

PARADOXICAL COMMANDMENTS



自相矛盾的诫条

People are often
unreasonable, illogical and
self-centered;

**FORGIVE THEM
ANYWAY.**

人们常常不讲道理，不
合情理，以自我中心；

**不管怎样，还是宽恕他
们吧。**



If you are kind, people
may accuse you of
selfish, ulterior motives;

BE KIND ANYWAY.

你若亲切待人，人们可
能反而会污蔑你自私，
居心叵测；

**不管怎样，还是亲切待
人吧。**



If you are successful,
you will win some false
friends and some true
enemies;

SUCCEED ANYWAY.

你若成功，你会赢得
虚假的朋友和树立真
正的敌人；

**不管怎样，还是去获
得成功吧。**



If you are honest and frank,
people may cheat you;

**BE HONEST AND FRANK
ANYWAY.**

你若诚实、坦率，人们
可能会欺骗你；

**不管怎样，还是诚实和
坦率吧。**



What you spend years
building, someone may
destroy overnight;

BUILD ANYWAY.

你多年苦心建造，某
人可能会将其毁于一
旦；

**不管怎样，还是去建
造吧。**



If you find serenity and
happiness, others may
be jealous;

BE HAPPY ANYWAY.

你若找到宁静和快乐，
别人也许会嫉妒你；

不管怎样，还是去快乐吧。



The good you do today,
people will often forget
tomorrow;

DO GOOD ANYWAY.

你今天所行的善，
往往明天就会被人
遗忘；

**不管怎样，还是去
行善吧。**



Give the world the
best you have, and
it may never be
enough;

**GIVE THE WORLD
THE BEST YOU'VE
GOT ANYWAY.**

将你最好的献给世
界，然而也许仍旧
永远不够；

**不管怎样，还是把
最好的献出去吧。**



You see, in the final
analysis, it is all between
you and God;

**IT WAS NEVER
BETWEEN YOU AND
THEM ANYWAY.**

因为，归根究底，这
毕竟只是你和上帝之
间的事；

**决非你和他们之间的
事情。**



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《自相矛盾的诫条》（或作《矛盾十诫》）经常被人以为是出于印度加尔各答的德蕾莎修女的手笔，因为她住所的墙壁上挂着这首诗。但实际上，它是肯特之作，肯特写这首诗的时候，年仅十九岁，该诗于1968年首次由哈佛学生社发表。

"Paradoxical Commandments" is often attributed to Mother Teresa of Calcutta, as a copy hung on her wall, but it was written by Kent when he was 19, and first published by the Harvard Student Agencies in 1968.

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