



Universidad Latina de Panamá

Facultad de Ciencias de la Educación y Desarrollo Humano

Traducción del libro “Querido Destino: Ahora es mi turno” de Ariel A. Ortíz A.

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Proyecto final de graduación presentado como requisito para optar por el título de
Licenciatura de Inglés con énfasis en Traducción

Nombre del Estudiante:

Leonardo Rafael Araúz Hernández

4-794-1956

Nombre del Asesor:

Iris Bernal

David, Chiriquí, República de Panamá

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Dedication

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Introduction

Translation plays a fundamental role in global communication. It allows people from different linguistic and cultural backgrounds to understand one another, facilitating the exchange of ideas, knowledge, and values. In an increasingly interconnected world, translation is essential for diplomacy, international business, education, literature, science, and technology. Without translation, access to information would be limited, and collaboration between countries and cultures would be hindered. It also helps preserve cultural diversity by making texts and messages accessible in multiple languages. In short, translation is not just a tool—it is a bridge that connects humanity across linguistic barriers.

The purpose of translation techniques is to ensure the accurate and effective transfer of meaning from one language to another. These techniques help the translator convey the original message clearly while adapting it to the linguistic and cultural norms of the target language. They are essential for preserving the intent, tone, and context of the source text. By using proper strategies, translators can overcome challenges such as idioms, cultural references, and grammatical differences. These methods aim to make the translated content sound natural and understandable to the target audience. They also help avoid confusion or misinterpretation. Depending on the type of text—literary, technical, or commercial—translators choose techniques that best suit the purpose of the translation. The ultimate goal is to achieve functional equivalence between the original and the translated text. Translation techniques are not rigid rules, but rather flexible tools that guide decision-making during the translation process. In short, they are vital for creating high-quality translations that respect both languages involved.

The purpose statement of this final project is to translate at least fifty pages of the book “Querido Destino: Ahora es mi turno”, written by Ariel A. Ortiz A. while applying various translation techniques that will determine our knowledge on how to implement them properly and functionally. In this project, we will try to answer the following question: how does the implementation of certain translation techniques reflect the meaning and content of the book “Querido Destino: Ahora es mi turno” written by Ariel A. Ortiz A.?

In the first chapter of this translation work, we discuss antecedents, justification, objectives and methodology. In the second chapter of this final project, we translate five pages from the

source text in Spanish to the target language English in two columns. In the third chapter of this translation, we propose some conclusions and recommendations as well as the challenges we face, and a glossary of the key terminology of this translation. Finally, a bibliography is presented.

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First Chapter

1.1 Antecedents

Translating books plays a crucial role in promoting cultural exchange and global understanding. It allows people from different linguistic backgrounds to access stories, knowledge, and ideas originally written in other languages. Through translations, readers can learn about diverse traditions, beliefs, and histories, fostering empathy and tolerance. Educational materials translated into multiple languages help spread scientific discoveries and academic research worldwide. Translated literature also offers authors the opportunity to reach a wider audience beyond their native country. Moreover, it contributes to preserving endangered languages by making them part of the global literary conversation. Book translations support the publishing industry by opening new markets and increasing readership. Overall, translating books bridges communication gaps and brings the world closer together through shared knowledge and imagination.

Ariel A. Ortíz A. was born in Chiriquí, Panamá, on June 14, 2005, where he has lived all his life. Since childhood, his thirst for knowledge and curiosity led him to research and develop an interest in science and literature. In 2022, while in tenth grade, he applied his knowledge and inspiration drawn from various authors to write his first short story, “*Las Memorias de Dylan McCoy*”, a tale of crime, mystery, and betrayal.

After a period of inactivity, he returned to his passion for writing with the book “*Querido Destino: Ahora es mi turno*”, a more personal work that brings together his experiences, thoughts, and lessons in a different, varied, and interactive format. He is currently continuing to write with renewed passion and enthusiasm, eager to leave his mark on the world and share his ideas with anyone willing to read one of his books.

Querido Destino: Ahora es mi turno is a book written by Ariel A. Ortiz A. It contains 87 pages. The first edition of this masterpiece was released in January 2024, and it was published in Panama City, Panama. The cover design and cover art were done by Fabian Amir Ortiz. This book is how the author broke down, how he undertook now an exodus to wake up every day. A compilation of experiences, reflections, knowledges, and thoughts of lost, the acceptance and inside battle.

“*Querido Destino: Ahora es mi turno*” is a deeply personal testimony of resilience and inner growth. Throughout its chapters, the author shares how he hit rock bottom emotionally after

seeing his life collapse from having built it on fragile foundations—particularly a romantic relationship that came to an end. From this loss, Ariel Ortíz explores core concepts like identity, security, and self-worth, suggesting that continuous learning can serve as a solid base upon which to rebuild life. The narrative is filled with heartfelt reflections, as well as literary and spiritual references, guiding the reader through the stages of grief: denial, bargaining, and the sense of purposelessness. Through introspective questions and practical exercises, the author invites readers to examine their foundations, acknowledge their emotions, and take an active role in transforming their lives.

In the second half, the book becomes a message of hope. The author explains how, after accepting his pain, he was able to redirect his life by nurturing gratitude, faith, and self-love. He emphasizes the importance of patience and consistency in the journey of self-improvement, reminding us that happiness is not a fixed destination but a daily choice. He also warns about the risk of living without purpose and insists that each individual holds the power to create their own meaning in life through conscious decisions. With sincere, relatable, and motivating prose, *Querido Destino* is more than a personal healing story—it serves as a practical and emotional guide for anyone facing hardship. Ultimately, it is a book that transforms pain into wisdom and wisdom into hope.

The book “*Querido Destino... Ahora es mi turno*” was written as a reflection of personal growth and healing. Painful experiences were transformed into powerful lessons throughout its pages. A journey of emotional collapse and recovery was detailed with honesty and depth. Important themes such as identity and self-worth were explored through introspection. Readers were invited to reflect on their own lives through guided questions and activities. Hope and resilience were emphasized as essential tools for rebuilding. Gratitude and learning were promoted as strong foundations for personal transformation. Ultimately, the book was created to inspire those who have been broken to rise again with strength and purpose.

1.2 Justification

This translation is relevant to the author because it allows his work to reach a broader audience beyond the Spanish-speaking community. By having his book available in English, he can share his introspective insights with readers from different cultures and backgrounds. It also gives his ideas the opportunity to gain international recognition and academic attention. The translated version will serve as a valuable tool for promoting his message on a global scale. Since he authorized the project and will receive a copy, he can ensure the integrity and essence of his work are preserved. Ultimately, this translation helps expand the impact and longevity of his literary contribution.

This translation is important to me as a student of the Bachelor's Degree in English with an emphasis in Translation at Universidad Latina de Panamá because it represents a significant step in my academic and professional journey. It allows me to apply the skills and knowledge I have gained throughout my studies in a real and meaningful project. Working on a full book translation sharpens my linguistic, cultural, and critical thinking abilities, which are essential for becoming a certified translator in the future. Additionally, this project serves as the foundation of my thesis, showcasing my capacity to handle complex texts with accuracy and sensitivity to context. It also gives me the opportunity to contribute to literature by making a Spanish-language book accessible to English-speaking readers. Overall, this translation is a milestone in my preparation for a successful career in the field of professional translation.

The translation of this book will benefit several groups of people, including myself as the translator. English-speaking readers will gain access to valuable introspective content that was previously only available in Spanish. This allows them to explore new perspectives and reflect on themes that may resonate with their personal experiences. The author will also benefit by expanding the reach of his work and connecting with a broader audience. Additionally, students and scholars of translation can use this work as a case study for academic and professional reference. For me personally, this translation is essential because it is a core requirement for completing my thesis and graduating from my Bachelor's Degree in English with an emphasis in Translation. It strengthens my skills, enhances my portfolio, and prepares me for certification as a professional translator. Ultimately, this translation

creates a meaningful bridge between languages, helping spread ideas and understanding across cultures.

1.3. Objective of the Project

1.3.1. General Objective

To translate from Spanish to English the pages 1 to 50 from the book “Querido Destino: Ahora es mi turno” written by Ariel A. Ortiz A.

1.3.2. Specific Objectives

1. To implement 7 translation techniques from the source language of the book “Querido Destino: Ahora es mi turno” written by Ariel A. Ortiz A. into the target language, in this case is English.
2. To demonstrate effective use of the mechanics of writing in the target language (the book that is being translated): punctuation, capitalization, coherence, and unity.
3. To analyze the structure of the target language so the syntax and pragmatics of both languages are identified and properly translated.
4. To interpret the cultural and sociological aspects that may determine the translation of the source text.

1.4. Methodology

Translation has existed for thousands of years, dating back to ancient civilizations such as Mesopotamia, Egypt, and Greece. The earliest known translations were of religious texts, including the Bible and Buddhist scriptures, which allowed spiritual knowledge to spread across cultures. During the Middle Ages, translation played a central role in transmitting scientific, philosophical, and medical works from Arabic and Greek into Latin. The Renaissance period further emphasized translation as a bridge for humanistic and literary texts, bringing classical knowledge back into Europe. In modern times, translation has expanded beyond literature and religion, becoming a professional field with a strong theoretical foundation. This evolution demonstrates how translation has been a key tool for intercultural communication throughout history. Without translation, much of the world's shared knowledge would not have been preserved or transmitted across generations.

Translation is now considered a subdiscipline of Applied Linguistics because it connects linguistic theory with real-world communication. Applied Linguistics seeks to address practical problems related to language, such as teaching, interpreting, and second-language acquisition, and translation fits within this scope. Translation studies analyze not only the transfer of meaning between languages but also the social, cultural, and cognitive processes involved. By studying translation through an applied linguistic lens, scholars can develop systematic methods for solving linguistic and cultural challenges. This approach also highlights how translation goes beyond equivalence at the lexical level, involving pragmatics, discourse, and context. As a result, translation contributes to both linguistic research and professional practice. This dual role strengthens its importance as an interdisciplinary field.

Translation techniques are essential because they provide translators with strategies to handle different types of linguistic and cultural challenges. Without these techniques, translators would rely only on intuition, which can lead to inaccuracies and distortions. For example, techniques such as equivalence, adaptation, and modulation allow translators to preserve both meaning and naturalness in the target language. By applying specific techniques, translators ensure that their work maintains coherence, clarity, and cultural relevance. The systematic use of techniques also helps to justify translation decisions academically and professionally.

Moreover, mastering techniques builds the translator's confidence when facing difficult or ambiguous texts. Therefore, translation techniques are not only practical tools but also theoretical frameworks that shape the quality of translation.

In today's era of Artificial Intelligence, translation techniques are more important than ever for human translators. Machine translation tools, such as Google Translate or Deeply, are widely available but often produce literal and culturally inappropriate results. Human translators, by contrast, can apply techniques such as transposition, equivalence, or adaptation to achieve accuracy and nuance. These skills allow them to correct, edit, and enhance the output of AI systems. Furthermore, translation techniques enable professionals to deal with sensitive texts, idioms, and cultural references that machines struggle to interpret. Rather than being replaced by AI, translators who master techniques gain a competitive advantage by offering creativity and critical thinking. In this context, translation techniques safeguard the role of human translators in a world increasingly dominated by technology.

1.4.1 Translation Technique: Literal

Definition: Ordudari defines the literal translation technique as converting the source language's grammatical structures to their closest target language equivalents while translating lexical (word) items individually, outside of their contextual use in the sentence. This approach focuses on direct word-for-word or phrase-for-phrase conversion, maintaining the original grammatical constructions but potentially sacrificing naturalness and accuracy by isolating words from their surrounding context.

Example #1 (pág. 6)

SL: Para mí este escrito es mucho más que un libro...

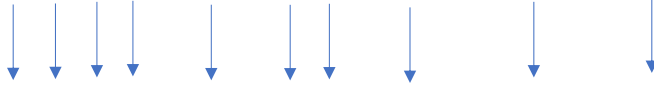


TL: For me this text is much more than a book...

Analysis: This example is considered a Literal translation, because it follows a **word-by-word rendering** from the source language (Spanish) to the target language (English), preserving the grammatical structure and vocabulary almost exactly.

Example #2 (page 6)

SL: El libro es una recolección de mis experiencias, reflexiones, conocimientos, ...



TL: The book is a compilation of my experiences, reflections, knowledges, ...

Analysis: This example is considered a Literal translation, because it follows a **word-by-word rendering** from the source language (Spanish) to the target language (English), preserving the grammatical structure and vocabulary almost exactly.

1.4.2. Translation Technique: Transposition

Definition: “The method called transposition involves replacing one word class with another without changing the meaning of the message. Besides being a special translation procedure, transposition can also be applied within a language.” (Vinay et al, 1995, p.88)

Example #1 (pág. 4)

SL: Es una recopilación de mis experiencias y aprendizajes, **generados en una etapa complicada** de mi vida.

TL: it is a compilation of my experiences and lessons learned **during a difficult stage** of my life.

ANALYSIS: In the source text, “**generados en**” uses a **past participle in passive voice** (“generados”) derived from the verb *generar*. In English, rather than keeping a passive structure like “*generated in*”, which would sound awkward or unnatural, a transposition is applied: the participle is **eliminated**, and the structure is **converted into a time-based prepositional phrase** — “*during a difficult stage...*”.

This grammatical shift allows for a more natural expression in English, which tends to prefer **direct, active, and prepositional structures** over more complex or passive forms. It also avoids clunky phrasing like “*generated in a stage of my life*”, which is not idiomatic in English.

Example #2 (pág. 45)

SL: y es que existe una gran diferencia entre vivir y estar vivo...

TL: There's a big difference between living and merely being alive...

ANALYSIS: In this case, transposition occurs in the rendering of *vivir* and *estar vivo*. The source language presents both in infinitive form (*vivir / estar*), but the target language shifts them into different grammatical categories: *living* as a gerund and *being alive* as a gerund phrase. This transformation maintains the semantic relationship but restructures the grammar to align with English usage. The change illustrates how transposition allows the translator to preserve meaning while adapting verb forms into more idiomatic equivalents. As a result, the translation sounds natural and coherent in English without losing the contrast highlighted in the original.

Example #3 (pág. 45)

SL: De cierta forma, había empezado a dejar de vivir...

TL: In a way, I had begun to stop living.

ANALYSIS: In this sentence, the use of transposition is evident in the shift from vivir (an infinitive verb) to *living* (a gerund functioning as a noun). The source language employs the infinitive to express the abstract act of "to live," while the target language prefers the gerund to convey the same idea more naturally in English. This change from one grammatical category to another does not alter the meaning but rather adapts the structure to fit the target language's norms. By doing so, the translation achieves a smoother and more idiomatic rendering. This demonstrates how transposition can improve fluency and naturalness without compromising semantic equivalence.

1.4.3. Translation Technique: Borrowing

Definition: According to Molina and Hurtado Albir (2002), borrowing is one of the basic translation techniques that involves “taking a word or expression straight from another language” (p. 499).

Example #1 (page. 4)

SL: *Esta obra la cual he titulado “Querido Destino”; ahora es mi turno...*

TL: *This masterpiece entitled “Querido Destino”; (as in English “Dear Fate”)*

ANALYSIS: In this case, the translation technique used is clearly **borrowing**, as the title “*Querido Destino*” from the source language is preserved exactly the same in the target text, without translation or phonetic/syntactic adaptation. This technique is common when dealing with **titles of works**, proper names, or phrases that carry **aesthetic, cultural, or emotional value**, and whose translation might alter the author’s intended effect. In this context, keeping the title in Spanish may be a deliberate strategy to preserve its **cultural identity and emotional resonance**, especially if the text is aimed at a bilingual audience or if the name is an integral part of the work’s artistic identity. Furthermore, by not translating it as “*Dear Destiny*” or “*Dear Fate*”, the translator avoids a potential loss of nuance or interpretation that may not carry the same emotional or stylistic weight in English. Therefore, this use of borrowing is **appropriate and strategic**, adding authenticity by preserving the author’s original voice.

Example #2 (pág. 37)

SL: La negociación es un intento “*racional*” de volver al ***estatus quo*** o a nuestra zona de confort a través de un acuerdo...

TL: Bargaining is a “rational” attempt to return to the ***status quo*** or our comfort zone through an agreement.

ANALYSIS: This translation illustrates the use of borrowing, specifically with the phrase ***status quo***. The translator preserves the Latin expression in the English version rather than replacing it with an approximate phrase like *current state* or *existing situation*. By doing so, the translation maintains the same formal and somewhat academic tone as the original, since

status quo functions in both Spanish and English as a borrowed Latinism used in intellectual or formal registers.

Example #3 (pág. 22)

SL: Existe un comic de la editorial DC ® conocido como “*The Darkest Night*” o “La Noche Más Oscura”.

TL: There is a comic from DC ® known as “*The Darkest Night*” or “La Noche Más Oscura.”

ANALYSIS: In the sentence “There is a comic from DC ® known as ‘The Darkest Night’ or ‘La Noche Más Oscura’,” the *borrowing* technique is applied with the use of the name “DC.” This is because “DC” is a registered trademark of the American comic book publisher *DC Comics*, and as such, proper names and brands are not translated or altered in the target language. The translator preserves the original name “DC” without any phonetic or orthographic adaptation, maintaining the brand’s commercial and cultural identity. This technique is common when referring to companies, products, or institutions that are widely recognized internationally. Translating or modifying this name would be unnecessary and could confuse the audience. Therefore, “DC” remains as a direct borrowing from the source text.

Borrowing here ensures semantic precision, because translating it into a more descriptive expression would risk losing the cultural weight and rhetorical nuance carried by the term. Moreover, its direct retention helps preserve the universal familiarity of the phrase across both languages, making the translation not only accurate but also stylistically aligned with the original intent.

1.4.4. Translation Technique: Calque

Definition: Linguistically, calque is basically a word or phrase borrowed from other languages by using literal or word-for-word translation method. The term calque itself was 14 borrowed from French language derived from the verb *calquer* which means to copy, to trace. Usually, we use the verb to calque when we are borrowing a word or phrase from other languages through translating its components, then we create a new lexeme in the target language (Grassilli, 2016).

Example #1 (pág. 25)

SL: es nuestra naturaleza dicotómica del *Ying y el Yang*; o, dicho de otra manera, lo bueno y lo malo.

TL: it is our dichotomous nature—**Yin and Yang**—or in other words, the good and the bad.

ANALYSIS: This example represents a **cultural calque** because the reference to the philosophical concept *Yin and Yang* remains intact in the translation. Although it originates from Chinese philosophy, it has been culturally adopted in both Spanish and English, so it requires no adaptation or further explanation. Additionally, the parallel structure of the sentence is preserved: first, an abstract term is introduced (“dichotomous nature”), followed by a cultural metaphor (“Yin and Yang”), and then a clarifying reformulation (“Lo bueno y lo malo” / “the good and the bad”).

Example #2 (pág. 34)

SL: los convertimos en nuestra zona segura o “zona de confort” ...

TL: they become our safe space or “comfort zone.” ...

ANALYSIS: This translation applies the technique of **calque**, particularly with the expression *zona de confort* → *comfort zone*. In Spanish, *zona de confort* is itself a calque of the English phrase *comfort zone*, widely adopted in psychology and self-help discourse. When the translator renders it back into English as *comfort zone*, it is a **literal transfer of the structure and meaning**, preserving the same metaphor (a “zone” where one feels comfortable).

This example demonstrates **calque** because the Spanish expressions are rendered with literal equivalents in English, replicating the lexical structure while potentially altering the nuance in the target culture.

Example #3 (page 6)

SL: “El rincón de la introspección”

TL: “The Introspection Corner”

ANALYSIS: This is a clear case of both lexical and structural calque. In Spanish, "rincón" refers to both a physical and symbolic place, particularly in contexts related to reflection or personal expression. When translated literally as *Introspection Corner*, the structure is preserved without adapting to idiomatic English usage. The same case occurs with “introspección” to “introspection”.

Example #4 (page 28)

SL: A veces se gana y a veces se pierde; pero siempre, SIEMPRE, se aprende.

TL: Sometimes you win, sometimes you lose—but always, ALWAYS, you learn.

ANALYSIS: This example qualifies as a **calque, word-for-word translation**, preserving the original structure and lexical choices with exceptional precision. Each segment changing—“a veces” as “sometimes,” “se gana” as “you win,” “se pierde” as “you lose,” and “se aprende” as “you learn”—is translated directly, maintaining the sequence and rhythm of the source text. Even the emphatic repetition “SIEMPRE, SIEMPRE” is mirrored exactly as “ALWAYS, ALWAYS,” reinforcing the rhetorical impact without deviation. The inclusion of “you” in “you learn” is not an interpretative addition but a **grammatical necessity** in English, required to express the impersonal “se” construction. Overall, the translation adheres closely to a **literal method**, demonstrating how word-for-word fidelity can still achieve clarity, naturalness, and emotional resonance in the target language.

Example #5 (page 44)

SL: errores en nuestra forma de pensar que nos impiden ver la realidad tal cual es.

TL: errors in our way of thinking that prevent us from seeing reality as it truly is.

ANALYSIS: This case illustrates the use of calque, since the Spanish phrase “errores en nuestra forma de pensar” is transferred almost literally into English as “errors in our way of thinking.” The syntactic structure and lexical choices mirror the source language, but they

still result in a natural and acceptable expression in the target language. The same happens with “que nos impiden ver la realidad tal cual es” → “that prevent us from seeing reality as it truly is.” The translator preserves the semantic and structural elements of the original, demonstrating that calque can sometimes function smoothly without sounding foreign or awkward in the target language. This makes it a faithful yet idiomatic rendering.

1.4.5. Translation Technique: Omission

Definition: “Omission means dropping a word or words from the SLT while translating. This procedure can be the outcome of the cultural clashes that exist between the SL and the TL. In fact, it is in subtitling translations where omission attains its peak in use. The translator omits words that do not have equivalents in the TT, or that may raise the hostility of the receptor.” (Iacovoni, 2009, pr. 1).

Example #1 (pág. 39)

SL: La muerte, la pérdida y el dolor son también parte de esta vida,

TL: [...] Death, [...] loss, and [...] pain are also part of life

ANALYSIS: In this translation, the definite articles (*la*) before the abstract nouns (*muerte*, *pérdida*, *dolor*) are omitted in English. Spanish typically employs definite articles when speaking about abstract or general concepts, making their use almost obligatory for natural expression. However, English does not follow this pattern; abstract nouns in general contexts usually appear without articles. Therefore, the translator omits “*the*” before *death*, *loss*, and *pain* to adapt the sentence to the target language norms. This omission is not a loss of meaning but a structural adjustment that ensures fluency and idiomatic accuracy in English.

The translator chose to omit the determiner “**esta**” (**this**) when rendering the phrase into English. In Spanish, “*esta vida*” carries a nuance of emphasis—suggesting *this very life we are living*, not life in general. In English, however, including “*this life*” would sound either overly emphatic or even existential (“*this life*” versus another one). To maintain fluency and naturalness, the translator dropped the demonstrative, leaving just “**life**”.

This omission does not distort meaning, since the central idea (death, loss, and pain as inherent parts of life) remains intact. Instead, it reflects a stylistic adaptation: Spanish tends

to use demonstratives more frequently for emphasis, while English often avoids them unless contrast or specification is needed.

Example #2 (pág. 37)

SL: Los seres humanos tratamos por todos los medios posibles de “*evitar el cambio*”, sin darnos cuenta de que este ya nos ha arrastrado.

TL: [...] Human beings try by all [...] means to “*avoid change*,” without realizing that it has already swept us away.

ANALYSIS: In this example, the omission technique is applied by eliminating the article “*the*” before “*human beings*” and before “*means*.” In Spanish, the use of definite articles before general nouns (*los seres humanos*, *los medios*) is common and grammatically expected, but in English such articles would sound redundant or ungrammatical in a generic statement. By omitting “*the*,” the translation adheres to the natural syntactic patterns of English while keeping the original sense fully intact. The omission thus improves fluency and readability in the target text, showing how structural differences between languages often require adjustments that do not compromise meaning but enhance idiomatic accuracy.

Example #3 (pág. 38)

SL: Incluso, llegué a considerar su modo de hacer las cosas, para así, “*estando en su misma sintonía*” ...

TL: [...] I even considered doing things her way, so that—by being “*on the same wavelength*” ...

ANALYSIS: In this case, the translation omits the introductory filler expression “*Incluso*”, which in Spanish adds emphasis or a progressive sense (“even”, “what’s more”). While “*even*” could have been retained, the omission allows for a smoother, more natural flow in English without losing the core meaning. This technique ensures the sentence remains idiomatic and avoids redundancy, since the English clause already conveys the intended nuance without needing an additional marker. Thus, the omission does not alter the message but optimizes the readability of the target text.

1.4.6. Translation Technique: Modulation

Definition: “Modulation involves using a different phrase from that used in the source content to preserve the same meaning in the target language. With this technique, you change a perspective to convey the idea in a way that aligns with the natural patterns of the target language. Thus, a reader in the target language won’t be confused by an unexpected phrase.

Example #1 (pág. 6)

SL: “Es un sueño que cumplo, es una meta que alcanzo, *es un escalón que subo* y una semilla que dejo.”

TL: “It is a dream [...] I complete, it is a goal [...] I reach, *it is one more step* and a seed [...] I plant.”

ANALYSIS: In this example, the most appropriate translation technique used is modulation, since there is a change in grammatical category without altering the meaning of the original message. For instance, the phrase "es un escalón que subo" is translated as "it is one more step," which represents a structural change: from a relative clause with a verb ("que subo") to a more simplified nominal construction. Additionally, "cumplo" translated as "complete" also implies an adaptation, changing the reflexive verb into an active voice in English, while respecting the context. Modulation allows for greater fluency and naturalness in the target language, adjusting to English structures without being a word-for-word translation. This technique is common when the syntactic structures of the source and target languages do not match exactly. Therefore, the translator uses modulation and transposition to preserve the message's meaning and coherence.

Example #2 (pág. 9)

SL: Todo tiene una base, desde *el edificio más alto* hasta la vivienda más pequeña.

TL: Everything has a foundation, from *the skyline* to the smaller house.

ANALYSIS: This example uses a modulation technique when it changes from the source “el edificio más alto” to “skyline” to be more understandable to the target readers. It keeps the meaning of the original text, it sounds more appropriate, fluence and holds the natural flow of target language.

Comentado [LA1]: This example uses a modulation technique when it changes from the source “el edificio más alto” to “skyline” to be more understandable to the target readers. It keeps the meaning of the original language and sounds better and more fluence and natural in the target.

Example #3 (pág. 6)

SL: ¿Qué contiene el libro?

TL: What is the book all about?

ANALYSIS: This translation uses the technique of modulation, as it involves a change in point of view or semantic focus between the source and target texts without altering the essential meaning. In the original Spanish sentence, “¿Qué contiene el libro?”, the verb *contener* has a more formal or technical tone. In contrast, the English version uses “is... all about”, which conveys the same idea of content but in a more conversational and informal way, typical of everyday English. Rather than opting for a direct equivalent like “What does the book contain?”, which would be closer to a literal translation, the phrase is adjusted to better reflect natural usage and tone in the target language.

Example #4 (pág. 13)

SL: El gran error está en que todas estas cosas son efímeras.

TL: The great mistake lies in the fact that all of these things are temporary.

ANALYSIS: In this case, the translation applies a modulation technique. The Spanish SL (“el gran error está en que...”) uses a structure that presents the error as a state of being, while the TL shifts perspective to “the great mistake lies in the fact that...”, which is a more natural and idiomatic way in English to convey the same idea. Instead of a literal rendering (“the great mistake is that...”), the translator chooses a formulation that better fits English rhetorical style.

Additionally, the term “efímeras” is rendered as “temporary”. While “ephemeral” exists in English, it is a more formal and less commonly used word. The translator adapts it through equivalence/modulation, choosing “temporary” to ensure clarity and accessibility for the target audience, without losing the meaning of transience implied in the SL.

Comentado [LA2]: Transposición:

- “el gran error está en...” → “the great mistake lies in...”: cambia la estructura para sonar más idiomático en inglés.

1.4.7. Equivalence translation

Definition: Equivalence is a term used by Vinay and Darbelnet (1958/1995, p. 90) to express the action a translator takes when “the same situation can be rendered by two texts using completely different stylistic and structural methods.”

Example #1 (page 9)

SL: Vayamos por partes, sin lugar a duda nuestras vidas tienen un cimiento, esa pregunta es fácil de responder...

TL: Let's break it up, without a doubt our lives have a foundation; it is an **easy peasy** question to answer...

ANALYSIS: In this example it is applied an equivalence using the “Easy peasy” phrase. It is a common idiomatical expression in English to refer to something that is not difficult to solve. This technique gives a meaningful and coherent structure in the target language to maintain the message of the source text and it is more understandable for English speakers.

Example #2 (page 46)

SL: devorar las páginas con emoción, euforia y alegría...

TL: devouring page after page with excitement, euphoria, and joy...

ANALYSIS: This expression “devorar las páginas” doesn't have a direct translation in English, so it needs an equivalence to maintain a metaphoric tone with “devouring page after page”. Therefore, the translator employs equivalence, choosing “devouring page after page” to preserve the metaphorical tone and the sense of urgency. The addition of “page after page” introduces a rhythmic and cumulative effect, which is not explicitly present in the SL but enhances the imagery in the TL—this reflects a subtle adaptation to English stylistic norms.

1.4.8. Translation Technique: Explicitness

Definition: Explication as a "stylistic translation technique which consists of making explicit in the target language what remains implicit in the source language because it is apparent from either the context or the situation". Vinay and Darbelnet (1958/1995)

Example #1 (page 19)

SL: "El aprendizaje es movimiento; no puedes aprender si permaneces siempre estático..."

TL: "Learning is movement; you can't learn if you always remain static [stuck in the same place.]"

ANALYSIS: In this case, the addition of "*stuck in the same place*" serves as an explicit clarification not present in the Spanish source text. The word "*estático*" in Spanish already conveys immobility and lack of progress, but English tends to benefit from a more concrete and spatial metaphor to strengthen the image. By adding this expression, the translator bridges the cultural and linguistic gap, making the abstract concept of stagnation more accessible and vivid for the target reader. This is a clear example of the explicitness technique, since the translator unfolds an implicit nuance from the SL into a more explicit formulation in the TL, without altering the meaning but rather reinforcing its impact and clarity.

1.4.9. Translation Technique: Addition

Definition: "This technique consists of introducing lexical or structural elements in the target text that are not present in the source text, in order to make the translation more natural or to clarify implicit meaning" (Molina & Hurtado Albir, 2002, p. 510).

Example #1 (page 38)

SL: Esto no implica que dejes de ser TÚ, sino que te conviertes en el **MEJOR TÚ**.

TL: It doesn't mean you stop being YOU—it means you become the **BEST version of YOURSELF**.

ANALYSIS: In this case, the translator introduces the word "*version*", which is absent in the source text. The addition serves two purposes: it clarifies the meaning in English and improves fluency, as "the BEST YOU" may sound ambiguous or awkward. By inserting

Comentado [LA3]: Addition:
It added the word "version" to keep more fluently and sounds natural in the target language.

“version”, the target text conveys a more idiomatic and culturally natural expression that English readers can easily understand. This added word does not alter the core meaning but enhances the clarity and impact of the message, which is the main function of the addition technique.

Second Chapter

2.1 Translated Document: Source + target

Página 1

**Querido
destino**

Ahora es mi turno...

Ariel Amir Ortíz Arjona

Famiro14
Chiriquí - Panamá

Page 1

**Dear
Fate**

I never give up...

Ariel Amir Ortíz Arjona

Famiro14
Chiriquí - Panamá

Página 2

Querido Destino; Ahora es mi turno.

Autor: Ariel Amir Ortíz Arjona

aaortiza314@gmail.com

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Edición & Copyright 2024: Ariel Amir Ortíz Arjona

Dirección General: Fabián Amir Ortíz

Portada: Fabián Amir Ortíz

famiro14@gmail.com

Edición: Famiro14

famiro14@gmail.com

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Page 2

Querido Destino; Ahora es mi turno.

Author: Ariel Amir Ortíz Arjona

aaortiza314@gmail.com

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General Direction: Fabián Amir Ortíz

Cover: Fabián Amir Ortíz

famiro14@gmail.com

Edition: Famiro14

famiro14@gmail.com

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Página 3

“Vemos los tropiezos como fracasos, cuando en realidad son la forma en que la vida nos transforma en aquello que soñamos ser”

Ariel A.

Ortiz A.

Página 4

*Esta obra la cual he titulado “**Querido Destino**” ahora es mi turno; es una recopilación de mis experiencias y aprendizajes, generados en una etapa complicada de mi vida.*

Son la sabiduría construida sobre la pérdida, el dolor y la aceptación, que hoy te ofrezco, como ayuda, consuelo, inspiración o entretenimiento.

Es así mismo un logro personal, una muestra de que “si puedo”, y un testimonio de que las piedras en el camino pueden transformarse en piedras angulares.

A través de los siguientes capítulos descubrirás un poco sobre mi historia, y de cómo mi entendimiento sobre la vida y su propósito cambió a partir de cada experiencia vivida.

Page 3

“We see setbacks as failures, when in reality they are life's way of transforming us into what we dream of being.”

Ariel A.

Ortiz A.

Página 4

*This work entitled “**Querido Destino**” now is my turn, it is a compilation of my experiences and lessons learned during a difficult stage of my life.*

There is the wisdom built by bereavement, pain and acceptance, that I offer you today, as help, consolation, inspiration or entertainment.

It is a personal achievement, is a sample that “I can do it”, and it is a testimony about how rocks on the road can change it into cornerstones.

Through the following chapters you will discover a few of my story, and how my understanding of the life and its purpose changed about ich lived experiences.

Comentado [IB4]: IN parenthesis “Dear Destiny”

Espero que disfrutes el libro que sostienes, fue escrito con mucho cariño.

Página 5

INTRODUCCIÓN

Hola querido lector, bienvenido. Lo que sostienes ahora es más que un simple libro, es *mi experiencia*, es *mi vida*, es *mi camino*, un tesoro de esos que no compartes con cualquiera, pero que hoy, luego de haber conquistado mis miedos y alcanzado con éxito la victoria, me atrevo a mostrar al mundo.

¿Qué espero lograr con esto?

Sócrates dijo “*El conocimiento os hará libres*”, y a través de este libro, emprendo una búsqueda por descubrirme. Busco mi libertad, a la vez que los invito a caminar conmigo para que puedan encontrar la suya. Así es que, escribí este libro para mí, como una promesa cumplida a mi antiguo yo, y como un recordatorio — *una motivación* — para mi yo del mañana.

Pero también lo escribí para ti, para que mi luz y mi sombra, mis fracasos y éxitos, mis caídas y conquistas, puedan ayudarte en caso de que lo necesites.

I hope you enjoy this book. It was written too much love.

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INTRODUCTION

Hello dear reader, welcome. What you are holding now is more than a simple book, it is *my experience*, my life, is *my road*, a treasure that you don't share with nobody, but today, after conquered successfully my fears I **reached** victory, I can show it to the world.

What I hope to achieve with this?

Socrates said, “*Knowledge will make you free*”, and through this book, I begin a hunt to discover me. I find my freedom; **at the same time**, I invite you to walk with me to find your freedom too. So, I wrote this book for me, as an accomplished promise to my old version, and as a reminder — *a motivation* — for my future version.

I wrote down my shadows and light, my failures and successes, my falls and conquers, just for you in case you need them.

Comentado [IB5]: Too forced.

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¿De qué trata este libro?

Este libro trata de cómo toqué fondo, y de cómo ahora emprendo un éxodo para levantarme cada día. Es mi testimonio, mi forma de gritarle al universo: “*Me lanzaste lo mejor que tenías, ahora es mi turno*”. Porque si el fracaso es algo común entre los humanos, entonces la superación también lo es; *solo hay que encender esa chispa*.

Para mí este escrito es mucho más que un libro...

Es un sueño que cumplo, es una meta que alcanzo, es un escalón que subo y una semilla que dejo. Es un contrato que firmó en el que me comprometo a ser una mejor persona y un mejor hombre.

¿Qué contiene el libro?

El libro es una recolección de mis experiencias, reflexiones, conocimientos y pensamientos sobre la pérdida, la aceptación y la lucha interna. También encontrarás algunas preguntas y dinámicas introspectivas para que puedas ahondar en tu crecimiento personal, ayudándote a comprender tu propia realidad, y animándote a escribir tu propia historia de vida.

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Sin más que decir...

Page 6

What about this book?

This book is about how I hit the rock bottom, and how I use an exodus to wake up every day. This is my testimony, this is how the universe hears me screaming: “*You threw me the best you had, it is my turn now*”. Because if failing is a daily thing among humans, then overcoming them is too; *we just need to lid the spark*.

For me this text is much more than a book...

It is a dream that I complete, it is a goal that I reach, it is one more step and a seed I plant. It is a signed contract where I commit to be a better person and better man.

What is the book all about?

The book is a compilation of my experiences, reflections, knowledges, and thought about lost, acceptance, and the inside battle. Also, you will find some questions and introspective dynamics for you to delve into your personal growth, helping you to understand your own reality, and motivation you to write your own life story.

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No more to tell...

Comentado [LA6]: Modulation

Comentado [IB7R6]: No, it is redundancy

Quizás esta introducción ha sido un poco extraña, rebosante de sentimentalismo, pero quería dejar un espacio para que mi perfeccionismo de escritor se callara y mis dedos fluyeran al ritmo que mi corazón dictara, si no he sido lo suficiente claro hasta ahora permíteme simplificarlo: *“Esta es mi historia, y también es la tuya”*.

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Los cimientos de nuestra vida 9

Capítulo dos

Cuando tocamos fondo.....22

Capítulo tres

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Capítulo cinco

Una nueva esperanza 54

Capítulo seis

Un camino tortuoso..... 65

Capítulo siete

Llegando a la cima..... 76

Maybe, this introduction has been a little weird, overflowing of sentimentalism, but I wished to leave a space to my writer perfectionism to be quiet and my fingers flow as the rhythm of my heartbeat, if I am not clear enough until now, let me simply it to you: *“This is my story, and your story too”*.

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CONTENT

Chapter one

The basis of our live 9

Chapter two

When we hit the rock bottom..... 22

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<p>Capítulo ocho</p> <p>Renaciendo a mi nueva vida..... 82</p> <p>Página 9</p> <p>CAPÍTULO UNO</p> <p>Los Cimientos de Nuestras Vidas</p> <p>Es curioso, aunque lógico observar como todo lo que nos rodea se cimienta sobre algo.</p> <p>La lengua con la que nos expresamos se cimienta en las letras y en las reglas que usamos para organizarlas, la música que escuchamos se cimienta en notas y ritmos que convergen de manera <u>armónica</u> para nuestro deleite, las ciencias con las que buscamos explicar nuestro lugar en el universo se cimientan en las matemáticas, ese lenguaje odiado por muchos, pero sin el cual no seríamos nada.</p> <p>Todo tiene una base, desde el edificio más alto hasta la vivienda más pequeña.</p> <p>Cabe entonces preguntarse, <i>¿Cuál es el cimiento de la vida del hombre?</i> Debemos tenerlo, <i>¿Cierto?</i>, y si es así, <i>¿Cuál es?</i></p> <p>Vayamos por partes, sin lugar a duda nuestras vidas tienen un cimiento, esa pregunta es fácil de responder; sin embargo, «<i>¿Cuál es ese cimiento?</i>» es una pregunta un poco más complicada.</p>	<p>Chapter eight</p> <p>Rebirthing to a new live 82</p> <p>Page 9</p> <p>CHAPTER ONE</p> <p>The basis of our live</p> <p>It is curious, although logic, to observe how all the things around us, it consolidates about something.</p> <p>The language that we use to express it basis on letters and rules we use to organize it, the music that we listen is consolidated on rhythms and notes converge for us in a <u>harmoniously</u> way to delight, the mathematical sets are the basis of sciences that we use to explain our place in universe; that hateful language by far, which we wouldn't be without.</p> <p>Everything has a foundation, since the skyline to the smaller house.</p> <p>It is necessary to ask, <i>which is the basis of the mankind?</i> We should have, <i>right?</i> If it is like that, <i>which is it?</i></p> <p>Let's break it up, without doubts our live have a foundation; it is an easy peasy question to answer; however, <i>which is that basis?</i> It is a more complex question.</p>
---	---

Comentado [LA8]: This example uses a modulation technique when it changes from the source “el edificio más alto” to “skyline” to be more understandable to the target readers. It keeps the meaning of the original language and sounds better and more fluence and natural in the target.

Los seres humanos somos individuos extraordinarios; si colocáramos una manzana en una mesa y a tres personas a su alrededor, y pudiéramos introducirnos en su mente para saber

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lo que piensan, quizás la primera piensa en cómo se vería esa fruta pintada en un lienzo con acuarelas, la segunda pensaría en cómo el color rojo de la fruta es el resultado de la reflexión de dicha frecuencia de onda, mientras que la tercera pensaría en porqué no darle un mordisco ya que se muere de hambre.

Todos tenemos formas únicas de ver el mundo que nos rodea, y como tal, todos tenemos nociones diferentes de cuáles son los cimientos que sostienen nuestras vidas. Algunos pensarán que su cimiento es su familia, o su pareja, o ese trabajo que tanto disfrutan hacer, esa afición o deporte al que le dedican tantas horas; son las piedras angulares sobre las cuales erigen todo lo demás.

Pero en muchas ocasiones, aquello que elegimos para cimentar nuestras vidas puede llevar al derrumbe total de nuestros sueños, expectativas, e ilusiones.

«¿Es mejor no tener ningún cimiento entonces?» Por supuesto que no; no se empieza a construir una casa por el techo, NUNCA. Así mismo, es imposible construir una identidad como persona sin tener unos cimientos sobre los cuales trabajar.

We Humans are unique and special, if we place three persons around an apple we could get into their minds to realize

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what they are thinking, maybe at first how the fruit will look when painted on a canvas, the second one would think how the red color is the result of a reflection on the light wave frequency, while the third one would think on why not biting it out of hungry.

We all have unique ways of seeing the world around us, and as such, we each have different ideas about what the basis of our lives are. Some may believe their foundation is their family, their partner, the job they truly enjoy, or a hobby or sport to which they dedicate many hours; these are the cornerstones upon which they build everything else.

Yet often, the things we choose as the basis of our lives can lead to the complete collapse of our dreams, expectations, and hopes.

«So, is it better to have no foundation at all? » Of course not; you NEVER start building a house from the roof down. Likewise, it's impossible to build a personal identity without foundations to build upon.

Algunos cimentan sus vidas en un trabajo, olvidándose de que no trabajarán toda su vida, o que el mercado está en constante

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evolución y el ritmo al que todo evoluciona puede terminar sobrepasando sus capacidades, porque en esta vida lo único que nunca cambia es que todo cambia.

Si dejaran de ser capaces de realizar ese trabajo, ¿Qué pasaría con sus vidas? Nada, conseguirían otro trabajo, sería la respuesta que a lo mejor pensó la mayoría, sin saber que esa persona había cimentado toda su vida en ese trabajo, y que ahora que es incapaz de hacerlo tiene que ver como todo lo que había construido se derrumba.

Otros cimentan su vida en su familia, una hermosa y noble forma de construir sus vidas, pero una que enfrenta un problema similar al anterior. Asumimos que los tendremos siempre, la realidad es que todos somos pasajeros en este tren llamado vida, y algunos son llamados a bajarse en una estación anterior a la nuestra.

Con esto no quiero decir que no debemos darle ese lugar especial que merece la familia en nuestras vidas, al contrario, el entender que algo es finito no nos hace dar su presencia por sentado, invitándonos a valorarlo más. El problema real es mucho más profundo.

Construí mi vida alrededor de una persona, una persona muy especial para mí. Quizás a muchos les parezca un error absurdo,

Some build their lives around a job, forgetting that they won't work forever, or that the market is constantly

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evolving — and the pace of that evolution can eventually exceed their abilities, because in this life, the only thing that never changes is that everything changes.

If you are no longer able to do that job, what would happen with your life? Nothing—they would just get another job, might be the answer most people would think, without knowing that this person had built their entire life around that job, and now they are unable to do it, they have to watch everything they built fall apart.

Others build their lives around their family— a beautiful and noble way to shape one's life, but one that faces a problem similar to the previous one. We assume they'll always be there, but the reality is that we're all passengers on this train called life, and some are called to get off at an earlier station than we are.

This is not to say we shouldn't give family the special place it deserves in our lives— in contrast, knowing something is finite keeps us from taking it for granted, and invites us to value it even more. The real problem lies much deeper.

I built my life around a person, someone who was very special to me. Some may see it as a foolish mistake,

pero no me avergüenza admitir que lo cometí. Si nos avergonzáramos de nuestros errores, «¿Cómo podríamos aprender de ellos?»

Mi vida pasó a girar de manera completa en torno a esa persona, sus sueños se volvieron los míos, al igual que sus metas e ilusiones. Se volvió la piedra sobre la cual construí mi futuro, sobre la cual construí mi identidad, mi seguridad y mi valor personal.

Identidad, seguridad, valor personal. ¿Qué son en realidad? Seguro se te vienen a la mente algunas posibles definiciones para estos conceptos; permíteme compartir contigo mi visión:

- Tu identidad es quién eres en realidad, no quien dicen que eres o quien crees que eres. Un gato puede creer ser un león, pero eso no cambia el hecho de que es un gato. ¿Es eso malo? Para nada. Solo sabiendo quién eres puedes aspirar a ser más.
- Tu seguridad es esa fortaleza para mantenerse firme en medio de la tempestad, es esa ancla que te sujeta a la realidad, mientras te da el consuelo de que las cosas siempre pueden ser mejores.

but I'm not ashamed to admit I made it. If we were ashamed of our mistakes, «how could we ever learn from them?»

My life began to revolve entirely around that person, their dreams became my own, as did their goals and hopes. They became the stone upon which I built my future, the foundation for my identity, my sense of security, and my self-worth.

Identity. Security. Self-worth. What are they, really? You probably have some definitions of your own in mind; let me share mine with you:

- Your identity is who you truly are—not who others say you are, or who you think you are. A cat may believe it's a lion, but that doesn't change the fact that it's still a cat. Is that a bad thing? Not at all. Only by knowing who you are can you aspire to become more.
- Your security is the strength to stand firm in the middle of a storm, the anchor that keeps you grounded in reality, while offering you the comfort that things can always get better.

▪ Tu valor personal o autoestima es el “precio” que le pones a tu ser, entendiendo que como persona eres invaluable; es el reconocimiento de tus virtudes, logros, tus capacidades y oportunidades de crecimiento.

Una persona puede buscar estos tres aspectos tan importantes en su trabajo, en su familia, en otra persona, en un pasatiempo, en un placer, en una adicción, en una conducta y hasta en un hábito. El gran error está en que todas estas cosas son efímeras, en que, si cimentamos nuestras vidas en cimientos frágiles, la estructura corre el peligro de colapsar.

Pueden despedirte de tu trabajo, puedes perder a un ser querido, puedes romper lazos con esa persona especial, puedes dejar de ser bueno en ese pasatiempo; el disparo de dopamina que obtienes del alcohol, las drogas y el sexo se disipa. ¿Qué nos queda al final?

No busco ser un fatalista o un pesimista, al contrario, me catalogo a mí mismo (al menos en la actualidad) como un «optimista explosivo». Pero aun con esta actitud, reconozco que es necesario ver las cosas desde el punto de vista más realista posible, aunque pueda ser crudo y duro.

▪ Your self-worth or self-esteem is the “price” you assign to your being, understanding that, as a person, you are priceless; it’s the acknowledgment of your strengths, achievements, abilities, opportunities for growth.

A person may find these three vital aspects in their job, in their family, in another person, in a hobby, on a pleasure, in an addiction, in a behavior, or in a habit. The great mistake lies in the fact that all of these things are temporary, and that if we build our lives on fragile foundations, the structure is at risk of collapsing.

You can be fired from your job, you can lose a loved one, you can break ties with that special person, you can stop being good at that hobby; the dopamine rush you get from alcohol, drugs, and sex eventually fades. What are we left with in the end?

I don’t want to be a fatalist or a pessimist; on the contrary, I consider myself (at least for now) an “explosive optimist.” But even with this attitude, I recognize that it’s necessary to view things from the most realistic perspective possible, even if that perspective is harsh and uncomfortable.

Comentado [LA9]: MODULATION
“el ‘precio’ que le pones a tu ser” → “the ‘price’ you assign to your being”:
Se adapta la frase para hacerla más filosófica y fluida en inglés, manteniendo el tono reflexivo.

Comentado [LA10]: Transposición:
• “el gran error está en...” → “the great mistake lies in...”:
cambia la estructura para sonar más idiomático en inglés.

Mi vida giraba en torno a esa persona, y cuando nuestro lazo llegó a su fin no supe cómo afrontarlo; de repente, todos esos sueños que había trazado empezaron a resquebrajarse. Eran mis cimientos, y traté de aferrarme a ellos con toda la fuerza que tenía, sin darme cuenta de que una vez roto un plato nunca volverá a tener la misma forma, por más que juntes los pedazos. Cuando sucedió, me sentí devastado, sintiendo cada día una angustia terrible.

Esa persona era mi *“Todo”*, y su ausencia significaba que no tenía *“Nada”*. Es ahí cuando empecé a cuestionarme esos tres puntos tan importantes; mi identidad, mi seguridad, mi valor como persona. Tres *“respuestas”* que había *“encontrado”*, pero que en verdad había construido sobre los cimientos equivocados.

Me detengo en este punto para decir que no debemos guardar rencor en nuestro corazón; ni hacia ese jefe que nos despidió del trabajo de nuestros sueños, ni hacia ese familiar que nos decepcionó o abandonó, ni tampoco hacia esa persona con la cual nos habíamos hecho tantas expectativas.

Aunque cueste aceptarlo, es injusto culpar a alguien de nuestros sufrimientos y desgracias; si lo hacemos estaremos renunciando al control de nuestras vidas, a ese libre albedrío que nos hace humanos.

My life revolved around that person, and when our relationship ended, I didn't know how to handle it; suddenly, all those dreams I had mapped out began to fall apart. They were my foundation, and I tried to hold on to them with all the strength I had, not realizing that once a plate is broken, it will never take the same shape again—no matter how carefully you piece it back together. When it happened, I felt shattered, overwhelmed by a terrible anguish every single day.

That person was my *“Everything,”* and their absence meant I had *“Nothing.”* That's when I began to question three fundamental aspects of myself: my identity, my sense of security, and my self-worth. Three *“answers”* I thought I had *“found,”* but in truth, I had built them on the wrong foundation.

I pause here to say that we shouldn't hold resentment in our hearts—not toward the boss who let us go from the job we dreamed of, not toward the relative who disappointed or abandoned us, and not toward the person we had placed so many hopes in.

As hard as it may be to accept, it's unfair to blame someone else for our suffering and misfortunes; doing so means surrendering control over our lives—and giving up that free will which makes us human.

Es evidente que las acciones de otros pueden influir en nosotros, pero también es un hecho que tenemos el poder de elegir. «**TENEMOS EL PODER DE ELEGIR**»

Elegimos de una forma u otra construir nuestras vidas sobre cimientos endebles, que podían ser erosionados por las inclemencias de la vida y por la corrosión que genera del tiempo. Decidimos responder a esas tres cuestiones tan relevantes; “*Identidad*”, “*Seguridad*” y “*Valor personal*”, a través de medios no tan convenientes.

Por mucho tiempo viví en las sombras, entre las ruinas y escombros de quien alguna vez creí ser, de un “YO” construido sobre cimientos blandos. Poco a poco, con el tiempo y con la ayuda necesaria, empecé a ver la luz; me puse mis guantes y mi casco, tomé unos bloques y cemento y empecé de nuevo a construir mi vida, sobre los cimientos adecuados.

Cito ahora un pasaje de la Biblia Católica. Sé que algunos no son adeptos a esta religión, o no se sienten identificados con ningún sistema de creencias, y que esto los hace estar inclinados a rechazar cualquier mención de “Dios” o de “Cristo”, y de tachar de absurdos a los argumentos basados en esta premisa;

It’s clear that the actions of others can affect us, but it’s also a fact that we have the power to choose. **WE HAVE THE POWER TO CHOOSE**

One way or another, we chose to build our lives on fragile foundations—foundations that could be down by life’s harsh conditions and the slow corrosion of time. We chose to answer those three essential questions— “*Identity*,” “*Security*,” and “*Self-worth*” through means that weren’t always the wisest.

For a long time, I lived in the shadows—among the and rubble of who I once believed myself to be, a “built on soft foundations. Slowly, with time and the I needed, I began to see the light. I put on my glove helmet, grabbed some bricks and cement, and started rebuilding my life from the ground up—this time solid foundations.

I now quote a passage from the Catholic Bible understand that some people don’t follow this religion or don’t identify with any belief system at all—and this may lead them to reject any mention of “God” or “Christ,” dismissing arguments based on such premises as absurd.

Comentado [LA11]: Translation Technique Used: Equivalence

Example:

- “*cimientos endebles*” → “*fragile foundations*”
- “*medios no tan convenientes*” → “*means that weren’t always the wisest*”

Analysis:

Equivalence is used to convey the same meaning and emotional impact in culturally appropriate terms. “*Fragile foundations*” is a common metaphor in English that evokes instability and vulnerability. The phrase “*means that weren’t always the wisest*” adds a layer of introspection and softens the critique, aligning with the reflective tone typical in American personal development writing.

🌸 Cultural Considerations

- **Metaphorical Language:** The metaphor of building on unstable foundations is widely understood in English and often used in psychological or philosophical contexts. It resonates with American readers familiar with concepts of resilience and personal growth.
- **Tone of Accountability:** The phrase “*we chose*” emphasizes personal responsibility, a value deeply embedded in U.S. culture. It avoids blame and instead invites reflection.
- **Refinement of “Valor personal”:** Translated as “*Self-worth*”, this term is more idiomatic and emotionally precise in English, especially within therapeutic or motivational contexts.

También puede ser TRANSPOSITION

Comentado [LA12R11]:

Comentado [LA13R11]:

de manera personal considero que podemos aprender de TODO y de TODOS, y que, si rechazamos el conocimiento solo por su procedencia, entonces estamos más hundidos en la ignorancia de lo que creemos.

Este es un pasaje del Evangelio según San Mateo, capítulo 7, versículos 24 al 27:

“Cualquiera, pues, que me oye estas palabras, y las hace, le compararé a un hombre prudente, que edificó su casa sobre la roca. Descendió lluvia, y vinieron ríos, y soplaron vientos, y golpearon contra aquella casa; y no cayó, porque estaba fundada sobre la roca. Pero cualquiera que me oye estas palabras y no las hace, le compararé a un hombre insensato, que edificó su casa sobre la arena; y descendió lluvia, y vinieron ríos, y soplaron vientos, y dieron con ímpetu contra aquella casa; y cayó, y fue grande su ruina.”

¿Cimentamos nuestra vida “sobre la arena” o “sobre la roca”? O más importante, ¿Qué significa edificar nuestra vida “sobre la arena” y “sobre la roca”?

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Para mí, cimentar nuestra vida sobre la arena significa que usamos como cimientos cosas efímeras, que pueden verse alteradas, cambiadas o desaparecer, y que, como tal, no pueden ser buenos cimientos. En cambio,

Personally, I believe we can learn from EVERYTHING and EVERYONE, and that if we reject knowledge solely because of where it comes from, we may be deeper in ignorance than we realize.

This is a passage from the Gospel according to Saint Matthew, chapter 7, verses 24 through 27:

“Therefore, everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the rivers rose, and the winds blew and beat against that house; yet it did not fall, because it was founded on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on the sand. The rain came down, the rivers rose, and the winds blew and struck that house with force; and it fell—and its collapse was great.”

Do we build our lives “on the sand” or “on the rock”? Or more importantly, what does it mean to build our lives “on the sand” and “on the rock”?

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To me, building our lives on the sand means relying on fleeting things—things that can shift, change, or vanish—and as such, they cannot serve as true foundations. In contrast, building on the rock means

construir sobre la roca es edificar nuestras vidas sobre cimientos sólidos, fuertes e inamovibles.

¿Cuál podría ser este cimiento?

Antes mencioné que “lo único que no cambia es que todo cambia”, y esto es algo cierto. El cambio es una constante universal; el agua fluye, las plantas florecen, los seres evolucionan. Todo está cambiando, aun cuando no lo percibimos, así ha sido siempre y así siempre será; pues bien, existe algo que a mí me gusta llamar la otra constante universal. El aprendizaje.

De todo se aprende, DE TODO. Es algo invariable, pero ¿Cómo podemos cimentar nuestra vida en el aprendizaje? En definitiva, es un concepto mucho más abstracto y difícil de definir. Pues bien, lo planteo de este modo.

Cuando una persona que cimienta su vida en el aprendizaje es despedida de su trabajo, no se derrumba, sino que intenta saber que pudo haber hecho mal. Quizás no era valorado de forma adecuada en su trabajo, por lo cual debería aspirar a encontrar una plaza laboral en la que se le reconozca de acuerdo con sus logros y capacidades; quizás fue su responsabilidad, por no ponerle el empeño suficiente. En ese caso, se esforzará por aprender cómo puede ser mejor, cómo puede trabajar mejor y ser más eficiente.

constructing our lives on solid, strong, and unshakable foundations.

What could this foundation be?

Earlier, I mentioned that “the only thing that never changes is that everything changes,” and this is indeed true. Change is a universal constant; water flows, plants bloom, living beings evolve. Everything is changing, even when we don’t perceive it. It has always been that way and always will be. Well then, there is something I like to call the other universal constant: learning.

We learn from everything, FROM EVERYTHING. It is unchanging. But how can we build our lives upon learning? Ultimately, it is a much more abstract and harder-to-define concept. So, I will put it this way.

Someone who gets fired, and builds his life from learning, he doesn’t fall apart that easily. Instead, they try to understand what they might have done wrong. Maybe they weren’t properly valued at work, so they should aspire to find a position where their achievements and skills are truly recognized. Or maybe it was their own responsibility, for not putting in enough effort. In that case, they will strive to learn how to improve, how to work better, and how to be more efficient.

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Su vida no se viene abajo, al contrario, su “estructura” se hace más grande, y su “cimiento” se hace más sólido. Descubre y no pierdes de vista su identidad, reafirma su seguridad, y afianza su valor como persona.

Que tu cimiento sea el aprendizaje significa que cada experiencia, cada caída y cada decepción es una oportunidad para construirte como individuo, y convertirte en una persona integral. No en un ser perfecto, eso es inalcanzable para nosotros; pero si en una persona mejor.

Podemos aprender a ser agradecidos, enfocándonos en el tesoro que tenemos y no en el que codiciamos. Esto no es sinónimo de vivir en el conformismo, al contrario; la gratitud nos permite dar valor a lo que ya tenemos, a la vez que soñamos por alcanzar nuevos sueños y metas.

También podemos aprender a amar desde la libertad, el respeto, la aceptación y la empatía; aprender a creer, a tener esperanzas en que, así como “todo puede ir mal”, lo contrario es igual o más cierto, “todo puede salir bien”.

Cimentar nuestra vida en aprender significa una cosa: *Nunca dejaremos de crecer.*

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Their life doesn't fall apart; on the contrary, their “structure” grows stronger, and their “foundation” becomes more solid. They discover and never lose sight of their identity, reaffirm their sense of security, and strengthen their self-worth.

Let your foundation be learning; this means that every experience, every fall, and every disappointment is an opportunity to build yourself as an individual and become a well-rounded person. Not a perfect being—that is unattainable for us—but rather a better person.

We can learn to be grateful by focusing on the treasures we have rather than the ones we desire. This is not the same as living in complacency; on the contrary, gratitude allows us to value what we already possess while continuing to dream of achieving new goals and aspirations.

We can also learn to love through freedom, respect, acceptance, and empathy; to believe, and to hope that just as “everything can go wrong,” the opposite is just as true—or even more so—“everything can go right.”

Basing our lives on learning means one thing: *We will never stop growing.*

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El rincón de la introspección

El aprendizaje es movimiento; no puedes aprender si permaneces siempre estático, atrapado en un mismo lugar, eso es algo que muchos centros educativos no entienden. Tienen una única forma de enseñar; *la repetición*. Aprende y repite la información, te enseñan a pensar como loro, pero no a salir de la jaula.

Así mismo, leer un libro no te ayudará a aprender si no te cuestionas a ti mismo lo que estás leyendo, y si no aplicas aquello que se te ha enseñado. Es por eso por lo que al final de cada capítulo encontrarás una sección llamada **“El rincón del aprendizaje”** (*como esta*), en el cual podrás hacerte algunas preguntas y escribir tus reflexiones.

Como dije, este libro es nuestro y este es un espacio en el que tú también puedes expresarte.

Ahora que has leído sobre los cimientos de una vida, pregúntate:

- ¿En qué cimientos tu felicidad?
- ¿Dónde se encuentra tu identidad, seguridad y valor personal?

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- ¿Adoptas una actitud de termómetro (reaccionar y culpar) o de termostato (adaptarse y cambiar)?
- ¿Qué significa para ti “construir tu casa sobre la arena” *¿Lo has estado haciéndolo?*

The Introspection Corner

Learning is movement; you can't learn if you always remain static, stuck in the same place. That's something many educational institutions don't understand. They have only one way of teaching: repetition. Learn and repeat the information — they teach you to think like a parrot, but not **to fly out of** the cage.

Likewise, **reading a book** won't help you learn unless you question yourself about what you're reading and apply what you've been taught. That's why, at the end of each chapter, you'll find a section called “The Corner Learning” (like this one), where you can ask yourself some questions and write down your reflections.

As I said, this book is ours, and this is a space where you can also express yourself.

Now that you've read about the foundations of a life, ask yourself:

- What is your happiness built on?
- Where do your identity, security, and self-worth lie?

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- Do you adopt a thermometer attitude (react and blame) or a thermostat one (adapt and change)?
- What does “building your house on the sand” mean to you? Have you been doing it?

Comentado [LA14]: Adaptación cultural y lingüística:

En la frase “te enseñan a pensar como loro, pero no a salir de la jaula” se emplea una metáfora que tiene gran carga cultural. La traducción “they teach you to think like a parrot, but not to fly out of the cage” mantiene la figura del “loro” (parrot), lo cual es comprensible en ambas lenguas, pero se adapta ligeramente el final para hacerlo más fluido y expresivo en inglés. Se opta por “fly out of the cage” en lugar de una traducción literal como “get out of the cage”, con el objetivo de preservar la metáfora del aprendizaje como libertad y movimiento. Esta decisión demuestra un uso consciente de la **adaptación** para reforzar la imagen poética y retener el impacto del mensaje original.

Comentado [LA15R14]:

Comentado [LA16]: Transposición gramatical:

En varias partes del texto se emplea la **transposición**, como en “leer un libro no te ayudará a aprender”, traducido como “reading a book won't help you learn”. Aquí, el verbo en infinitivo “leer” cambia a un gerundio en inglés “reading”, ajustándose a la estructura esperada en la lengua meta. Este tipo de transposición asegura una oración idiomáticamente correcta, coherente y fluida.

Comentado [LA17R16]:

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CAPÍTULO DOS

Cuando Tocamos Fondo

Existe un comic de la editorial DC ® conocido como “*The Darkest Night*” o “*La Noche Más Oscura*”. No entraré en demasiados detalles sobre la trama para no aburrir a aquellos que no siguen los comics, y para evitar arruinar la experiencia de alguno que desee leer este cómic, así que me limitaré a utilizar esta obra solo con propósitos didácticos.

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CHAPTER THOW

When We Hit Rock Bottom

There is a comic from DC ® known as “*The Darkest Night*” or “*La Noche Más Oscura*.” I won’t go into too many details about the plot to avoid boring those who don’t follow comics, and to prevent spoiling the experience for anyone who wants to read this comic, so I will limit myself to using this work only for educational purposes.

<p>Todos pasamos en algún momento de nuestra vida por un punto de quiebre, o como se suele decir, <i>todos tocamos fondo</i>. Es un hecho que ciertas experiencias desagradables marcan nuestra historia, pero existen algunas que nos marcan más que otras, dejando cicatrices más profundas.</p>	<p>At some point in our lives, we all go through a breaking point, or as it is commonly said, we all hit rock bottom. It is a fact that certain unpleasant experiences leave a mark on our history, but some leave deeper scars than others.</p>
<p>Estos eventos son «<i>Nuestras noches más oscuras</i>», aquellas en las que sentimos que no vale la pena seguir adelante, y nos resignamos a quedarnos quietos mientras todo el mundo avanza, estancándonos, relegándonos al rincón del olvido; renunciando.</p>	<p>These events are “<i>Our darkest nights</i>,” those moments when we feel it’s not worth moving forward, and we resign ourselves to staying still while the whole world moves on, stagnating, relegating ourselves to the corner of oblivion; giving up.</p>
<p>Cuando mis cimientos se derrumbaron, sentí que lo perdí todo; el pesimismo, como una mala hierba, poco a poco empezó a apoderarse de mí. Mis días eran cada vez más oscuros y mis ganas de seguir adelante eran cada vez menores.</p>	<p>When my foundations collapsed, I felt like I had lost everything; pessimism, like a weed, gradually began to take over me. My days grew darker and my desire to move forward became smaller and smaller.</p>
<p>Dejé de disfrutar aquellas cosas que un día me dieron alegría; la música, los libros, las salidas con la familia, las películas, todo.</p>	<p>I stopped enjoying the things that once brought me joy: music, books, outings with family, movies — everything.</p>
<p>Página 23</p>	<p>Page 23</p>
<p>Poco a poco, sin darme cuenta, me fui apartando de todas aquellas personas especiales en mi vida, recluyéndome, tratando de forma desesperada de volver a como todo era antes.</p>	<p>Little by little, without realizing it, I started distancing myself from all the special people in my life, withdrawing, desperately trying to go back to how everything used to be.</p>
<p>No sabría darle una fecha específica al momento en que toqué fondo, pero sí sé que fue algo paulatino, no un suceso espontáneo.</p>	<p>I couldn’t give you a specific date for when I hit rock bottom, but I do know it was a gradual process, not a spontaneous event.</p>

En un determinado momento de nuestras vidas todos hemos sentido que tocamos fondo, todos nos hemos cuestionado *¿Cómo llegué a este punto?* Como insinué, nuestras razones pudieron haber sido distintas, pero nuestro padecimiento fue similar.

Cuando todo se viene abajo nada queda. Solo oscuridad.

Existe una frase muy conocida:

“Cuando tocas fondo, ya no puedes bajar más. A partir de entonces, solo te queda subir”

Esta frase encierra mucha sabiduría, es por ello por lo que la vamos a analizarla paso a paso y con detenimiento, tratando de descifrar cuál es el mensaje que nos transmite.

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- Cuando tocas fondo... *¿Cómo sabemos que hemos tocado fondo?*

¿Cómo es que puedo afirmar que esa experiencia que viví fue mi noche más oscura?

La respuesta a esta pregunta es muy subjetiva, y depende en gran medida del valor que damos a cada cosa. Para fines más prácticos, podemos pensar en tocar fondo no como *“lo peor que nos pasará en nuestras vidas”*, sino como una experiencia que ha sacudido nuestros

At a certain point in our lives, we've all felt like we hit rock bottom; we've all asked ourselves: How did I get to this point? As I hinted, our reasons may have been different, but our suffering was similar.

When everything collapses, nothing is left. Only darkness.

There is a very well-known phrase:

“When you hit rock bottom, you can't go any lower. From then on, the only way is up.”

This phrase holds a lot of wisdom. That's why we are going to analyze it carefully and step by step, trying to decipher the message it conveys.

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- When you hit rock bottom... *How do we know we've actually hit it?*

How can I be certain that the experience I went through was my darkest night?

The answer to this question is highly subjective and largely depends on the value we assign to things. For more practical purposes, we can think of hitting rock bottom not as "the worst thing that will ever happen to us," but rather as an experience that has shaken our

Comentado [LA18]: adaptation

Comentado [LA19R18]:

cimientos hasta tal punto que nos ha hecho cuestionarnos esos tres puntos mencionados en el primer capítulo; *Nuestra identidad, nuestra seguridad y nuestro valor personal.*

No todas las experiencias difíciles en nuestra vida tienen la capacidad de sacudir nuestros cimientos; olvidar tu paraguas en casa no siempre significa el fin del mundo (a menos que caiga una granizada)

Sin embargo, un cúmulo de “*malas experiencias*” puede sacudir tus cimientos. Imaginémoslo de este modo, te encuentras con que tu mueble favorito tiene polillas, son muy pocas, solo un puñado, y decides no darle importancia pensando que no son la gran cosa. Al cabo de un tiempo vuelves a ver el mismo mueble, y apoyas tu peso sobre él para descansar; sin embargo, toda la estructura se viene debajo de forma estrepitosa.

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En su interior, el mueble estaba roído por cientos de polillas.

Si dejamos que nuestros pequeños problemas se acumulen, llegará un punto en que todo se venga abajo, y esto es aplicable en todos los ámbitos de nuestras vidas; esto no quiere decir que no pueda reconstruirse ese mueble, pero tomará una gran cantidad de esfuerzo devolverlo a una forma “decente”.

foundations so deeply that it forces us to question those three key aspects mentioned in Chapter One: our identity, our sense of security, and our self-worth.

Not every difficult experience in life has the power to shake our foundations; forgetting your umbrella at home isn't always the end of the world (unless there's a hailstorm, of course).

However, a buildup of “*bad experiences*” can shake your foundations. Let's picture it this way: you discover that your favorite piece of furniture has a few termites—just a small handful—so you brush it off, thinking it's not a big deal. Sometime later, you return to that same piece, lean your weight on it to rest, and suddenly, the whole structure collapses with a crash.

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Inside, the furniture had been eaten away by hundreds of termites.

If we allow our small problems to pile up, there come a time when everything collapses, and this applies to every area of our lives; this doesn't mean that the of furniture can't be rebuilt, but it will take a great amount of effort to bring it back to a “decent” shape.

Comentado [LA20]: Adaptación (adaptation):
El ejemplo de las polillas fue adaptado ligeramente para mantener la claridad y resonancia cultural. Se utilizó *termites* en lugar de *polillas* (aunque en realidad son distintos insectos) ya que en inglés *termites* está más asociado con estructuras que colapsan internamente, lo cual refuerza la metáfora. Esto fue una decisión intencional para asegurar el impacto del mensaje.

Comentado [LA21R20]:

Cuando atravesamos este tipo de dificultades, aquellas tormentas capaces de zarandear nuestra barca amenazándonos con caer al salvaje mar, podemos decir entonces que hemos “*Tocado fondo*”.

- Ahora, analicemos el “*no puedes bajar más*”

Tenemos el poder de arreglar las cosas, pero también el poder de complicarlas mucho más; es nuestra naturaleza dicotómica del **Ying y el Yang**; o, dicho de otra manera, lo bueno y lo malo. Lo mejor y lo peor de la humanidad, envasado en cada persona; si nos empeñamos en ello y perdemos el foco de lo que en verdad es importante, sí que podremos bajar más, aunque no siempre es lo que sucede.

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Si cavamos un hoyo en busca de un tesoro fugaz, y poco a poco el hoyo se hace tan grande que es imposible volver a casa, ¿*continuamos cavando, echando tierra sobre nuestras espaldas?*, ¿*o nos detenemos?* La respuesta parece obvia, pero a veces nos ciega tanto el valor de ese “*supuesto tesoro*” que continuamos sin importarnos lo que suceda después.

En ocasiones no es que cavemos más hondo, sino que nos resignamos a quedarnos donde estamos; esa actitud conformista tiene la capacidad de cegarnos, y nos niega la posibilidad de alcanzar una vida llena de éxitos, reafirmando (*de forma equivocada*) que nada en nuestra vida vale la pena. Parafraseando a Platón: “¿*Cómo*

When we go through these kinds of difficulties—those storms capable of rocking our boat and threatening to throw us into the wild sea—we can then say we have “*hit rock bottom.*”

- Now, let’s analyze the phrase “*you can’t go any lower.*”

We have the power to fix things, but also the power to make them much worse; it is our dichotomous nature—**Yin and Yang**—or in other words, the good and the bad. The best and worst of humanity, bottled inside each of us; if we stubbornly persist and lose sight of what truly matters, yes, we can sink even lower, although that’s not always what happens.

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If we dig a hole in search of a fleeting treasure, and little by little the hole becomes so deep that it’s impossible to return home, do we keep digging, throwing dirt over our shoulders? Or do we stop? The answer may seem obvious, but sometimes we are so blinded by the value of that “*supposed treasure*” that we keep going, regardless of what might happen next.

Sometimes, it’s not that we dig deeper, but that we resign ourselves to staying where we are. That conformist attitude has the power to blind us and deny us the chance to achieve a successful life, wrongly reaffirming that nothing in our lives is worthwhile. To paraphrase Plato: “*How do we expect to see the light if we don’t leave the*

<p><i>esperamos ver la luz si no salimos de la caverna?”</i></p> <p><i>¿Cómo esperamos cruzar la meta si no hemos abandonado la línea de partida?</i></p> <ul style="list-style-type: none"> ▪ La última parte de esa frase es “<i>A partir de entonces, solo queda subir</i>” <p><i>¿Es esto algo cierto para todos los casos?</i></p> <p>Lo cierto es que la frase lo hace sonar como algo que ocurre de forma natural, como si fuera la conclusión o desenlace lógico; en cierto modo lo es, es la única vía razonable y que en verdad transformará nuestras vidas, pero no es algo que ocurrirá de forma espontánea, sin necesidad de que movamos ni un solo músculo para lograrlo.</p> <p>Página 27</p> <p>Los objetos en la Tierra se ven sometidos a la atracción gravitacional, una aceleración que nos atrae hacia el centro del planeta de forma “<i>Natural</i>”; pareciera que el mundo y el universo se empeñan por mantenernos en un mismo lugar, lo cual es similar a lo que podríamos pensar si estamos en un momento difícil en nuestras vidas.</p> <p>Aun así, tenemos cohetes que superan esa atracción, elevándose en los cielos y navegando entre las estrellas; esta acción no es “<i>natural</i>” como lo es la gravedad, sino que requiere de logística, de energía y de esfuerzo.</p>	<p><i>cave?” How do we expect to cross the finish line if we haven't stepped off the starting line?</i></p> <ul style="list-style-type: none"> ▪ The last part of that phrase is: “<i>From then on, the only way is up.</i>” <p><i>Is this true in every case?</i></p> <p>The truth is that the phrase makes it sound like something that happens naturally, as if it were the logical conclusion or outcome. In a way, it is — it's the only reasonable path and the one that can truly transform our lives. But it won't happen spontaneously, without us moving a single muscle to make it real.</p> <p>Page 27</p> <p>Objects on Earth are subjected to gravitational pull—an acceleration that draws us toward the center of the planet in a “natural” way. It almost seems as if the world and the universe conspire to keep us in the same place, which mirrors the way we might feel during difficult moments in our lives.</p> <p>And yet, we have rockets that overcome that pull, rising into the skies and traveling among the stars. This action is not “natural” like gravity—it demands logistics, energy, and effort.</p>
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Así mismo, escalar el abismo emocional en el que muchas veces nos encontramos no será una tarea sencilla que ocurrirá de manera automática; es importante saber también que es muy probable que las circunstancias se junten para impedir nuestro ascenso, pero esto no tiene porqué detener nuestro despegue.

Aun en nuestra noche más oscura, podemos estar seguros de que, con un poco de esfuerzo también seremos capaces de tocar las estrellas.

- Entonces, rescribamos la frase:

«*En nuestros momentos más difíciles, podemos elegir renunciar al cambio, o podemos esforzarnos para alcanzar nuestras más anheladas aspiraciones*»

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Nada que tenga un verdadero valor en esta vida llega de forma gratis, de una u otra forma siempre se requerirá que pongamos de nuestra parte; es el precio justo que debemos pagar por nuestra felicidad.

Muchas veces le tenemos pánico al fracaso, y es “normal”. Así es como nos han educado; la verdad es que no estamos “programados” de ese modo.

Si un niño se cae, se levanta y sigue jugando sin temor a volver a caer; pero a través de nuestra vida recibimos un acondicionamiento mental que hace ver al error y al fracaso como a un cáncer terminal; es cierto que nos

Likewise, climbing out of the emotional abyss we often find ourselves in will not be an easy task that happens automatically. It is also important to know that circumstances will likely conspire to block our ascent—but that doesn’t mean our takeoff must be stopped.

Even in our darkest night, we can be sure that with a bit of effort, we too can reach the stars.

- Then, we rewrite the phrase:

«*In our most difficult moments, we can choose to give up on change, or we can strive to reach our most deeply cherished aspirations*».

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Nothing that truly matters in life comes for free; in one way or another, we will always need to put in our share of effort—this is the fair price we must pay for our happiness.

Many times, we fear failure—and that’s “normal.” That’s how we’ve been raised. But the truth is, we are not actually “programmed” that way.

If a child falls down, they get back up and keep playing without fear of falling again. But throughout our lives, we are mentally conditioned to see mistakes and failure as if they were a terminal illness. Of course, we’d

gustaría triunfar siempre, pero hay algo que debemos entender:

A veces se gana y a veces se pierde; pero siempre, *SIEMPRE*, se aprende.

“*Tocar fondo*”, enfrentar una situación en extremo difícil en nuestra vida, no tiene porqué significar el final de nuestra historia; muchos buenos libros terminan con un cierre dramático y sentimental que desemboca en una “Segunda Parte”. Así mismo ocurre en nuestro caso, que nos hayamos caído, que nos hayamos equivocado, o que hayamos sufrido no significa que ahí acaba nuestra historia, aunque en el momento eso pensemos.

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Solo podemos ser valientes en medio del miedo, solo podemos estar seguros en medio de las dudas, solo podemos ser fuertes en medio de nuestras debilidades, solo podemos encontrar nuestra luz en nuestra noche más oscura.

El rincón de la introspección

Ahora que has leído sobre la noche más oscura, pregúntate:

like to succeed every time—but there’s something important we must understand:

Sometimes you win, sometimes you lose—but always, *ALWAYS*, you learn.

“Hitting rock bottom,” going through an extremely difficult situation in life, does not have to mean the end of our story. Many great books end with a dramatic and emotional finale that leads into a “Second Part.” The same happens to us: the fact that we’ve fallen, made mistakes, or suffered doesn’t mean our story is over—even if, in the moment, it feels that way.

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We can only be brave in the midst of fear, only be certain amid doubt, only be strong in the face of our weaknesses, only find our light in our darkest night.

The Introspection Corner

Now that you have read about the darkest night, ask yourself:

- *¿Has pasado por una situación que sacudiera tus cimientos?, Describe esa situación para poder observarla desde otra perspectiva.*
- *¿Cuándo cometes un error “continúas cavando” y empeorando la situación? o aceptas tu error y “dejas de seguir tirándote tierra en la espalda”*
- *¿Eres conformista en algún aspecto de tu vida? ¿Cuál es y a qué crees que se deba?*
- *¿Tu miedo al fracaso es mayor a tu deseo de superación?*
- *¿De cuántas experiencias negativas has extraído un aprendizaje y con cuáles piedras sigues tropezando?*

Hora de tomar acción

¿Qué acciones llevarás a cabo para aplicar lo aprendido en esta lección? Si no sabes por dónde empezar, aquí te muestro algunas recomendaciones:

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- Identifica una situación en tu vida en la que te encuentras atrapado y de la cual no puedes salir, y que pueda empeorar de manera constante. Empieza en pequeño, por ejemplo: *“Siempre discuto con mi hermano y terminamos enojados”* Luego pregúntate, *¿estoy empeorando la situación con mis acciones?* Recuerda que es más difícil cambiar a los demás que cambiarnos a nosotros mismos, por ello debemos convertirnos en el cambio que deseamos ver.

- *Have you experienced a situation that shook your foundations? Describe that situation to view it from a different perspective.*
- *When you make a mistake, do you “keep digging” and make things worse? Or do you accept your error and “stop throwing dirt on your back”?*
- *Are you complacent in any aspect of your life? Which one, and what do you think causes it?*
- *Is your fear of failure greater than your desire to improve?*
- *From how many negative experiences have you learned, and over which stones do you keep stumbling?*

Time to Take Action

What actions will you take to apply what you’ve learned in this lesson? If you don’t know where to start, here are some recommendations:

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- Identify a situation in your life where you feel stuck and unable to move forward—one that could steadily worsen. Start small, for example: *“I always argue with my brother, and we end up angry.”* Then ask yourself, *am I making things worse with my actions?* Remember, it is harder to change others than to change ourselves, which is why we must become the change we wish to see.

- Hora de vencer al conformismo. Identifica un aspecto negativo de tu vida con el que te has conformado, por ejemplo; “*Mi desmotivación me impide salir a ejercitarme*”. Ahora, ármate de valor y trata de romper ese patrón de comportamiento, así sea una sola vez.

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Notas

- Time to overcome complacency. Identify a negative aspect of your life you have settled for—for example: “My lack of motivation keeps me from going out to exercise.” Now, gather your courage and try to break that behavior pattern, even if it’s just once.

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Notes

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CAPÍTULO TRES

Negación y Negociación

Me gustaría comenzar este capítulo con un poema de mi puño y letra, se titula: *Negación y Negociación*

No quería yo soltarte,
No era esa mi intención,
¿No podemos un instante hacer a un lado la razón?

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CHAPTER THREE

Denial and Bargaining

I would like to begin this chapter with a poem of my creation, titled “*Denial and Bargaining*.”

I didn’t want to let you go,
That was never my intention,
Can’t we, just for a moment, set reason aside?

Comentado [LA22]: "Negación" → "Denial"

- Aquí usamos una **equivalencia directa** desde el ámbito psicológico. “Denial” es el término estandarizado y reconocido en el modelo de Kübler-Ross.
- Aunque "negación" también podría traducirse como “refusal”, eso alteraría el **matiz emocional e involuntario** que la palabra tiene en este contexto.

"Negociación" → "Bargaining"

- Esta es una traducción por **equivalencia funcional**, no literal. “Negotiation” sería una traducción más literal, pero menos precisa en el contexto del duelo.
- “Bargaining” incluye el sentido de súplica, trato emocional o negociación interna, típico de esta etapa en psicología. Aunque la palabra literalmente significa “regateo”, su uso técnico en inglés está completamente asentado en el modelo de duelo.

Comentado [LA23]: La técnica de traducción empleada aquí es **modulación**, ya que se cambia la forma del mensaje para adaptarlo mejor al estilo y normas del idioma meta. En lugar de traducir literalmente “*de mi puño y letra*”, que en español implica tanto autoría como escritura manual, se modula a “*of my own creation*”, que en inglés es una expresión más común para indicar que el autor escribió el poema. Esta elección responde a la necesidad de mantener la **naturalidad y claridad** en el texto traducido, evitando estructuras que suenen artificiales o incorrectas. Además, se emplea una **transposición** al cambiar el orden de los elementos: en inglés es más natural comenzar con “*I would like to begin this chapter...*” y luego introducir el poema, mientras que en español el énfasis inicial está en el deseo de incluir el poema. Esta adaptación demuestra sensibilidad cultural y lingüística, asegurando que el mensaje conserve su intención original sin sacrificar la elegancia del idioma meta.

Comentado [LA24R23]:

No quería que tu mano un día soltara la mía,
¿No podemos regresar el tiempo?, no es tarde todavía.

No quería verte marchar, llevándote mi identidad,
¿No podemos regresar a esa antigua realidad?

No quería tanto sufrir, no quería tanto llorar.
¿No puedes limpiar mis lágrimas y ayudarme a volar?

No quería que se sacudiera mi seguridad,
¿No puedes decirme que mis miedos no me dicen la
verdad?

No quería que de aquí partieras, rompiendo mi corazón,
¿No puedes mirarme al rostro y recordarme mi valor?

No quería que nuestro "por siempre"
se volviera un "hasta nunca"
¿No puede ser esta vida un poco menos injusta?

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Pero ahora me doy cuenta de cómo son las cosas,
que me duele no se niega y que acabó no se negocia.

La Negación y la Negociación son dos de las cinco etapas del duelo según el **modelo de Kübler-Ross**, un modelo utilizado en psicología para explicar las fases por las cuales atraviesa una persona que experimenta una pérdida o situación difícil.

I never wanted your hand to one day let go of mine,
Can't we turn back time? It's not too late to try.

I didn't want to see you leave, taking my sense of self,
Can't we return to that old reality we once held?

I didn't want to suffer so much, nor cry this endlessly.
Can't you wipe my tears and help me fly free?

I didn't want my sense of safety to be shaken,
Can't you tell me my fears are mistaken?

I didn't want you to leave me here, shattering my heart,
Can't you look me in the eyes and remind me who I am
at heart?

I didn't want our "forever"
to turn into "never again"
Can't this life be just a little less unfair then?

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But now I realize how things really are: that it hurts is undeniable, and that it's over is non-negotiable.

Denial and Bargaining are two of the five stages of grief according to the **Kübler-Ross model**—a framework used in psychology to describe the phases a person may go through when facing loss or a difficult situation.

Para ser más específicos, la *Negación* es la primera de las etapas, mientras que la *Negociación* es la tercera. Este modelo es solo una teoría, y no tiene por qué ser totalmente fiel a la realidad observada.

Como mencionamos en el primer capítulo cada persona es única; así mismo, sus procesos de duelo son específicos y no tienen por qué seguir una estructura lineal. Una persona puede estar aceptando una situación difícil y sufrir una recaída (*Esto se explorará en un capítulo posterior*); así mismo, el tiempo y el modo de la persona para superar ese duelo es diferente en cada caso.

Sin importar aquello que hemos mencionado con anterioridad, podemos aprender mucho sobre nuestro propio proceso de duelo al reflexionar en este modelo, en este capítulo en específico nos encargaremos de profundizar en las dos etapas ya mencionadas.

- **La Negación** es la primera etapa del modelo Kübler-Ross.

En esta etapa, la persona es introducida a una situación completamente nueva y en muchos casos no deseada. Como mecanismo de defensa natural, la persona muestra una *resistencia a asumir la situación como algo real*, optando en su lugar por catalogarla de “imposible” o “solo una pesadilla”

To be more specific, Denial is the first stage, while Bargaining is the third. This model is a theoretical construct and does not necessarily reflect every individual’s experience.

As mentioned in the first chapter, each person is unique; likewise, their grieving processes are specific and do not need to follow a linear structure. A person may be in the process of accepting a difficult situation and then experience a setback (this will be explored in a later chapter); similarly, the time and manner in which someone overcomes grief varies from case to case.

Regardless of what has been stated above, we can learn a great deal about our own grieving process by reflecting on this model. In this particular chapter, we will delve deeper into the two stages already mentioned.

- **Denial** is the first stage of the Kübler-Ross model.

In this stage, the person is introduced to a completely new and, in many cases, unwanted situation. As a natural defense mechanism, they show resistance to accepting the situation as real, choosing instead to label it as “impossible” or “just a nightmare.”

En mi caso, las expectativas e ideas que había construido entorno a esa persona especial hicieron que el cambio de la situación fuera complicado para mí; no lo creía posible, y muchas veces me acostaba rezando porque todo aquello fuera solo una pesadilla. De manera constante me decía que un lazo tan fuerte NO PODÍA haber acabado de ese modo, y esta etapa se prolongó por mucho tiempo.

Lo mismo puede suceder en situaciones como la pérdida de un familiar, en donde nos rehusamos a aceptar que esa persona se ha ido de nuestro lado, y que su mano, que siempre pensamos que nos sostendría, ya no está ahí para sujetarnos.

Ver tus sueños, planes laborales, tus aspiraciones y relaciones resquebrajarse provoca un golpe emocional muy fuerte; al construir gran parte de nuestras vidas alrededor de esos aspectos, los convertimos en nuestra zona segura o “zona de confort”, y al ser sacados de forma abrupta de esta nos invade el pánico, el miedo y la incertidumbre.

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Al experimentar estas situaciones, algunas personas optan por desligarse emocionalmente del mundo que los rodea, con la esperanza de que, si no se relacionan de forma íntima con las cosas o personas que están a su alrededor, no sufrirán cuando las pierdan. Esto podría brindarles un mínimo grado de seguridad, pero en

In my case, the expectations and ideas I had built around that special person made the change in the situation particularly difficult for me. I couldn't believe it was real, and many times I went to bed praying that it was all just a nightmare. I constantly told myself that such a strong bond COULDN'T have ended that way, and this stage lasted a very long time.

The same can happen in situations such as the loss of a loved one, where we refuse to accept that the person is no longer with us, and that their hand — the one we always thought would hold us up — is no longer there to support us.

Seeing your dreams, career plans, aspirations, and relationships fall apart delivers a powerful emotional blow. Since we build a large part of our lives around these aspects, they become our safe space or “comfort zone.” and being abruptly pulled away from it floods us with panic, fear, and uncertainty.

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When going through these situations, some people choose to emotionally detach from the world around them, hoping that if they don't get too close to the things or people in their lives, they won't suffer when they lose them. This might offer a minimal sense of safety, but in reality, it is a behavior fueled by the fear of pain and loss.

realidad es una conducta alimentada por el miedo al dolor y a la pérdida.

El dolor también es parte de la vida, así como el miedo o la felicidad; no podemos dejar que ese dolor nos impida amar y soñar. Nos es inevitable amar, y, por ende, nos es imposible no sufrir por la pérdida de aquello que amamos.

Como ya exploramos en otra ocasión, corremos un gran peligro al basar toda nuestra *vida, identidad, seguridad y valor personal* en algo efímero, lo cual no implica que nos tengamos que desligar también de cosas tan importantes como la familia, los amigos, los sueños, etc., al contrario, nos invita a aprender, a trascender, a crecer como personas, pero sobre todo a amar de la forma más saludable, empezando por amarnos a nosotros mismos y procurar siempre lo mejor para nuestras vidas.

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Además, el dolor puede ser uno de nuestros más grandes maestros; de manera natural, nos alejamos de aquello que nos da dolor, aprendiendo formas de evitarlo. Por ejemplo, al tocar una superficie caliente retiramos la mano de forma rápida, escapando de la situación en futuras ocasiones; sin embargo, evitar el dolor no siempre es el mejor camino, podemos evitar la luz, pero eso no hace más conveniente el vivir entre las sombras.

Pain is also a part of life, just like fear or happiness. We cannot allow that pain to stop us from loving and dreaming. It is inevitable that we love, and therefore, it is impossible for us not to suffer when we lose what we love.

As we've already explored, we run a great risk when we build our entire life, identity, sense of security, and self-worth on something ephemeral. However, this doesn't mean that we must also detach ourselves from important things like family, friends, and dreams. On the contrary, it invites us to learn, to transcend, to grow as individuals—and above all, to love in the healthiest way possible, starting by loving ourselves and always striving for what is best for our lives.

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Moreover, pain can be one of our greatest teachers. Naturally, we tend to withdraw from whatever causes us pain, learning ways to avoid it. For example, when we touch a hot surface, we instinctively pull our hand away, avoiding that situation in the future. However, avoiding pain is not always the best path—we may avoid the light, but that doesn't make living in the shadows any better.

El dolor puede ser un poderoso combustible para promover el cambio, un excelente catalizador que nos impulse hacia una extraordinaria transformación personal, pero esto solo será posible si aprendemos a darle *un significado a ese sufrimiento*.

Personalmente considero que, perdí mucho tiempo lamentándome y sufriendo, negándome a aceptar mi nueva realidad; todo empezó a cambiar cuando empecé a darle un significado y un propósito a ese sufrimiento, cuando decidí pensar en él como un medio para convertirme en alguien mejor, como un paso que debía dar para transformar mi vida en lo personal como en lo profesional, permitiéndome alcanzar mejores cosas.

Retomé mi hábito de la escritura gracias a ese dolor, primero como una forma de hacer catarsis, luego como una vía para encontrar mi libertad; cultivé mi espiritualidad y mi fe, me acerqué a mi familia y a mis amigos, y reconecté con mis pasiones y hobbies, pero, sobre todo, aprendí de ese dolor y ese aprendizaje me permitió crecer.

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«El hombre que niega su realidad se vuelve esclavo de una mentira, mientras que el hombre que acepta su realidad gana el poder de cambiarla»

- Ahora, hablemos de la **negociación**, la tercera etapa del modelo.

Pain can be a powerful fuel for promoting change—an excellent catalyst that pushes us toward extraordinary personal transformation. However, this is only possible if we learn to give meaning to that suffering.

Personally, I believe I lost a lot of time grieving and suffering, refusing to accept my new reality. Everything began to change when I started giving that suffering meaning and purpose—when I chose to see it as a means to become someone better, as a step I needed to take to transform both my personal and professional life and to reach greater things.

I returned to the habit of writing because of that pain—first as a way to release emotions, and later as a path to freedom. I nurtured my spirituality and faith, reconnected with my family and friends, and rediscovered my passions and hobbies. But above all, I learned from that pain, and that learning allowed me to grow.

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“The man who denies his reality becomes a slave to a lie, while the man who accepts his reality gains the power to change it.”

- Now, let’s talk about bargaining, the third stage of the model.

La negociación es un intento “racional” de volver al *status quo* o a nuestra zona de confort a través de un acuerdo; por más que la persona intente resolver de forma diplomática este asunto, nunca podrá hacer un trato con el destino ni con el *cambio*.

Los seres humanos tratamos por todos los medios posibles de “evitar el cambio”, sin darnos cuenta de que este ya nos ha arrastrado. Otra vez estas conductas están motivadas por el temor y la incomodidad que su nueva situación provoca.

Intenté cambiarme a mí mismo, con la esperanza de que ese cambio hiciera que esa persona se quedara; los cambios personales deben estar motivados siempre por un deseo interno de cambiar y ser mejores, no por una necesidad externa de aceptación. En su momento fue difícil darme cuenta de esto, solo me percataba de que por más que me esforzaba no conseguía nada, lo cual aumentaba mi malestar y mi auto desprecio.

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Incluso, llegué a considerar su modo de hacer las cosas, para así, “*estando en su misma sintonía*”, poder evitar que nuestro lazo se rompiera; sin embargo, tomar esa decisión hubiera ido en contra de mis ideales y de mi ética personal, e implicaría una traición hacia quien soy.

Bargaining is a “rational” attempt to return to the *status quo* or our comfort zone through an agreement. No matter how much a person tries to solve the matter diplomatically, they will never be able to strike a deal with fate or with change itself.

Human beings try by all means to “avoid change,” without realizing that it has already swept us away. Once again, these behaviors are motivated by fear and the discomfort caused by the new situation.

I tried to change myself, hoping that this change would make that person stay. Personal changes should always be driven by an inner desire to grow and become better, not by an external need for acceptance. At the time, it was hard for me to realize this—I only saw that no matter how hard I tried, I achieved nothing, which only increased my discomfort and self-loathing.

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I even considered doing things her way, so that—by being “*on the same wavelength*”—I might be able to break our bond. However, making that decision would have gone against my principles and personal ethics, and it would have meant betraying who I truly am.

Comentado [LA25]:

Comentado [LA26]: omission

Existe una gran diferencia entre cambiar y crecer como persona, y convertirte en alguien que no eres; el crecimiento implica la aceptación de las faltas y de los errores, y del compromiso de trabajar en ellos día a día para alcanzar tu máximo potencial. Esto no implica que dejes de ser TÚ, sino que te conviertes en el MEJOR TÚ.

Por otro lado, convertirte en alguien que no eres, ya sea en busca de aceptación social, por agradar a otras personas, por tu familia, o solo por un interés amoroso; implica que sacrificas *todo lo que eres, y podrías ser* por una identidad que no es la tuya, por una vida que no es la tuya. Implica vivir en otro cuerpo, en un cascarón que encierra a tu verdadero ser.

¿Cuántas veces no hemos intentado rescatar algo que no puede ser rescatado?, ¿Cuántas veces hemos buscado medios

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para evitar lo inevitable? La muerte, la pérdida y el dolor son también parte de esta vida, vienen en el contrato, y aunque nos cueste admitirlo, no podemos escapar de ellos, no podemos *negociar* con ellos.

Como ya sabemos, unas veces se gana y otras veces se pierde, pero lo que es aún más cierto es que siempre se aprende. La vida continúa, aunque en un principio nos cueste creerlo; yo mismo pensaba que mi vida había

There is a big difference between changing and growing as a person, and becoming someone you're not. Growth involves accepting your flaws and mistakes and committing to work on them every day to reach your full potential. It doesn't mean you stop being YOU—it means you become the **BEST** version of **YOU**.

On the other hand, becoming someone you're not—whether for social acceptance, to please others, to meet family expectations, or just for love—means sacrificing everything you are and everything you could become for an identity that isn't yours, for a life that isn't yours. It means living in someone else's body, trapped inside a shell that imprisons your true self.

How many times have we tried to save something that can't be saved? How many times have we searched

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for ways to avoid the inevitable? **Death, loss, and pain are also part of life**—they come with the contract—**as hard as it is to admit, we can't escape them, and can't bargain with them.**

As we already know, sometimes we win, and sometimes we lose—but what's even truer is that we always learn. Life goes on, even if at first it's hard to believe. I myself thought my life was over, and yet here

Comentado [LA27]: Omission

Se eliminan los artículos al hablar de sustantivos abstractos o conceptuales, regla gramatical del idioma meta.

acabado, pero hoy estoy aquí, escribiendo este libro, lleno de ilusión, esperanza y satisfacción.

Cuando entendemos que la mayoría de las cosas que suceden a nuestro alrededor se escapan de nuestro control, dejamos de intentar negociar con el *cambio* y nos volvemos capaces de ver aquello sobre lo cual tenemos control, para así trabajar a partir de ello en la transformación de nuestra nueva realidad. No debemos confundir esto con el conformismo, el cual nace de la pereza y de la mediocridad, mientras que aceptar que hay situaciones que no controlamos nace de la madurez y de la humildad.

Las etapas del duelo son diferentes para cada persona, y tienen una duración distinta; no hay que intentar apresurar la sanación, ya que todas las heridas cierran a su tiempo. Vive el dolor y aprende de él, porque ese sufrimiento está preparándote para lo que viene; para llevarte a disfrutar de un futuro brillante, de una vida maravillosa.

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Y recuerda: *Tu paz y salud mental no son negociables; ni ayer, ni hoy, ni nunca.*

El rincón de la introspección

Ahora que has leído sobre la negación y la negociación, pregúntate:

I am, writing this book, filled with hope, excitement, and a deep sense of fulfillment.

When we realize that most things around us are beyond our control, we stop trying to bargain with change and begin to recognize what we *can* control—so we can work from there to transform our new reality. We shouldn't confuse this with conformism, which is born from laziness and mediocrity. Acceptance of what we cannot control, on the other hand, stems from maturity and humility.

The stages of grief are different for everyone, and they last for different lengths of time. Healing should not be rushed, because every wound closes in its own time. Embrace your pain and learn from it, for that suffering is preparing you for what lies ahead—for a brilliant future and a beautiful life.

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And remember: your peace and mental health are non-negotiable—*not yesterday, not today, not ever.*

The Corner of Introspection

Now that you've read about denial and bargaining, ask yourself:

- *¿Te cuesta aceptar algunos cambios en tu vida? ¿Niegas la situación y te escondes en tu zona de confort?*
- *¿Has intentado resistirte al cambio a través de la negociación? ¿Te ha llevado eso a realizar acciones que no harías?*
- *¿Estás mejorando como persona o cambiando por alguien más?*
- *¿Qué tan seguido escapas de las situaciones dolorosas? ¿Has aprendido de ellas o continúas repitiendo los mismos patrones?*
- *¿Cuántas veces has sacrificado tu paz mental por alguna causa externa?*

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Hora de tomar acción

¿Qué acciones llevarás a cabo para aplicar lo aprendido en esta lección? Si no sabes por dónde empezar, aquí te muestro algunas recomendaciones:

- Encuentra aquellas situaciones que has estado negando; crea una lista donde incluyas todas y cada una de estas acciones que puedas recordar. Ahora, intenta pensar que pasaría si aceptas esas situaciones, *¿Las cosas serían peores?* Recuerda que aquello que niegas tiene poder sobre tu vida; solo a través de la aceptación se puede ganar control.

- *Do you struggle to accept certain changes in your life? Do you deny the situation and hide in your comfort zone?*
- *Have you tried to resist change through bargaining? Has it led you to do things you normally wouldn't?*
- *Are you improving as a person, or simply changing for someone else?*
- *How often do you run away from painful situations? Have you learned from them, or do you keep repeating the same patterns?*
- *How many times have you sacrificed your peace of mind for something or someone external?*

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Time to Take Action

What actions will you take to apply what you've learned in this lesson? If you don't know where to begin, here are some suggestions:

- Identify the situations you've been denying; make a list that includes each and every one of these actions you can remember. Now try to imagine what would happen if you accepted those situations—would things really be worse? Remember that what you deny holds power over your life; only through acceptance can you regain control.

- Has algo por ti mismo, solo por ti mismo; no importa lo pequeño que sea. Ve una película que quieras ver, vístete con esa ropa que te habías querido probar, empieza a leer ese libro que hace tiempo querías disfrutar, ponte, aunque sea por un breve momento, a ti mismo en primer lugar, y experimenta lo maravilloso que se siente.

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CAPÍTULO CUATRO
Una vida sin propósito

¿Cuál es la consecuencia de haber cimentado nuestras vidas en los cimientos incorrectos?, ¿Qué pasa cuando, tras mucho sufrir tocamos fondo?, ¿Qué sucede cuando negar y tratar de negociar no nos da ningún resultado?

- Do something just for yourself, and only for yourself—no matter how small it may be. Watch a movie you’ve been wanting to see, wear that outfit you’ve always wanted to try on, start reading that book you’ve been meaning to enjoy. Put yourself first, even if just for a moment, and feel how wonderful that can be.

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CHAPTER FOUR
A Life Without Purpose

What is the consequence of having built our lives on the wrong foundation? What happens when, after much suffering, we hit rock bottom? What happens when denial and bargaining lead us nowhere?

Estos son los ingredientes de la amarga receta de lo que yo llamo “*Una vida sin propósito*”, esa sensación en la cual experimentamos que nuestra existencia en este mundo no tiene sentido, y que nuestra presencia no suma ni resta.

No todas las personas que atraviesan situaciones difíciles llegan a este punto y se recuperan de manera satisfactoria, retomando sus vidas a plenitud. A otras en cambio, las pérdidas y las decepciones las llevan a cuestionarse el sentido de sus vidas.

En muchos casos, es necesario buscar ayuda psicológica para poder superar estas situaciones; muchas personas tienen una visión muy cerrada con respecto a esto, pero se debe tomar en cuenta que, *así como el cuerpo se enferma, también la mente lo hace*, y es necesario brindarle la misma atención y cuidado.

Ningún consejo de ningún libro, video, artículo u otro medio puede sustituir la ayuda especializada de un profesional. La información que aquí comparto está basada en mis experiencias y forma de pensar, y no pretendo en ningún momento que sean tomadas como verdades absolutas.

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La sensación de que «*Mi vida no tiene sentido*» está cimentada en un gran número de falacias y sesgos

These are the ingredients of the bitter recipe I call “*A Life Without Purpose*”—that feeling in which we experience that our existence has no meaning, and our presence neither adds nor subtracts.

Not everyone who goes through difficult situations reaches this point and then recovers fully, returning to complete life. Others, however, are led by loss and disappointment to question the very meaning of their lives.

In many cases, seeking psychological help is necessary to overcome these situations. Many people have a narrow view of this, but it’s important to understand that *just as the body gets sick, so does the mind*—and it deserves the same attention and care.

No advice from any book, video, article, or other medium can replace the specialized help of a professional. The information I share here is based on my personal experiences and way of thinking, and I do not intend for it to be taken as absolute truth.

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The feeling that “*My life has no meaning*” is based on a large number of fallacies and cognitive biases—erro

Comentado [LA28]: Adaptation: Aunque se ha mantenido la estructura matemática en inglés, esta adaptación cultural permite conservar el recurso retórico del original (anáfora + metáfora matemática) y llevarlo con naturalidad al lector angloparlante. Es una adaptación que respeta el estilo del autor sin hacer una traducción literal rígida, lo cual refuerza el impacto emocional del mensaje.

Comentado [LA29]: transposition

cognitivos, errores en nuestra forma de pensar que nos impiden ver la realidad tal cual es.

- El primero de estos errores lo explicamos en el primer capítulo, y es que buscamos definir nuestra *identidad, seguridad y valor personal* a través de medios efímeros y perecederos, que una vez desaparecen dejan en nosotros esa sensación de vacío.
- El segundo de estos errores es quedarnos encerrados en esa negatividad, es decir, quedarnos en el fondo sin buscar la forma de subir.
- El tercer error es el no aceptar ese cambio, y, por ende, rehusarse a aprender la lección que esa pérdida y ese dolor proporcionan, negándonos a nosotros mismos la oportunidad de crecer, trascender y mejorar.

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Este cóctel de falacias del razonamiento nos lleva a creer que nuestro paso por este mundo es inconsecuente, y que todo seguiría su curso, aun sin nosotros aquí.

Dejé que mi crisis personal me condujera hasta este punto, hasta sentir que nada tenía sentido; perdí el gusto por vivir, y solo pensaba en lo que fue pero que ya no podía ser. Poco a poco empecé a descuidarme.

our way of thinking that prevent us from seeing reality as it truly is.

- The first of these errors was explained in the first chapter: we seek to define our identity, sense of security, and personal worth through ephemeral and perishable means which, once gone, leave behind a deep sense of emptiness.
- The second mistake is staying trapped in negativity—remaining at the bottom without even trying to climb back up.
- The third mistake is refusing to accept that change, and therefore denying ourselves the chance to learn the lesson that such loss and pain offer, depriving ourselves of the opportunity to grow, transcend, and improve.

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This cocktail of flawed reasoning leads us to believe that our time in this world is inconsequential, and that everything would go on just the same without us.

I allowed my personal crisis to lead me to this point—where nothing made sense anymore. I lost my zest for life and kept thinking about what once was but could no longer be. Little by little, I began to neglect myself.

De cierta forma, había empezado a dejar de vivir, y es que *existe una gran diferencia entre vivir y estar vivo*; la primera es una experiencia, un viaje; la segunda es solo un estado. Yo había dejado de caminar, de soñar, de luchar.

Me fui hundiendo en la autocompasión, el auto desprecio y la negatividad, cerrando los ojos ante las bendiciones que la vida me presentaba y en su lugar enfocando mi memoria en los ecos de una sinfonía que había culminado hace tiempo; perdí las riendas de mi vida, por dárselas a mi pasado.

No era que mi vida no tuviera sentido, es que había dejado de dárselo; pensaba que mi relación con esa persona y los sueños que habíamos trazado eran mi sentido, mi propósito. Me equivoqué, construí mi vida sobre cimientos frágiles, ignorando el hecho de que las cosas y las personas cambian. Nada prevalece, todo es efímero, somos instantes en la eternidad del tiempo, ahora

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entiendo que hay personas que se van porque su tiempo a nuestro lado terminó; amigos, familia, pareja. Comprendo que hay cosas que terminan; Trabajos, proyectos, objetivos.

In a way, I had begun to stop living. There's a difference between *living and merely being alive*: the first is an experience, a journey; the second is just a condition. I had stopped walking, dreaming, fighting.

I sank into self-pity, self-loathing, and negativity, closing my eyes to the blessings life still offered me. Instead, I focused on the echoes of a symphony that had long since ended. I lost control of my life by handing the reins over to my past.

It wasn't that my life lacked meaning—it was that I had stopped giving it meaning. I believed my relationship with that person and the dreams we had built together were my purpose. I was wrong. I built my life on fragile foundations, ignoring the fact that things and people change. Nothing lasts. Everything is fleeting. We are mere moments in the eternity of time. Now

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I understand that some people leave because their time with us has ended—friends, family, partners. And I've come to accept that things end too: jobs, projects, goals.

Comentado [LA30]: transposition

Comentado [LA31]: transposition

Comentado [LA32]: Whole Literal translation

La no permanencia de algunas cosas puede resultar depresiva. *¿Qué sentido tiene luchar por tener algo si ese algo desaparecerá?* Del modo en que yo lo veo, nuestras vidas son como un libro; sé que es una analogía muy utilizada, pero la emplearé a mi modo.

Antes de leer una historia sabemos que acabará, que una vez alcancemos esa última página habremos llegado al punto final; *¿Acaso eso nos impide leerla de todos modos?* Creo que la mayoría de los lectores entiende el sentimiento, devorar las páginas con emoción, euforia y alegría; disfrutando la experiencia aun sabiendo que terminará.

Habrán algunos capítulos que nos gustarán más que otros, que nos enseñarán más que otros, o que nos impactarán más que otros. Aun así, leemos ese libro, sin pensar en el final.

Así es nuestra vida, con sus dolores, sus dichas, con sus penas y sus alegrías; si no la leemos y peor aún, si no la comprendemos, habremos desaprovechado una buena historia, por temor a su final.

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Uno de mis autores favoritos de fantasía, Brandon Sanderson, escribió en uno de sus libros una frase que resuena en mi cabeza hasta el día de hoy, y que sé que no olvidaré:

The impermanence of some things might result depressing. What's the point of fighting for something if that something will eventually disappear? The way I see it, our lives are like a book—I know it's a well-worn analogy, but I'll use it in my own way.

Before we begin reading a story, we know it will end—that once we reach the final page, it'll be over. But does that stop us from reading it anyway? I think most readers understand the feeling: **devouring page after page** excitement, euphoria, and joy—enjoying the journey even knowing it will come to an end.

Some chapters will move us more than others, teach us more than others, or affect us more deeply than others. Still, we read that book without focusing on the ending.

Life is just like that—full of pain and joy, sorrow and delight. If we don't read it—and worse, if we don't understand it—we'll have missed out on a beautiful story, all because we feared its ending.

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One of my favorite fantasy authors, Brandon Sanderson, wrote a line in one of his books that still echoes in my mind to this day, and I know I'll never forget it:

Comentado [LA33]: Equivalence:
La expresión “devorar las páginas” no tiene un equivalente directo en inglés, por lo que se recurre a una equivalencia que mantiene el tono metafórico: “devouring page after page”. El ritmo también se conserva, respetando las pausas y la carga semántica de los sustantivos emocionales.

“Vida antes que muerte, fuerza antes que debilidad, viaje antes que destino”

Para este capítulo haré un énfasis especial en la última parte de esa frase: «Viaje antes que destino»

Como hablábamos, en ocasiones sufrir una pérdida nos sacude y desorienta a tal grado que perdemos nuestra brújula vital, ese mapa, ese propósito; la pérdida de un familiar, de un trabajo, de una oportunidad increíble, de una amistad de mucho tiempo o de una persona muy querida. Un quebranto de salud, inestabilidad económica, un conflicto con alguien, las razones son numerosas; *¿Qué hacemos entonces?*

Hablar sobre el sentido de la vida siempre me ha parecido algo curioso; si le preguntamos a cualquier persona que sabe más dulce, el helado o el limón, la respuesta que obtendremos será uniforme y coherente con nuestros sentidos y percepción. Sin embargo, la vida es algo que realmente no entendemos, y el significado de esta es algo que no todos concebimos del mismo modo.

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En las ciencias biológicas, se ha realizado un listado de algunas cualidades o características que nos permiten identificar a algo como “vivo” de algo “no vivo”; por ejemplo, su habilidad para crecer, para responder a estímulos, para evolucionar, etc. Sin embargo, sin

“Life before death, strength before weakness, journey before destination.”

In this chapter, I want to place special emphasis on the final part of that phrase: “Journey before destination.”

As we mentioned, sometimes a loss can shake us and disorient us so deeply that we lose our inner compass—our map, our purpose. The loss of a loved one, a job, an incredible opportunity, a long-standing friendship, or someone very dear to us. A health crisis, financial instability, a conflict with someone—the reasons are many. *So, what do we do then?*

I’ve always found it interesting to talk about the meaning of life. If you ask anyone which tastes sweeter—ice cream or lemon—you’ll get a consistent answer, one aligned with our senses and perception. But life is something we don’t fully understand, and its meaning is something each person sees differently.

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In the biological sciences, a list has been compiled of certain qualities or characteristics that allow us to identify something as “living” versus “non-living”; for example, its ability to grow, to respond to stimuli, to evolve, etc. However, regardless of how complex this

importar lo complejo de esta etimología, los seres humanos entendemos la vida como “algo más”

Es así como la búsqueda por entender ese “*algo más*” y por responder la interrogante de “¿*Cuál es el propósito de la vida?*” nos ha acompañado desde los albores de la civilización; cientos de personas han intentado darle un sentido a nuestro breve paso sobre este planeta.

Algunos dicen que la vida no tiene sentido y que existimos por casualidad, otros dicen que somos un accidente, otros más que fuimos creados de manera intencional y se nos asignó una misión desde nuestra concepción; podemos ver como la diversidad de respuestas refleja la diversidad de pensamientos.

¿Con cuál respuesta nos quedamos?

Según lo que pienso, esa pregunta tiene una respuesta única para cada uno; podemos elegir una de estas corrientes, o podemos encontrar nuestro propio propósito.

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Como mencioné antes, veo la vida como una experiencia, como una especie de viaje común de todas las personas, que tiene el mismo comienzo y final para todos. He aquí que vemos el significado de “*Viaje antes que destino*”.

terminology may be, human beings perceive life as “something more.”

And so, the search to understand that “something more” and to answer the question “What is the purpose of life?” has followed us since the dawn of civilization; hundreds of people have tried to make sense of our brief existence on this planet.

Some say life has no meaning and that we exist by chance, others believe we are an accident, and still others claim we were intentionally created and given a mission from the moment of conception. We can see how the diversity of answers reflects the diversity of thought.

Which answer should we choose?

In my view, that question has a unique answer for each of us; we may follow one of these schools of thought, or we may discover our own purpose.

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As I mentioned before, I see life as an experience, as a sort of shared journey among all people, one that begins and ends the same for everyone. That’s where we find the meaning of “*Journey before destination.*”

Pienso que el propósito de la vida no se encuentra en su final sino en el recorrido, en los pasos que tomamos, en los sueños que trazamos y en el cariño que regalamos; siento que cada uno está llamado a hacer algo, pero que solo esa persona conoce ese llamado. Es entonces que el significado de nuestras vidas no es algo que encontramos, sino que creamos nosotros mismos.

Al redactar estas palabras siento que cumplo mi propósito, para esto vine.

Entiendo la sensación de no sentir nada, sé que a veces parece que nada mejorará; conozco ese sentimiento de impotencia y abandono, he estado en ese lugar y he visto al monstruo a los ojos. Y hoy estoy aquí, escribiendo mi historia, porque la diferencia entre ahogarse y salvarse es la decisión de seguir nadando.

De continuar con ese camino, aprendiendo de lo que pasó, perdonando, agradeciendo, soltando y soñando; no es fácil, por supuesto que no. De forma personal aún me encuentro en este caminar, sufriendo tropiezos, pero sin dejar de avanzar, y no pienso detenerme, estoy decidido a ser feliz.

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Cuando sientas que tu vida no tiene propósito, recuerda que el propósito no es algo que encuentras, sino algo que creas.

I believe that life's purpose is not found at its end, but rather in the journey—in the steps we take, the dreams we chase, and the love we give. I feel that each of us is called to do something, but only that person truly knows their calling. Therefore, the meaning of our lives is not something we discover, but something we create.

As I write these words, I feel I am fulfilling my purpose—this is what I came here to do.

I know the feeling of feeling nothing. I know that sometimes it seems like nothing will ever get better. I know the weight of helplessness and abandonment; I've been in that place, and I've looked the monster in the eye. And today I'm here, writing my story—because the difference between drowning and surviving is the decision to keep swimming.

To keep walking that path—learning from what happened, forgiving, giving thanks, letting go, and dreaming. It's not easy—of course not. Personally, I'm still on this journey, stumbling at times, but never stopping. And I don't plan to. I'm determined to be happy.

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When you feel like your life has no purpose, remember that purpose is not something you find, but something you create.

El rincón de la introspección

Ahora que has leído sobre una vida sin propósito, pregúntate:

- *¿Alguna vez te has sentido perdido y sin rumbo?*
- *¿Qué pérdida causa en ti esa sensación de vacío e impotencia? ¿Por qué?*
- *¿Sigues el camino que tú elegiste o estás siguiendo el camino que alguien escogió por ti?*
- *¿Estás dispuesto a tomar las decisiones necesarias para tener la vida que deseas y mereces?*

Hora de tomar acción

¿Qué acciones llevarás a cabo para aplicar lo aprendido en esta lección? Si no sabes por dónde empezar, aquí te muestro algunas recomendaciones:

- Si sientes que el único escape a tu dolor es la muerte, recuerda que si hoy sostienes este libro es porque has decidido intentar luchar. No te detengas ahí, buscar ayuda de un profesional no solo no es algo malo (*no importa lo que te digan los demás*) sino que puede resultar ser bastante útil; no estás solo, siempre habrá alguien dispuesto a ayudar.

The Introspection Corner

Now that you've read about a life without purpose, ask yourself:

- *Have you ever felt lost and directionless?*
- *What loss causes you that feeling of emptiness and helplessness? Why?*
- *Are you following the path you chose, or the one someone else chose for you?*
- *Are you willing to make the decisions necessary to live the life you want and deserve?*

Time to Take Action

What actions will you take to apply what you've learned in this lesson? If you don't know where to begin, here are a few suggestions:

- If you feel that the only escape from your pain is death, remember that if you are holding this book today, it's because you've chosen to fight. Don't stop there—seeking professional help is not only not a bad thing (no matter what others may say), it can actually be incredibly helpful. You are not alone; there is always someone willing to help.

Third Chapter

3.1. Challenges and solutions

As students of 2-2025 Final Project, as a community of learning, we came up with the following challenges and solutions that we have faced during this Final Project:

Challenges	Descriptions	Solutions
Limited Literature Review	Difficulty finding comprehensive studies on specific topics	Extensive database searches, including journals, theses, and conference papers; consult experts in the field
Defining Clear Research Questions	Ambiguity or broad scope making research unfocused	Narrow down topics; formulate specific, manageable research questions
Data Collection Constraints	Accessing appropriate translation texts or corpus	Use online databases, open-access sources, or create your own corpus
Methodological Complexity	Choosing suitable translation analysis techniques	Review existing methodologies; consult methodology guides or experts
Language Barriers	Challenges in analyzing texts in multiple languages	Collaborate with bilingual scholars; use translation tools judiciously
Formatting and Citation Issues	Inconsistent citation styles or formatting errors	Use reference management software; follow institutional guidelines
Time Management	Procrastination or workload overload	Develop a detailed timetable; set regular milestones
Critical Analysis Development	Difficulty in providing in-depth critique of translations	Practice comparative analysis; seek feedback from advisors
Ethical Considerations	Handling copyrighted texts or sensitive data	Obtain necessary permissions; anonymize data where required

3.2. Conclusions

As 2-2025 students of the Final Project of the Bachelor's Degree program in English with an emphasis in translation, we cooperatively came up with the following shared and common conclusions after a long process of deliberating on them in many instances as a community of learning about learning that have grown together as family with a common goal:

The process of translation is an intricate and dynamic endeavor that extends beyond simple linguistic substitution. It requires careful analysis of the source text's structure, style, and context, as well as a comprehensive understanding of cultural, historical, and literary aspects. Effective translation involves multiple stages, including comprehension, interpretation, and re-expression, ensuring that the original message, tone, and stylistic nuances are preserved. This multifaceted process demands both linguistic proficiency and cultural sensitivity to produce a final product that resonates authentically with the target audience while maintaining fidelity to the source material's intent.

Achieving the essence of a book in the target language goes far beyond literal word-for-word translation. It involves a nuanced grasp of the underlying themes, mood, and emotional subtleties embedded within the original text. A translator must interpret the author's intent and reflect the original voice, allowing the target readers to experience a similar emotional and intellectual response as the original audience. This requires a deep engagement with the source material, creative adaptability, and the ability to re-create cultural references, idiomatic expressions, and stylistic choices in a way that preserves the heart of the book without diluting or distorting its core message.

An essential aspect of faithful translation is the respect for and understanding of both the source and target cultures. This entails recognizing cultural specificities and making informed decisions about how to adapt or retain cultural elements to avoid misinterpretation or cultural insensitivity. A translator must act as a cultural mediator, balancing faithfulness to the original context with relevance and accessibility for the target readership. This cultural sensitivity not only enhances comprehension but also fosters intercultural dialogue, celebrating diversity and promoting mutual understanding through the translated work.

The application of various translation techniques plays a vital role in ensuring quality and readability. Strategies such as semantic equivalence, dynamic equivalence, adaptation, and

localization are employed to address linguistic differences, idiomatic expressions, and cultural references. Thoughtful use of these techniques enables the translator to overcome obstacles posed by language gaps, ensuring that the translated text remains coherent, engaging, and faithful to the stylistic and thematic elements of the original. Effectively applying these methods enhances the overall naturalness and authenticity of the translation, making it more appealing and meaningful for the target audience.

Ultimately, being faithful to the author's original purpose and intent is paramount in the translation process. This involves understanding the author's objectives, the intended audience, and the contextual framework within which the work was created. A translator must make deliberate choices that reflect the author's voice and message, ensuring that the translated version remains true to the original's core values and aims. By doing so, the translation not only respects the integrity of the source work but also provides a coherent and impactful experience for readers in the target language, fostering genuine appreciation and understanding of the author's creative vision.

3.3. Recommendations

As 2-2025 Final Project students of the School of English, we came up with the following recommendations:

To optimize the translation process for maintaining cultural fidelity, translators should prioritize thorough cultural research before beginning their work. This includes understanding the socio-cultural context, idiomatic expressions, and cultural sensitivities inherent in both source and target languages. Implementing a systematic pre-translation phase that focuses on cultural nuances can significantly reduce misinterpretations and enhance the overall quality of the translated text. Furthermore, adopting a collaborative approach involving cultural experts or native speakers can provide valuable insights and ensure authenticity. Emphasizing iterative review and feedback throughout the process helps refine translations, making them more aligned with cultural expectations. Ultimately, a culturally conscious approach to translation fosters clearer communication and builds mutual respect among diverse audiences.

Regarding the implementation of translation techniques, practitioners should adopt a flexible, context-sensitive approach rather than relying solely on rigid, formulaic methods. Techniques such as localization, paraphrasing, and adaptive translation enable translators to better capture the intended tone and cultural relevance. The integration of modern translation technologies like computer-assisted translation (CAT) tools and machine learning algorithms can streamline workflows and improve consistency, especially in large-scale projects. However, technological tools should complement, not replace, human judgment, which remains crucial for ensuring cultural appropriateness. Continuous training in new translation techniques and technology literacy can bridge the gap between traditional skills and emerging tools. Encouraging ongoing professional development ensures that translators stay updated with best practices, ultimately improving the effectiveness and cultural sensitivity of their work.

Given that translation is a vital means of communication among cultures within a globalized world, it is essential to foster cultural literacy among translators. This involves integrating intercultural competence training into translator education programs, emphasizing the

importance of understanding cultural similarities and differences. By cultivating awareness of cultural taboos, values, and social norms, translators can produce texts that resonate more meaningfully with target audiences. Moreover, translators should view themselves as cultural mediators, facilitating dialogue rather than merely transferring words from one language to another. Developing cross-cultural empathy enhances the translator's ability to adapt content appropriately and reduces misunderstandings. Emphasizing the intercultural function of translation underscores its importance as a bridge for global understanding and cooperation.

To effectively implement translation techniques in a rapidly evolving technological landscape, professionals must embrace innovation without sacrificing quality. Incorporating artificial intelligence and machine translation can significantly accelerate project timelines and handle large volumes of content efficiently. Yet, these tools should be used judiciously, with human oversight to ensure cultural and contextual accuracy. Training programs should include instruction on working with advanced translation technologies, alongside traditional methods, to foster adaptability. Moreover, developing customized glossaries and translation memories can enhance consistency across projects and languages. Continuous evaluation of new tools and techniques is necessary to stay ahead of technological developments and to maintain high standards of accuracy, branding, and cultural appropriateness in global communications.

Finally, translation should be recognized not only as a linguistic activity but also as a means of fostering intercultural understanding and diplomacy. Translators play a pivotal role in promoting dialogue, peace, and mutual respect among diverse communities. To maximize this potential, educational and institutional frameworks should encourage translators to adopt strategies that highlight shared values and cultural commonalities. Promoting awareness of translation's social impact can inspire more ethically conscious practice and increase public trust in translated content. Additionally, cultural exchange programs and international collaborations should be supported to enhance cross-cultural communication skills. Ultimately, embracing translation as a tool for cultural diplomacy enriches global interactions and contributes to a more interconnected and empathetic world.

3.4. Glossary

1. Sabiduría (*wisdom*): “The quality of having experience, knowledge, and good judgement; the quality of being wise”. (Oxford English Dictionary, 2025)
2. Pérdida (*bereavement*): “The action or condition of being deprived of a close relation or friend through their death”. (Oxford English Dictionary, 2025)
3. Chispa (*wit*): “the ability to relate seemingly disparate things so as to illuminate or amuse”. (Merriam-Webster Dictionary, 2025)
4. Cimiento (*basis*): “the bottom of something considered as its foundation”. (Merriam-Webster Dictionary, 2025)
5. Autoestima (*Self-esteem*): “Belief and confidence in your own ability and value”. (Oxford English Dictionary, 2025)
6. Introspección (*introspection*): “The examination or observation of one’s own mental and emotional processes”. (Merriam-Webster Dictionary, 2025)
7. Tocar fondo (*to hit rock bottom*): “To reach the lowest possible level or be in the worst situation”. (Oxford English Dictionary, 2025)
8. Resquebrajarse (To crack / to crumble): “To break slightly; often used to describe emotional breakdown”. (Oxford English Dictionary, 2025)
9. Incertidumbre (Uncertainty): “The state of being uncertain or not knowing”. (Merriam-Webster Dictionary, 2025)
10. Efímero (Ephemeral): “Lasting for only a short time”. (Oxford English Dictionary, 2025)
11. Catalizador (Catalyst): “A person or thing that causes a change”. (Merriam-Webster Dictionary, 2025)
12. Catarsis (Catharsis): “The process of releasing strong emotions”. (Oxford English Dictionary, 2025)
13. Cascarón (Shell): “The hard outer layer; metaphorically, a false exterior”. (Oxford English Dictionary, 2025)
14. Especie (Species): “A group of living organisms consisting of similar individuals capable of exchanging genes or interbreeding”. (Merriam-Webster Dictionary, 2025)
15. Propósito (Purpose): “The reason for which something is done or created or for which something exists”. (Oxford English Dictionary, 2025)
16. Destino (Fate): “the will or principle or determining cause by which things in general are believed to come to be as they are or events to happen as they do”. (Merriam-Webster Dictionary, 2025)
17. Cóctel (Cocktail): “something resembling or suggesting such a drink as being a mixture of often diverse elements or ingredients”. (Oxford English Dictionary, 2025)
18. Falacias (Fallacies): “A mistaken belief, especially one based on unsound argument”. (Merriam-Webster Dictionary, 2025)
19. Eternidad (Eternity): “Infinite or unending time”. (Oxford English Dictionary, 2025)
20. Sufrimiento (Suffering): “The experience of pain or distress”. (Merriam-Webster Dictionary, 2025)

21. Transformación (Transformation): “A complete or major change in someone or something”. (Merriam-Webster Dictionary, 2025)
22. Incomodidad (Discomfort): “A feeling of unease or slight pain”. (Oxford English Dictionary, 2025)
23. Desprecio (contempt): The feeling that someone or something is worthless. (Oxford English Dictionary, 2025)
24. Trascender (To transcend): “To rise above or go beyond the limits of something”. (Oxford English Dictionary, 2025)
25. Pesadilla (Nightmare): “A frightening or unpleasant dream; a terrifying or very unpleasant experience or prospect.”. (Oxford English Dictionary, 2025)

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Annex

ARIEL AMIR ORTÍZ ARJONA

Querido destino

Ahora es mi turno...



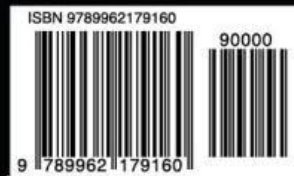
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Ariel Ortíz nació en David, en la provincia de Chiriquí, el 14 de junio del 2005.

Desde su infancia su sed de conocimiento y curiosidad lo llevó a investigar y a interesarse por las ciencias y la literatura.

Sócrates dijo “El conocimiento os hará libres”, y a través de este libro, emprendo una búsqueda por descubrirme. Busco mi libertad, a la vez que los invito a caminar conmigo para que puedan encontrar la suya. Así es que, escribí este libro para mí, como una promesa cumplida a mi antiguo yo, y como un recordatorio una motivación para mi yo del mañana.



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