

INTER-LEVEL CATEGORY OF THE GRAMMATICAL MOOD OF VERB HYBRID FORMS IN SLAVIC LANGUAGES

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Abstract. Since ancient times, language has fulfilled a number of crucial functions in human life. The most well-known of these is communication: through language, people are able to express their thoughts and ideas, as well as understand the words of others. However, language encompasses many more aspects that are key to a complete understanding of surrounding processes.

Language is one of the primary means of perceiving the world. From early childhood, the language of communication shapes a person's mentality by embedding certain words, expressions, and concepts into their consciousness. Just as different events elicit different reflexive reactions, each grammatical construction carries its own emotional connotation, influencing both subconscious and conscious perception of verbal stimuli. At the interface of language and cognition, grammatical structures evoke specific associations. In cases where a person communicates in a single language for an extended period, it is possible for traumatic experiences—such as war, violence, or the loss of loved ones—to become linked with that language in their consciousness. Any word, phrase, or sentence can trigger a negative reaction through association or psychological triggers. Thus, the idea that language impacts thinking and emotional memory, and that switching to a different language can transform perception, underscores the relevance of our study. In the context of martial law in Ukraine and the urgent need for comprehensive support for rehabilitation projects, this topic becomes particularly significant.

The article focuses on the analysis of lexical and grammatical transformations in the translation of rehabilitation texts, taking as its basis Megan Devine's book *"It's OK That You're Not OK."* The study involves methods of comparative analysis, descriptive techniques, translation analysis, and quantitative sampling procedures.

Keywords: rehabilitation text, translation strategies, lexical and grammatical transformations, psychological rehabilitation, emotional perception.

1. INTRODUCTION

Since ancient times, language has played a crucial role in human life, primarily as a means of communication, allowing individuals to express thoughts and ideas and understand others. However, language also encompasses far more dimensions critical to a comprehensive perception of the world.

Language serves as one of the primary tools for perceiving reality. From childhood, the language of communication shapes mental structures by embedding specific words, expressions, and concepts into

consciousness. Just as various events trigger different reflexive responses, each grammatical construction carries emotional coloring that influences both subconscious and conscious perception.

Within the interaction of language and cognition, linguistic structures evoke associations in individuals. When a traumatic event such as war, violence, or loss occurs within a specific language environment, that language can become linked to traumatic memories. Words, phrases, or sentences may trigger emotional reactions. Thus, language's impact on thought and emotional memory underpins the relevance of this research, particularly in the context of wartime Ukraine and the necessity for comprehensive support of rehabilitation projects.

In recent years, rehabilitation texts—books, articles, and publications aimed at assisting psychological recovery—have gained considerable popularity, notably in regions affected by military conflicts such as Ukraine and Israel. Authors such as Forster, Finlayson, Sapunkova, and Popadyukha have contributed to this growing body of literature. The tendency of Ukrainian military personnel to undergo rehabilitation abroad, along with the involvement of foreign specialists within Ukraine, underscores the importance of assessing language's role in the rehabilitation process.

Reading a rehabilitation text in a native language may inadvertently trigger negative associations, slowing recovery. Conversely, engaging with the material in a foreign language may foster more positive dynamics. Consequently, studying the lexical and grammatical features of rehabilitation texts in both original and translated versions becomes essential. The research methodology incorporates general scientific methods (analysis, synthesis, induction, deduction, generalization), comparative analysis, descriptive methods, and quantitative data processing (Kuravska, Bilianska, 2023).

2. ANALYSIS AND DISCUSSION

The material analyzed is Megan Devine's book "It's OK That You're Not OK," a work providing compassionate advice for coping with grief, drawn from the author's personal experience and professional expertise.

One of the distinctive features of the text is that Megan Devine often redefines familiar concepts, adapting them to the context of trauma recovery. Through these techniques, she successfully engages with deeply emotional topics while avoiding excessive complexity that could hinder the reader's understanding. The everyday style of narration, combined with logical structure and consistency, enables readers to focus entirely on the essence of the text.

Many rehabilitation texts tend toward detailed descriptions of traumatic events and emotional responses, aiming to enhance readers' theoretical understanding. Such a tendency is partially present in "It's OK That You're Not OK." The author frequently illustrates her points with personal stories or cases from her psychotherapy practice. However, these examples are not overly graphic, which helps prevent excessive emotional burden on the reader. Moreover, Megan Devine incorporates quotations from other professionals and discusses well-known trauma recovery methods, recognizing that diverse perspectives can contribute positively to the rehabilitation process.

The translator of the book has successfully conveyed the original style, accurately selecting Ukrainian equivalents for terms and expressions lacking direct counterparts. Nevertheless, certain features of the text have inevitably shifted during translation, potentially influencing the emotional state of a traumatized reader.

In the further analysis, quotations from the book are used, with a consolidated table of these examples presented in the “Appendices” section (Appendix 1).

The first notable feature can already be observed on the book cover — its title “*It’s OK That You’re Not OK*.” In Ukrainian, it is translated as «Це OK, якщо ви не OK», with an additional subtitle: «Як пережити горе і втрату» (Devine, 2018, p. 3). The original subtitle differs: “*Meeting grief and loss in a culture that doesn’t understand*” (Boroditsky, 2011, p. 2). This difference carries significant meaning. The literal translation of the original subtitle would be “*Meeting grief and loss in a culture that does not understand*,” emphasizing the **social context** — suggesting that the book addresses not only internal emotional states but also societal responses to grief. Moreover, the author’s choice of the verb “*meeting*” implies encountering grief without being overwhelmed by it, subtly reinforcing the notion that trauma, while serious, need not define one’s entire existence.

By comparison, the Ukrainian translation lacks a clear social dimension. The reader is led to focus primarily on **inner suffering** rather than external societal factors. Additionally, the translator’s choice of the word «*пережити*» (to survive or endure) implies that grief becomes a **central, ongoing aspect** of post-trauma life. Both versions are appropriate to some extent; however, a detailed comparison reveals distinct semantic differences.

Throughout the book — particularly in Chapter 12 — the author uses the term “*moving on*” (Boroditsky, 2011, p. 153), translated as «*рухатися далі*» (Devine, 2018, p. 233). Although these expressions seem nearly identical, subtle differences in nuance may influence the reader’s perception.

In English, “*moving on*” often suggests **psychological progress** — a notion of processing trauma, letting go, and minimizing its emotional hold. It typically implies that the individual has integrated the experience into their life and can now live fully, even when recalling the event.

In Ukrainian, «*рухатися далі*» (moving forward) similarly suggests progress but does not necessarily imply that the trauma has been fully processed or resolved. Instead, it connotes **an ongoing process**, where emotional wounds might still be present. Thus, the Ukrainian expression indicates **a stage** of rehabilitation rather than its completion.

As confirmed by the author, trauma permanently affects behavior and future life; however, “*moving on*” offers a subconscious sense of closure, which «*рухатися далі*» does not fully convey. Therefore, the English phrase may foster a slightly more optimistic emotional response.

Another interesting case is the term “*mastery*” (Boroditsky, 2011, p. 62), used in expressions like “*mastery orientation*” (Boroditsky, 2011, p. 63). In the Ukrainian version, these are rendered as «*результат*» (result) and «*орієнтація на успіх*» (orientation towards success) (Devine, 2018, p. 102). Although related in subject matter, the meanings differ significantly.

Literally, “*mastery orientation*” would translate as «*орієнтація на майстерність*» or «*орієнтація на вправність*». This concept relates to **skill development** and **practical growth**, focusing on enhancing personal abilities to overcome trauma.

Conversely, the Ukrainian phrase «*орієнтація на успіх*» suggests a **goal-driven** mentality aimed at achieving external success, which diverges from the original intent. Moreover, Megan Devine portrays “*mastery orientation*” as an **undesirable approach** to trauma recovery, a nuance partially lost in translation.

The book devotes significant attention to the role of **external support** in rehabilitation. For instance, one chapter is titled “*Their words seem OK: so why do they make me angry?*” (Boroditsky, 2011, p. 23).

Literally, this could be translated as «Іхні слова здаються нормальними: то чому вони викликають у мене гнів?»

In the Ukrainian version, it is rendered as «Прості слова втіхи, тільки чому ж вони так дратують?» (Devine, 2018, p. 45). Here, several grammatical and semantic transformations occur:

- The neutral tone of "OK" is replaced by the emotionally loaded «слова втіхи» (words of comfort).
- The construction is transformed from a complete interrogative sentence into a **nominative phrase**.
- The emotional reaction shifts from "*anger*" (stronger emotion) to "*irritation*" (milder emotion).

These transformations guide the Ukrainian reader's expectations, focusing more narrowly on **comfort phrases** as a source of irritation rather than general social interaction. Although both versions preserve the rhetorical question style — encouraging reader reflection and maintaining an intimate narrative tone — the semantic differences may influence the emotional perception of the text.

In order to compare the emotional impact of the original and translated rehabilitation texts, a survey was conducted among students. Participants were asked to read selected excerpts in both languages and then indicate which language version they would prefer for continued reading, based on the emotional comfort it provided (Appendix 2).

Results indicated that 54% of students preferred the Ukrainian translation, while 46% favored the English original. This distribution can be partly attributed to the respondents' language proficiency, as Ukrainian was the native or primary language for most participants. The Ukrainian version, being more grammatically and emotionally familiar, felt more accessible and less distressing.

Thus, the survey results suggest that **language choice** and the specific **lexico-grammatical structures** employed in rehabilitation texts can significantly influence the emotional experiences of readers.

3. CONCLUSIONS

The grammar mood of a verb is a complicated interlevel communicative category that has a four-faceted expression. Summarizing the main findings, the following conclusions can be drawn:

Language plays a critical role in shaping human cognition, memory, and emotional states. Its influence extends beyond communication, deeply intertwining with personal experiences and psychological responses.

Lexical and grammatical transformations in translation significantly affect the therapeutic potential of rehabilitation texts. Minor shifts in wording can alter the emotional and cognitive experience of readers, thereby influencing the rehabilitation process.

Megan Devine's "It's OK That You're Not OK" exemplifies how carefully constructed language can facilitate healing. However, even accurate translations may introduce subtle changes that reshape emotional resonance.

Thus, language selection in therapeutic contexts must be approached thoughtfully, recognizing its profound impact on the emotional well-being of the audience.

Appendices

Appendix 1

Оригінал	«Це Ок, якщо ви не ОК» (переклад Є. Овсяннікової)
«Meeting grief and loss in a culture that doesn't understand»	«Як пережити горе і втрату»
«moving on»	«рухатися далі»
«mastery»	«результат»
«mastery orientation»	«орієнтація на успіх»
«Their words seem OK: so why do they make me angry?»	«Прості слова втіхи, тільки чому ж вони так дратують?»

Appendix 2

Ознайомившись із наведенимм уривками тексту, якою мовою ви б хотіли продовжити читати його? (за основу візьміть ваш психо-емоційний стан після прочитання)

Оригінал

46%

Український переклад

54%

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Катерина Кобута, Марта Довбня. Відтворення лексико-граматичних особливостей реабілітаційних текстів (на матеріалі книги Меган Девайн «Це ОК, якщо ви не ОК»). *Журнал Прикарпатського університету імені Василя Степаніка. Філологія*, 11 (2024), 152–157.

З давніх часів мова виконувала низку важливих функцій у житті людини. Найвідомішою серед них є комунікація: за допомогою мови люди можуть висловлювати свої думки та ідеї, а також розуміти слова інших. Однак мова охоплює набагато більше аспектів, які є ключовими для повного розуміння навколоїшніх процесів.

Мова є одним із головних засобів сприйняття світу. Від раннього дитинства мова спілкування формує ментальність людини шляхом закладення певних слів, виразів та концептів у її свідомість. Так само, як різні події викликають різні рефлекторні реакції, кожна граматична конструкція несе власне емоційне забарвлення, що впливає як на підсвідоме, так і на свідоме сприйняття вербальних стимулів. На перетині мови й мислення граматичні конструкції викликають специфічні асоціації. У випадках, коли людина тривалий час спілкується лише однією мовою, можливе виникнення ситуації, за якої травматичні переживання — такі як війна, насильство або втрата близьких — асоціюються у свідомості саме з цією мовою. Будь-яке слово, фраза чи речення можуть стати тригером і викликати негативну реакцію через асоціативний зв'язок чи психологічний механізм.

Таким чином, ідея про те, що мова впливає на мислення та емоційну пам'ять, а також про те, що зміна мови може трансформувати сприйняття, підкреслює актуальність нашого дослідження. В умовах воєнного стану в Україні та нагальної потреби у всебічній підтримці реабілітаційних проектів ця тема набуває особливої значущості.

Стаття присвячена аналізу лексико-граматичних трансформацій у перекладі реабілітаційних текстів на прикладі книги Меган Девайн «It's OK That You're Not OK». Дослідження базується на використанні методів компаративного аналізу, описових прийомів, перекладацького аналізу та процедур кількісної вибірки.

Ключові слова: реабілітаційний текст, стратегії перекладу, лексико-граматичні трансформації, психологічна реабілітація, емоційне сприйняття.