



Show notes for lesson#67: It can't be helped

In this lesson we studied the various uses of "sho ga nai" which means "it can't be helped". "Sho ga nai" can be broken down into three different nuances:

- | | | |
|-----------|--|----------------------------------|
| ひと なぐさ | | |
| 1) 人を慰める | | being sympathetic to someone |
| ひと けな | | |
| 2) 人を貶す | | talking badly about someone |
| え | | |
| 3) やむを得ない | | saying something can't be helped |

Here are the examples in the podcast

- | | | |
|-----------|--|-------------------|
| なぐさ | | |
| ① 慰めるいいかた | | Being sympathetic |

Conversation 1

- | | | |
|--------------|--|---------------------------|
| かね | | |
| a) お金がない。 | | a) I don't have any money |
| okane ga nai | | |
| w) しょうがない。 | | w) It can't be helped |
| shou ga nai | | |

Conversation 2

- | | | |
|-----------------------|--|-------------------------------------|
| じんせい たいへん | | |
| a) 人生って大変だね。 | | a) Life is hard |
| jinsei te taihen dane | | |
| w) しょうがないよ。 | | w) It can't be helped / that's life |
| shou ga nai yo | | |

けな
② 貶すいいかた

Talking badly about someone

Conversation 1

- w) アレックスまたおならした?!
Alex mata onara shita?
a) あ。
a
w) しょうがないなあ。
shou ga nai naa

- w) Alex did you fart again?
a) erm...
w) That's terrible (can't be helped)

Conversation 2

- w) あの犬また鳴いてるよ。
ano inu mata naiteru yo
a) ほんとうにしょうがない犬だなあ。
honto ni shou ga nai inu da naa

- w) That dog is barking again.
a) That's a terrible dog

え
③ やむを得ない

It can't be helped

Conversation 1

- w) 今日ピクニックに行かない?
kyou pikunikku ni ikanai?
a) 今雨降ってるよ。
ima ame futteru yo
w) ええ～! しょうがない。
じゃあまた今度ね。
ee~! shou ga nai.
jyaa mata kondo ne.

- w) Do you want to go on a picnic?
a) It's raining now
w) Let's do it another time.
Never mind.

In the following examples “sho ga nai” can be used to add emphasis to the meaning of the sentence and means that there is nothing that can be done about a situation.

いた　　いた
痛くて痛くてしょうがない。
itakute itakute shou ga nai.

It's really painful

かゆ
痒くてしょうがない。
kayukute shou ga nai.

It's so itchy

た
アイス食べたくてしょうがない。
aisu tabe takute shou ga nai.

I really want to eat icecream

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