓመታት ግልጋሎት ላይ የዋለ ሲሆን ታሪኩ እስከጥንታዊት ግብፅ ድረስ የሚመዘዝ ነው። ይሁንና የመጀመሪያው ይፋዊ የስመውን አጠቃቀም በህክምና ውስጥ የተመዘገበው አስትሪያ ውስጥ ነው። ይህ መቼ ይመስልዎታል?

ሀ) በ17ኛው ክፍለ ዘመን

ለ) በ18ኛው ክፍለ ዘመን

ሐ) በ19ኛው ክፍለ ዘመን

**Sian**

Interesting. I always thought that hypnotism was a new thing! Almost a trend or a fashion.

**Tom**

Me, too. But it sounds like we were wrong!

**ዘሩባቤል**

We'll give you the answer later in the programme. አሁን የቢቢሲ ዎልድር ሰርቪስ ሰመመን ውስጥ ስለማስገባት ያቀረበውን ዘጋቢ ፊልም መደምደሚያ እንከታተልና ከዚያ በኋላ እንወያያለን።

**Insert**

Why would anyone allow a complete stranger to access their mind? When carried out in a safe environment with an experienced practitioner, hypnotism has some clear benefits: entertainment, pain relief, kicking habits and addressing phobias. But there are also significant risks to be aware of. My conclusion? Approach with caution.

**Tom**

Oh, now I see why you were saying that hypnotism might help me with my fear of clowns. They talked about it helping people to address their phobias.

**ዘሩባቤል**

Yes, exactly! 'To address' ጉዳዩን የተመለከተ እርምጃ መውሰድ ወይንም መላ ማለት ነው። 'phobias' ከፍተኛ የሆነ ፍራቻ ማለት ነው። ችግሮችን 'problems' እና አሳሳቢ ጉዳዮችንም 'issues' መላ ማለት 'address' ይችላሉ። እና ደግሞ በርካታ ጥልቅ ፍራቻዎች ሊኖርዎት ይችላል። ለምሳሌ የሽረራት፣ የእባብ ወይንም የከፍተኛ ቦታዎች።

**Sian**

Which are pretty common phobias! Not like a phobia of clowns, Tom... Would you consider hypnotism to help address your phobia?

**Tom**

Absolutely not! I don't like the idea of a stranger in my mind. It's just too scary!

**Sian**

I'm surprised, Tom. You're usually open to new things.

**Tom**

Wait! Were we listening to the same clip? Didn't you hear them talking about the significant risks?

**ዘሩባቤል**

‘Significant risks’ ከፍተኛ የሆኑ ሊከሰቱ የሚችሉ አደጋዎች ናቸው። ሊከሰቱ የሚችሉ እጅግ ከባድ አደጋዎች ‘serious risks’ ማለትም ይችላሉ፤ ወይንም ‘risky’ አደጋን ሊያስከስት የሚችል ነው ማለት ይችላሉ።

**Tom**

You’re just proving my point!

**Sian**

But you’re only focusing on the risks. There are also clear, tangible benefits.

**ዘሩባቤል**

‘Tangible’ ተጨባጭ ማለት ነው እናም ‘benefits’ ጠቀሜታዎች ማለት ነው። ቃሉ የrisks ተቃራኒ ነው። Are you speaking from experience, Sian?

**Sian**

Not from personal experience, no, but I have a friend who did hypnosis to help him quit smoking. And it worked! That’s an example of a tangible benefit.

**Tom**

Well, I have heard that it can help people to kick habits...but I’m still not convinced, I’m not sure.

**ዘሩባቤል**

‘To kick a habit’ ልማድን መተው ወይንም መስበር ማለት ነው። Do you think hypnosis could help me kick the habit of drinking?

**Sian**

You’ll only know if you try!

**ዘሩባቤል**

I’d love it if I could stop drinking! I’ve been trying to quit for ages. I’d love it if I could stop drinking! I’ve been trying to quit for ages. ስለዕድሜ ካወራን አይቀር ቀደም ሲል ያነሳነውን ጥያቄ ምላሽ እንስጥዎት። ያስታውሱ፤ ጥያቄው አንድ ሐኪም ለመጀመሪያ ጊዜ የሰመመን አገልግሎትን ለህክምና መጠቀም የጀመረው መቼ ነው የሚል ነው።

- ሀ) በ17ኛው ክፍለ ዘመን
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- ሐ) በ19ኛው ክፍለ ዘመን

**Sian**

See, Tom? Hypnotism has been around for years! So it must work!

## Tom

There's still absolutely no way!

### ዘሩባቤል

It sounds like Tom is taking the advice from the documentary very seriously – ‘approach with caution’ በጥንቃቄ ይቅረቡት። የዚህ ሳምንት መሰናጃችንን አጠናቀን ከመሰናበታችን በፊት፤ ዛሬ ስንንነጋገርባቸው የቆየናቸውን ቃላት እንይ። ሁሉም ሰመመንን ለህክምና አገልግሎት ከማዋል ጋር የሚገናኙ ናቸው። to address a phobia’ ጥልቅ ፍራቻን መጋፈጥ ወይም መላ መፈለግ ማለት ነው፤ to kick a habit ልማድን መተው ወይም መስበር ማለት ነው፤ to have clear or tangible benefits’ ተጨባጭ ጠቀሜታዎችን መያዝ ማለት ነው’ to have significant or serious risks’ ከፍተኛ ወይም ላቅ ያለ አደጋን ያዘለ ማለት ነው ሲሆን፤ to be risky’ አደጋ ያለው ማለት ነው። አብራችሁን ስለቆያችሁ እናመሰግናለን፤ ለተጨማሪ English Together በሚቀጥለው ሳምንት ይጠብቁን።