

TRANSCRIPT · EPISODE 14

Verbs Focus

Full episode script · English

89 lines

Your English Toolbox

EPISODE 2 — “The Ten Verbs That Move You Forward”

[Soft acoustic intro music fades in – calm and reflective]

■ Sometimes, one single verb can describe your whole learning journey. ■ A verb that carries motion, energy, or emotion — something that makes your English alive.

■ And that’s exactly what today’s episode is about. ■ Ten verbs that help you describe what really happens when you learn slowly, calmly, and intentionally.

■ If you stay with us till the end, you’ll understand how each verb can give your English rhythm — and how using them in your own stories makes your speech sound natural and confident.

■ So take a deep breath... ■ Let’s move through these verbs together — one slow step at a time.

■ PART 1 — pick up

■ Let’s begin with one of the most natural verbs in English: pick up.

■ It means to learn something without really studying it. ■ You don’t memorize — you just pick it up by hearing it, reading it, or living it.

■ Remember when Peter talked about learning pronunciation through shadowing? ■ He said, “After two weeks, I just picked up the rhythm.” ■ That’s pick up.

■ Compare it with learn — learn sounds serious, like a classroom. ■ Pick up is casual and human. ■ You can say, “I picked up some new expressions from that movie.”

■ Or, “Children pick up language faster because they don’t study it — they live it.” ■ It’s learning without pressure.

■ PART 2 — overcome

■ Our second verb is more emotional — overcome. ■ It means to win against a difficulty, fear, or barrier.

■ I love this word because it appeared so many times in our stories. ■ Remember my childhood stutter?

I said, “Music helped me overcome it.” ■ That word carries courage.

■ Compare it with beat or fight.

Those sound physical. ■ Overcome is mental and emotional. ■ You don't fight English — you overcome fear.

■ You can say, "She overcame her fear of speaking." ■ Or, "I'm trying to overcome my perfectionism."

■ It's a beautiful verb because it ends with victory — quiet, calm victory.

■ PART 3 — get stuck

■ Now let's get real — every learner gets stuck.

■ Absolutely. ■ Get stuck means to stop moving forward, usually because you don't know what to do next.

■ You can say, "I got stuck on this word," or "I get stuck when I try to speak fast."

■ Compare it with pause — pause is a choice. ■ Get stuck just happens.

It's natural.

■ But there's something interesting: ■ Getting stuck isn't failure — it's feedback. ■ It's your brain saying, "Hey, I need more time here."

■ So next time you get stuck, don't panic. ■ Just slow down, breathe, and listen again. ■ That's how you unstick your English.

⇒ ■ PART 4 — refine

■ Here's a more elegant verb — refine.

■ It means to make something better, smoother, or more precise. ■ You're not starting from zero — you already know something, but you want to polish it.

■ In the "Shadowing Practice" episode, we said: ■ "Shadowing isn't about repeating.

It's about refining your ear and your rhythm."

■ Compare it with improve. ■ Improve is general — you can improve anything. ■ But refine is delicate.

It's about small, smart adjustments.

■ For example: ■ "I'm refining my pronunciation." ■ "She's refining her writing style."

■ It's the verb of artists — and language learners are artists of sound.

■ PART 5 — try out

■ Verb number five — try out. ■ A friendly phrasal verb meaning to test something new and see how it feels.

■ You can try out a word, a method, or even a new accent. ■ For example, "I tried out that new shadowing app."

■ Compare it with experiment with. ■ That one sounds more scientific.

Try out is everyday and real.

■ You could even say, “I’m trying out speaking slower this week.” ■ It’s playful — no pressure, just curiosity.

■ And that’s what slow learning is all about — trying things calmly until they become natural.

■ PART 6 — slow down

■ And speaking of calm, the next verb is a lifestyle — slow down.

■ Yes!

It means to reduce speed, but also to be more present and thoughtful.

■ In the “Morning Routine” episode, we repeated this idea again and again: ■ “When you slow down, you actually learn faster.”

■ Compare it with relax — relax is about your body. ■ Slow down is about your actions and attention.

■ For example: ■ “Slow down your reading — notice the small details.” ■ “Slow down your speaking — let your ideas breathe.”

■ It’s the perfect verb for mindfulness in language.

■ PART 7 — figure out

■ Our next verb has a puzzle inside it — figure out.

■ It means to understand something by thinking carefully or solving a small problem.

■ You can say, “I’m trying to figure out this grammar rule,” or “I finally figured out how to use that phrase.”

■ Compare it with understand. ■ Understand feels instant. ■ Figure out feels active — you work for it, you connect pieces together.

■ And it’s perfect for English learning because that’s exactly what we do every day — ■ We figure things out, slowly and joyfully.

■■ PART 8 — deal with

■ Okay, next one — deal with.

■ It means to manage, face, or handle something — especially problems or emotions.

■ It’s not dramatic; it’s practical. ■ You deal with mistakes, stress, confusion.

■ In “Broken Language Learning,” we said: “Students don’t deal with mistakes — they hide from them.”

■ For example: ■ “I’m learning to deal with my accent anxiety.” ■ “How do you deal with forgetting words?”

■ Compare it with handle — both are similar, but deal with sounds more spoken and everyday.

■ It's the verb of calm confidence — facing things without fear.

■ PART 9 — embrace

■ This next one is one of my favorites — embrace. ■ It means to accept something completely and with a good attitude.

■ In the “Calm English” episode, we said: ■ “The moment you embrace your mistakes, you start to learn.”

■ Compare it with accept. ■ Accept is neutral; embrace is warm. ■ You can say, “I’m learning to embrace silence in conversations.” ■ Or, “He embraced his accent — and that’s when he became fluent.”

■ It's one of the most positive verbs in English. ■ It turns mistakes into friends.

■ PART 10 — set up

■ And the last one — set up. ■ It means to organize or prepare something before you start.

■ In “Morning Routines of a Music Star,” the singer said, “I always set up my space before I practice.” ■ It's simple but powerful — preparation creates peace.

■ You can say, “I’m setting up my English notebook,” or “Let’s set up a new study plan.”

■ Compare it with prepare. ■ Prepare is formal; set up is practical and spoken.

■ It's the quiet start of every success.

■ CLOSING REFLECTION

■ So there you have them — ten verbs that describe movement, courage, and calm growth.

■ Pick up, overcome, get stuck, refine, try out, slow down, figure out, deal with, embrace, and set up.

■ They're not just actions — they're attitudes. ■ Each one tells a small story of learning.

■ Let me ask you something. ■ When you think about your English right now — which of these verbs describes you best today?

■ And here's a second question. ■ Which one would you like to describe you next month?

■ Maybe you're getting stuck now... but soon you'll overcome. ■ Or maybe you're ready to refine and embrace the next level.

■ Whatever verb you choose, remember this: language learning isn't a race — it's a rhythm.

■ The goal isn't speed, it's awareness.

■ So slow down, try things out, and give yourself time to pick it up — one calm verb at a time.

[Soft outro music fades in]

■ Thanks for joining us today. ■ In the next episode, we'll explore ten idioms that bring real-life emotion to your English.

■ Until then, keep refining, keep embracing, and keep moving forward — slowly.
