

Song Title: Shinaide (しないで)

English Title: Don't

Band/Artist: Atarayo

YouTube: <https://youtu.be/5fdsAeMU5B0>

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Phrase Glossary Document (PGD)

Candidate phrases: 18

Phrase entries: 18

Skipped foreign-language expressions: 49

kiri no naka ni zutto iru yō na kibun da 霧の中にずっと居るような気分だ

1. A feeling as if one has been inside a fog all along.
2. Feeling mentally lost, confused, or unable to see a way forward.
3. Experiencing emotional uncertainty or depression-like heaviness.

kizuato o nade iki o haite wa mata kuchibiru o kande yarisugosu 傷跡を撫で息を吐いてはまた唇を噛んでやり過ごす

1. Stroking scars, sighing, biting one's lip, and getting through it.
2. Enduring emotional pain without openly expressing it.
3. Suppressing feelings and surviving difficult moments through self-restraint.

tsukaifurusareta kotoba 寄せ集めたみたいな **nagusame** 使い古された言葉寄せ集めたみたいな慰め

1. Comfort that seems made from worn-out words gathered together.
2. Empty, clichéd consolation lacking sincerity.
3. Recycled sympathy that fails to help the listener.

wakatta kao de 分かった顔で

1. With a face showing understanding.
2. Acting as if one understands everything.
3. Speaking in a condescending or presumptuous manner.

tachidomaru na 立ち止まるな

1. Do not stop walking.
2. Keep moving forward.
3. Do not give up or become stagnant.

musekinin da 無責任だ

1. It is irresponsible.
2. A criticism that someone has failed their duty or accountability.

ari e nai ありえない

1. Impossible.
2. Unbelievable; unacceptable.
3. A strong expression of disapproval or disbelief.

kako o ikita boku 過去を生きた僕

1. The me who lived in the past.
2. One's former self.
3. A past version of oneself that still influences the present.【1-2423b5】【2-43832e】

totsuzen furidashita ame 突然降り出した雨

1. Rain that suddenly started falling.
2. An unexpected misfortune or emotional setback.

3. A sudden change of circumstances beyond one's control.

tsugō yoku yande kurenai 都合よく止んでくれない

1. It does not conveniently stop.
2. Problems do not disappear when one wishes they would.
3. Reality refuses to adjust itself to personal needs.

tesaguri no naka 手探りの中

1. In the middle of feeling one's way around.
2. Proceeding without clear guidance.
3. Navigating uncertainty through trial and error.

koe o karashite iru 声を枯らしている

1. Making one's voice become hoarse.
2. Calling out desperately.
3. Exhausting oneself trying to be heard.

nakenai yoru 泣けない夜

1. A night when one cannot cry.
2. A period of emotional blockage despite suffering.
3. Loneliness that cannot be released through tears.

watashi o hitori ni shinaide 私を独りにしないで

1. Do not leave me alone.
2. Stay with me; do not abandon me.
3. A plea for emotional support and connection.

iki teru furi shite 生きてるふりして

1. Pretending to be alive.
2. Going through life mechanically without truly feeling alive.
3. Maintaining an appearance of normality despite inner emptiness.

meiwaku o kakete nai 迷惑は掛けてない

1. Not causing trouble to others.
2. Not burdening anyone.
3. Seeking reassurance that one's existence is not an inconvenience.

dare no sei de 誰のせいで

1. Because of whose fault.
2. Who is to blame.
3. Searching for responsibility behind a bad outcome.

osana sugita boku 幼すぎた僕

1. The me who was too young.
2. One's immature former self.
3. A past self lacking the understanding or strength needed at the time.

Huomio: jätin pois useita runollisia mutta melko kompositionaalisia ilmauksia (esim. 海の底にずっと居るような気分だ, 夢の底にずっと居るみたいなんだ, 情けないほどに貴方を探した), koska niiden merkitys rakentuu pitkälti osiensa summasta eikä niillä ole yhtä vahvaa itsenäistä fraasiarvoa kuin yllä olevilla ilmauksilla. Ensiesiintymisjärjestys on säilytetty.