

THERAPEUTIC SUPPORT GROUPS

1. 第1回

SPIEGEL:, M.D., is Professor of Psychiatry and Behavioral Sciences and Director of the Psychosocial Treatment Laboratory at Stanford University School of Medicine. In 1989 Dr. SPIEGEL: , published a landmark study on the effect of psychosocial treatment on patients with metastatic breast cancer. Also known for his work in hypnosis as treatment for pain, he is coauthor, with his father, Dr. Herbert SPIEGEL:, of *Trance and Treatment: Clinical Uses of Hypnosis*.

MOYERS: : When I read about your study, it just seemed so commonsensical that people who (1)get their feelings out in the open, who have the support of loving friends and family, who are able to distract themselves from pain, and who know that they're not %unique in suffering or alone in dying are going to be happier and more hopeful, and therefore better able to cope with disease. [●1]I can certainly see that psychologically, but I have a hard time understanding what it means physically, and, therefore, how it helps to prolong life.

SPIEGEL: We don't know the answer, physically. But if thinking about death elicits a kind of fight-or-flight reaction, and you're in a chronic, unmodulated state of discomfort, your body is busy handling all these signals, and it becomes stressed. Whereas, if you get to the point where you can say "I don't like the idea of dying, and it will sadden me that I can't do what I've done in the world and that I will not be with the people I love and care about"---then [●2]you're more in control of your mental state, and your body is not responding in that same helpless aroused way. We think that may have %some impact on how the resources of the body are available to do what it has to do to fight disease. Now that's only a theory at the point, but we think that may be what's going on.

■語注■

M. D.: 医学博士 **Psychiatry:** 精神医学 **Behavioral Sciences:** 行動科学
Director: 所長 **Psychosocial Treatment:** 心理社会治療 **Laboratory:** 研究所
Stanford University: スタンフォード大学。米国カリフォルニア州にある名門私立大学。
School of Medicine: 医学大学院 **landmark:** 画期的な業績 **study:** 研究 study on ~
「についての専門的研究」 **effect:** 効果。effect of X on Y という形に注意。
metastatic: 〈癌(がん)細胞などの〉 転移性の %**known for:** 分詞構文。「~として有名」。
famous は誰もが知っていて「有名」。(well) known for は地域の特産や業界内で知られている場合に使う。「大府はブドウで有名です」というときには、誰もが知っているわけではないので、well known “Obu is (well) known for grapes.” **work in:** ~の専門家。~ in leather

皮職人である。 **coauthor**:共著者 **Trance**:忘我 **Clinical**:臨床 **Uses**:使
 い方 **Hypnosis**:催眠 **commonsensical**: 常識的。commonsense「常識」の形容詞形。
get...out: (内にこもっているものを) 外に出す **in the open**:公で **distract**:からそ
 らす **◆unique**: 他に類例がなく、まったく独自の **in dying**:死にかけの状態でい
 る **are going to**: (客観的情勢から) ~となる。 **cope with**: 対処する
certainly: (客観的に見て) 確実に **see**:であると自然にわかる。 **psychologically**:
 心理的に・心理学上 **had a hard time**:あとに~ing がきて「なかなか~できなかった」
physically: 肉体上で **how it**:この節は understanding の目的語。 **prolong**: を延長
 する、長くする **the answer**:冠詞がついているので、質問にたいする確たる答え。
elicit: ... を引き出す・誘い出す (to manage to get a reaction from somebody)
fight-or-flight: 攻撃・逃避反応。 **and you're**:これも if 節のなか。 **chronic**: 慢
 性の **unmodulate**: 自己調整できない。modulate...を調節する。 **discomfort**: ち
 よっとした心の痛み (a slight feeling of pain)。 **handling**: handle 〈事〉を処理する
it=your body. **whereas**: だが一方、別な事実として、 **get to the point**: という点に
 至る。 **don't like the idea of**: (~に) 納得していない ¶Ralph doesn't like the idea of
 getting married. It seems to make him nervous. (ラルフは結婚を渋っているの。結婚のことを考
 えると不安になるみたい。) **it will**:これまでこの世でやって来たことをこれからはで
 きないということが、私には悲しい。 **sadden**: ...を悲しませる **and that**: it will sadden
 の it (仮主語) の内容。 **care about**:を気づかう。 **then**: if 節がこの単語の直前で
 終わっていることを示すマーカーの役割。 **responding**:反応している **in that**
aroused: that 「あの例の」。あの例のあせったお手上げ状態で **aroused**: あせった
that:口に出して死が嫌だといえること状態 **impact**: 強い影響 **resources**: 手持
 ちの (精神的・肉体的) 資産 **be available to**: 利用できる **how the**
resources...disease: 肉体は病気と闘うためにしなくてはならないことがあるが、それを肉
 体がするにあたって、肉体はどのように手持ちの資産を利用するのか。 **at the point**:
 目下の所 **going on**: **be going on**: (肉体の中で) 進行しつつある。

2. 第2回

MOYERS: So my mind (1) is summoning my body to a different response than it might have given on its own without the conscious effort on my part.

SPIEGEL: That's a good way to put it. If you can't control whether or not you die you can at least control how you live and how your body (1) is handling the stressor that you're facing.

MOYERS: How important is self-hypnosis in all of this?

SPIEGEL: [●]Self-hypnosis is very important as one highly structured way of regulating your inner states. As part of the treatment, we (1) end each group with a self-hypnosis exercise. Hypnosis is really just a state of focused concentration. It's like being so absorbed in a good novel that you forget that you're reading a book, and you just get caught up in the story. We couple that with learning to control the way your body responds. So for example right now you have sensations in the part of your back that is touching the chair, but until I mentioned it, you probably weren't aware of it. We call that "dissociation." You've put those sensations out of your conscious awareness. If you can do that with the chair, you can do it with pain. So people who are focused on one thing in hypnosis can often filter out many uncomfortable sensations. They can %learn to transform the feeling into some other feeling, or just pay attention to a different part of their body. And they can also learn to face problem that worries them without having their body react so much to it. For example, we teach them to imagine that their bodies are floating in a hot tub or floating in space, feeling comfortable, %while on an imaginary screen they're dealing with some issue that concerns them.

■語注■

summon : に命令する **a different response than it might have given on its own**: 肉体が精神の助けを借りずに自力でやった場合とは違った反応。than の品詞は関係代名詞、先行詞は response. ◆**on its own**: 他からの助けを借りずに自力で。『 I can manage on my own, thanks. 「自分でできますから。[お申し出] ありがとうございます。」 **on X's part** : Xの側ので **That's a good way to put it**: put 「述べる」。「それは非常に的を射た言い方です」。 **whether or not** : ~かどうか **stressor** : ストレス因子。ストレスを生じさせる外的要因から、そうした要因に適合しようとする努力までも含む。
self-hypnosis : 自己催眠 **all of this**: このこと全体。 **as** : ~として **one highly structured way**: 非常によく順序（構成）立てられたやり方 **inner state** : 内的状態
As a part of: の一環として **end**: end X with Y 「Yを行ってXをしめくくる」。 **a hypnotic state**: 催眠状態 **focused concentration**: 焦点の定まった精神集中 **so absorbed**: so ...that の構文 **just**: ただたんに **get caught up**: はまる、夢中になる。

¶ It's very easy to get caught up in the extenuous schedule. 「予定されている厳しいスケジュールにハマってしまうものだ。」 **couple X with Y:** XをYと同時にする。「XとYを組み合わせる」ではない。¶ He couples studying with teaching. 「彼は研究したり教えたりしている」。

So: ですから。 **right now:** まさしくいま。 **sensations:** (痛み・熱さなどの)感じ **in the back:** 背中に **aware of:** (内面的でなく外からの観察・情報によって) 気づく。私の靴を踏んでいる人にむかって、踏んでいるのに気づいているかどうかをきくときには “Are you aware that you are stepping on my shoes?”となる。なぜなら踏んでいる靴を見ればわかるから。

dissociation: 意識解離 **with the chair:** イスという道具を使って。 **focused on:** focus oneself on X 「Xに集中する」 **filter out:** ろ過してはじきだす。 **learn to:** できるようになる。 **transform:** transform X into Y 「XをYに変身させる」

face: 立ち向かう **without having:** 付帯状況。having は使役。 **so much to it:** react to 「反応する」。so much 「それほどおおきく」。it=problem. **while:** その一方で同時に **deal with some issue:** 問題に対処する (to solve a problem)

◆ **some issue:** 大事な問題。issue が複数形でないので some はこのような意味になる。 **concerns:** 心配させる。 **a form of:** ~のたぐい

3. 第3回

MOYERS: So hypnosis is not a form of black magic.

SPIEGEL: Absolutely not. It's an everyday form of highly focused concentration.

MOYERS: Is it like meditation?

SPIEGEL: There's (2)some overlap with meditation. The meditators (1) would say that in meditation you concentrate on nothing, and in hypnosis you focus on something. There's also a difference in the ceremonial ritual that surrounds it. But (2)anything that gets you into a state where you're mentally alert while physically relaxed has elements of a hypnotic or trancelike state to it.

MOYERS: Even though it's hypnosis, it's conscious effort to control part of what's happening, right?

SPIEGEL: Yes, absolutely

MOYERS: It increases my control even though I'm a victim of disease.

SPIEGEL: One of the misconceptions about hypnosis is that it's a state where you lose all control. It is true that in a hypnotic state you may be more receptive to input from other people. But [●1] hypnosis is really a means of heightening the way you control and regulate your inner states. You can put aside distracting sounds or feelings and enhance your ability to focus on what you want to at the moment. After focusing on something for a set period of time, you're able to put it aside. The ability to put something aside is as helpful as the ability to focus while you're in the hypnotic state.

MOYERS: Did the women in the control group, who didn't get special treatment, report more pain than the others?

SPIEGEL: Yes. We (1) had all the women rate their pain at intervals every four months. Over the initial year, women in the control sample (1) reported that their pain had doubled from a two to a four on the ten-point scale. But the group that was trained in self-hypnosis (1) reported a slight decrease in pain, so that at the end of the year their average pain ratings were (1) less than two.

■語注■

black magic: 黒魔術、黒呪術 **everyday form**: 日常茶飯のもの **meditation**: 瞑想

some overlap: 共通点。some については❖ **mediators**: 瞑想する人 **would**: ~こと
でしょう。 ❖**and in hypnosis**: ところが催眠では。and は対照的な内容を導いて。「と
ころが」。¶ He tried to run five miles *and* couldn't. 5 マイル走ろうとしたが駄目だった

ceremonial ritual: 儀礼や儀式形式。類義語が並んでいるときはそれぞれを名詞に訳す。

anything: (催眠であれ瞑想であれ) どんなことでも **gets you into a state**: ~という状
態へと導く **mentally alert**: (肉体は活動していないように見えるが) 精神的には覚醒
している

while physically relaxed: 分詞構文の変形で、接続詞だけがそのまま残って
いる。while you're physically relaxed. **elements**: 構成要素 **trancelike**: 半睡状態の

to it: it=anything 「それにともなっている」 **part of what's happening**: 起こっているこ
との一部。a part of ... と part of ... は、a large part of のように形容詞を

伴った場合は a をつけ, 形容詞を伴わないときは通例 a をつけない **receptive** : (暗示をよく受け入れる) **means**: 手段、方法。 **heighten**: 強める。(make or become more intense) **regulate**: 整える。 **inner states**: → **put aside**: (不和・憎しみなどを)無視する。 **distracting sounds**: 気を散らせるような音 **enhance**: (能力を)向上させる。 **at the moment** : その場面において **After focusing**: 分詞構文の変形で、接続詞だけがそのまま残っている。 **a set period of time**: 一定時間 **while you're in the hypnotic state** : while は「[譲歩] ...だけれども」。

control group : 《医》対照群。この場合には催眠療法を受けたグループとそうでないグループとが対照群。対照群は実験・統計の因果関係が恣意的でないことを示すために使われる。 **We had all the women rate their pain**: had は使役動詞。rate は原型不定詞になっている。 **at intervals**: の間隔で **rate**: 評価する。 **over** : ~の期間にわたって。 **control sample** : 対照用の標本群 **on the ten-point scale** : 10 段階評価で **be trained in** ~ : ~で鍛える。¶ I hear he's a fast runner. / Yes. Apparently he trained in track and field in junior and senior high school. 「彼は足が速いんだってね」「ああ、中学、高校と陸上部できたえたみたいだよ」。

that : 結果を示す **rating** : 評点 **less than two**: 段階が 2 未満。2 は入らない。 **go on** : [事が]起こる(to happen)

4. 第4回

MOYERS: What's really going on in self-hypnosis? How does it work?

SPIEGEL: Hypnosis seems to be a way of filtering out information you really don't want to have. We've done some research with a mild electric shock in which we've told a hypnotized subject, "Your hand is in ice water." In that condition <▲1>the brain does not respond as much to the electric signal as it would if you were simply paying attention to it. In fact, when hypnotized people are told that the electric shock is a really pleasant, interesting sensation, the brain exhibits a stronger response to the signal than it would ordinarily. Hypnosis is like an amplifier. You have the same signal coming in from your compact disc player, but if you turn the volume up, (1) you'll hear a lot more sound than if you turn it down. Hypnosis seems to help people gain greater control over whether their brain amplifies signals like pain.

MOYERS: So you turn down the amplifiers that are bringing in the unwanted noise.

SPIEGEL: That's right. (1) You have to pay attention to pain for it to hurt. You can lessen the pain either by turning down the pain input or by turning up the attention that you pay to other signals in your body or other thoughts or images.

MOYERS: Can anyone learn how to do this---even a journalist?

SPIEGEL: Even <▲2>a journalist like you could learn it, but [●1]you would have to suspend some of that critical judgment you use so well. Probably eighty percent of the general population is capable of using hypnosis to some degree. About ten percent can use it to a rather profound extreme. There are even some patients with very severe pain who can learn to control that pain primarily with constant use of self-hypnosis.

■語注■

◆work: 作用する。 filter out: (望んでいないものを) 取り除く some research: それなりの研究 mild: 軽い; 直前の with は「~をつかった」。 hypnotized subject: 催眠術にかかっている被験者 not as much X as Y: Bほど多くはないA in fact: (前文の内容をさらに強調して) 実際に the electric shock: 電気ショック interesting sensation: 好奇心を起こさせる感じ。 exhibit: (感情などを) はっきりと示す it would ordinarily: 脳が通常反応するであろう amplifier: 増幅器, アンプ You have ~: 総称の you。こういう場合は、目的語を主語として訳す。 compact disc player: CD プレーヤー turn up: 音を大きくする you'll: きっと~となる。 turn down: 音を小さくする gain control: 統整を広げる。gain 「(必要なものを) 手に入れる」。 for it to hurt: for は to 不定詞の主語になっている。そして全体で理由を示す。 lessen: 少なくする、減らす pain input: 痛みによる入力 ◆could: やろうと思えばできるであろう。「できた」ではない。 suspend: 一時中断する。 that critical judgment: 批判的に見て判断する癖 so well: 上手に

Probably : 十中八九 the general population : 一般の人たち to some degree :
それなりの程度に to a rather profound extreme:かなり深い程度まで。Rather は肯
定的意味の形容詞の前に付くと、話の手の予想外の驚きが込められる。 can learn to :
できるようになる primarily : 何よりもまず constant : 規則的に続けて

5. 第5回

MOYERS: Listening to you makes me think I might be able to do something like self-hypnosis and be able to face pain better than I thought I could---or even death. But what (1) have you learned about the importance of the doctor and patient relationship in all this?

SPIEGEL: It (1) has deepened my **appreciation** for what it means to be a doctor and for what patients need. In our medical training we tend to focus exclusively on the technical aspects of what we do: surgery, chemotherapy, and so on. But I feel more strongly than ever that the doctor's role is to help patients cope with all aspects of what it means to be sick and to face limitations in life. [●1]The best medical care **must** always involve attention not only to the physical treatments, but also to the way the patient is coping with them. We **must** help patients understand what's happening to them and help them mobilize support from family and friends. Just a little bit of caring **goes a long way.** It doesn't **have to** be an elaborate thing. Just saying, "I'm really sorry this happened to you, and if you need help, I'll always be there to help you" makes a tremendous difference to patients. Doctors need to know that.

MOYERS: : Ironically, your skill in caring can be seen as a flaw in your study. People **could** say, "David Spiegel is such a good psychiatrist and such a good leader of this group. But, unfortunately, there are not a lot like him." You may be raising hopes that other people can benefit from this kind of group support when in fact you can't replicate the man who makes the program work.

■語注■

something like self-hypnosis : 自己催眠のようなこと。「いくぶん...のような」ではない。
better than I thought I could : 当初できると思っていたよりももっとよく **or even death**: death は、pain と同格。 **in all this**: こういう状況にあって。通例では all this の後に名詞がきて、「そういう厳しい(名詞)の状況では」という意味なる。◆ “You shouldn't work so hard in all this heat.” この暑さの中、そんなに釈迦力になって働くことないよ。
appreciation for: [プラスの価値があること]への理解 **exclusively**: 独占的に~だけ
technical: 技術を必要とする **chemotherapy**: 化学療法 **more strongly than ever**: これまで以上にもっと強く
to face: role is の補語。 **involve**: 含まれている
◆ **not only to.... but also to...**: ばかりでなく、~へも **physical treatment** : 肉体上の治療
the way: 直後に how が省略されている。 **mobilize**: 動員して集める **a bit of**: わずかな~
goes a long way: 役立つ。 **it doesn't have to**: である必要はない
elaborate: 手の込んだ **tremendous**: 非常に大きな **skill in**: ~に長けている
flaw: (傷となる) 弱点 **could say**: いおうと思えばいうことができる。 **psychiatrist**: 精神科医
there are not a lot like him: a lot of doctors like him と補って考える。
be raising hopes: 希望を持たせる **other people**: スピーゲルが担当しない患者たち

benefit from: で恩恵を受ける **when in fact:** ところが実際には～であるのに。

replicate:複製して生み出す (to produce exact copies of itself) **the man who makes the**

program work: プログラムが稼働するようにできる的確な人

6. 第6回

SPIEGEL: Well, I'm honored, but I really don't think it depends on me, [●2]It's the **combination of the approach that we take, which is teachable and learnable, and what the patients do for one another.** I simply try to provide a setting in which I show my caring for the patients, and I help structure what they talk about. I didn't run all the groups in our study, and there were no differences in survival time for the groups that (1) were run by other health professionals. I don't have any corner on the market of human caring. There are lots of very ' good, caring professionals' who can learn to do this if they're %willing to unlearn certain parts of their medical training. A lot of doctors, for example, think that crying should (1) be treated like bleeding---just stop it at all costs. But I tell the medical students at Stanford that if you see somebody crying, don't just do something, stand there. Be with them for a few minutes, and let them know that you're open to their discomfort. It doesn't take a lot of sophistication. It just takes knowing what to do in a difficult situation.

MOYERS: But why do you use psychotherapy? Why not offer a simple support group?

SPIEGEL: While I'm a great believer in self-help groups, the kind of support that someone who's dealing with a serious illness needs goes beyond a general sense of "I like you, and you like me, and here's the latest treatment" for this or that. It means <▲ 1>being able to tolerate the very strong feelings that arise when people have to give up their ability to do things. <▲ 1>Grieving for people you have cared about who have died, and facing your own fears of dying, and handling pain — — those kinds of issues require %focused attention. <▲ 2>They require a serious effort to allow people to share what they're feeling inside so that they feel comfort and supported when they die. That goes beyond the usual notion of support groups.

■語注■

I'm honored: 光栄です。あとに “to get such a nice comment from you” といった内容が省略されている。

combination of: combination of the approach and of what the patients do
approach: 取り組み方 **teachable**: 教えられうる **learnable**: 学びうる
setting: 環境 **caring**: 配慮 **I help**: I show と並立している。

run: ; を管理運営する **survival time**: 存命期間。survival 「生き延びること、残存」

health professionals: 健康管理の専門家 **have a corner on**: ... を支配している

market: 市場 **be willing to**: (何かと引き替えに) やってみる **unlearn**: 意図的に忘れる

at all cost: どんなことがあっても **don't just do something**: 何かをしてやることはするな
stand there: そばにいてあげる。 **open to**: ~ に心を開いている

discomfort: 痛みや心配 **take**: 必要とする。 **sophistication**: (洗練をともなう) 複雑さ

psychotherapy: 精神療法 **while**: [while 節が主節の前にあると) ~ だけでも

self-help: 自助 (the act of relying on your own efforts and

abilities in order to solve your problems, rather than depending on other people for help)

deal with : 〈問題など〉に対処する。「～と戦っている」 **needs**: [動詞]必要とする。目的語は that の先行詞 support。

general: 誰にでも当てはまる **latest** : 最新の。

一番遅いではない。 **treatment** : 治療 **for this or that** : あれに対してはこれ、

これに対してはこれ **it means**: 越えるということは～ということです。

tolerate : 文句を言わずに～に耐える **grieve for** : (死者) ～を深く悲しむ **care**

about : ～の身に降りかかったことを心配する **who have died** : 先行詞は people で

す。people whom you have care about と people who have died とが融合しています。

face : 困難ことに立ち向かう **handle** : 対処する **issues**: (緊急の)問題

focused attention : 他者による集中的な思いやり。 **They require**: こういう問題には

～が必要となる **serious** : 本腰を入れたまじめな **so that** : ～するために (目的)

7. 第7回

MOYERS: You're doing this at Stanford Medical School, a fine institution of medical training. (1)Are people out there going to think. "Well, that's wonderful for a select group of people, but I'll never have access to this"?

SPIEGEL: I certainly hope that's not the case. You know, from the perspective of health care costs and implementation, group support is ridiculously inexpensive. It costs virtually nothing. You have to pay a professional salary, and you need a meeting room, and that's it. If you compare the cost of that to even a minor surgical procedure, it's trivial. So what we need to do is to get ourselves back in balance so that <▲1>helping a patient deal with illness through a support group of one kind or another is considered a routine, necessary part of health care, just like all the other aspects of health care. I can assure you that [●1]support groups are far easier to do and far less expensive than many things that we do in health care today.

MOYERS: I believe that, but when you have a group of strangers who have in common only their inevitable encounter with death as a result of cancer, it must be hard to get them to open up to each other. How do you do it?

■語注■

institution:機関 **people out there:**巷の人たち **are ~going to think:**と思いがちです。
select group of people: 一握りの恵まれて選ばれた人たち **access to this:**グループに参加する手段
the case: 真相、事実 **perspective:** 観点
implementation: 実行。ここでは診療の実施。 **ridiculously:** ばかばかしいほど
inexpensive: 費用がかからない **virtually:** 実質的には **professional salary:** 専門職としての給与
that's it: それで万事 OK だ **compare X to Y:** A と B を比較する。比較するという意味では with が通例。to の後の the cost of を補う。 **surgical procedure:** 外科手術
trivial: とるにたらない **get ourselves back in balance :** バランスをとる。
help: help 人+原形不定詞の形。主語は helping から another まで。 **deal with:** 対処する
a support group of one kind or another: あれやこれやのサポートグループ **be considered A:** A だとみなされる **routine:** 決まってる **just like :** ちょうど~のように
just like all the other aspects of health care: サポートグループによる治療も、それ以外の治療と同様に。aspects= 諸相 **assure:** 自信を持って言う **far:** はるか
that: support groups are ~ today をさす。 **have X in common:** X を共通にもつ
inevitable: 避けられない **encounter:** 交戦

8. 第8回

SPIEGEL: Actually it's not as difficult as you might think, because we're providing for them something that they know they desperately need. I've been struck by the fact that [●1]if you simply keep the focus on the important issues, these people quickly come to care about one another very deeply. For example, one woman in one of the groups had to go in for a major surgical procedure, and one of the women she'd met in the support group just a few weeks before came to see her in the hospital. When the patient returned to our group, she said to the woman who'd come to see her, "Your visit meant more to me than all the other visits I had. You really know what I'm going through." That sense of being in the same boat is really a very powerful thing when you're dealing with something that's difficult, so I find that it's a lot easier than you might think to get people like this to open up to one another.

MOYERS: When the women come together, <▲1>exactly what are you trying to make happen?

SPIEGEL: I'm trying to create an atmosphere in which we talk about the hard stuff, not the easy stuff. I'm looking for signs of emotion, for someone beginning to look like she wants to cry, or <▲1>someone who is feeling worried about something but not quite able yet to talk about it. I try to set it up so that the deeper concerns are the ones that we focus on in the group. And I also try to keep the discussion focused on what's going on in the room. It's very tempting to go into an interesting story about what happened to so-and-so, or whatever. But when that happens, the emotions drain out of the room. I try to keep the focus of attention on what's going on right now: [●1]what issues are you dealing with right here, and how can we help you deal with them?

■語注■

as a result of: ~の結果として **it :** 仮主語、to get 以下をさす。 **get:** get 人 to 不定詞 : 説得して...させる。Get 以下のことには話者の努力が伴う。 **them=a group of ~ cancer** **open up :** 打ち解ける **actually:**→実際に **it's not as difficult as you might think:**思っていらっしゃるほど難しくない **provide X for Y:** Yに必要なXを与える。単に足りない物を補充する supply とはちがう。 **desperately:**必死になって
struck: ...に驚いた **that:** fact の内容が that 以下で同格的に説明されることを指示している。 **issue:**問題 **care about~:**~をいたわる **deeply:**強く **go in for ~:**医療処置を受ける **major:**大きな **surgical procedure:**→外科手術。
she'd: =she had。過去完了なので、外科手術を受ける前にその女性と会っていた。 **just a few weeks before :** グループで出会ったのがほんの数週間前なのに。手術を受ける日より数週間前ではない。 **see her in the hospital :** お見舞に行く **the patient returned to our group:**手術を受けた女性が退院してサポートグループに戻ってきた。 **who'd :** =who had **meant more...than...** : よりももっと重大であった。 **go through :** (困難を)経験する **that's:** = that は関係代名詞 **it's:** it は仮主語で to get 以下が受ける。

get people to : get はこの講の最初の get と同じ使役動詞。目的語は what。 **stuff** : 事柄 **sign** : 徴候 **for someone** : look for の for

look like: この場合には like 以下は節がきている。 **but** : is feeling but (is) not quite able to 「感じてはいるが、必ずしも～できない」。

set up: it=the atmosphere。そういう環境を整える。 **concerns**: 心配な関心事 **go on**: 起こる **tempting**: 誘惑する

go into: ...に立ち入って話をする **so-and-so**: だれそれさん **or whatever**: 何かそのようなもの

emotions: 上述の泣きたくなるような気持ちなど。 **drain**: 流れ出てその場から消える。 **in many cases** : 多くの場合

9. 第9回

MOYERS: These are women (1)who, in many cases, probably haven't had psychotherapy. They're facing death, they're grieving, they're in pain, and they're feeling isolated. It can't be an easy thing to try to get them to open up and express their feelings to strangers.

SPIEGEL: At first, of course, there's the usual reticence to talk about (1)something that you haven't talked about with anyone else, in a room with people you don't know well. So I try to focus on their common experience, the things that bring them together rather than separate them.

MOYERS: Like what?

SPIEGEL: Like <▲ 1>the difficulty some of the women have talking with their husbands about how scared they are. They'll tell their husbands, "You know, I'm really frightened about this physical exam that I have coming up." And the husband will say "Oh, don't (1) make yourself sad, because you'll just (1) let the cancer get worse." or something like that. The woman takes it as a message that her husband doesn't want to deal with it anymore. Then another woman in the room will say, "You know, <▲ 1>my husband was the same way, but I said to him one day, 'Well, you're going to hear me worry whether you like it or not.'" And the first woman will say, "Maybe I ought to try that," or, "I don't know if I can get away with it, but ..." You begin to get the sense that it isn't "your" problem, it's "our" problem. That happens when [● 1]people feel that they can take the risk of talking about what they're really scared about. I'm also very careful to make sure that [● 1]they get responded to when they do talk. If they say, "I was really scared when I woke up this morning and realized I had to have another bone scan," you respond to it: "You must have felt really terrible. What do you do to help yourself handle those fears?"

■語注■

haven't had psychotherapy: (催眠術による) 精神療法の経験をしたことがない **grieve:** 悲嘆にくれる **isolated:** 孤立した **express:** 言葉に出して話す **at first:** 最初の
うちは **usual:** 例によって **reticence:** 気が進まないこと **Like**
what?: 例えばどんなことですか? **the difficulty some of the women have talking with**
their husbands about how scared they are: the difficulty (that) some of the women have (when they) talk...となる。That は関係代名詞で、ここでは which は使えない。 **scared:** おびえた
They'll tell: ~だと口に出すだろう。Will は未来について言及しているのではない。
you know: あのねえ **frightened about:** ~におびえている **this physical exam that I have:** 私が受診することになっている検査 **come up:** すぐにやって来る。
Coming は exam を修飾している。このような場合に、"my physical exam that is coming up" と日本語にひかれて書いたり話したりしてしまうが、physical exam は癌患者なら誰もが受診する種類のものであって、私独自にオーダーメイドされた physical exam ではないから、my exam とはいえない。 **make yourself sad:** 落ち込ませる。 **let the cancer get**

worse : 癌がもっとひどくなる。
takes it as a message that : that 以下の意味だと受けとめる。
Then: ところがそこで
another woman in the room: サポートグループの仲間として部屋にいる別な女性
my husband was the same way: 【訳に気をつけて下さい】
one day : ある日に
you're going to hear: 聞く羽目になる
whether you like it or not: 泣いても笑っても
ought to: ~するのがふさわしい。ought は owe 「～を負う」の過去形で、社会通念や道徳を「背負って」考えると、「～するのがふさわしい」が本来の意味。
get away with: とがめを受けずにうまくやってのける。
“your”... “our”: 他人事ではなく自分事
take the risk of : 危険を承知でやる
make sure : ~となるように手を打つ
get responded to : (自分の言ったことに対する) 反応を受ける。To 以下には “what they’re talking” を補う。主語+get+過去分詞は、主語が、予期しなかった過去分詞の内容を被ることをあらわす。
get responded to when: get responded to the time when と考える。
do : (強調)まさしく話している。
bone scan : 骨スキャン (X線検査ではわかりにくい全身の骨の状態を写真撮影で調べる検査)。
must have felt : 感じたにちがいない
handle : 対処する。

10. 第10回

MOYERS: What does responding in that way **do** for them?

SPIEGEL: First of all, [●1] it normalizes the reaction. People sometimes tell themselves, "Well, a normal person would handle this fine. I'm (1) the only one who's really scared like this. I'm being silly. It's just a procedure." But expressing their fear in the group helps them feel that their strong emotional reaction to a tough situation is a perfectly normal thing. It also reminds them that they're not (1) the only person in the world who has this kind of suffering. When you get seriously ill, you tend to think there's this normal, healthy, happy world out there, and everybody else is just trotting along, doing their thing, and here I am, miserable and scared to death. They find out that <▲1> other members of the group are fighting their own demons as well. And <▲1> seeing that becomes a way of not feeling so removed from the course of human life.

MOYERS: Do you have a strategy for making this happen, or do you improvise?

SPIEGEL: [●1] The strategy is basically to try to draw as many people as possible into discussing the common theme and sharing parallel experiences so that the problem becomes a group problem rather than an isolated individual problem.

MOYERS: What do you do about (1) the woman who wants to deny the experience of illness and who just wants to get fixed and go home?

■語注■

responding in that way : そのように応答すること。すでにやった反応なので、不定詞ではなく動名詞を使う。 **do ...for** : ~にとって役立つ。 **normalize**: ~を標準と比較して、当たり前とする。 **the reaction** : 感じ方。すでに述べた患者の感じ方。 **would**: することでしょう。 **handle**: (問題などに)対処する **I'm being silly**: be 動詞の現在進行形。「私は今たまたまどうかしている」。 **procedure**: 治療。 **tough**: 不運な、不幸な **it remind**: it は仮主語。“remind 人 that ~”で「人に~ということを気づかせる」
trot along: 止まらずにどんどん先へ急ぎ足で歩く。 **here I am**: ~の私がここにいる。
miserable: 惨めな。I を修飾する。 **find out**: (努力の末に)気がつく **demon**: 悪霊、悪夢 **as well**: ~もまた。as well as I am. **seeing that becomes a way of not feeling so removed from the course of human life** : seeing that (そういうことが分かること)が becomes の主語。 **becomes a way of ...ing**: ~しがちとなる。 **not...so**: それほど~ではない
removed from: ~から(距離・関係が)離れた **strategy**: 手法 **making this happen**: [使役]これを起こさせる **improvise**: (手持ちの可能な材料から) ~を即席に作る **draw X into Y**: X を Y へと引き寄せせる **theme**: 話題 **share**: 共有する
parallel: 類似した **X rather than Y**: Y というよりむしろ X **an isolated individual**

problem: 孤立した個人的な問題、つまり「ある個人に単独の問題」。
っていることとして) 打ち消す

get fixed: 治してもらう。

deny: (間違

11. 第 11 回

SPIEGEL: I gently, and sometimes **not** so gently, challenge the denial. Usually, if somebody really wants to deny her illness, the issues don't come up. If they bring up issues, they're usually saying, "I'm struggling with this internally, and part of me wants **not** to deal with it, and part of me knows **that** I have to." So when they say, "Oh, there's **no** point talking about this." I'll (1)try to find some hook: "Well, look, it may seem that this isn't very helpful, but you mentioned that it's been on your mind for the last week, and you've had (1) trouble doing your work because you keep thinking about this. So maybe that's your way of telling yourself you've got to do something about it."

[●1]I'll try to find a way to suggest that they need to deal with it in a more direct fashion. There was a woman in the group who was rather reluctant to tell other people that she had cancer. That was (1) her way of making it **not** real---you know. If other people don't know about it, somehow it isn't really happening. But as she talked, it came out that most people probably already knew she had cancer. What she was really doing was saying to those people, "I can't talk about this with you." I told her, "Look, they know about it. You're just telling them **not** to discuss it with you." So she began to let the barriers down and to talk a little more about what was going on. When she did, she discovered that it was easier for her to talk with her friends, <▲ I>**not** harder if she said "Okay, this is something we can discuss openly."

MOYERS: You allowed her to let the barriers down-but don't you sometimes have to tear down their defenses?

■語注■

gently: 穏やかに、優しく **challenge**: 問いただす **denial**: 打ち消し
issue: 病気にかかわる問題 **come up**: 話題に上る **they**: 本来であるなら she だが、こういうタイプの女性をひっくるめて they といっている。 **bring up**: (問題などを)持ち出す
struggle with: ~と闘う、~に取り組む **internally**: 内面的に、精神的に
part of me: 私の一部分。つまり心のどこかで。 **I have to**: 直後に deal with it を補う。
there's no point talking about this: 「このことについて話をしてもしかたがない」。 **some hook**: (相手が食いついてくる) 針。「それなりのきっかけ」。
Well, look: でも、ねえ **this may**: this はこれから相手に言うこと。
may seem: この二つの単語によって、話者の推量を強め、that 以下の内容を相手に柔らかく伝え、相手を説得しようとしている。 **it's been on your mind**: it has been. 「こころにひっかかっていた」。on の 「圧力」がよくあらわれている。 **for the last week**: この前の週のあいだ **you've had trouble**: ~に悩んでいた。 **your way of telling yourself**: ~を自分に言い聞かせるやり方。 **you've got to do something about it**: 「このことについてなんとかしないではいけない」。have got to=have to

suggest : 提案する **they** : 患者たち。 **a more direct fashion** : もっと直接的なやり方
rather reluctant : 「いくぶん気が進まない」。rather は「かなり」ではなく、もっと程度が弱い。 **making it not real** : 病気を現実の物とさせない
somehow : ともかく **it isn't really happening** : 目下、現在のところ、実際に起こっていない。
as she talked : 自分で話しているうちに **came out** : 〈ニュース・真実などが〉 明るみになる。it は仮主語 with: ...といっしょに **telling...to**: 人などが人に...しなさいと命じる
discuss : 人が~を人と話し合う **let ...down**: 下げる。
barrier: 障壁 **what was going on**: 自分の身に起こっていること **when she did** : did は前文の talk~ going on までの内容 **not harder**: it was not harder than she previously expected と補って考える。
openly: =**frankly**: 率直に **allow ~to~**: 人が...するのにまかせる **have to**: ...しなければならない **tear down**: すっかり引き裂く

12. 第12回

SPIEGEL: Well, I'm a great respecter of defenses. I'm quite willing to say directly, "Look, I don't see it this way. It sounds to me like so-and-so knows you've got cancer even though you're not talking about it." Now they're free to disagree with me. [●1]I can't make people do anything, but I can give them a push in a direction. Also, what really helps in the group is that I'm not the only one saying, "Handle this differently." I can turn to someone else in the group and ask, "What happened when you did this?" You get the shared experience of the group. Also, when I turn to members of the group and say, "I feel (1) so much closer to you now, knowing what you've been going through," that's very immediate. It's not preaching at them, it's a kind of understanding and caring we can feel in the room. And that can be a powerful way of teaching.

MOYERS: How do you know when the group is coming together and beginning to work?

SPIEGEL: The first thing I notice is that [●1]there's more going on than I can figure out. [●1]When a good group is really rolling, there are a number of very important issues, and I can't quite manage them all. Secondly the discussion is more or less evenly distributed around the room. It isn't one or two people giving a monologue. It's everybody chiming in with some experience. Third, there's a lot of emotion in the room. People may be crying, or they may be laughing, but there isn't a flat, stiff, empty kind of feeling. Fourth, there's almost a palpable sense of caring. You just have a sense of being together in an intimate way, in which you really care about what happens to the people in the room, and they seem to care about you. You just have a sense of being together in an intimate way, in which you really care about what happens to the people in the room, and they seem to care about you.

■語注■

respecter of:...を尊重する人 **willing to do**: [何かと引き換えに]~をする **directly**: 率直に
I don't see it this way: そんな風には病気のことは考えない。 **sound like**:...のように思われる。 like の後は節がきている。 **so-and-so**: だれそれ
disagree: 意見が合わない **make people do anything**: [本人がやりたがっていないこと]をさせる。
so much closer to: とても親密である。 **so much close to you as I can feel** 「私を感じる程度に親密に感じる」 → 限度付きで[つまり適当な程度に]親密に感じる。 **so much closer to you as/than I can feel** 「私を感じられるよりももっと親密に感じる」 → 「並々ならぬほど親密に感じる」。
knowing: わかったので。 **go through**: <困難を>経験する
immediate: 直截的 **preach at**: ~にむかって説教する **How do you know**: (相互理解や配慮があると) どうやってわかるのですか。 know は、話し手が~を事実・真実として確信していることを強調する。 **that**: 名詞節を導く接続詞。関係代名詞ではない。

going on: go on なにかが進行しつつある。 **figure out:**理解する **roll:**順調に行く
a number of:(漠然とした)いくつかの **issues :** 問題点 **can manage :**扱いにくい事柄をうまく扱う **not quite:**必ずしも...というわけではない。 **them:**=issues を受ける。 **more or less:**多かれ少なかれ **distributed:**分配される。 **room:**グループの人たちが会う部屋 **evenly:**均等に、平等に。「話は一人の人に偏らないようにグループ内の人たちに均等に配分されている」。 **give a monologue:**長話をする。
chime in with: (～の点で) 共鳴し合い議論に加わる。 **flat:**単調な **stiff:**不自然な
empty:空虚な、むなしい **palpable:**明白な、簡単にわかる **just:**まさしく
intimate:個人的に親密な **in which:**「親密な風に」の説明。which の先行詞は a way。
That caring:そのたぐいの配慮 **over time:**長い時を経ると **as:**...するにつれて
develop a history:～という履歴を展開していく。share と develop の主語は people

13. 第13回

[●1] That caring grows over time as people share what they're going through and develop a history of helping one another. In the beginning, a group can be somewhat formal. People tend to overrepresent their resources and how well they're coping. They say "Well, you know, I don't like having cancer, but so-and-so comes and cooks meals, and so-and-so else comes and takes me out for a walk, and everything is really just wonderful. I've got more support than I know what to do with," and so on. They present themselves as though they had it in hand, and there weren't any big problems, really. But over time they begin to admit that they need help dealing with this illness. <1>They don't quite have it all in hand as much as they said they did in the beginning.

MOYERS: I've known men for whom bravado is the chief resource they call on when they hear this kind of news.

SPIEGEL: Absolutely. Some men, when they start having chest pains with a heart attack, get down on the floor and do push-ups to prove to themselves that it's not happening.

MOYERS: A member of your group, Debbie, recently died. How did the other women react?

SPIEGEL: [●1](1) I think there were a number of complex things going on. They were frightened. No doubt one part of what they were feeling was "There but for the grace of God go I. We have the same illness. She died, and I'm going to die." At one level it was very upsetting. They missed her, and they felt unfinished. They were sort of angry---"Why (1) didn't I say this to her? Why (1) didn't I say that to her?" Also they were valuing what they had gotten from her. I think it forced some of them to reorder priorities in their own lives, to say, "You never know when it can happen, so if I'm going to do something that I want to do, I'd better do it now, while I can."

■語注■

That caring: そのたぐいの配慮 **over time:** 長い時を経ると **as:** ...するにつれて
develop a history: ~という履歴を展開していく。share と develop の主語は people **in the beginning:** 最初のうちは **somewhat:** いくぶん《rather が主観的な語であるのに対し、somewhat は客観的な語》 **formal:** 堅苦しい **can be:** ~になりうる
overrepresent: 誇大に表現する **resources:** ソフト面とハード面の資源。ここでは能力や処遇。 **so-and-so else:** ほかの誰それさん **take me out for a walk:** 私を散歩に連れ出す
than I know what to do with: 私はどう対応してよいかわかる以上に。親切に手をさしのべてくれることの数が多すぎて困っているということ。 **present:** ...であるかのように見せる **had it in hand :** ~を管理下におく。癌という問題(=it)を掌握した
really: 嘘ではなくホントに。前文の there weren't ...problems を受けている。 **admit:** (事実として認めたくないことを) 認める **help dealing with:** help [in] ~ing 「~するための力添え」。『 Old people may need help decorating their homes. **as much as they said they did:** 管理下においているとかつていっていたほどに。did は代動詞で have it in hand を受けて

いる。 **for whom:** whom は関係代名詞で先行詞は for の前の men。 Bravado is the chief resource for him というのが元々の文。 **bravado:**虚勢 **chief:**最も重要な 例 : the chief reason **resource :**→ **call on:**行使する。 resource which they call on という構文。**absolutely:**まったくその通り。 **with:**~のために(原因) **heart attack:**心臓発作 **get down on the floor :** 床に手をつく。 get down の主語は some men。 **push-ups:**腕立て伏せ **recently:=** not long ago。 過去形とともに用いる。 現在までの内容を含むのなら lately。 **complex:**複雑にからみあう **going on:**現在分詞で things を修飾。**frighten:**突然こわくなる **no doubt:** (主観的に判断して)間違いなく **There:**there はここでは死後の世界。 I go there と文法的にはつながる。 **but for:=**~がなければ **the grace of God:**神が下す恩寵。 **There but for ~ of God go I [we]:** [ことわざ]運が悪ければ、私も同じ不幸な目にあっていたらろう」。つまり、たまたま運がよかっただけという意味。 **upsetting:** 〈人・事が〉〈人〉の心を乱す(to make someone feel unhappy or worried) **miss:**~がいなくて寂しい(to feel sad because you can no longer see sb or do sth that you like:)**unfinished:**関係が切れていない。 **sort of:**いづらか **value:**大切にする **it:**デビューから得たもの **force:** ...を押して前に進む[進める] **reorder:**整理する **priorities:**重要なこと **to say:** たとえば **it can happen:** (起こるに違いない) 死がいつ起こるのか。 can は話し手の推量で、日本語に訳すと it will happen との違いが出てこない。 **while I can:**できるうちに。

14. 第14回

MOYERS: What (1) happened to the group as a group after Debbie died?

SPIEGEL: I think the group began to become a much more coherent unit. We were people with a common history, and part of that history (1) was that we (1) had lost Debbie, and we had grieved her loss together. <▲1>There was a sense that it was very important to be informed right away because we were members of a unit who all deserved to know what was happening with any member of it. The group came to feel much more strongly that there was an understood commitment and caring among them. Ironically, there's something reassuring about grieving losses. When we spend time mourning the death of someone we knew and cared about, it's also a message to us that when our time comes, we will not slip away unnoticed, but that we, too, will be grieved and cared about and missed. That's reassuring because many of us have an anxious fantasy, as we think about our own nonexistence, that the world will roll on just fine without us. Somebody will throw a flower on our grave, and then we'll be ignored. That can make us very frightened about the prospect of dying. But [●1]seeing that what we do is appreciated and cherished by the people we care about makes dying less frightening than it otherwise would be.

MOYERS: You bring the patient's family in when you can. Why do you do that? Isn't this hard on them?

SPIEGEL: What's hard on them is that someone they love has cancer. We do have monthly family meetings at which the spouses, children, and parents of the patients come in and talk about their side of it. John, Debbie's husband, actually put it very beautifully. He said, "You know, at first I (1) hated the cancer. I was angry at it. And then I realized that if I hated the cancer, I hated Debbie, because she had cancer, and part of what she was was that." Many of the members in the room (1) were a little shaken because their own denial was punctured by the fact that one of the members (1) had died.

■語注■

the group as **a group**: グループ全体として **much more**: より一層 **began to become**: 変わり始めた
coherent unit: まとまった集団 **common history**: 共通の病歴。ただしここではグループとして共有してきた時間という具体的な意味。
grieved: 深く悲しむ **loss**: 死 **it was**: 彼女の死は～であった。 **right away**: 今すぐ
deserved to: ～する価値がある **come to**: 結局～ということになる **understood commitment**: 暗黙の(相互)かかわりあい。 **commit**: to give someone your love or support in a

serious and permanent way **Ironically**:皮肉なことに。 **reassuring**:人を安心させる
losses : 死 **mourn**:(死や不幸などを) 悲しむ **we knew and cared about** : we の前
に whom を補う。 **it's**:仮主語で that 以下をさす。 **when our times comes**:我々に
死が訪れる時 **slip away**:いつの間にか過ぎ去る。この意味では主語は物や時間が普通
だが、ここでは「私たち」とはいつでも、死の時と死が念頭にある。 **but that**: =and that
when 以下の内容と対比となっている。 **anxious**:まだ起こっていない事に対して不安な
as we think about:~するとき **that the world**: fantasy の具体的内容。 **that** は fantasy と説
明する同格の節を導いている。 **will roll on just fine** : うまく回って進んでいく。 Will
は習性をあらわしている。 “Accidents will happen.” (事故は起こるものだ)。話し手が「き
っとそうなる」と、主語 (accidents) の習性・習慣を表している。 **throw a flower** : た
かが一輪の花を捧げる。花束でない。 **prospect**:将来に確実に起こる出来事。例 The
prospect of marriage terrified Alice. 「アリスはこれから結婚することを考えて、ぞっとした」。
seeing that : ~ということがわかってみると。 **cherish**:大切に心に抱く **makes**
dying frightening : 「死んでいくことを身を震わせることにする」。主語は seeing。 **than**
it otherwise would be:そうでないはずの場合に~であるよりも。 **Otherwise** は直前の文や節を
受けて、そうでなかった場合に起こることを述べるときに使う。 I was in a hurry when I saw
you. *Otherwise* I would have stopped to talk to you.相手を見かけたとき急いでいた。→急いでい
なかった場合にすること→立ち止まって話しかけていた。 **bring the patient's family**
in : グループのなかに患者の家族を入れる **when you can** : 可能な場合には **hard**
on them : 家族にとって無情な。 **Hard on**~に厳しい、無情な。 **someone** : 家族の誰か。
do have : do は強調 **spouse** : 配偶者 **come in**:グループの所のやってきて
their side of it : 病気についての自分たちの側の話。例 **their side of the story**:自分たちの側か
らの話。ここで **it** が出てくるのは日本人には唐突に響くが、**cancer** とあえていわずに「あの
例の奴」というニュアンスがある。 ■ ■ 松本道弘 『it がわかれば英語がわかる』
actually : 実際に **put** : 述べていた。 **at first** : 初めは(「しかし後にそうではなか
った」意を含む。 **part of what she was**:デビー全体の一部分は **that**:=**cancer**
were a little shaken:少しぐりとした **denial** : 否定。ガンにたいして否定的評価をす
ること。 **punctured** : 穴を開ける。突然、壊わす。

15. 第15回

They came to feel that [●1]to really be close to the person who had cancer, they had to allow themselves to feel all the discomfort that comes with knowing what cancer is and what it can do. One husband left the meeting saying, "I've been (1) putting off that discussion with my wife about what this means, and I'm going to go do it now." Dying is terrible, but dying alone is worse. And to allow the cancer to interfere with the caring you have for one another is really tragic and unnecessary.

MOYERS: : How common is breast cancer in this country?

SPIEGEL: Breast cancer is distressingly common. [●1]One in nine women will get breast cancer at some point in their lives. One way to think of it is that a 747 full of women get breast cancer every day in the United States. And a 747 full of women die (1) of breast cancer every third day.

MOYERS: : What's the difference between breast cancer and metastatic breast cancer?

SPIEGEL: Breast cancer is a very treatable illness, and the earlier it's caught, the more treatable it is. If the cancer has not spread to other parts of the body, the odds are quite good that it may never do so, and the women will live to die of something else. But [●1]once the cancer has spread to some other part of the body which is what we call metastatic breast cancer, then the problem shifts, and [●1]the question is (1)not whether one will die (1)of the cancer, but when.

■語注■

to be really close to : と本当に身近な関係にあるためには。独立の副詞的不定詞。
allow themselves to feel: 感じるに任せる **discomforts**: 不快、不安、痛み。 **come with** : ~にともなっておこる **knowing what ...do**: ガンとはなんであり、ガンによって何が起こりうるのかがわかること。 **put off**: 遅らせる **that discussion with~**: ~との深い話し合い。that は about 以下のようなという意味。 **what this mean**: ガンにはどんな意味があるのか **I'm going to go do it now** : 決着を付ける。 **terrible**: こわい、恐ろしい。 **dying alone**: 孤独のうちに死ぬこと **to allow the cancer to interfere with the caring you have for one another** : (グループ内で) お互いに配慮しあってきたことがガンによって終わってしまうがままになること。 **interfere with**: ~を妨げる **common**: よく起こる **distressingly**: 痛ましくも **one in nine**: 9人に一人 **at some point in their life**: 人生のある時期に **One way to think of it**: それを考える考え方の一つは **a 747 full of women**: ジャンボジェット機がいっぱいになるほどの数の女性。 **die of**: ~で死ぬ **every third day**: 3日ごとに **metastatic** : →転移性のある **treatable** : →治療可能な **the earlier~the more** : the 比較級+the 比較級。 **odds** : 確率 **that it may never do so**: ガンが体の他

の箇所に転移しえない。odds の具体的内容の説明。 **live to die of** : 生きて、結果として ~で死ぬ。 **once**: ひとたび **which** : 直前の内容を受ける関係代名詞。
what we call...: →いわゆる。 **problem**: 解決すべき問題。 **shifts**: 方向が変わる
but when: not X but Y の形。「いつ死ぬかかということ」 **have to live**: 習慣を示す
have to。通常生きるものなのではないでしょうか。 **return**: 〈病気などが〉再発する
survival time cancer: 生きられる時間