

TRANSCRIPT · EPISODE 03

Understand Fast English the Easy Way Ep2

Full episode script · English

240 lines

Your English Toolbox

[intro music fades in softly] Hey there, English adventurers!

Martin welcoming you back to the Slow Listening Podcast Series.

If you joined us for Episode One, you already know we cracked why fast English feels so fast and we built two anchor skills: connected speech and chunking.

If today's your first stop, perfect timing—you can enjoy this session as a complete, standalone workout, and then, right after you finish, Episodes One and Three are waiting in the Slow Listening playlist.

And hello from Julia.

Today we switch from theory to training.

We'll warm up, then run a full set of drills—shadowing, dictation, echo, one-minute rewind, repeat-after-pause, and a speed ladder—so your ears and your mouth learn to move together.

We keep everything slow first, natural second, and only then faster.

That's the Slow Listening paradox: we go slow so you can handle speed.

One more promise before we start: by the end of this episode you'll have a simple twenty-minute routine you can repeat three times a week.

Give it two weeks and you'll feel fewer "Wait, what?" moments and more "Got it" moments when people speak quickly.

Let's get you ready.

First, a light warm-up.

We'll say each line slowly and clearly, then at natural speed.

You repeat both.

Keep your shoulders relaxed and let your jaw move freely.

Line one—slow: "Do you want to try again?" Natural: "D'you wanna try again?"

Line two—slow: "Let me know if it helps." Natural: "Lemme know if it helps."

Line three—slow: "I'm going to be late." Natural: "I'm gonna be late."

Line four—slow: "Did you see it already?" Natural: "D'you see it already?"

If you tripped over a word, good news: that's your brain updating its settings.

Don't chase perfection; chase rhythm.

Ready for the first tool—shadowing.

You listen to a short line and repeat with the speaker's timing, melody, and emotion.

Words matter, but the music carries them.

Copy the music.

Why it works: timing forces your brain to process faster than silent reading ever could.

You're training your reflex, not just your dictionary.

We'll do three passes for each line: A—clear and slow, B—natural, C—quicker but still clean.

Follow us line by line.

Pass A: "I was gonna call, but I lost reception."

Pass B: "I was gonna call, but I lost reception." [a touch quicker]

Pass C: "I was gonna call, but I lost reception." [smooth, compact]

Next set.

Pass A: "We should leave before it gets too late."

Pass B: "We should leave before it gets too late."

Pass C: "We should leave before it gets too late."

Last set.

Pass A: "Could you help me out for a second?"

Pass B: "Couldja help me out for a second?"

Pass C: "Couldja help me out for a second?"

Tip: breathe small.

Imagine you're speaking to a friend at arm's length.

No extra drama, just natural flow.

Level-up twist: keep the same words but change the feeling—curious, then worried, then excited.

Emotional flexibility helps you manage speed because stress naturally highlights different words.

Quick choice question.

Which sounds more casual and native in fast conversation: "Do you want to go?" or "D'you wanna go?" If you picked the second, your ear is already tuning to reductions.

Next tool—dictation.

This builds precision.

We listen first, then write what we heard, replay twice to fill gaps, and finally check the reveal.

After that, read the correct line aloud to lock in the sound.

Sentence one—listen only: “We were supposed to meet at seven, but I got stuck in traffic.”
[beat] Now write what you caught.

Replay once... and again.

Reveal: “We were supposed to meet at seven, but I got stuck in traffic.” Notice how “were supposed to” often compresses into “w’r sposed to,” and “stuck in” links across: “stuck-in.”

Sentence two—listen only: “He might’ve left already; I couldn’t reach him.” Write... replay...

Reveal: “He might’ve left already; I couldn’t reach him.” Reductions: “might have” -> “might’ve,” “could not” -> “couldn’t.” Keep grammar; let sounds relax.

Sentence three—listen only: “Let me check and I’ll get back to you.” Write... replay...

Reveal: “Let me check and I’ll get back to you.” Notice “back to” often becomes “back-tu,” not “back two.”

Third tool—the echo method.

You repeat immediately, a heartbeat behind us.

If you miss a word, keep the rhythm by echoing the last three or four words.

Rhythm first; details later.

Ready?

Echo these. “I dunno if I can make it.”

“Whatcha gonna do now?”

“We’re kinda late already.”

“Couldja hold on a sec?”

“I’ll get back to you.”

If your echo lagged, shorten the chunk you copy.

Think of it like catching the last carriage of a moving train—grab what you can and ride.

Fourth tool—the one-minute rewind.

We promised this in Episode One.

Take a one-minute clip from a show, podcast, or interview and run three passes: gist without subtitles, then with subtitles noting patterns, then isolate one hard sentence to imitate three times—slow, natural, quicker.

Let's simulate with a short story for gist only.

Listen; don't write. "So I reached the station and realized I'd forgotten my card.

I ran back, grabbed it, sprinted to the bus, and the driver closed the doors right in front of me.

I just laughed and went for coffee instead."

Gist: missed bus, some chaos, no meltdown.

If that's what you heard, you're on track.

Pass two—imagine you see subtitles and pay attention to reductions: "I had" -> "I'd," "right in front of me" sounding like "righ-in fronta me," and "went for coffee" smooths into "went-fer coffee."

Pass three—pull one tricky line and copy it three times.

Try: "The driver closed the doors right in front of me." Slow... natural... slightly faster.

Stay clear; speed without clarity is just noise.

Fifth tool—repeat-after-pause.

You hear one sentence, the audio pauses, you repeat exactly.

It teaches chunk timing and breathing.

Try these. "At the end of the day, we should leave." [pause] "If you need anything, lemme know." [pause] "I was gonna call, but my battery died." [pause]

Now the speed ladder—a confidence builder.

One sentence climbs through four levels: learner-slow, training-medium, conversation-natural, and challenge-fast.

We never sacrifice clarity.

Ladder sentence one: "I didn't think it would take this long." Learner-slow: "I did-n't think it would take this long." Training-medium: "I didn't think it would take this long."

Conversation-natural: "I didn't think it'd take this long." Challenge-fast: "I didn't think it'd take this long."

Ladder sentence two: "We're gonna be late if we don't leave now." Learner-slow: "We are going to be late if we do not leave now." Training-medium: "We're gonna be late if we don't leave now." Conversation-natural: same line, relaxed links.

Challenge-fast: quick, but still shaped—no mumbling.

Ladder sentence three: "Couldja send it over when you've got a minute?" Learner-slow: "Could you send it over when you have got a minute?" Training-medium: "Couldja send it over when you've got a minute?" Conversation-natural: keep the same.

Challenge-fast: tighter but intelligible.

If a level felt messy, step down one level and repeat.

Form first, speed second.

Time to stack skills with mini dialogues.

We'll shadow, then echo, then repeat-after-pause using the same lines so your ear and mouth sync up.

Dialogue A—shadow with us.

Now echo the same dialogue a heartbeat behind us.

And repeat-after-pause: we say a line, pause, you copy exactly.

[pace each line with a beat of silence]

Dialogue B—shadow first.

Echo... and repeat-after-pause.

Feel how the chunk "send me a quick note" sits as one unit.

Quick accuracy check: in "I'm going to catch a quick snack," the useful chunk is "catch a quick snack." That's a natural everyday alternative to the phrase we used last time.

Let's add a short story workout: listen, chunk, then echo the last part. "Long story short, my train got delayed, I missed the meeting, and I ended up presenting on Zoom from a café.

Honestly, it went better than expected."

Chunk candidates: "long story short," "got delayed," "missed the meeting," "ended up presenting," "better than expected." Now echo the final clause: "Honestly, it went better than expected."

Speed shuffle game.

We'll say a line at a random speed.

You label it—slow, medium, natural, or fast—and then repeat at the next speed up.

Line one: "Let me think about it." [medium] You repeat at natural.

Line two: "We should leave soon." [fast] You repeat at medium for clean shape.

Line three: "I was gonna say..." [slow] You repeat at natural.

Accent quick-change to keep your ear flexible.

The patterns survive; the flavor changes.

[gentle UK tone] "Fancy leaving soon?" [casual US] "You down to leave soon?" [Aussie-lite] "You keen to leave soon?"

Different words, same rhythm: reduced "to," linked "leave-soon," rising intonation for the soft invitation.

Rapid-fire choices.

Pick the most natural casual version.

One: “Do you want to help me?” or “D’you wanna help me?” Two: “Let me check” or “Let me to check?” Three: “I don’t know” or “I no know?” If you chose “D’you wanna help me?”, “Let me check,” and “I don’t know,” you’re balancing reduction with correct grammar.

Speaking of grammar: reductions change the sound, not the rules.

Keep subjects and verb agreement intact.

You can relax “going to” to “gonna,” but you still need “He’s gonna...,” not “He gonna...” in standard English.

Time to package your twenty-minute routine so you can actually use it this week.

Grab a note or just visualize the clock.

Minutes 0–2: warm-up pairs—four lines, slow then natural.

Optional add-on: one mini-dialogue stack—shadow, echo, repeat-after-pause.

If you’re short on time, do that tomorrow.

Let’s lock the feel with one blended drill: reductions, chunking, and stress together.

We’ll vary which word gets the spotlight so you hear how meaning tilts.

Model sentence: “I really didn’t think we’d finish on time.” First version—stress “really”: “I really didn’t think we’d finish on time.”

Second—stress “on time”: “I really didn’t think we’d finish on time.”

Neutral: “I really didn’t think we’d finish on time.”

Your turn—choose the stress that matches your feeling.

The melody should lead your meaning.

Let’s talk vocabulary.

Ten everyday items you heard today, explained with the lines where they live.

We’ll keep it lively and practical—and we’ll swap two items we covered in the last episode for fresh ones.

First—get back to you.

Meaning: reply later after checking something.

Line: “I’ll get back to you.” Use it for work, friends, everything.

Second—long story short.

Meaning: here comes the summary.

Line: “Long story short, my train got delayed.” Great for storytelling and keeping things tight.

Third—kinda / sorta.

Meaning: somewhat, to a degree.

Line: “We’re kinda late already.” Very casual—avoid in formal documents, perfect in conversation.

Fourth—hold on a sec.

Meaning: wait a moment.

Line: “Couldja hold on a sec?” Polite, quick, natural.

Fifth—better than expected.

Meaning: the result surprised you in a good way.

Line: “Honestly, it went better than expected.” Nice for post-meeting debriefs.

Sixth—finish this.

Meaning: complete a task before doing anything else.

Line: “I’ve got to finish this.” It sets a boundary without sounding rude.

Seventh—touch base.

Meaning: make brief contact to update or coordinate.

Example line to practice: “Let’s touch base tomorrow.” Sounds professional but friendly.

Eighth—heads-up.

Meaning: a quick warning or early information.

Practice line: “Thanks for the heads-up.” Great when someone alerts you before a surprise.

Ninth—run late.

Meaning: be behind schedule.

Practice line: “I’m running late—save me a seat.” Common in texts and calls.

Tenth—shoot me a message.

Meaning: send me a text or note casually.

Practice line: “Shoot me a message when you arrive.” Friendly, modern.

Pick three of those and try them twice today.

Use them with the rhythm you heard here.

Don’t just memorize the words—memorize the music of the phrase.

Time for a grammar snack—practical and short.

We’ll look at be supposed to using a line from our dictation: “We were supposed to meet at seven, but I got stuck in traffic.” The structure shows an expectation or plan that didn’t happen.

In fast speech, “were supposed to” often compresses to “w’r sposed to,” but the grammar stays: subject + be + supposed to + base verb.

Two notes: it's common in instructions or expectations—"You're supposed to wear a badge." In negatives, it's "You're not supposed to park here." In questions, "Am I supposed to bring anything?" Keep "to"; it doesn't disappear in standard English, even if it reduces in sound.

Quick drill—say: "I'm supposed to start at nine." Now relax the sounds: "I'm sposed to start at nine." Same grammar, gentler sound.

Let's put everything together with one last mini workout.

First, shadow a clean version, then echo, then say it solo at your comfortable speed.

"If you need anything, let me know, and I'll get back to you as soon as I can."

Echo that line a beat behind.

Now your solo: try slow, then natural, then just a touch faster—always clear.

How do you feel?

If your answer is "more organized," that's the point.

Fast English gets easier when your brain expects links, reductions, and chunks instead of isolated words.

Time for the short recap.

You warmed up with slow->natural pairs, then trained five tools—shadowing, dictation, echo, one-minute rewind, and repeat-after-pause—and climbed the speed ladder.

You stacked dialogues, played with stress, and learned a compact twenty-minute routine you can repeat.

Benefits to expect over the next two weeks: you'll understand the main idea faster, you'll stop freezing when someone speeds up, you'll ask for repetition less, and your own speaking will sound smoother because your mouth will mirror your trained ear.

What happens next?

You've got two great options.

If this was your first stop, stay in the Slow Listening playlist and play Episode One right after this to understand the "why" and deepen connected speech and chunking.

If you want to integrate all of this into everyday life without adding study hours, hit Episode Three next—it's sitting immediately after this one in the same playlist.

The idea is simple: don't break your momentum.

The episodes are arranged together so you can move forward or back in any order and keep learning.

Here's your call to action.

First, run the full twenty-minute routine once within the next twenty-four hours.

Second, pick one sentence from today and record yourself at two speeds: natural and slightly faster.

Compare them and notice how rhythm survives even when speed increases.

And if you want a little accountability, tell us how it went on Instagram @YourEnglishToolbox or drop a short voice note.

Share the sentence you practiced and the speed you reached comfortably—we love celebrating those wins.

We're proud of the work you did today.

Stick with the routine, keep the breath calm, and remember: slow practice builds fast understanding.

When you're ready, the next episode is right there in the Slow Listening playlist—one click away.

Finish this one, then keep rolling.

[smile in voice] See you in the next session—or the previous one.

Either way, you won't get lost.

Keep your ears open, your shoulders relaxed, and your English Toolbox ready.

Bye!

Bye!

[outro music swells and fades] Before vocabulary, here's a fast troubleshooting toolkit—quick fixes for tough moments.

One: shrink the unit.

Echo only the last three or four words, then extend backward.

Rhythm survives; detail returns later.

Two: drop one speed level but keep the same melody and stress.

Shape beats speed.

Three: breathe on commas—often before and, but, so.

Tiny pauses protect timing.

Four: ditch translation mid-sentence.

Switch to the movie-in-your-mind method and follow the scene.

Five: reset posture—jaw loose, tongue resting, shoulders down, small smile.

Tension steals speed.

Six: phone check—record one line at natural speed, then a shade faster.

If consonants vanish, roll back.

Try it now: “Not sure I can make it; I’m running late.” Then a touch faster.

Keep the beat on make and late.

Quick add-on dictation.

Listen: “If you’re free later, shoot me a message and I’ll call you back.” Write... replay...

Reveal: “If you’re free later, shoot me a message and I’ll call you back.” Notes: “you’re,” “I’ll,” and the friendly request “shoot me a message.”

Accent flex, round two.

[soft Irish lilt] “I might pop over later, if that suits.” [calm Indian English] “Can you please check and get back to me?” Patterns stay; melody shifts.

Final mindset click: fast English isn’t an exam; it’s a river.

Some days smooth, some choppy—your practice is the paddle.

One tiny progress tracker before we wrap: pick one two-minute clip you like and rate your understanding from one to five today.

Save it.

After two weeks of this routine, replay the same clip and rate again.

Celebrate the jump—motivation grows when you measure it.
