好，我要先说一下这个，谢谢你来参加我的研究。我的研究是主要关于中国女性在决定是否进行医美项目之前，是如何理解自己想改变外貌的原因和动机的。

Okay, I want to start by saying this: Thank you for participating in my research. My research primarily focuses on how Chinese women understand the reasons and motivations behind their desire to change their appearance before deciding whether to undergo cosmetic procedures.

这次访谈没有正确或者是错误的答案，我也不会判断你应不应该去做这个医美项目。我是想要了解你的真实想法，你的经历以及你决定的过程。我们的对话将会被我的大学也用于我大学的研究。如果你同意，我希望把这次访谈进行录音，之后把录音转。

There are no right or wrong answers in this interview, and I will not judge whether you should undergo this cosmetic procedure. I want to understand your true thoughts, your experiences, and your decision-making process. Our conversation will also be used by my university for research purposes. If you agree, I would like to record this interview and later transcribe the recording.

整理成文字。在研究过程中，我会尽量匿名处理你的个人信息，如果有任何问题让你感觉到不舒服，或者是你不想回答，你可以随时的跳过或者是停止。嗯，你是否愿意参加这次访谈呢?

Organize into text. During the research process, I will try my best to anonymize your personal information. If any question makes you feel uncomfortable or you do not wish to answer, you can skip or stop at any time. Um, are you willing to participate in this interview?

愿意你是否愿意这次访谈被录音并且用于研究呢?

Are you willing to have this interview recorded and used for research?

可以好的，那我们现在开始好的，呃，就是你有没有现在哪个外貌部位是自己想去改变的？有啊，你具体想改变哪里鼻子，你希望把它变成什么样子？

Okay, good, then let's start now. Um, is there any part of your appearance that you currently want to change? Yes, there is. Specifically, where do you want to change? My nose. What do you hope to change it into?

嗯，这个改变对于你来说是重要的吗？肯定重要啊。你平时会想到要去改变这个地方吗？

Um, is this change important to you? Definitely important. Do you often think about changing this part?

那你

Then you

那你有考虑过通过医美的项目来改变这个吗？

Have you considered changing this through cosmetic procedures?

有，嗯，你考虑做什么项目？

Yes, um, what procedure are you considering?

就隆鼻就是放一个鼻子的假体在里面对吗？那你有没有去了解过它？有。

So rhinoplasty is about placing a nasal implant inside, right? Have you looked into it? Yes.

你有为此特意咨询过医生或者是医美机构吗？有。

Have you specifically consulted a doctor or a cosmetic institution about this? Yes.

嗯，你觉得自己离现在真的要去做这个项目还还很远吗？还是说就是我过几个月去去过几个月你就想去做是吗？好的。

Um, do you feel that you are still far from actually going to do this procedure now? Or is it that in a few months, after a few months, you want to go and do it? Okay.

那你为什么想去改变这个外貌部位呢？因为你整体看起来就更协调更好看。

Why do you want to change this part of your appearance? Because it will make your overall look more harmonious and attractive.

嗯，你觉得你想改变外貌最主要的原因是什么呢?

Um, what do you think is the main reason you want to change your appearance?

就好看啊，就是因为它改变了会好看是吗？对啊，你整个人就看着很好看就很美就很爽。嗯，那你是觉得这个想法主要来自于你自己呢？还是说你受到了其他就是也有，也受到了其他因素的影响，就比如说一些社交媒体，或者是别人给你的压力啊，或者是呃，就是来自于外部的这些因素，你有影响到你吗?

So it's because it looks good, right? Because changing it will make it look good? Yes, it makes you look very good, very beautiful, and very pleasing. Um, do you think this idea mainly comes from yourself? Or have you also been influenced by other factors, like social media, pressure from others, or external factors? Have they influenced you?

没有，我初中就想考，就是因为你自己就想去，没有说任何人影响你，没人会让你去隆鼻，谁会让你去隆鼻？就是你会就是看到这个人，他觉得就是别人觉得你不好看，然后你就想让自己去变得好看，就没有这些外部的因素是吗？就也没有社交媒体给你的压力，或者是OK，你大概是什么时候想去改变这个部位的呢?

No, I wanted to do it since middle school, just because I wanted to, not because anyone influenced me. No one would make you get a nose job—who would make you get a nose job? It's just that you might see someone, and they think, or others think, you're not good-looking, and then you want to make yourself look better. So there are no external factors like that, right? No pressure from social media or anything? OK, when did you first think about changing this part of your appearance?

上初中的时候这么小吗？对，那有没有发生过什么事情会让你特别开始注意这个地方?

When you were in middle school, were you that young? Right, did anything happen that made you start paying special attention to this area?

会就是后面。比如说我上大学之后开始化妆之后你会发现你不管怎么打赢你，其实你如果没有立体度，你打阴影看起来会很假，但如果你真的有个鼻子的话，你不用打印你也有阴影。嗯，对，那以前有没有人，呃，评价过你这个部位。

It would be later on. For example, after I started wearing makeup in college, I realized that no matter how I contoured, if you don't have natural definition, contouring can look very fake. But if you actually have a well-defined nose, you don't even need contouring to have shadows. Um, right, has anyone ever commented on this part of your appearance before?

嗯，但其实感觉身边人不会关注我某个特别不会只会自己特别关注哦，只会你自己会比较在意是吗？对，那其他人有对你的外貌进行过评价吗?

Um, but actually, it feels like people around me wouldn't focus on any particular part of me; it's just that I pay special attention to it myself, right? Yes, so have others ever commented on your appearance?

嗯

Um

倒还没有嗯，好的。

Not yet, hmm, okay.

那就其他人也没有对你的外貌进行过评价。你想改变只是因为你自己想去改变这些，对吧?

So, no one else has commented on your appearance. You want to make changes just because you personally want to, right?

就是你只是只是自己觉得没有那么漂亮鼻子没有那么立体度，对吧?

You just personally feel that your nose isn't that attractive or well-defined, right?

嗯，那就是你觉得如果说有一个人对你外貌有评论的话，你会就是你会呃，觉得很不舒服吗？会看哪方面的话，嗯，或者说你就是谁对你的外貌影响，让你就是开始反思你的外貌，就有没有说是通过于其实我觉得影响比较大，比如说别人给我拍照的时候看那个照片我就觉得很难受。

Um, so do you feel that if someone were to comment on your appearance, you would, uh, feel very uncomfortable? Which aspect would it be, hmm? Or is there someone whose opinion about your

appearance has influenced you and made you start reflecting on it? For example, has there been a significant impact, like when someone takes a photo of you, and looking at the photo makes you feel very uncomfortable?

但是人家其实没有人会说但是你自己看那个照片就会很对，我也是这样子，对，其实主要来源是自己看那个照片对吧？对对对，是的，是的，嗯。

But actually, no one else would say anything, but when you look at the photo yourself, you feel very uncomfortable. I'm the same way. Yes, the main source is looking at the photo yourself, right? Yes, yes, that's right.

那你有没有觉得说社交媒体有没有影响你对什么是好看的这个理解？社交媒体，比如说我看 Instagram，有些博主我觉得很好看，很好看，但是最后放到我自己，其实我就是我觉得。

Do you feel that social media has influenced your understanding of what is considered attractive? Social media, for example, when I look at Instagram, there are some influencers I find very attractive, very attractive, but when it comes to myself, actually, I just feel...

影响会有，但是不多吧，嗯，但是他们更多影响的，比如说怎么穿衣服，怎么拍照，但不会说影响我外貌的改变。

The influence exists, but not much, um, however, they influence more on things like how to dress, how to take photos, but not on changing my appearance.

对，对脸上那些不会。那你会不会经常拿自己的外貌和网上的人相比?

Right, not about the face. Do you often compare your appearance with

people online?

不会，我觉得比不了，因为网上那些都太好看。真的是，呃，那有些有没有某些博主或者明星，或者是一些审美趋势会影响你?

No, I don't think I can compare, because those online are just too good-looking. Really, uh, are there any influencers, celebrities, or aesthetic trends that influence you?

会，比如说前几年它就会流行那个纸笔，现在不就那个纸笔微翘。

Yes, for example, a few years ago, the trend was flat eyebrows, and now it's slightly arched eyebrows.

这个就影响我了那如果说你没有看到过这些内容的话你还会觉得自己想要去这么改变吗还是说你现在就是ok的如果说你是就是如果说当时那个放到现在我可能也觉得不ok了嗯

This influences me. If you don't see these content, you will still feel that you want to change this change? If you are now ok, if you say that if you put it now, I might I feel not Ok.

你怎么判断这个是你真正想要的而不是说你受了其他人的影响呢？这个很简单，假如说我从初中到现在，我都一直有这个需求，时间都过去这么久，那我就是有这个需求，对的，我做了的话，那我那我就是很情愿去做这个东西，我不是心血来潮，嗯，就是这种情况下，你会觉得这个事情真正的自己的选择，对吧？对呀。

How do you determine that this is what you truly want and not just influenced by others? It's very simple. For example, if I've had this desire since middle school until now, and so much time has passed, then I truly have this desire. Right, if I do it, then I am very willing to do it. It's not just a whim. Um, in this case, you would feel that this is truly

your own choice, right? Yes.

就是那种不做后悔一辈子，嗯，就是这种的。OK，呃，那如果说这个改变完成以后，没有其他人能够看到你这个改变，只有你自己能够看到这个改变，你还要想去，也要改变，还是想因为你自己看到之后你每天心情都是很对吧？我也是觉得，嗯，如果说明天社会上审美标准突然变了，他就突然就是。

It's the kind of thing where if you don't do it, you'll regret it for a lifetime, um, it's like that. OK, uh, so if after making this change, no one else could see it, only you could see it, would you still want to make the change? Or is it because seeing it yourself every day makes you feel good, right? I also think, um, if tomorrow society's aesthetic standards suddenly changed, it would just suddenly be like that.

凭你这种鼻子了你觉得你还会想要同样的改变吗？中午几点流不流行？其实我觉得跟我没有本身的关系，只不过我想要的那个没有达到，那我就不开心。嗯，我就想要我是的。是的，那你觉得你这个答案说明了什么？

With your kind of nose, do you think you would still want the same change? Does it matter if it's trendy at noon? Actually, I think it has nothing to do with me personally, it's just that what I want hasn't been achieved, so I'm not happy. Um, I just want it, yes. So, what do you think your answer reveals?

就说明我要自己很开心对，就说明你没有被任何其他的所影响，就是你真的是想去做那个对吧？别人跟我说我需要改变什么，我不会关注，嗯，我到底是不是需要改变这个点，而是我会讨厌他，我说关你什么事？

It shows that I want to be truly happy myself, and it proves that I haven't been influenced by anything else, that I genuinely want to do it, right? If someone tells me I need to change something, I won't pay attention to whether I really need to change that point; instead, I would dislike them

and say, "What does it have to do with you?"

OK，如果说你真的完成了这个外貌改变的话，你会觉得自己生活上有什么不同，你会变得更自信，或者说你觉得自己更漂亮更有吸引力吗?

OK, if you really completed this appearance change, do you think your life would be any different? Would you become more confident, or do you think you would feel more beautiful and attractive?

啊，我觉得不然我做这个干嘛？肯定就是为了这个看起来更漂亮，我觉得我自己也就是自己也开心对呀，自己也开心。嗯，对，看开心心。

Ah, I think otherwise, why would I do this? It's definitely to look prettier. I think it's also to make myself happy, right? To make myself happy. Um, yes, happy and cheerful.

你做这个不就是为了这个吗？对，那你觉得它会影响你的工作感情约会或者社交生活吗?

You’re doing this for that, right? So, do you think it will affect your work, relationships, dating, or social life?

对吧？就是那个大老板，我觉得。

Right? Just that big boss, I think.

这个东西它可能比如说康复的时候啊或者怎么怎么样

This thing is that it may, for example, if you recover, how

这个东西，它可能比如说康复的时候啊，或者怎么怎么样。如果说我我新认识了一个男生，或者说我要谈恋爱了，或者说我上班怎么办，我跟我同事，我跟我老板，我跟我男朋友说我说我弟是做的，然后他们根本就没有

权利管这个事情，我是唯一一个承担那个，比如说修复啊，或者是不是对，那你觉得。

This thing, for example, during recovery or something like that. If I meet a new guy, or if I start dating, or if I go to work, what should I do? With my colleagues, with my boss, with my boyfriend, I tell them I did this, and they have no right to interfere with this matter. I am the only one responsible for, for example, the recovery or whatever, right? What do you think?

外貌更好看，会不会给一个人带来一些社会上的优势?

Would better looks bring someone certain social advantages?

会呀，大家会觉得你长得真好看我愿意跟他说话是吧？对，我也有的。有的时候会有这样的感觉，就你吃到了这个外貌的红利。嗯，那你有没有自己经历过类似的情况，什么情况？就是这不就一个号，呃，就是你觉得你因为你哦会，比如说我化妆之后，我自己，我可能也更愿意跟人说话了，我感觉我可能心理作用，我感觉人家也会更愿意跟我说，就是更自信了，对吧?

Yes, people might think you look really good and be willing to talk to you, right? Yes, I've experienced that too. Sometimes you feel like you're benefiting from the advantages of good looks. So, have you ever experienced a similar situation? What kind of situation? Like, for example, you feel that because of your appearance—oh, for instance, after I put on makeup, I might be more willing to talk to people myself. I feel like it might be psychological, but I sense that others are also more willing to talk to me. It's about feeling more confident, right?

呃，那这些经历会不会让你自己更希望你变得更漂亮?

Uh, would these experiences make you wish to become more beautiful?

肯定对吧？呃，如果说你真的做了这个改变你最希望得到的结果是什么？

Sure, right? Uh, if you really made this change, what is the result you hope to achieve the most?

哦，我希望做做好看一点。我每天开开心心的化妆，也很好看一点，这就是我最想得到的。那如果说你做完这个改变之后，会完全解决你对这个部位的不满意吗？嗯，如果做的好的话，这个就所以就得选医生，对吧？嗯，如果他做的好的话，那我就解决了，嗯，那就解决了。是的，嗯，那如果说你做完以后，你自己又。

Oh, I hope to look a bit better. I happily put on makeup every day, and looking better is what I want the most. So, after you make this change, will it completely resolve your dissatisfaction with this part? Hmm, if it’s done well, then you need to choose the right doctor, right? Hmm, if they do it well, then it’s resolved. Hmm, then it’s resolved. Yes, hmm, but what if after you’ve done it, you yourself...

会开始关注其他的地方吗？你觉得。

Will you start paying attention to other areas? What do you think?

我觉得这本身就是一个协调性的东西你鼻子拉拉高了，比如说你的眉骨或者你的额头就需要垫一点。我觉得你做鼻子的时候你就该考虑到这一点，如果你没有就是承担不了他不协调的风险的话，那你就一开始就不要做这个鼻子对。

I think this is inherently about coordination. If you raise your nose, for example, your brow bone or forehead might need some adjustment. I believe when you’re doing your nose, you should take this into consideration. If you can’t bear the risk of it being unbalanced, then you shouldn’t do the nose in the first place.

是的，我非常认同你这个观点跟我做的时候是非常做的时候，你要考虑到是的是的，不然你也不是一个成熟的人是的对好。OK，那现在我们开始下一个话题，就是你聊完之前前面这些问题以后，你有没有觉得自己更清楚为什么想要去改变，我非常清楚，一直都对，一直都很清楚是吧？OK，那在讨论这些动机的过程中，什么有没有什么东西让你觉得很意外？

Yes, I completely agree with your point. When I was doing it, I had to consider it, yes, yes. Otherwise, you wouldn't be a mature person, right? OK, now let's move on to the next topic. After discussing the previous questions, do you feel clearer about why you want to make a change? I'm very clear, always have been, always very clear, right? OK, during the discussion of these motivations, was there anything that surprised you?

要靠的很正常，很意外就上次我们也整那个医生，为什么说我那么贵？

It has to be very normal. It was surprising, like last time we also worked with that doctor. Why did they say I was so expensive?

OK，那呃，就是你现在看来你想改变的原因更多是说来自于你自己的经历，还是说来自于他人的影响，或者说来自于这个是文，就是这个审美的一个趋势，或者说两者都有，我觉得绝对不是审美的趋势，首先这个可以排除，而且再一个就是身边人从来没有说你需要去搞个鼻子，没有。

OK, so, looking at it now, do you think the reasons for wanting to make a change come more from your own experiences, or from the influence of others, or perhaps from an aesthetic trend, or maybe both? I think it's definitely not an aesthetic trend; that can be ruled out first. Also, no one around me has ever said that I need to get a nose job—never.

从来都是我自己，我会看那个照片我肯定会去研究这个东西你会发现，比如说你法令纹很深，或者笔记条件，你就会这样去搞这个东西。嗯，对，我觉得就是对自发性，对大部分还是说自己的经历或者自己的感受，

没有说外部的影响，可能有也是很少对吧？对 OK，呃，那经历过刚刚这些思考以后，你怎么看你自己原本去想做的这些医美项目，你有更确定更犹豫。

It's always been me. I would look at the photos and definitely study this stuff. You'll notice, for example, that your nasolabial folds are deep, or certain conditions with your nose, and then you'll go about fixing these things. Hmm, yes, I think it's mostly about spontaneity, and for the most part, it's about your own experiences or feelings, not external influences. If there are external influences, they're probably very minimal, right? Yes, OK. Uh, after going through these thoughts, how do you view the cosmetic procedures you originally wanted to do? Are you more certain or more hesitant?

或者是说，呃，变得更谨慎，还是说完全没有变化？我觉得做医美肯定你是需要谨慎的，但是只要你就是你，只要每一步都谨慎，把每一步都弄好。嗯，对你咨询专业的人，然后看专业的医生，有经验的医生我就要，然后你就一步一步去实施，我觉得就是。

Or, uh, have you become more cautious, or has there been no change at all? I think when it comes to cosmetic procedures, you definitely need to be cautious. But as long as you are cautious every step of the way and do everything properly—hmm, yes, consult professionals, see experienced doctors, and then implement it step by step—I think that's it.

很好的，就最后你就会达到你想要的对，嗯，所以你现在是，呃，就是你本身他就对这个手术就很谨慎对吧？然后我们的聊天也没有说，因为他是手术嘛，对，必须要谨慎一点，那我们的聊天也没有说让你更去犹豫的做这个了，还是没有，因为我一直都很坚定，对，对，OK，那这次。

Very good, in the end, you will achieve what you want, right? Hmm, so now, uh, you are naturally very cautious about this surgery, right? And our conversation hasn't made you more hesitant about doing it, has it?

No, it hasn’t, because I’ve always been very determined. Yes, yes, OK, this time.

嗯，你的实验有没有说改变你的决定没有，okay，那。

Hmm, has your experiment changed your decision? No, okay, then.

OK，那我们现在就正式进入我们的integration就是我会选一张你证比较清楚的正面的照片，然后，呃，你请你尽可能的具体的告诉我，你希望这个照片中有哪些地方是改变的，然后改变的程度有多大。你希望这个变化比较轻微，自然还是明显，还有哪些地方你是明确不希望被我改变的，嗯。

OK, now we will officially start our integration. I will select a clear frontal photo of you, and then, uh, please try to be as specific as possible in telling me which areas in the photo you would like to change and to what extent. Do you want the changes to be subtle and natural or more noticeable? Also, are there any areas you clearly do not want me to change? Hmm.

然后你可以说你。

Then you can say you.

哦，好，假如说我给你一张正面照，我希望，嗯，不管改变亲不亲我，首先它得好看，它得协调。嗯，还有就是不能说，虽然说你就算是后期你想通过影片去调，但是我觉得不能说特别，但是我们写了一个特别人工嗯嗯，特别人工，然后呢，还是要偏向自然一点，就是可能我不想是那种化的妆才好看我，要就是你素颜就很好看，嗯。

Oh, okay, suppose I give you a frontal photo. I hope, um, regardless of whether the changes make me look more attractive or not, it has to look good and harmonious. Hmm, also, even though you might want to

adjust it later through editing, I think it shouldn’t look overly artificial, um, overly artificial. Instead, it should lean towards being more natural, like I don’t want it to be the kind of look that only looks good with makeup—I want it to look good even without makeup. Hmm.

ok那我们就根据你的要求对你的照片进行一个审美修改然后我不会在你的照片中按照自己的审美去修改你的照片然后我会完成以后再会给你去展示一下这个照片嗯没有必要

OK then we will make a aesthetic modification according to your requirements. Then I will not modify your photos in your photo and then I will give you a picture later. This photo is not necessary.

那就是我们这个照片根据你想要去调节的已经去调节好了，嗯，可以给你先看一下这个照片。好的，你先观察一下，如果说你观察好了，你就告诉我，OK，嗯。

The photo has been adjusted according to your preferences, and we can show it to you first. Okay, take a look, and once you've finished observing, let me know. OK, hmm.

观察好了好，当你看到这两张照片放到一起的时候你第一的反应是什么?

What is your first reaction when you see these two photos placed together?

我第一的反应就是就是。但是就是我可能觉得我自己还要改进的空间。嗯嗯，那你第一眼你会更喜欢哪一张呢？为什么可能就是被改过的那一张，因为改的话，那不就是为了让它变好看，那肯定就喜欢更好看的那张，嗯。

My first reaction is just, just. But I think I still have room for improvement. Hmm hmm. So, which one do you prefer at first glance?

Why? Maybe the edited one, because the edits are meant to make it look better, so of course I would prefer the better-looking one. Hmm.

那当你看到修改后的自己，你是一个什么感觉？我会感觉比如说我可能会有一点可惜的感觉，为什么？因为其实我觉得有些时候P图的话，它是比如说就是。

What do you feel when you see the edited version of yourself? I might feel a bit regretful. Why? Because I think sometimes editing photos is, for example, just...

呃，你的比例，比如说你眼睛上下你的，你是高眼位，或者是你眉毛很高，或者是你鼻子长不长嘴巴这种上下这种这种比例它是整不出来的，嗯，是的，就你只能去调相对关系，你不可能说，哦，我眼睛你刚，我把调低一点，显得我严重很短，这不可能的。所以其实有时候像像我们这张图。

Uh, your proportions, for example, the position of your eyes, whether you have high-set eyes, or if your eyebrows are high, or if your nose is long, or the proportions of your mouth—these things can't really be changed. Hmm, that's right. You can only adjust the relative relationships; you can't say, "Oh, my eyes are too high, let me lower them a bit to make them look shorter." That's not possible. So actually, sometimes, like with this picture...

然后比如说把眼尾挑的稍微低一点，这是我没有办法去通过，以你得到，这是我觉得很可惜的。

Then, for example, lowering the outer corners of the eyes slightly—this is something I can't achieve through you, and I feel it's a pity.

是的，那就是通过。唉，你觉得修改过后的这个人还是你自己吗？为什么？

Yes, so that's through. Sigh, do you think the edited version of this person is still yourself? Why?

是啊，就是我照片改的，所以是我，嗯，对，就是你没有觉得陌生，对吧？那改过的图片有没有什么地方比你预想中的更好?

Yes, it's my photo that was edited, so it's me. Mm, right, you don't feel unfamiliar, right? So, is there anything about the edited picture that turned out better than you expected?

那那这个那这个有，我觉得鼻子更精致了，这也是我想要的。嗯，有没有觉得比哪些地方比你想象中更不好，或者是更不自然？嗯，更不自然的话，嗯，倒应该没有吧，也还好对吧，如果看到修改过后照片，呃，就是你还想去要进行同样的改变吗？就是如果说这是我们修改效果。

Well, I think the nose looks more refined, which is what I wanted. Mm, is there any part that you feel turned out worse than you imagined or looks more unnatural? Mm, as for being more unnatural, mm, probably not, it's okay, right? If you see the edited photo, uh, would you still want to make the same changes? That is, if this is the result of our modifications.

然后如果说现在有一个医生他能给你做出同样效果的话你还想去改变吗?

And if there is a doctor now who can achieve the same effect for you, would you still want to make the change?

什么意思呢？我会想去看，如果他真的能做的就是贴合度很高的话，他有那么高超的医术，那么高的审美，嗯，能去给我搞个那么开心，嗯，呃。

What does it mean? I would want to see if he can really achieve a high level of precision, if he has such advanced medical skills and such a great sense of aesthetics, mm, and can make me so happy, mm, uh.

好的，然后那我们下一个问题就是。

Alright, then our next question is.

这个，呃，让我看一下你看到过修改的图片之后，有没有让你重新反思自己，为什么想要去做这个改变就是就是我我，那我这样不会，我觉得就是。然后如果我做一个决定，我觉得我是不需要思考，那么那么久，如果说尤其是比如说举个例子，就是刚刚说那个鼻子。

Let me see, after you saw the edited picture, did it make you rethink why you wanted to make this change? I mean, I, I, well, I don't think so. I feel that if I make a decision, I don't need to think about it for so long, especially, for example, like the nose we just mentioned.

嗯，我都想了那么多年了，那我觉得那我为什么不去做呢？这不是一个冲动的就是，对啊，对，嗯，那如果说。

Well, I've been thinking about it for so many years, so I feel, why not go ahead and do it? It's not an impulsive decision, right, yeah, mm, so if...

呃，就是你，我们找一在整个过程中你有没有就是想过改变自己外貌的原因？有没有对这个产生新的理解？

Uh, have you, during the whole process, ever thought about the reasons for wanting to change your appearance? Have you gained any new understanding about this?

然后，但是那个，嗯，新的理解，我想一下，其实我觉得这个它好的一个点是什么？就是比如说假如说我就是一个丑丑的女生，嗯，我通过改变一个点，我变得很好看了，我更愿意去跟大家说话，嗯，我更就是更自信了然后，OK，我觉得这就是一个改变一个人的性格，然后。

Then, but, um, the new understanding, let me think, actually, I feel that one good point about this is what? For example, if I were an

unattractive girl, um, by changing one thing, I became very good-looking, I would be more willing to talk to people, um, I would be more confident, and then, OK, I think this is something that can change a person's personality, and then...

让一个人更加的就是positive这种对。

Make a person more positive, right.

OK，那，呃，现在。

OK, then, uh, now.

你觉得这个OK？那那那你就是我们重新再看过这个照片以后，我们还有一些反思性的问题，就是，呃，你觉得还是坚定的选择说这个改变动机更多还是来源于自己是吗？系统，是的，肯定的。嗯，那你对自己的反应有没有感觉到意外?

Do you think this is OK? Then, after we reviewed this photo again, we still have some reflective questions, like, uh, do you still firmly believe that the motivation for this change comes more from yourself, right? System: Yes, definitely. Mm, were you surprised by your own reaction?

没有，因为我知道，嗯，那你有没有就是认真想过之前就看到这个图，有没有想到过这有没有一些你现在想的问题是之前没有想过的。

No, because I know, um, have you ever seriously thought about, when you saw this image before, whether there were any questions you are thinking about now that you hadn't thought of before?

到，呃，也有吧，就是我。其实我现在想一下，其实我更加坚定就是我自己想的，因为就是你更坚定了对吧？有没有叫你就是这种，其实倒也没有，其实没人会跟我说，嗯，但是你想到他给你带来很会反思的小女生

的，嗯，OK好，呃，如果你没有跟你，嗯，那你有没有就是原本想改变的部分，现在不想改了。

Well, uh, there is, I mean, me. Actually, now that I think about it, I am even more certain about what I want, because you are more determined, right? Has anyone told you this kind of thing? Actually, no, no one has said this to me, um, but you thought it brought you a reflective little girl, um, OK, well, uh, if you haven't, um, then is there any part you originally wanted to change but now don't want to change?

曾经发生过一件事情。

There was once an incident.

没有吧，我想一下，嗯，我想改，我会一直想改。

No, I don't think so. Let me think, um, I want to change, I will always want to change.

就会一直坚定的想去，就是看了这个图片以后你也会更坚定的想去改变，对吗?

You will always firmly want to, that is, after seeing this image, you will also be more determined to want to change, right?

脑补材料的时候之后有一个有一个就之前我想把这里给弄掉，嗯，但我先想了一下，我觉得其实也不影响，嗯，对，就是下下下颌角下颌角这里我绝对想弄点，就是现在其实我觉得，呃，倒也问题不大，嗯，对，如果今天就需要你去做这个决定的话，你会想怎么选择呢?

When imagining the material, there was a moment when I wanted to remove this part, um, but after thinking about it, I felt it actually doesn't matter, um, right, it's the jawline, the jawline here that I definitely

wanted to adjust. But now, actually, I feel, uh, it's not a big issue, um, right. If you had to make this decision today, what would you choose?

就是还是说要去坚定的做什么鼻子吗？对，会的肯定会，那你会就是一切都安排妥当，就是各种各样，就是安排妥当，我的时间也行，然后那个医生叭叭叭都很妥当，那我肯定会愿意，就是你所有的准备工作都已经做好了，你还是说坚定的会选择你现在等待的时间，只是为了去更了解他，然后选择更好的医生，对吗？

So, are you still determined to do something about your nose? Yes, definitely. Then will you make sure everything is arranged properly, like all sorts of things, making sure my schedule works, and that the doctor is all set and everything is in order? If so, I would definitely be willing. So, after all your preparations are done, are you still firmly choosing to wait just to understand it better and select a better doctor, right?

如果说没有刚才这个过程的话，你还会做出就是你原本也会做出同样的决定，对吗？对呀，OK，嗯。

If that process hadn't happened just now, you would still have made the same decision as before, right? Yes, OK, um.

如果说你真的准备去做这个医疗项目的话你下一步可能会要去做什么？

If you are really planning to proceed with this medical project, what might be your next step?

就是做了鼻子之后。

It's after getting a nose job.

就是不是。如果说你现在准备要去做鼻子，你下一步想要去做什么就是下一步想要去呃，什么都不做呢？还是说去查更多的资料，还是要去后者

呀。

So, it's not. If you are now preparing to get a nose job, what would you want to do next? Would you want to do nothing, or would you want to look up more information? It would be the latter, right?

就是更多的资源，不会再重新考虑的，就只是会去为这个选择去做功课。是的，你会更深入对软件的HR管理系统OK，经过这个enter。

It's just more resources, I won't reconsider it, I would just do my homework for this choice. Yes, you would delve deeper into the HR management system software, OK, through this enter.

Vision，你会不会也可以用不同的方式去面临这个医美的决定?

Vision, could you also approach this cosmetic surgery decision in a different way?

然后很多人都发过，然后呢，我觉得就唯一的是就是我觉得就谨慎吧，嗯，谨慎，然后选择好好点的医生，然后你用好点的材料，我觉得就这个吧，就也没有说其他的，也没有其他的好，整个过程中哪一个部分最让你觉得比较想去思考有意义。

Then many people have done it, and I think the only thing is to be cautious, um, cautious, and choose a better doctor, and use better materials. I think that's it, there's nothing else, nothing better. During the whole process, which part do you think is the most meaningful to reflect on?

嗯，哦，就是这个东西就是刚刚那个这个东西到底是他人影响还是自己?这个是，其实我觉得可能很多人会因为是。

Um, oh, this thing, is it influenced by others or by oneself? This is, actually, I think maybe many people would say it is.

别人对他的影响对吗？我要问我三个月，嗯，那如果说有没有，就是这个过程有没有让你在做决定之前真正的停下来思考呢?

Is it the influence of others on him, right? I want to ask about my three months, um, so did this process make you truly stop and think before making a decision?

嗯，这个点是今天之前我都没想过，因为我是很坚定的去做去，觉得就是我自发的嗯嗯嗯，但是就是今天的这个呃，实验这个过程到了，原来我就是自发的对，就是让你更清楚了为什么对吧，会什么是影响你？OK，那你觉得这个。

Um, I hadn't thought about this point before today because I was very determined to do it and felt it was entirely self-initiated, um, um, um. But today, during this experiment process, I realized that it was indeed self-initiated, right? It made you understand more clearly why, right? What influences you? OK, so what do you think about this?

呃，实验会对一个人做医美决定之前会有帮助吗?

Uh, will the experiment help a person before making a cosmetic surgery decision?

会的呀，我觉得就是会，就是我可能躺手术台，我还在想，这到底是不是我想做的？比如说我谈一个对象，嗯，他就喜欢那种大眼睛，但是我就喜欢那种。

Yes, I think it will. Like, I might still be lying on the operating table wondering, is this really what I want to do? For example, if I'm dating someone, um, he likes those with big eyes, but I prefer those...

那好，那我因为他喜欢我太爱他了，我去做一个，最后我要看一个我不喜

欢的双眼皮，我看个看个我后半几十年那那那多不开心？是的，是的，完全支持这个材料是每一个是他不喜欢我喜欢，那我肯定也会一直保留他的，嗯，是的。

Well, because I love him so much and he likes it, I go and get it done, but in the end, I have to look at double eyelids that I don't like. Looking at them for the rest of my life, how unhappy would that be? Yes, yes, I completely support this. If it's something he doesn't like but I like, then I would definitely keep it. Um, yes.

呃，好的，非常感谢你参加这次研究。你的回答对于我的研究非常的重要，是我们九月份发的这个工资。

Uh, okay, thank you very much for participating in this study. Your answers are very important to my research; it's the salary we issued in September.

好非常感谢你 ok ok 谢谢 ok ok 谢谢

I am very grateful to you ok ok. Thank you ok ok thank you.