

VOCABULARY · EPISODE 09

How to Talk to Yourself

Key words & expressions · English + Español

10 words

Your English Toolbox

1

inner voice

voz interior · monólogo interno

DEF

the mental voice or internal monologue that narrates your thoughts

Every person has a unique inner voice — its tone and habitual language profoundly shape how you feel.

ES

La voz mental o el monólogo interno que narra tus pensamientos.

Cada persona tiene una voz interior única — su tono moldea profundamente cómo te sientes.

Your inner voice is the most constant companion you will ever have.

Your inner voice is the most constant companion you will ever have. -> Tu voz interior es el compañero más constante que jamás tendrás.

Pay attention to how your inner voice talks to you when you make a mistake.

Pay attention to how your inner voice talks to you when you make a mistake. -> Presta atención a cómo te habla tu voz interior cuando cometes un error.

2

to beat yourself up

machacarse · flagelarse · atormentarse

DEF

to feel excessive guilt or self-criticism after making a mistake

The most counterproductive response to failure — it prolongs pain and prevents learning.

ES

Sentir culpa o autocrítica excesiva después de cometer un error.

La respuesta más contraproducente al fracaso.

Don't beat yourself up over every small mistake — learn and move on.

Don't beat yourself up over every small mistake — learn and move on. -> No te machaces por cada pequeño error — aprende y sigue adelante.

She beat herself up for weeks after the mistake, which only made things worse.

She beat herself up for weeks after the mistake, which only made things worse. -> Se machacó durante semanas tras el error, lo que solo empeoró las cosas.

3

to psych yourself up**prepararse mentalmente · motivarse · darse ánimos****DEF**

to mentally prepare and motivate yourself for a challenging task

*Athletes, performers, and speakers use this — visualisation, power posing, pep talks — to optimise performance.***ES**

Prepararte y motivarte mentalmente para una tarea desafiante.

Atletas, artistas y oradores usan técnicas para prepararse.

He spends five minutes psyching himself up before every difficult presentation.

He spends five minutes psyching himself up before every difficult presentation. -> Se pasa cinco minutos motivándose antes de cada presentación difícil.

Psyching yourself up doesn't mean faking confidence — it means building real readiness.

Psyching yourself up doesn't mean faking confidence — it means building real readiness. -> Motivarte no significa fingir confianza — significa construir disposición real.

4

to dwell on**darle vueltas a · recrearse en · obsesionarse con****DEF**

to spend too much time thinking about something negative or painful

*Dwelling is the difference between healthy reflection (useful) and rumination (harmful) — the same thought circling without resolution.***ES**

Pasar demasiado tiempo pensando en algo negativo o doloroso.

Darle vueltas es la diferencia entre reflexión saludable (útil) y rumiación (dañina).

Don't dwell on what went wrong — extract the lesson and release it.

Don't dwell on what went wrong — extract the lesson and release it. -> No le des vueltas a lo que salió mal — extrae la lección y suéltalo.

She tends to dwell on criticism far longer than she celebrates compliments.

She tends to dwell on criticism far longer than she celebrates compliments. -> Tiende a darle vueltas a la crítica mucho más tiempo de lo que celebra los elogios.

5

self-compassion

autocompasión · amabilidad hacia uno mismo

DEF

treating yourself with the same kindness you would give to a good friend

Research shows self-compassion outperforms self-criticism as a motivator — it builds resilience, not weakness.

ES

Tratarte con la misma amabilidad que darías a un buen amigo.

La investigación muestra que la autocompasión supera a la autocritica como motivador.

Self-compassion doesn't mean letting yourself off the hook — it means learning without cruelty.

Self-compassion doesn't mean letting yourself off the hook — it means learning without cruelty. -> La autocompasión no significa eximirte — significa aprender sin crueldad.

The most productive people have high self-compassion alongside high self-expectations.

The most productive people have high self-compassion alongside high self-expectations. -> Las personas más productivas tienen alta autocompasión junto con altas expectativas propias.

6

to talk yourself into

convencerse de · persuadirse de hacer algo

DEF

to convince yourself to do something through internal reasoning

The positive use of self-talk — you can talk yourself into bravery the same way you can talk yourself out of it.

ES

Convencerte de hacer algo a través del razonamiento interno.

El uso positivo del diálogo interno.

I had to talk myself into making that phone call three times before I did it.

I had to talk myself into making that phone call three times before I did it. -> Tuve que convencerme tres veces de hacer esa llamada antes de hacerla.

She talked herself into the presentation by remembering every success she had had.

She talked herself into the presentation by remembering every success she had had. -> Se convenció de la presentación recordando cada éxito que había tenido.

7

a mental rehearsal

un ensayo mental · preparación mental

DEF

vividly imagining a performance or situation in your mind before it happens

Used by elite athletes, surgeons, musicians — activates the same neural pathways as actual practice.

ES

La práctica de imaginar vívidamente una actuación en tu mente.

Usado por atletas de élite — activa los mismos caminos neurales que la práctica real.

Run through a mental rehearsal of the conversation before you have it.

Run through a mental rehearsal of the conversation before you have it. -> Haz un ensayo mental de la conversación antes de tenerla.

Mental rehearsal before a difficult talk calms nerves and sharpens language recall.

Mental rehearsal before a difficult talk calms nerves and sharpens language recall. -> El ensayo mental antes de una conversación difícil calma los nervios.

8

to reframe

reencuadrar · ver desde otra perspectiva · reformular

DEF

to think about something in a new way that changes how you feel about it

The central skill of cognitive therapy — same event, different frame, completely different emotional response.

ES

Pensar en algo de una manera nueva que cambia cómo te sientes al respecto.

La habilidad central de la terapia cognitiva.

Reframe mistakes as data: not 'I failed' but 'I found what doesn't work'.

Reframe mistakes as data: not 'I failed' but 'I found what doesn't work'. -> Reencuadra los errores como datos: no 'fracasé' sino 'encontré lo que no funciona'.

Reframing doesn't change the facts — it changes the story you tell yourself about them.

Reframing doesn't change the facts — it changes the story you tell yourself about them. -> Reencuadrar no cambia los hechos — cambia la historia que te cuentas sobre ellos.

9

to let go

soltar · dejar ir · liberarse de

DEF

to release a negative thought or experience; to stop holding on mentally

Letting go is an active skill — you intentionally choose to stop giving energy to something that no longer serves you.

ES

Dejar de aferrarse a algo mental o emocionalmente.

Soltar es una habilidad activa — eliges intencionalmente dejar de dar energía a algo.

Let go of the embarrassment — everyone stumbles in a second language.

Let go of the embarrassment — everyone stumbles in a second language. -> Suelta la vergüenza — todos tropiezan en un segundo idioma.

The hardest part of moving forward is learning to let go of who you used to be.

The hardest part of moving forward is learning to let go of who you used to be. -> La parte más difícil de avanzar es aprender a soltar quien solías ser.

10 to tune in to

sintonizar con · prestar atención a · conectar con

DEF

to pay close attention to something; to become aware of and receptive to a feeling

In self-talk contexts: tuning in means noticing what your inner voice says rather than letting it run on autopilot.

ES

Prestar mucha atención a algo; ser receptivo a una señal o sentimiento.

Sintonizar con tu voz interior significa notar lo que dice en lugar de dejarlo en piloto automático.

Tune in to how you speak to yourself when you're tired or stressed.

Tune in to how you speak to yourself when you're tired or stressed. -> Sintoniza con cómo te hablas a ti mismo cuando estás cansado o estresado.

Once you tune in to your inner dialogue, you can start shaping it.

Once you tune in to your inner dialogue, you can start shaping it. -> Una vez que sintonizas con tu diálogo interno, puedes empezar a moldearlo.