

## VOCABULARY · EPISODE 15

# Train Your Brain and Mouth to Speak with Confidence

Key words & expressions · English + Español

Your English Toolbox

1

## muscle memory

memoria muscular · automatismo físico

### DEF

the ability to perform a physical action automatically, without thinking, after enough practice

*Muscle memory in speaking means your mouth moves correctly without conscious thought — the goal of pronunciation and fluency training. It's built through deliberate, repeated practice.*

### ES

La capacidad de realizar una acción física automáticamente, sin pensar, después de suficiente práctica.

La memoria muscular al hablar significa que tu boca se mueve correctamente sin pensamiento consciente.

***After months of shadowing, muscle memory took over and my accent became much clearer.***

After months of shadowing, muscle memory took over and my accent became much clearer. -> Después de meses de shadowing, la memoria muscular se hizo cargo y mi acento se volvió mucho más claro.

***Speaking a language confidently is all about muscle memory — your mouth needs to learn the sounds.***

Speaking confidently is all about muscle memory. -> Hablar con confianza tiene que ver con la memoria muscular.

2

## to freeze up

quedarse en blanco · bloquearse

### DEF

to suddenly become unable to speak, move, or think clearly, usually from anxiety or pressure

*Freezing up is the enemy of language learners — you know the word, the grammar, the idea, but when the moment comes you go blank. It is a physical anxiety response.*

### ES

Quedar de repente incapaz de hablar, moverse o pensar con claridad, generalmente por ansiedad o presión.

Quedarse en blanco es el enemigo de los estudiantes de idiomas — sabes la palabra, la gramática, la idea, pero en el momento te bloqueas.

***Every time someone asked me a question in English, I froze up and forgot everything I knew.***

Every time someone asked me a question in English, I froze up. -> Cada vez que alguien me hacía una pregunta en inglés, me quedaba en blanco.

***The trick to not freezing up is to practise speaking under mild pressure — that's what this podcast does.***

The trick to not freezing up is to practise speaking under mild pressure. -> El truco para no bloquearse es practicar hablar bajo una leve presión.

3

## to speak up

alzar la voz · atreverse a hablar

### DEF

to say something confidently and clearly, especially when it takes courage to do so

*Speak up has two meanings: (1) speak louder, (2) say what you really think. In English learning, learning to speak up — to use your voice even when unsure — is the central challenge.*

### ES

Decir algo con confianza y claridad, especialmente cuando se necesita valor para hacerlo.

Tiene dos significados: hablar más alto, y decir lo que realmente piensas.

***Don't be afraid to speak up in class, even if you make mistakes.***

Don't be afraid to speak up in class, even if you make mistakes. -> No tengas miedo de alzar la voz en clase, aunque cometas errores.

***The moment she decided to speak up in meetings at work, her English improved dramatically.***

The moment she decided to speak up in meetings, her English improved dramatically. -> En el momento en que decidió atreverse a hablar en las reuniones, su inglés mejoró drásticamente.

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## to blurt out

soltar algo de repente · decir algo sin pensar

### DEF

to say something suddenly and impulsively, without thinking first

*Blurting out is unfiltered speech — the words come before the brain checks them. For language learners this can actually be useful: blurting out forces you to use what you know without overthinking.*

### ES

Decir algo de repente e impulsivamente, sin pensar primero.

Es habla sin filtro — las palabras salen antes de que el cerebro las revise.

***She blurted out the answer in English before she had time to think about the grammar.***

She blurted out the answer in English before she had time to think. -> Soltó la respuesta en inglés antes de tener tiempo de pensar.

***Sometimes it's better to blurt something out imperfectly than to stay silent waiting for the perfect sentence.***

Sometimes it's better to blurt something out imperfectly than to stay silent. -> A veces es mejor decir algo sin pensar de forma imperfecta que quedarse en silencio.

5

## to rehearse

ensayar · practicar de antemano

### DEF

to practise what you are going to say, before saying it in the real situation

*Rehearsing is not cheating — actors, speakers, and job candidates all rehearse. For language learners, rehearsing conversations before real interactions dramatically reduces anxiety.*

### ES

Practicar lo que vas a decir, antes de decirlo en la situación real.

Ensayar no es trampa — actores, oradores y candidatos a empleos todos ensayan.

***She rehearsed her presentation in English three times in front of the mirror.***

She rehearsed her presentation in English three times in front of the mirror. -> Ensayó su presentación en inglés tres veces frente al espejo.

***Rehearse the conversation you are going to have — even in your head — and you will feel far more confident.***

Rehearse the conversation you are going to have — even in your head. -> Ensaya la conversación que vas a tener — aunque sea mentalmente.

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## to stumble

tropezar · trabarse al hablar

### DEF

to make mistakes or lose fluency when speaking, especially from nervousness

*Stumbling is natural and even useful — it shows you are at the edge of your ability. Great speakers stumble too, and the recovery matters more than the fall.*

### ES

Cometer errores o perder fluidez al hablar, especialmente por nerviosismo.

Tropezar es natural e incluso útil — muestra que estás al límite de tu capacidad.

***He stumbled over his words during the first job interview but recovered quickly.***

He stumbled over his words during the first job interview but recovered quickly. -> Se trabó al hablar durante la primera entrevista de trabajo pero se recuperó rápidamente.

***Expect to stumble — every stumble is a lesson your brain is recording for next time.***

Expect to stumble — every stumble is a lesson your brain is recording. -> Espera tropezar — cada tropiezo es una lección que tu cerebro está registrando.

## 7 out loud

### en voz alta · en alto

#### DEF

in a voice that can be heard — not silently or internally, but actually making the sound

*Reading, thinking, and listening are passive. Speaking out loud forces the brain and the mouth to work together — the most active form of language practice.*

#### ES

Con una voz que se puede escuchar — no en silencio o internamente, sino produciendo realmente el sonido.

Leer, pensar y escuchar son pasivos. Hablar en voz alta obliga al cerebro y a la boca a trabajar juntos.

***Read this sentence out loud three times — you'll remember it far better than reading it silently.***

Read this sentence out loud three times. -> Lee esta frase en voz alta tres veces.

***Practise thinking out loud in English, even when you are alone at home.***

Practise thinking out loud in English, even when you are alone at home. -> Practica pensar en voz alta en inglés, aunque estés solo en casa.

## 8 to get your point across

### hacerse entender · transmitir tu mensaje con claridad

#### DEF

to successfully communicate your message or idea so that the other person understands you

*This phrase focuses on the result of communication — being understood. It's reassuring for learners because it implies that grammar mistakes are acceptable as long as the listener gets the meaning.*

#### ES

Comunicar tu mensaje o idea con éxito para que la otra persona te entienda.

Se centra en el resultado de la comunicación — ser comprendido, no en la perfección gramatical.

***Even with simple words, you can get your point across if you speak clearly and calmly.***

Even with simple words, you can get your point across if you speak clearly and calmly. -> Incluso con palabras sencillas, puedes hacerte entender si hablas con claridad y calma.

***She used gestures and body language to get her point across when she didn't know the exact word.***

She used gestures and body language to get her point across when she didn't know the exact word. -> Usó gestos y lenguaje corporal para transmitir su mensaje cuando no sabía la palabra exacta.

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## to catch yourself

**darte cuenta en el momento · pillarte a ti mismo haciendo algo**

### DEF

to become aware of what you are doing or saying in the moment, often before making a mistake

*Catch yourself implies a moment of self-awareness that stops an automatic behaviour. For language learners, this is the key skill of self-monitoring — catching yourself before translating in your head or freezing up.*

### ES

Ser consciente de lo que estás haciendo o diciendo en el momento, frecuentemente antes de cometer un error.

Implica un momento de autoconciencia que detiene un comportamiento automático — clave en el autocontrol del habla.

***I caught myself translating from Spanish to English — that's when I knew I had to change my approach.***

I caught myself translating from Spanish to English — that's when I knew I had to change my approach. -> Me pillé a mí mismo traduciendo del español al inglés — fue entonces cuando supe que tenía que cambiar mi enfoque.

***With practice, you start to catch yourself mid-sentence and correct your pronunciation naturally.***

With practice, you start to catch yourself mid-sentence and correct your pronunciation naturally. -> Con práctica, empiezas a darte cuenta en el momento a mitad de frase y corregir tu pronunciación de forma natural.

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## to find your voice

**encontrar tu voz propia · encontrar tu forma natural de expresarte**

### DEF

to develop your own natural, confident way of expressing yourself, especially in a new language

*Finding your voice in English means speaking in a way that feels like you — not imitating a textbook, not hiding behind grammar. It's the moment when English starts to feel personal and authentic.*

### ES

Desarrollar tu propia forma natural y segura de expresarte, especialmente en un nuevo idioma.

Significa hablar de una manera que se sienta tuya — no imitando un libro de texto ni escondiéndote tras la gramática.

***It takes time, but everyone eventually finds their voice in English — your accent, your rhythm, your style.***

It takes time, but everyone eventually finds their voice in English — your accent, your rhythm, your style. -> Lleva tiempo, pero todos encuentran su voz propia en inglés — tu acento, tu ritmo, tu estilo.

***Shadowing helped her find her voice in English because she could hear and copy natural speech patterns.***

Shadowing helped her find her voice in English because she could hear and copy natural speech patterns. -> El shadowing le ayudó a encontrar su forma natural de expresarse en inglés porque podía escuchar y copiar patrones de habla naturales.