

Stop Guessing What They Really Meant

English learning resource · EN

Key words & expressions · English

8 learning entries

Study task: Listen again and notice the expressions you studied.

1

jump to conclusions

DEF

To decide that something is true before you have enough evidence.

Usually critical: the conclusion may feel convincing, but it is premature.

I jumped to conclusions when she did not reply.

Ask what happened before you jump to conclusions.

2

give someone the benefit of the doubt

DEF

To choose a favourable interpretation when you do not know all the facts.

It expresses trust without claiming that you are certain.

I gave him the benefit of the doubt and waited for an explanation.

Good relationships require giving people the benefit of the doubt.

3

read too much into something

DEF

To find more meaning or significance in something than was probably intended.

Common with messages, facial expressions, silences and small changes in tone.

Do not read too much into one short message.

I read too much into her silence and worried all evening.

4

speak your mind

DEF

To say openly and honestly what you think or need.

It suggests directness; depending on tone, it can sound courageous or blunt.

She spoke her mind without being disrespectful.

If something is wrong, speak your mind calmly.

5

give it your best shot

DEF

To make your strongest genuine attempt, even though success is not guaranteed.

Encouraging and informal; it values honest effort rather than a perfect result.

I may not win, but I will give it my best shot.

Give the interview your best shot and let go of the result.



6

burn out

DEF

To become physically and emotionally exhausted after prolonged stress or overwork.

As a verb: burn out. The condition is the noun burnout, written as one word.

She burned out after months without a proper break.

Working harder is not useful if you burn out.

7

be hard on yourself

DEF

To judge or criticize yourself more severely than is fair or helpful.

Often used to reassure someone after a mistake or disappointment.

Do not be so hard on yourself; you are still learning.

I was hard on myself for not getting a perfect result.

8

let something go

DEF

To stop holding on to anger, regret, an expectation or a painful thought.

It can mean emotional acceptance, not that the event was unimportant or acceptable.

Once I knew the truth, I could let the argument go.

Prepare carefully, then let go of the result.

