

摘要

心理学发展历经了一个漫长且曲折的过程，其中弗洛伊德精神分析理论在心理学研究中占据着重要地位，对西方社会思潮产生了深刻影响。五四以来，我国越来越多的心理学家和哲学家开始将弗洛伊德精神分析学说引入中国。虽然我国有众多专家教授翻译其相关著作和理论，但就心理学文本翻译研究而言，目前研究数量仍然较少。因此，对于心理学文本翻译的研究具有重要意义。

本文选取了弗洛伊德最出色的学生之一西奥多·赖克的著作《神话与负罪感》其中两章为翻译材料。该书以弗洛伊德精神分析理论为背景，为典型的心理学文本，无论对译者或是读者皆兼具困难度与专业性。基于翻译材料行文正式，多涉及心理学且语言特征较为复杂的特点，笔者以奥古斯特·格特的关联翻译理论为指导，根据“明示-推理”交际模式，使得听话人通过推理获得认知效果。其中，笔者旨在遵循“最佳关联”原则，采取适当的翻译方法，使读者用最小的努力获得最大的语境效果。笔者将从词汇、句法、语篇三个层面出发对翻译材料进行研究，分别采用直译或意译加注、词类转译、具体译法、显化翻译、拆分重构等翻译方法实现理想的认知语境效果。

此次翻译研究与实践旨在为心理学爱好者或专家提供具有参考价值的阅读材料，同时为心理学文本翻译研究提供一些见解与思路。

关键词：心理学文本；关联翻译理论；最佳关联

Contents

Chapter 1 Task Description	1
1.1 Background and Significance of the Task	1
1.2 Introduction to the Source Text and Its Features	2
1.3 Structure of the Thesis	3
Chapter 2 Process Description	5
2.1 Pre-translation Preparation	5
2.2 Process of Translation	6
2.3 Post-translation Management	7
Chapter 3 Theoretical Framework	9
3.1 Introduction to Relevance Translation Theory	9
3.2 The Application of Relevance Translation Theory	11
Chapter 4 Case Study	13
4.1 Optimal Relevance of Translation at Lexical Level	13
4.1.1 Conversion of Word Classes	13
4.1.3 Specification	15
4.2 Optimal Relevance of Translation at Syntactic Level	21
4.2.1 Explication	22
4.2.2 Division and Reconstruction	24
4.3 Optimal Relevance of Translation at Textual Level	27
4.3.1 Addition to Conjunction	27
4.3.2 Interpretation of Reference	29
Chapter 5 Conclusion	31
5.1 Summary	31
5.2 Limitations	32
References	33

Appendix	35
Appendix I Glossary	35
Appendix II Source Text and Target Text	38
Acknowledgments	83

Chapter 1 Task Description

This chapter introduces the background of the translation study as well as its significance. Besides, the features and its style are analyzed here. The author also makes a concise statement about the thesis structure at the end of this chapter.

1.1 Background and Significance of the Task

The task comes from a psychology book *Myth and Guilt-The Crime and Punishment of Mankind* written by Austrian psychoanalyst, Theodor Reik(1888-1969), one of the most brilliant students of Freud Sigmund(1856-1939). On account of the author's interest in psychology since the undergraduate courses, the tutor recommended the book as the translation task. After a rough reading about the book, the author was appealed to the complicated relationship in human's consciousness, and also the contradictory statements of the unsolved psychological problems. Thus, the author finally decided to plunge into the translation practice and study of this book.

Psychology in modern society has become a popular major covering multiple fields, and it is closely connected to human living environment as well as civilization. Not until the reform and opening-up policy did specialty research in psychological translation come out with academic exchanges at home and abroad increasing and the popularity and development of psychology study(Jiang, 2009: 560). Freud's psychoanalytic theory occupies an important position in the the history of psychology, attracting both professionals and amateurs. Great experts and professors who devotes to studying Freud's theories have translated relevant works though, few translation studies focus on psychology texts at present. Guided

by Gutt's Relevance Translation Theory, the author studies and adopts applicable translation methods attempting to achieve optimal relevance for target readers respectively from lexical, syntactic and textual level, and making efforts to offer some perspectives when translating psychology texts, and to enrich the research and application of Relevance Translation Theory.

1.2 Introduction to the Source Text and Its Features

The book was published in 1957, telling Reik's quest for the origin of human's guilt feeling. The author selects the first two chapters of the book as the translation task, where Reik meticulously analyzes the origin of conscience in unconsciousness and different perspectives of the sense of guilt based on Freud's assumption. For the generality and instructiveness of the two chapters, the translation version tries to give a guided introduction for the readers who attempt to study this book.

According to Peter Newmark's Text Typology theory, the type of text content can be divided into informative, expressive and vocative texts(Newmark, 2001). The source text could be categorized as informative text for its style and features. In terms of the overall style, the wording and phrasing are especially formal owing to the specialty of psychology. For instance, the statement of theories and assumptions along with corresponding exemplifications constitute the main part that Reik wants to present. In addition, a few ancient Greek myths in old English are mentioned as well. This means the author should pay close attention to the consistency of the style between the translation and the source text. The language features that express the style features of the texts are not universal, and the features of style with the same structure among languages are not necessarily identical(Zhang, 2003: 15). Thus, it's of vital importance for translators to remain

those communicative clues. As for the specific features, psychological terminologies frequently appear in the text. Also, the text contains a large number of long difficult sentences that need to be elaborately analyzed and made into logical and smooth sentences in Chinese. Finally, complex background information about Freud's theory should be made certain.

According to the analysis of the source text mentioned above, two factors in translation study should be considered by the author. The first thing is to keep the target language in line with a formal style as the source text due to its academic nature. The other aspect lies in linguistic level that is divided into lexical, syntactic and textual level by the author in terms of the features of the source text. In the mean time, the latter aspect represents the biggest challenge and difficulty in the translation because the author needs to provide accurate and faithful information that the source text tends to convey for readers. Thus, the linguistic level is primarily analyzed under the guidance of Relevance Translation Theory in this report.

1.3 Structure of the Thesis

The translation report comprises five parts.

Chapter one briefly describes the background information about the source text, including the reason that the author selects the translation material, a simple introduction to the author of the book, and the general content of the material. Besides, it also refers to the significance of translating psychological text, the features of the text and its style as well.

Chapter two gives an introduction to the translation process, which tells the efforts that the author has made in each procedure of preparatory translation work, translation process, and quality control.

Chapter three elucidates Relevance Translation Theory and the reason why the author considers it as the guided theory, that is its application in the source text.

Chapter four takes up the main and crucial section of the whole report in which the author analyzes the translation methods and their applications in examples under the guidance of Relevance Translation Theory.

Chapter five presents the conclusion of this translation practice, which contains a reflection of what the author has learned, as well as what further improvement could be made.

Chapter 2 Process Description

In order to smoothly and successfully fulfill the translation task in time, the translator has made a sufficient preparations in the whole process, which contains pre-translation preparation, translation process and post-translation work. The three parts respectively give detailed information about the preparation before translating the text, the arrangement of the whole process and reviews after proofreading.

2.1 Pre-translation Preparation

After a detailed discussion about the book written by Reik, the author finally decided to follow the tutor's suggestion and chose it as the translation material. Before the translation, the author has done a massive preparatory work.

At the very beginning, the author roughly read the whole book so as to grasp its structure and general idea. Through rough reading, the author decided to select the first two chapters for their guided implications of the book. On this basis, the author intensively read the source text needed to be translated for the second time. It's such a formidable task for the author because she seldom learn about Freud's theory. Through wide and rigorous research on the Internet, the dictionaries and related parallel texts, the author finally figured out the content, and its language characteristics as well as the style.

Having analyzed the source text, the author found it hard for readers especially knowing little about Freud's psychoanalytic theory to understand. Thus, the author attempted to make the translation version easily comprehensible for target readers, so that she determined the Relevance Translation Theory to be the guide theory after intensive search and reading about translating psychological text. In addition, the author also marked terminology that's abundant in the source text

for the preparation of establishing a glossary. Moreover, the author paid close attention to the expressions and sentences that were worthy being analyzed in the report and also marked them.

Through these preparations, it's more smooth and convenient for the author to carry out the translation practice, so that much time is saved. Meanwhile, the quality of the translation can be also improved due to the preparatory work.

2.2 Process of Translation

To guarantee the efficiency and quality of the translation study, the whole process is gone through with three steps. The first step is to make an ideal plan of how long each step will take; the second step is the process of translation which includes the analysis of the source text and specific translation work; the third step is to write a translation report and gradually improve the translation and report.

Firstly, the author has made a schedule about how each step is carried on. The total number of the source text is nearly 10,000. Taking the degree of difficulty of the source text into consideration, the author intended to translate 1,000 words a day and finish the second step in ten days. Thus, more time is saved for step three to complete the study.

During the translation, the author met plenty of obstacles as what she expected. Adhering to the coring idea of Relevance Translation Theory, the author aimed to make the translation understandable even for the readers without knowledge background about relevant psychology that necessitates great efforts. The first obstacle must be the terminology. With the help of Youdao online dictionary, Webster's dictionary, Collins dictionary and Lu Gu Sun dictionary, the author ascertained most of terminology in the source text. Searching these meanings on the Internet and books or reference materials in target language, the

author double-checked their correctness.

The next difficulty should be the background information, namely Freud's psychoanalytic theory. The author looked for many resources about it by reading papers, browsing websites like Baidu and Wikipedia, and asking fellows majoring in psychology for help. Through these efforts, the author grasped the main idea of the source text at last.

The last barrier was about the complex sentence structure, which took the most of time for the author to analyze and organize language. Through continuous diction and adjustment, the author completed the first draft of translation.

After finishing the first draft, the author began to write the translation report. Meanwhile, the author would present the translation to the tutor for the second delicate revise.

2.3 Post-translation Management

In order to further guarantee the quality of the translation, proofreading plays an important role in reviewing. Specifically, in terms of the characteristics and purpose of the translation, it is quite essential to convey faithful knowledge and take readers' feelings into consideration, which couldn't be achieved without proofreading. As for the work that the translator had done in the post-translation, procedures were as follows.

Firstly, the translator reread the whole translation by herself, trying to find out incoherent and illogical places and get rid of them. Next, the author read some psychological works in Chinese to make sure the diction and style of the translation were consistent with the source text. Once self-checking was accomplished, the translator presented it to the unprofessional readers to check if there was something erratic while reading to acquire the objective comments and

recommendations, making the translation accord with Chinese writing habits. Last but not least, the translation would be submitted to the professional teachers so as to which could be modified by polishing and embellishing through their multi-aspect advice.

Chapter 3 Theoretical Framework

This chapter presents a relatively specific introduction to the development and formation of Gutt's Relevance Theory. Also, the author states the reasons to choose this theory to translate the source text.

3.1 Introduction to Relevance Translation Theory

American pragmatist Grice(1913-1988) made a great contribution to the study of Relevance Theory. He published a paper named *Logic and Conversation* in 1975, where he considered “relevance” as the Cooperative Principles(Grice, 1975). On basis of Grice's research, French linguist Sperber and British linguist Wilson presented Relevance Theory in their co-published book *Relevance: Communication and Cognition* in 1986, which provided theoretical basis for pragmatic translation(He & Ran, 1998). According to Sperber and Wilson(1986), the crucial mental faculty that enables human beings to communicate with one another is the ability to draw inferences from people's behaviour. This means the information receiver can infer what the information sender means, or in the terms of relevance theory, what his informative intention is(Gutt, 2004: 24). The cognitive environment of a person comprises a potentially huge amount of very varied information, so communication can require the use of quite specific assumptions, and misunderstandings are likely arise when wrong assumptions are used(Gutt, 2004: 27). In this way, Sperber and Wilson(1986) considered “communication” as an ostensive-inferential process. Ostension and inference are two aspects in the process of communication, of which the former relates to the information sender while the latter relates to the information receiver.

Sperber and Wilson referred that communication can be guided by relevance

theory, specifically, the implicit meaning in communicative utterance can generate the contextual implicit meaning, which obtains the maximum amount of information through minimal processing effort, and the communicator should obtain the implicit meaning through processing the utterance (Cummins, 2005: 113).

That is to say, Sperber and Wilson believed that the more efforts are made to understand the utterance, the less the relevance is. In this way, Relevance Theory combines cognition and pragmatic study, shifting the attention from the study of utterance production to primarily utterance interpretation. It reveals that speech communication is a cognition-reference process, and the understanding of utterance is indeed a cognitive activity.

Based on the research of Sperber and Wilson, Gutt, the student of them, published the book *Translation and Relevance: Cognition and Context* in 1991 and officially put forward Relevance Translation Theory, bringing a completely new perspective of the application of Relevance Theory to translation. Gutt pointed out that a successful communication depends on how the information receiver in his cognitive environment selects the practical utterance from all the assumptions by the information sender. The central claim of relevance theory is that “human communication crucially creates an expectation of optimal relevance, that is, an expectation on the part of the hearer that his attempt at interpretation will yield adequate contextual effects at minimal processing cost.” (Gutt, 2004: 31). And this is expressed in relevance theory as the principle of relevance. Thus, Gutt indicated that the main idea of Relevance Theory shows that the key to human communication lies in creating an expectation of optimal relevance. This means the information receiver expects to generate sufficient contextual effect with the least efforts (Gutt, 2004). In other words, it also means the information that the speaker conveys is worth paying efforts for the information receiver and he can get

enough returns(Long & Cai, 2020: 15). Lin(1994) made conclusions about Gutt's Relevance Translation Theory in his article as well, one of which stated that "the duty of translators is to make the intention of original writers identical with target readers' expectation". According to the statement, translators should strive to match the intention of the author of the source text with target readers' expectation, which is so-called Optimal Relevance.

3.2 The Application of Relevance Translation Theory

As mentioned above, Relevance Theory represents the foundation of cognitive pragmatics, which claims that language communication is an ostensive-inferential process, and the understanding of utterance is actually a cognitive activity. Gutt believed that translation is a process of inference, which is actually a cognitive behaviour and is the center of communicative activities. Thus, it's also the center of reading or translation activities(Hatim & Munday, 2004: 57). According to Nida, translation is to reproduce the information of the source language with the closest natural equivalent from semantic to stylistic aspects(Nida & Taber, 2004). Translation is a communication activity among languages, at the same time, the connotation and significance about communication of Relevance Theory lies in making an explanation of utterance understanding. According to Zhao(2003), Relevance Theory is cognitive as well as communicative, while translation is also a cognitive and communicative activity. Thus, it can be said that "the application of Relevance Theory gives a new perspective of translation study." (Wang, 2005: 24)

In a narrow sense, Relevance Theory as a guidance of the source text has its unique and considerable significance. As it's mentioned in Chapter One, the translated material is based on Freud's psychoanalytic theory, which is difficult to

comprehend for readers. Under the guidance of Relevance Theory, this heavy point of the task could be solved to a large extent. Freud divides human's mental activity into consciousness, pre-consciousness and unconsciousness, among which he thought "unconsciousness" is the most important. Unconsciousness is ubiquitous in people's life, which refers to those things that normally don't enter the consciousness level at all, such as the desires, secret thoughts and fears that are repressed deep inside and people don't have to make any effort to deal with them (Freud, 1986). Set in Freud's psychoanalytic theory, the main idea of the source text describes two different views about how people's unconscious struggle in their mind. Speaking of the relationship between unconsciousness and translation study, target readers have unconsciousness in their mind about past experiences. Relevance theory assumes that "human beings have a natural interest in improving their understanding consisting of the assumptions about the world which they have stored in memory." (Gutt, 2004: 28) According to the ostensive-inferential communicative model, the information receiver acquires cognitive effects through inference. According to the principle of optimal relevance, which means making target readers acquire maximum contextual effect with the least efforts, Relevance Theory is accessible to awaken readers' unconscious feelings that store in their memory ultimately promotes communicative effects. From this it seems clear that the application of Relevance Theory to translate the source text is both theoretical and practical. Moreover, to achieve this ideal contextual effect for target readers, the author analyzed and translated the source text under the principle of optimal relevance by focusing on lexical, syntactic and textual level that are illustrated in the next Chapter, attempting to make the process of inferring to the translation text as smooth as possible.

Chapter 4 Case Study

This chapter is the core content of the translation report. To achieve communication and effects of translation, translators should take the intention of original writer and the cognitive context of target readers into full consideration. Besides, they should adopt proper translation methods to achieve optimal relevance(Bu, 2012: 71). Thus, under the guidance of Relevance Translation Theory, the author analyzes the translation with specific examples respectively from lexical, syntactic and contextual levels.

4.1 Optimal Relevance of Translation at Lexical Level

The lexical items of the source text are quite formal and specialized in general. If the author translates them literally, it's probable for target readers to pay enormous processing efforts to comprehend the content while they are reading. Thus, the translator has to play a role of a smooth road between the original writer and target readers. Here, the author focuses on analyzing the translation methods of conversion of word classes and specification in the source text at lexical level. According to Relevance Translation Theory, the author has to find out the writer's intention and express his original meaning by creating an optimal relevance between the writer and readers.

4.1.1 Conversion of Word Classes

In terms of the distinctions of grammar or habits of expressions between Chinese and English, the class of words have to be converted in many instances without changing the meaning of original texts. This method is also extremely

applicable for the Relevance Translation Theory with the purpose of optimal relevance as original writers' statements are delivered smoothly through the conversion, and Chinese-style expressions make target readers receive information in a comfortable way as well. The following examples respectively show three types of conversion of word classes, trying to make the translation more fluent and readable under the guidance of Relevance Translation Theory.

Example 1

ST: ...while it seems to need all its **energy** to remain at the same spot in problems of greatest interest to all of us.

TT: 而于那些大家最关注的问题而言, 心理学似乎**竭尽全力**却仍然停滞不前。

Analysis: In the sentence, the author made a conversion from noun to a verbal idiom. To make the translation simple and clear, the author supplemented its subject “心理学” first in case target readers would be baffled by the pronoun “its”. The next point to be considered was the way to translate “need all its energy” into an expression in line with Chinese logic, as literal translation applied here would be incoherent like a machine translation. Then the author was inspired by “all its energy” and thought of a Chinese idiom “竭尽全力” that was well delivered the content in the sentence. Finally, the author adjusted the order of the sentence to make the most important information at the end of a sentence just like in Chinese. By converting the part of speech, four-character translation method is found effective in E-C translation. And the equivalence was successfully made to remain the factors of ostension for the original writer as well as a least-effort inference for target readers with the principle of Relevance Translation Theory.

Example 2

ST: The new **authority** of the superego does not seem to differentiate between

forbidden deed and evil wishes.

TT: 刚“掌权”的超我意识似乎对那些被禁止的行为与邪恶欲念一视同仁。

Analysis: According to the text, “authority” means that superego dominates the consciousness after its establishment at a certain point of growth. Capturing this point, the author attempted to give a fluent translation without transforming this connotation.

By converting the noun into a verb, the author applied a personification to give superego a vivid image while its original meaning was also retained. Through this conversion, the expression would not be as rigid as the version with literal translation, at the same time, the author conveyed the information flexibly after analyzing and grasping the intention of the original author. Optimal relevance was also accomplished as target readers could be able to receive the information with a familiar expression and with the least efforts.

4.1.3 Specification

The first time the author skimmed through the source text, she found lots of psychological terminologies that are rarely recognized by people. To achieve the purpose of optimal relevance, the author needs to find out all the correct meanings of the terms by means of dictionaries, papers, websites and parallel texts, then gives translation that's easily understood by target readers with the least efforts. Besides, there are also a large amount of names and books mentioned in the source text, therefore, the author also established a glossary listed in Appendix to contrast and check if the translation of terminologies keep consistent.

Specification means applying relatively specific words, phrases or sentences to translate the abstract ones in the original texts, so that loss of translation can be eliminated or reduced and the same effect in correspondence with source texts

could be achieved(Feng, 2006). As a psychological text, there are a large number of abstract expressions besides terminologies. This abstraction comes from the different language characteristics and thinking modes between Chinese and English, specifically, traditional thinking modes of English often use abstract concepts to describe concrete objects. Thus, to achieve optimal relevance, the author selected some typical terminologies and abstract expressions from the text to analyze with the method of specification in order to conform to the Chinese ways of expressions.

Example 3

ST: The voices that psychotic patients imagine themselves hearing present another instance of such an **externalization** of the inner voice that once an outer one.

TT: 正如精神病患者想象中自己听到的声音正来自外面世界别人说过的话。

Analysis: In terms of the query result, “Externalization” comes from a philosophical term put forward by German Philosopher Hegel, which is translated into “外化” in Chinese. The original meaning of Externalization refers to the conversion from something intrinsic to extrinsic. In the translation, if the author remained this original translation “外化”, the statement would become so obscure on account of nothing is explained about the forms that Externalization presented here. For one thing, the original expression makes it difficult for target readers to understand; for another, it violates the principle of Optimal Relevance in the Relevance Translation Theory.

To find a proper translation, the author repeatedly read the whole part that Externalization appeared. It's found that this part talks about voice hallucinations, which means the voice heard due to people's imagination. As a result, the author decided to give a specific form to Externalization and translated it into “听到的”. In this way, the intention of the original writer was reflected without changing the

connotation, while it's quite easy for target readers to understand the sentence in the processing effort.

Example 4

ST: Those early conflicts will be continued at a later phase as clashes between **the power of the drives** and the demands of the **superego**.

TT: 这些早期的冲突将延续至后续成长阶段，成为**本能需求**与**满足超我**（人类道德良心和自我理想的部分）需求之间的冲突。

Analysis: “The power of the drives” are most frequently translated into “驱动力” in Chinese. However, it's found that putting this definition into the translation makes no sense in the text. The author firstly looked up “drive” in the Oxford dictionary and tried to narrow the scope of its connotation here. One of the definitions goes like “a strong desire or need in people”, which is believed to be a correct one. To confirm this idea, the author also reread the context and summarized the main concept of this part, which contended the contradictions between the instinctual impulsion and the repressed factors from the outer world. Based on the main idea, the author further ascertained the correctness of translating “the power of drives” into “”本能需求. The translation method of this example resembles Example 1, which first determines the possible meanings and then confirms or retranslates them in correspondence with the contextual meaning. Context represents an essential factor in Relevance Translation Theory. Through analyzing and interpreting the context of the source text, there would be more possibilities for translators to reach original writers' opinions and meet target readers' expectation.

In addition to the terms needed to be interpreted, some psychological terms with their fixed translation are also existing in the source text, such as “superego”. For most people, they are little familiar with psychology and its terms. Depending on the Optimal Relevance, literal translation with annotation is validly applied to

translate these terms. Through recognizing the background information about Freud's theory, Superego along with ego and id is contained in his Structural Model of Personality. Thus, at the first time that one of the three terms appeared, annotations of them were given by the author in the footer: “弗洛伊德人格结构理论的三大部分: ego 本我(先天本能); id 自我(自己意识的存在和觉醒); superego 超我(人类道德良心和自我理想的部分)”. These annotations make target readers easily understand the concepts. Therefore, the optimal relevance is achieved because readers successfully acquire the information with the least efforts.

Example 5

ST: Freud now acknowledged a special independent **instinct of aggression** and admitted that he had not given the universal **nonerotic tendencies** of mankind their due significance in the analytic interpretation of life.

TT1: 弗洛伊德在此得出, 人天生具有攻击性本能。此外, 他承认在分析生命的意义时, 未给予人类非性倾向应有的重视。

TT2: 弗洛伊德在此得出, 人生性好斗。此外, 他承认在分析生命的意义时, 未给予人类性倾向以外的因素应有的重视。

Analysis: The author translated “instinct of aggression” into “攻击性本能” literally in the first version. When writing the report and checking the translation, the author found that “攻击性本能” might bring about ambiguity on the side of target readers. For one thing, once target readers see “攻击性本能”, it's probable for them to think of merely outward actions or verbal presentations and ignore the internal and nonverbal side of this concept. The second version has taken this factor into account so that one-sided understanding of this expression is avoided. For another, considering the habits of Chinese expressions as well, the author revised the translation into “生性好斗” with a structure of Chinese four-character

in the revised version. This expression is commonly used in Chinese, which could demonstrate a more accurate explanation while striking a chord with target readers at the same time. In this way, optimal relevance is accomplished since target readers get the connotation of the terms without any barrier, and Freud's theory is more completely reflected in the translation.

The word “nonerotic” is a compound that cannot be found in the dictionary, so the author at first gave a literal translation “非性倾向” according to the prefix. Since the author was familiar with the content, the problem of obscurity here was not discovered in the first translation. Virtually, in the past research before Freud's new insight, psychoanalysts including Freud believed that sexual desire had close relationship with sense of guilt, which would be mentioned in the source text. However, Optimal relevance is not acquired for target readers because they are unaware of this knowledge background and may be confused about the literal and abstract translation in the first version. Thus, it's the translator's duty to seek for the implicit relevance and turn it to explicit one. To make the translation understandable, the author elucidated the information in detail by adding a category word “因素”. Thus, ostention is obtained and target readers put least effort in the inference process.

Example 6

ST: The tension between the **strict** superego and the **subordinate** ego is called “sense of guilt” and it manifests itself as need for punishment.

TT: 绝对超我意识与次要自我意识之间的对立体现为“负罪感”，它表现为对惩罚的需求。

Analysis: The specification of “strict” was primarily base on the context of this paragraph. In the first translation, the author rendered “strict” into “严格的”

without more consideration, who found this translation improper for the second reading because it twisted the implication that the original writer wanted to deliver. When rereading the source text, the author noticed that the previous sentence contented aggressiveness would be repressed by superego gradually in the process of the confrontation between conscience and ego. That is to say, superego wins the battle and outmatches ego. Two words in the next sentence, “strict” and “subordinate”, exactly embody the relationship between superego and ego. As a result, the author translated “strict” into “绝对” to reflect the contrast with the word “subordinate” so that target readers could clearly figure out the logical relations of this paragraph. Still, they don’t need to spend extra efforts to understand the meaning of this sentence.

Example 7

ST: This intensification is inevitably bound up with the development of civilization and may swell to a **magnitude individuals** can hardly bear.

TT: 负罪感增长与人类文明发展必然紧密相关，一旦其增长至一定程度，人类将难以承受。

Analysis: Magnitude is not an unfamiliar word, however, it’s found that literal translation would be inaccessible here when the author first translated the sentence. According to the previous sentence, “intensification” refers to sense of guilt. And through analyzing the meaning of the whole sentence, the author knows that “magnitude” here tried to describe the sharp increase of sense of guilt to a degree that people cannot bear. Due to the abstraction of this word, the author has to find an appropriate expression to describe its meaning and that was how the expression “一定程度” was selected. Instead of choosing the specific descriptions about size or amount, this expression is commonly used in Chinese articles, which well manifests the severity of the magnitude of sense of guilt. This is also what the

original author hopes to tell the readers, or optimal relevance cannot be achieved if improper expressions are applied.

The definition of “individual” in the Oxford dictionary describes it as “a single member of a class”. The author contends that the reason why its basic meanings “个人” or “个体” violate optimal relevance is that the extent to which the original writer intends is not achieved. Owing to the close connection between sense of guilt and the development of human civilization, it’s reasonable to transplant the word human to render “individuals” so as to embody original connotation as well as emotional color. Given a specific meaning, the translation was presented to be faithful and eligible for the contextual effect could be achieved in the sentence.

4.2 Optimal Relevance of Translation at Syntactic Level

It is a typical characteristic that many sentences are long with clauses in English especially when expressing conceptions or ideas in informative texts. There’s no exception in the source material. According to cognitive psychology, sentences are the most fundamental meaning unit to convey language meanings. “The semantic meaning and cognitive coherence are prerequisites for the presentation of textual coherence.” (Su & Wen, 2018: 15) Based on delivering faithful information to target readers with minimal efforts, the author summarized two translation methods, explicitation and division. The first method “explicitation” was applied to solve the problem of having difficulty in understanding implicit meanings owing to their abstract ways of expression, which needed the translator to comply with optimal relevance by delving into what the original author attempted to tell readers. The second method “division” was appropriate for making long English sentences into running sentences of Chinese features. If

sentences were not divided as original texts, it would cost great efforts for target readers to grasp primary information and receive the content smoothly. Specific examples are as follows.

4.2.1 Explication

Explication translation holds the view that unclear semantic meanings or hidden structures in the source text are explicitly expressed. In 1958, French scholar Vinay and Darbelnet first put forward the conception of explication, who argued that explication as a stylistic translation skill, refers to the process of specifying the implicit information in the source text (Vinay & Darbelnet, 1995: 342). Abstraction is one of the characteristics in the original text. Through analyzing the context and selecting expressions, implicit or obscure information contained in the source text could be revealed to target readers. In the process of explication, the author needed to create an accessible contextual effect and capture optimal relevance by thinking in a different way and highlighting original information from the perspective of author's intention.

Example 8

ST: According to Freud, the conscious could not acquire all its characteristics in the child. It is still in the phase of development and does not yet possess the full faculty of speech representations.

TT1: 弗洛伊德认为，意识不会在儿童时期体现其所有特征。

TT2: 弗洛伊德认为，意识不可能在儿童时期就发育完全。

Analysis: At first sight, the sentence was easy to translate into Chinese for its simple structure. In the first translation, the word “acquire” translated into Chinese was found strange and incoherent in the whole sentence, so the author used the

word “体现” in place of the first translation. However, the literal translation of the sentence here may make target readers confused because putting the first version in the text made it abrupt yet because it displayed no logical relationship to the following content. For another, target readers could feel delusive about what exactly “characteristics” were because they were not mentioned in the text. That is to say, optimal relevance failed to be achieved in the first translation. Taking these factors into consideration, the author determined to seek out the optimal relevance between the sentence and the paragraph. Inferring from the following sentence, the author captured the key information “still in the phase of development” and revised the first translation. Through interpreting the sentence, the author thought explicitation plays an available role in achieving optimal relevance.

Example 9

ST: Originally two persons were necessary for thinking. Only at the phase of higher civilization **man doubles** so that he can now also **take the part of the other**.

TT1: 文明初期，思考只需要两个人。文明发展到更高阶段时，思考的人成倍增长，因此人人都可以代替另一个人的角色。

TT2: 文明初期，思考需要两个人才能展开。文明发展到更高阶段时，越来越多的人开始思考，于是一个人足以进行这项活动。

Analysis: The structure of the two sentences are clear, while the information conveyed needs translators and readers to pay some efforts to understand. First, to create a logical connection between the two sentences, the author added “文明” in order to achieve optimal relevance when translating “originally” so that targets readers could clearly catch the comparative relations. In the first version, two problems were revealed for lacking optimal relevance effect. On the one hand, it was so restrained from the original diction that made the translation less natural

and smooth. On the other hand, the translation of the latter part of the sentence weren't readable because it didn't dig out the intention of the original author and it was almost impossible for target readers to easily understand. Thus, the author manifested the meaning by adding a specific verb “展开” in the revised translation compared with the first one. In view of contrasting with the following sentence, “才能” was supplement as well. After revising, the translation was apparently more acceptable for target readers because it was more like a way of Chinese means of expression. In the second sentence, the author tried to find the optimal relevance between source language and target language as literal translation applied for “take the part of the other” was extremely abstract and unintelligible for target readers. Thus, the author chose to express its specific information with the strategy of explicitation, completely abandoning original expressions but creating a valid contextual effect.

4.2.2 Division and Reconstruction

As the author mentioned above, it's a distinguishing feature that many long difficult sentences with clauses are arranged in the source text. Different from rigorous and compound structure with conjunctions in English, sentences arranged in Chinese to delivery information are usually short. To accomplish optimal relevance under the guided theory, the translator should have a good grip of grammatical rules and identify each part of the long sentences. By means of dividing and reconstructing the sentences, the author endeavored to lowest target readers' processing efforts under the principle of Relevance Translation Theory. Here are concrete cases.

Example 10

ST: The child obtains his power/ for accomplishing repression expected from him/ by establishing in himself the same inhibitions /that previously his father had put into his way.

TT1: 孩子通过在自己身上建立起以前他的父亲强加给他的同样的约束来获得实现期望从他身上得到的压抑的力量。

TT2: 在孩子的成长过程中，父亲事先给某些行为设限。此后，孩子便会据此给自己设立同样的限制，从而能够抑制某些不当行为。

Analysis: In terms of structure, the original sentence is compounded with several prepositional expressions and an attributive clause. In the first version, word-by-word translation that has no punctuation marks definitely created difficulties not only in form but also content. This excessively long sentence in Chinese does not conform to grammatical norms, which makes target readers process the information in a tough way. Thus, optimal relevance cannot be achieved in the first translation in the inferential communication. With no unfamiliar words contained in the sentence, what the translator needs to do is to grab major content from such much information and reorganize each part of message. To amend the translation, the first step the author made is to divide the sentence into several parts according to the sense group. As the slashes shown, the author made the whole sentence four parts. After employing fluent expressions in Chinese one by one, the author found out the implicit cause-effect relationship in the sentence, then adjusted word order and added a conjunction to connect the parts. The whole process of translation showed how the translator strove to achieve optimal relevance and meet target readers' expectation.

Example 11

ST: We follow the development /in which the contrast of the continued demands of the father /with the actual accomplishments of the child /manifests itself as guilt

feeling.

TT: 随着孩子的成长，父亲不断增加的要求与孩子实际成长所得之间产生的矛盾，正是负罪感的来源。

Analysis: Through analyzing the sentence, the primary information was found contained in the attributive clause, so it was essential for the translator to extract the trunk. Having made the sentence small segments, the author figured out that the structure went like “the contrast of...with...manifests itself as guilt feeling”. Implementing to the details of translation, firstly, the author confronted the problem of dealing with the main clause. To present a fluent translation, the author omitted the subject “we” because it’s common to construct a sentence without subjects. Instead, the author made an amplification to the word “development” in light of the context. In addition, the implicit meaning of “accomplishments” was also demonstrated by comprehending the original text. Having settled these considerations, the author conformed original order for its coherence, and utilized punctuation marks at certain points to make the translation readable and intelligible. Thus, reasonable punctuation in dividing sentences is of vital importance for seeking out optimal relevance of language structure.

Example 12

ST: The final and, to my view, most convincing argument /for the consanguinity of guilt feelings and aggression/ and against the hypothesis of their generation from other instinctual sources /is the form in which unconscious guilt feelings manifest themselves.

TT: 最后，在我看来，不论是赞同负罪感与好斗之间存在紧密联系，还是反对它源于其他本能欲望，最具有说服力的证据仍在于无意识负罪感表现出来的形式。

Analysis: For the sentence was quite long, the author still extracted the skeleton

first and then divided into into four parts in terms of a sense-group. Thus, it was clear that the subject “most convincing argument” was followed by two parallel postpositive attributives. According to one of the characteristics in Chinese, the most important information is always put at the end of a sentence. On the other hand, the following two modifiers were too long. In order to avoid a top-heavy subject in the translation owing to the two factors, the author adjusted the sentence order by placing the skeleton at the end. Mentioning that “for” and “against” were a pair of antonym, the author thought it logical and coherent to supplement two logical connectives in Chinese “不论” and “还是”. After the process of creating a comfortable context for target readers, they could receive the information with the least efforts.

4.3 Optimal Relevance of Translation at Textual Level

At textual level, the coherence of a translation represents the most intuitive factor for target readers. Based on Relevance Translation Theory, this part aims to achieve the coherence of the translation respectively from perspectives of conjunction and inference, retaining the intention of the original author at the same time.

4.3.1 Addition to Conjunction

Although using multiple conjunctions in sentences is a typical characteristic in English, there are some exceptions in the source text. In order to reach a most expecting contextual effect for target readers under the guidance of optimal relevance, the author optimized the translation through adding conjunctions that was necessary in the following sentences.

Example 13

ST: The darkness which still covers the unconscious guilt feelings does not seem to be lighted by one of the discussions about it. The complication only increases.

TT: 无意识负罪感这一问题仍处混沌之中，**尽管**许多人尝试通过研究与探讨打破现状，**但**仍然看不到一丝光亮，**甚至**增加了这一问题的复杂性。

Analysis: It's not difficult to know that the sentence described the study of unconscious guilt feeling, which was stagnant even many psychologists have tried their best. When utilizing a thinking mode of English to understand the sentence like this, the author discovered a potential adversative relation here. This was how “尽管” and “但” was supplemented. To strengthen the logical relationship, the author combined two sentences into one by adding the conjunction “甚至” and replacing the meaning of “only”. So, conjunctions' addition in the two sentences not only presented the great trouble study of guilt feeling was facing, but also provided a translation that reproduced the state of mind of the original author.

Example 14

ST: The dreaded loss of love and dread of external punishment are **thus** replaced by the tension produced by the sense of guilt feeling and by a lingering unhappiness.

TT: 因此，圣人所畏惧的**不再是**失去爱或是外部的惩罚，**而是**挣扎于负罪感带来的意识对立和由此带来的挥之不去的痛苦。

Analysis: The sentence was composed by a skeleton of subject-verb-object, with subject and object severally were decorated by two modifiers. The author firstly placed the middle conjunction “thus” at the beginning of the sentence to fit Chinese reading habits. To make the sentence clear to target readers, it was necessary to make a division. The problem was how the translator faithfully and coherently dealt with the sentence because the subject would be too long if literal

translation was employed. Thus, the author supplement a subject “圣人” according to the source text so that the original subject could be adjusted. Then, it was found that a progressive relation existed in the sentence, so the meaning of “replace” was rendered liberally by a pair of logical connective “不再是” and “而是”. In this way, the author created an optimal relevance without transforming its original meaning, the coherence of the sentence was achieved as well.

4.3.2 Interpretation of Reference

The references in common use is another noteworthy characteristic in English. The following two examples are selected to analyze the translation due to the distinctions between Chinese and English in light of Relevance Translation Theory, aiming to remove the possible ambiguity in the translation.

Example 15

ST: Freud sketched the origin of a censuring factor **that** measures the distance between the actual ego and the ego ideal.

TT: 弗洛伊德概述了有关谴责因素的起源，这一因素明确划分了真实自我和理想自我之间的界限。

Analysis: The inference in the sentence was a relative pronoun connecting an attributive clause. The author firstly made the attributive clause into another sentence to avoid a long subject, which was more acceptable and clear for readers to grasp information. Then the author adopted a explanation translation for the inference “that”, pointing out the specific object instead of using an inference like “这” or “它”. On the basis of Relevance Translation Theory, the communicative model is a “ostension-inference” process. Thus, it’s responsible for the author to create an ostentive translation faithfully and an effortless condition to acquire

information for target readers in the process. Through giving an explanation to the inference, optimal relevance was also implemented in the sentence.

Example 16

ST: One of the most important measures of civilization to make that aggressiveness harmless can be studied in the evolution of the individual. **It** will be turned inside, introjected, and taken over by that part of the ego called the superego that now in the form of “conscience” exercises aggressiveness against the ego.

TT: 衡量文明进步与否，最重要的因素在于使人类的“好斗”倾向无害化，这一点可以在个体进化过程中进行研究。好斗将从外部活动转变为内心活动，并以良知的形式与自我意识对抗，最后逐渐被超我意识所压制。

Analysis: In the translation of the first sentence, the author divided the sentence through adding an inference pronoun on account of the long subject, in order to make the sentence structure explicit. As to “it” in the second sentence, the author also made an specific explanation to what it exactly referred to. It was necessary because the information in the first sentence was not simple and single. If it was translated into “它”, optimal relevance cannot be achieved for the translator didn’t make efforts to excavate the real intention of the original author, the information cannot directly be perceived by target readers as well.

Chapter 5 Conclusion

This chapter draws a conclusion about the translation practice by summarizing what the report attempts to study. Besides, there's also harvest as well as limitations in the process of translation that need to be mentioned.

5.1 Summary

In the translation practice, the author chose Relevance Translation Theory as the guidance, aiming at solving the problem of the specialty of the source text and difficult linguistic features. It's proved to be feasible and worth studying according to the work result. To dig out the intention of ST author and seek for the optimal relevance in translation, it would be much easier to learn about Freud's psychoanalytic theory for those who are interested in this book or field. According to the whole process of this translation practice, two major findings are summarized for the study of the author.

For one thing, Relevance Translation Theory can be applied to translate psychological texts according to the practice. As a type of informative text, the most primary intention of psychology books is to deliver information, which is obscure to most of people though. Guided by the principle of optimal relevance, the translator acts as a bridge between the original writer and target readers. She strove to fully understand the writer's intention and what he truly wants to present, and create an accessible contextual effect to meet readers' expectation at the same time. These are exactly in correspondence with the communicative purpose of the source text. Thus, the application of Relevance Translation Theory to the field of psychology is noticeable and promising.

For another, the translator has learned a lot knowledge about Freud's theory

and psychological terms in the process, which was extremely impressive and worth pondering. In addition to the harvest of knowledge, the author's ability to translate and study has also improved owing to the difficulty of the text as well as its expertise. The author has learned what a translator should do to deal with a challenging task from the practice.

5.2 Limitations

Although the author has made a sufficient preparation for the task, there are still some limitations about this translation practice. First, the problems of some of the translation has not settled due to the failure of verification. For the author does not major in psychology, some of the translation may not perfectly manifest the expression of the source text. Second, in order to keep the formal style of source text, overall diction and frame cannot be as easy as oral language to understand. Though optimal relevance aims at offering a context with the least efforts of information receivers, learning psychology by this book also needs people with enough literacy. The optimal relevance in the translation was created as much as possible under this limitation. Third, more effective translation methods towards the source text under the guidance of Relevance Translation Theory are to be explored. Personal effort is limited, and the author believes that there are still much research needed to be done in the application of relevance theory to translation.

References

- [1] Cummings, L. 2005. *Pragmatics-A Multidisciplinary Perspective* [M].
Edinburgh: Edinburgh University Press.
- [2] Gutt, E. A. 1991. *Translation and Relevance: Communication and Cognition* [M]. Oxford: Basil Blackwell.
- [3] Gutt, E. A. 2004. *Translation and Relevance: Cognition and Context* [M].
Shanghai: Shanghai Foreign Language Education Press.
- [4] Hatim, B & Munday, J. 2004. *Translation-An Advanced Resources Book* [M].
London: Routledge.
- [5] Newmark, P. 2001. *Approaches to Translation* [M]. Shanghai: Shanghai
Foreign Language Education Press.
- [6] Nida, E. A & Taber. 2004. *The Theory and Practice of Translation* [M].
Shanghai: Shanghai Foreign Language Education Press.
- [7] Grice, H. P. 1975. *Logic and conversation* [C]. New York: Academic Press.
- [8] Reik, T. 1957. *Myth and Guilt: The Crime and Punishment of Mankind* [M].
New York: George Braziller.
- [9] Sperber, D. & Wilson, D. 1986. *Relevance: Communication and Cognition*
[M]. Oxford: Basil Blackwell.
- [10] 卜爱萍. 2012. 基于关联理论的汉英格言翻译 [J]. 上海翻译 (1): 71.
- [11] 冯庆华. 2002. 实用翻译教程 [M]. 上海: 上海外语教育出版社.
- [12] 弗洛伊德 (S. Freud) 著; 刘福堂, 译. 1986. 精神分析纲要 [M]. 合肥:
安徽文艺出版社.
- [13] 姜文婷. 2009. 翻译心理学研究纵览 [J]. 科技信息 (30): 560.
- [14] 林克难. 1994. 关联翻译理论简介 [J]. 中国翻译 (4).
- [15] 龙婷, 蔡进宝. 2020. 关联理论与关联理论翻译观再思考 [J]. 上海翻译
(3): 15.

- [16] 苏冲, 文旭. 2018. 格式塔意象的传译: 认知翻译策略研究 [J]. 中国翻译 (4):15.
- [17] 王建国. 2005. 关联翻译理论研究的回顾与展望 [J]. 中国翻译 (4): 24.
- [18] 何自然, 冉勇平. 1998. 关联理论——认知语用学基础. [J]. 现代外语 (3).
- [19] 张春柏. 2003. 直接翻译——关联翻译理论的一个重要概念 [J]. 中国翻译(4): 15.
- [20] 赵彦春. 2003. 关联理论与翻译的本质 [J]. 重庆: 四川外国语学院学报 (3).

Appendix

Appendix I Glossary

Table 1 Terminologies

Freud	弗洛伊德
H.G. Stocker	H.G.斯托克
Max Nachmansohn	马克斯·纳克曼森
Herman Nunberg	赫尔曼·纳恩博格
Practice and Theory of Psychoanalysis	《心理分析的实践与理论》
Ludwig Jekel	路德维希·杰克
Die Psychologie des Schuldgefühls	犯罪心理学
Edmund Bergler	埃德蒙德·伯格勒
Battle with the Conscience	《良知之战》
The Search Within	《搜寻内心之路》
Gestandniszwang und Strafbediirfnis	《忏悔与惩罚》
ego	自我（自己意识的存在和觉醒）
superego	超我（人类道德良心和自我理想的部分）
Paul Ree	保罗·里
Theodor Ebbinghans	西奥多·艾宾汉斯
Socrates	苏格拉底
Paulsen	保尔森
Wundt	冯特
On the Introduction of Narcism	《恋己癖引论》
The Ego and the Id	《自我与本我》
inner voice	内心的声音

psychoanalysis	精神分析
unconscious	无意识
verbalization	言语能力
preconscious	前意识
sense of guilt	负罪感
Oedipus complex	俄狄浦斯情结
categorical imperative	绝对命令
Voice hallucinations	声音幻觉
Symptomatology of psychotic disturbances	精神障碍症候学
King Richard III	《查理三世》
Ludwig Feuerbach	路德维希·费尔巴哈
Essence of Christianity	《基督教的本质》
abstract education	抽象教育
Hobbes	霍布斯
compulsion neurosis	强迫性神经患者
Romans	《罗马书》
Confessions	《忏悔录》
Profession of Faith of a Savoyard Vicar	《萨伏依牧师的职业信仰》
Philosophie: Die Entstehung des Gewissens	《哲学：良知的起源》
Der Schrecken	《恐怖心理》
Introjection	内向投射
Jean Jacques Rousseau	雅克·卢梭
Charles Darwin	查尔斯·达尔文
The Descent of Man	《人类的起源》
Nietzsche	尼采

Genealogy of Morals	《道德谱系》
masochism	受虐癖
Civilization and Its Discontents	《文明及其缺憾》
aggressiveness	好斗
perversions	变态
abstinence	禁欲
Satan	撒旦
Moulin Rouge	红磨坊（巴黎著名歌舞厅）
sexual drives	性冲动
Psychological resistance	心理抗拒
St. Paul	圣保罗
Calvin	加尔文
sensual pleasure	感官愉悦
sadistic	虐待狂
Gerhart Piers	格哈特·皮尔斯
Milton B. Singer	米尔顿·B·辛格
Shame and Guilt	《羞耻和愧疚》
The Unknown Murder	《无名凶手》
Rodin	罗丹
The temptation of Saint Anthony	《圣安东尼的诱惑》
The Problem of Anxiety	《关于焦虑的问题》
Hemmung, Symptom und Angst	《抑制、症状和焦虑》
original sin	原罪
anxiety of conscience	良心焦虑
pathology	病理学

Appendix II Source Text and Target Text

Table 2 Translation

Source Text	Target Text
CHAPTER 1 THE LITTLE SCIENCE KNOWS OF CONSCIENCE	第一章 科学对良知的认识
PSYCHOLOGICAL research works by fits and starts in some fields and moves at a snail's pace in others. It is conspicuous that it progresses at express-train speed in areas of minor importance while it seems to need all its energy to remain at the same spot in problems of greatest interest to all of us. In one of his last books Freud represents the sense of guilt "as the most important problem in the evolution of culture" and conveys that the price of progress in civilization is paid in forfeiting happiness through the heightening of the sense of guilt."1(1 Civilization and Its Discontents (London, 1930), p. 123.) If the sense of guilt is the hallmark of civilized humanity, is it not astonishing that psychological research has scarcely made any progress in this area since Freud characterized it as the most important problem of civilization, more than twentyseven years ago? Reviews of the literature on the subject, for instance in the books by H. G. Stocker and Max Nachmansohn, will confirm the impression that no research of any	心理学研究在某些领域进展时断时续，另外一些领域甚至寸步难行。值得注意的是，它在一些无关紧要的领域飞速发展，而与那些大家最关注的问题而言，心理学似乎竭尽全力却仍然停滞不前。弗洛伊德在他的最后几本著作中将“负罪感”描述为文化发展进程中最为重要的问题。他声称文明进步的代价在于人类以增强自身负罪感而丧失幸福感。（1《文明及其缺憾》（伦敦,1930）,p, 123.）如果负罪感赋予了人类“文明”这一特征，而弗洛伊德早在二十七年前就将负罪感视为人类文明中最重要的问题，在这个问题上心理学研究却举步维艰，这的确令人难以置信。回顾如 H. G. 斯托克和马克斯·纳克曼森的著作有关这方面的研究，便可以证实，自弗洛伊德探索至今，还没有得出什么重要的研究成果。

significance can be noted since Freud's inquiry.	
The psychoanalysts also seem to avoid the problem in their publications. It is as though they hope it will go away when they do not mention it.² (Some commendable exceptions are Herman Nunberg's "The Feeling of Guilt" in <i>Practice and Theory of Psychoanalysis</i> (New York, 1948) and Ludwig Jekel's paper "Die Psychologie des Schuldgefühls" in <i>Psychoanalyt. Bewegung</i>, IV, 1932. Edmund Bergler's <i>Battle with the Conscience</i> (Washington, 1946) presents only rich clinical material.) Yet the validity of Freud's statement cannot be contested. Ours is an "age of anxiety"—and what is guilt feeling but social anxiety? The Danish prince resurrected from his grave at Elsinore would say, "Thus conscience doth make cowards of us all!"	心理分析学家们在其著作中似乎也刻意回避这一问题，就好像他们不提便不存在似的。（但仍有个别学者值得赞许，如赫尔曼·纳恩博格在其著作《心理分析的实践与理论》中就提及了“负罪感”这一概念（纽约，1948）；路德维希·杰克在其发表在1932年第4期“精神分析学家”上的论文“犯罪心理学”中也提及这个概念；埃德蒙德·伯格勒在其著作《良知之战》（华盛顿，1946）中介绍了众多临床分析资料。）尽管如此，对负罪感这一概念，弗洛伊德的看法颇具见地，这一点毋庸置疑。我们处在一个充满焦虑的时代——除开社会焦虑，人们心中的负罪感又是什么？若丹麦王子哈姆雷特能从埃尔希诺（赫尔辛格旧称）的墓穴里复活，他一定会说，“良心使我们变成了懦夫。（卞之琳）”
The fact that the discussion of the problem came to a standstill gives me courage to pick up a certain thread after thirty-five years. In August, 1922, I sent Freud some notes I had jotted down copying a casual conversation with my son Arthur, then seven years old. In his acknowledging letter Freud said:³ (Quoted in my <i>The Search</i>	对这个问题的讨论陷入了停滞，这反而给了我勇气，在三十五年之后重新理清思绪。1922年8月，我草草记下了与我七岁的儿子亚瑟一次随意的交谈内容，并寄给了弗洛伊德。后来，在他的感谢信中提到：“你的小孩为此做出了贡献，颇为重要，值得赞赏。”³（我将此引用于我的著作《搜寻内心之路》中（纽约，1956）

以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。如要下载或阅读全文，请访问：<https://d.book118.com/638114102061006031>