

VOCABULARY · EPISODE 10

A Childhood Memory That Changed the Way

Key words & expressions · English + Español

11 words

Your English Toolbox

1

to grow up

crecer · madurar · hacerse mayor

DEF

to develop from a child to an adult; to mature emotionally or mentally

Deceptively rich: 'I grew up in London' (place) vs. 'you need to grow up' (emotional maturity) — both common.

ES

Desarrollarse de niño a adulto; madurar emocionalmente.

Frase engañosamente rica: 'crecí en Londres' vs. 'necesitas madurar'.

I grew up in a small coastal town where everyone knew everyone else.

I grew up in a small coastal town where everyone knew everyone else. -> Crecí en una pequeña ciudad costera donde todos se conocían.

Some people grow up very fast when faced with difficult circumstances.

Some people grow up very fast when faced with difficult circumstances. -> Algunas personas maduran muy rápido cuando se enfrentan a circunstancias difíciles.

2

to look back on

mirar atrás · reflexionar sobre · recordar con perspectiva

DEF

to think about or reflect on events from your past

The interpretation you give to a memory is always a present-day choice — looking back can heal or reopen.

ES

Pensar o reflexionar sobre eventos de tu pasado.

La interpretación que das a un recuerdo siempre es una elección del presente.

Looking back on that moment, I realise how much it shaped who I became.

Looking back on that moment, I realise how much it shaped who I became. -> Al mirar atrás a ese momento, me doy cuenta de cuánto moldeó en quien me convertí.

She can now look back on her difficult years with something like gratitude.

She can now look back on her difficult years with something like gratitude. -> Ahora puede mirar atrás a sus años difíciles con algo parecido a la gratitud.

3

a turning point

un punto de inflexión · un momento decisivo

DEF

a moment when something changes significantly and permanently

Turning points are often only visible in retrospect — what felt small at the time turned out to change everything.

ES

Un momento en que algo cambia significativamente y de forma permanente.

Los puntos de inflexión a menudo solo son visibles en retrospectiva.

Meeting that teacher was a turning point — everything was different after.

Meeting that teacher was a turning point — everything was different after. -> Conocer a ese maestro fue un punto de inflexión — todo fue diferente después.

You often don't realise a turning point is happening while it's happening.

You often don't realise a turning point is happening while it's happening. -> A menudo no te das cuenta de que un punto de inflexión está ocurriendo mientras ocurre.

4

to come to terms with

reconciliarse con · aceptar · hacerse a la idea de

DEF

to accept a difficult situation or truth after a period of struggle

Not the same as being happy — coming to terms means reaching peace without necessarily approving.

ES

Aceptar una situación difícil tras un período de lucha.

No es lo mismo que estar contento — reconciliarse significa alcanzar un lugar de paz.

It took years, but he finally came to terms with what had happened.

It took years, but he finally came to terms with what had happened. -> Llevó años, pero finalmente se reconcilió con lo que había ocurrido.

Coming to terms with your past is not the same as excusing it.

Coming to terms with your past is not the same as excusing it. -> Reconciliarse con tu pasado no es lo mismo que excusarlo.

5

to hold on to

aferrarse a · conservar · guardar

DEF

to keep something in memory or heart; to refuse to let go

Can be positive (holding on to hope) or a barrier (holding on to resentment).

ES

Guardar algo en tu memoria o corazón; negarse a soltar.

Puede ser positivo (aferrarse a la esperanza) o un obstáculo (aferrarse al resentimiento).

He held on to that letter for forty years — it meant everything to him.

He held on to that letter for forty years — it meant everything to him. -> Se aferró a esa carta durante cuarenta años — lo significaba todo para él.

Some people hold on to childhood wounds long after they've healed.

Some people hold on to childhood wounds long after they've healed. -> Algunas personas se aferran a las heridas de la infancia mucho después de que han sanado.

6

yearning

anhelo · ansia · añoranza

DEF

a deep, intense longing for something out of reach

Stronger and more aching than 'wanting' — yearning often involves something lost, distant, or impossible.

ES

Un ansia profunda e intensa por algo fuera de alcance.

Más fuerte y doloroso que 'querer' — el anhelo suele implicar algo perdido o imposible.

There was a deep yearning in his voice whenever he spoke about home.

There was a deep yearning in his voice whenever he spoke about home. -> Había un profundo anhelo en su voz siempre que hablaba de casa.

The yearning for the past is the engine of nostalgia.

The yearning for the past is the engine of nostalgia. -> El anhelo por el pasado es el motor de la nostalgia.

7

to shape

moldear · forjar · dar forma a

DEF

to strongly influence or determine what something or someone becomes

Central to childhood memory narratives — the experiences, people, places that left a lasting imprint on who you are.

ES

Influir fuertemente en lo que algo o alguien se convierte.

Central en las narrativas de memorias de la infancia.

That single encounter shaped his entire worldview for the rest of his life.

That single encounter shaped his entire worldview for the rest of his life. -> Ese único encuentro moldeó toda su visión del mundo para el resto de su vida.

Childhood experiences shape the emotional language we use well into adulthood.

Childhood experiences shape the emotional language we use well into adulthood. -> Las experiencias de la infancia moldean el lenguaje emocional que usamos en la adultez.

8

to stand out

destacar · sobresalir · quedarse grabado

DEF

to be noticeably more remarkable or memorable than others

In childhood memory narratives, the moments that stand out are usually small and sensory.

ES

Ser visiblemente más notable o memorable que los demás.

En narrativas de la infancia, los momentos que destacan suelen ser pequeños y sensoriales.

One memory stands out above all the others — a grey morning by the sea.

One memory stands out above all the others — a grey morning by the sea. -> Un recuerdo destaca por encima de todos — una mañana gris junto al mar.

What stands out from your childhood? Not events — the feelings around them.

What stands out from your childhood? Not events — the feelings around them. -> ¿Qué destaca de tu infancia? No los eventos — los sentimientos en torno a ellos.

9 to make sense of encontrar sentido a · darle significado a · comprender

DEF

to try to understand or find meaning in something confusing or complex

The narrative act of childhood memory — we spend our lives trying to make sense of what happened to us when we were small.

ES

Intentar entender o encontrar significado en algo confuso.

El acto narrativo de la memoria — pasamos la vida intentando encontrar sentido a lo que nos ocurrió de pequeños.

As an adult, he began to make sense of experiences he had never understood as a child.

As an adult, he began to make sense of experiences he had never understood as a child. -> De adulto, empezó a encontrar sentido a experiencias que nunca comprendió de niño.

Storytelling is one of the ways we make sense of our lives.

Storytelling is one of the ways we make sense of our lives. -> Contar historias es una de las formas en que encontramos sentido a nuestras vidas.

10 a formative experience una experiencia formativa · una vivencia determinante

DEF

an experience that has a strong lasting effect on your character or beliefs

Psychologists identify formative experiences as the raw material of identity.

ES

Una experiencia que tiene un efecto duradero en tu carácter o creencias.

Los psicólogos identifican las experiencias formativas como la materia prima de la identidad.

Learning to swim alone in the sea was a formative experience — it taught me to trust myself.

Learning to swim alone in the sea was a formative experience — it taught me to trust myself. -> Aprender a nadar solo en el mar fue una experiencia formativa — me enseñó a confiar en mí mismo.

Every person has a handful of formative experiences that explain almost everything about them.

Every person has a handful of formative experiences that explain almost everything about them. -> Cada persona tiene un puñado de experiencias formativas que explican casi todo sobre ella.

11 to pass on transmitir · legar · pasar

DEF

to transmit something to others or to the next generation

The warmest meaning: passing on values, stories, skills — choosing what of your life to give forward.

ES

Transmitir algo a otros o a la siguiente generación.

El significado más cálido: transmitir valores, historias, habilidades.

He wanted to pass on the love of the sea to his grandchildren.

He wanted to pass on the love of the sea to his grandchildren. -> Quería transmitir el amor por el mar a sus nietos.

What stories from your own childhood do you want to pass on?

What stories from your own childhood do you want to pass on? -> ¿Qué historias de tu propia infancia quieres transmitir?