

《中文回怼实用句型》

Practical Chinese Retort Sentence Patterns

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前言 Preface

在日常沟通中，我们难免遇到他人的冒犯、误解或无理言行，此时需要恰当的表达维护自身立场，而非一味忍让。这份《中文回怼实用句型》专为需要应对此类场景的学习者设计，精选的句子既保持礼貌底线，又能清晰传递不满、反驳不当言论，避免冲突激化。所有句型均标注完整标调拼音和通俗英文解释，方便零基础或初级学习者快速掌握。学习这些表达，不是为了主动挑起矛盾，而是为了在遭遇冒犯时，拥有合理回应的底气，让沟通回归尊重与平等的轨道。

In daily communication, we may inevitably encounter offenses, misunderstandings, or unreasonable words and deeds from others. At such times, we need appropriate expressions to defend our stance instead of enduring blindly. This "Practical Chinese Sentences for Responding to Offenses" is designed specifically for learners who need to deal with such scenarios. The selected sentences not only maintain the bottom line of politeness but also clearly convey dissatisfaction and refute inappropriate remarks, avoiding the escalation of conflicts. All sentences are marked with complete Pinyin with tone marks and plain English explanations, making it easy for beginners or elementary learners to master quickly. Learning these expressions is not to take the initiative to provoke conflicts, but to have the confidence to respond reasonably when encountering offenses, allowing communication to return to a track of respect and equality.

中文回怼实用句型（1-50 句）

1. 请你尊重别人！ - Qǐng nǐ zūnzhòng biérén! - Please respect others!
2. 你这样说很没礼貌。 - Nǐ zhèyàng shuō hěn méi lǐmào. - What you said is very impolite.
3. 说话注意分寸！ - Shuōhuà zhùyì fēncùn! - Watch your words!
4. 这跟你没关系吧？ - Zhè gēn nǐ méi guānxi ba? - Is this any of your business?
5. 请你不要多管闲事。 - Qǐng nǐ bùyào duō guǎn xiánshì. - Please mind your own business.
6. 你是不是太过分了？ - Nǐ shìbúshì tài guòfèn le? - Aren't you going too far?
7. 我忍你很久了。 - Wǒ rěn nǐ hěn jiǔ le. - I've put up with you for a long time.
8. 别太自以为是了。 - Bié tài zìyǐwéishì le. - Don't be so conceited.
9. 你没有资格这么说。 - Nǐ méiyǒu zīgé zhème shuō. - You have no right to say that.
10. 请你道歉！ - Qǐng nǐ dàoqiàn! - Please apologize!
11. 收回你刚才的话！ - Shōuhuí nǐ gāngcái de huà! - Take back what you just said!
12. 你这样做很不合适。 - Nǐ zhèyàng zuò hěn bù héshì. - What you did is very inappropriate.
13. 不要随便评价别人。 - Bùyào suíbiàn píngjià biérén. - Don't judge

others casually.

14. 你的话让我很不舒服。 - Nǐ de huà ràng wǒ hěn bù shūfu. - What you said made me very uncomfortable.

15. 请你保持距离。 - Qǐng nǐ bǎochí jùlí. - Please keep your distance.

16. 别得寸进尺！ - Bié dé cùn jìn chǐ! - Don't push your luck!

17. 我不接受你的无理指责。 - Wǒ bù jiēshòu nǐ de wúlǐ zhǐzé. - I don't accept your unreasonable accusations.

18. 你是不是误会什么了？ - Nǐ shìbúshì wùhuì shénme le? - Are you misunderstanding something?

19. 麻烦你搞清楚事实再说话。 - Máfan nǐ gǎoqīngchū shìshí zài shuō huà. - Please get the facts straight before you speak.

20. 这不是我的问题。 - Zhè bú shì wǒ de wèntí. - This is not my problem.

21. 请你停止这种行为。 - Qǐng nǐ tíngzhǐ zhè zhǒng xíngwéi. - Please stop this behavior.

22. 你没有理由指责我。 - Nǐ méiyǒu lǐyóu zhǐzé wǒ. - You have no reason to blame me.

23. 别在这里胡搅蛮缠。 - Bié zài zhèlǐ hújiǎo máncán. - Don't be unreasonable here.

24. 我有权表达我的观点。 - Wǒ yǒu quán biǎodá wǒ de guāndiǎn. - I have the right to express my opinion.

25. 请你说话客气一点。 - Qǐng nǐ shuōhuà kèqì yìdiǎn. - Please speak

more politely.

26. 你这样很让人反感。 - Nǐ zhèyàng hěn ràng rén fǎngǎn. - What you did is very annoying.

27. 不要挑战我的底线。 - Búyào tiǎozhàn wǒ de dǐxiàn. - Don't cross my bottom line.

28. 我不想和你争论。 - Wǒ bù xiǎng hé nǐ zhēnglùn. - I don't want to argue with you.

29. 但你也不能胡说八道。 - Dàn nǐ yě bùnéng húshuō bā dào. - But you can't talk nonsense either.

30. 请你自重！ - Qǐng nǐ zìzhòng! - Please respect yourself!

31. 你的行为很不尊重人。 - Nǐ de xíngwéi hěn bù zūnzhòng rén. - Your behavior is very disrespectful.

32. 我希望你能道歉。 - Wǒ xī wàng nǐ néng dàoqiàn. - I hope you can apologize.

33. 别以为我好欺负。 - Bié yǐwéi wǒ hǎo qīfu. - Don't think I'm easy to bully.

34. 你太不讲道理了。 - Nǐ tài bù jiǎng dào lǐ le. - You are totally unreasonable.

35. 这件事与你无关。 - Zhè jiàn shì yǔ nǐ wúguān. - This matter has nothing to do with you.

36. 请你不要干涉我。 - Qǐng nǐ búyào gānshè wǒ. - Please don't interfere with me.

37. 我不喜欢你的态度。 - Wǒ bù xǐhuān nǐ de tàidù. - I don't like your attitude.

38. 说话之前先过过脑子。 - Shuōhuà zhī qián xiān guòguo nǎozi. - Think before you speak.

39. 你这样说很伤人。 - Nǐ zhèyàng shuō hěn shāng rén. - What you said is very hurtful.

40. 请你放尊重一点。 - Qǐng nǐ fàng zūnzhòng yìdiǎn. - Please show some respect.

41. 别在这里无理取闹。 - Bié zài zhèlǐ wúlǐ qǔnào. - Don't make trouble for no reason here.

42. 我已经很容忍了。 - Wǒ yǐjīng hěn róngrěn le. - I've been very tolerant.

43. 你不能这样对待别人。 - Nǐ bùnéng zhèyàng duìdài biérén. - You can't treat others like this.

44. 你的指责毫无根据。 - Nǐ de zhǐzé háo wú gēnjù. - Your accusation is completely unfounded.

45. 请你认清自己的位置。 - Qǐng nǐ rènqīng zìjǐ de wèizhi. - Please know your place.

46. 别再纠缠不休了。 - Bié zài jiūchán bùxiū le. - Stop pestering me.

47. 我不想和你一般见识。 - Wǒ bù xiǎng hé nǐ yī bān jiànshi. - I don't want to lower myself to your level.

48. 但你也别得寸进尺。 - Dàn nǐ yě bié dé cùn jìn chǐ. - But don't push

your luck either.

49. 你这样做太过分了。 - Nǐ zhèyàng zuò tài guòfèn le. - What you did is going too far.

50. 请你立刻停止。 - Qǐng nǐ lìkè tíngzhǐ. - Please stop immediately.

结语 Conclusion

这份回怼句型资料的核心是“有理、有礼、有节”——我们学习这些表达，是为了在遭遇冒犯时保护自己，而非主动引发冲突。语言是沟通的工具，也是维护自身权益的武器，合理运用这些句子，既能清晰传递你的态度，又能避免矛盾升级为不必要的争执。记住，真正的强大不是“赢了争吵”，而是懂得如何用体面的方式坚守原则。愿你在未来的沟通中，既能温柔待人，也能坚定护己，让每一次交流都建立在相互尊重的基础上。

The core of this material on responding to offenses is "reasonable, polite, and moderate"—we learn these expressions to protect ourselves when encountering offenses, not to take the initiative to provoke conflicts. Language is a tool for communication and a weapon to safeguard our own rights and interests. Using these sentences reasonably can not only clearly convey your attitude but also avoid the escalation of conflicts into unnecessary disputes. Remember, true strength is not "winning an argument" but knowing how to uphold your principles in a decent way. May you treat others gently and defend yourself firmly in future communications, allowing every interaction to be based on mutual respect.