

Weekly English Recap: Fear, Character & Small Problems — 20 Shadowing Pairs

English learning resource · EN

Full episode script · English

109 lines

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

Welcome to Your English Toolbox.

I am Peter.

Today, we are turning this week's three short episodes into one vocabulary and shadowing workout.

We will review all twenty learning items: three precise words for fear and worry, eight ways to describe character and nine natural expressions for handling small problems.

Nine of those items appeared as extra vocabulary and expressions on the episode pages.

This episode will help you retrieve the language, say it aloud and recognise the same idea in different words.

Here is the two-sentence game.

First, I will say a short, natural sentence containing one item from this week.

Then you will hear four seconds of silence.

Use that silence to shadow the sentence aloud.

Copy my pronunciation, rhythm and stress as closely as you can.

After the pause, I will say a second sentence with the same meaning but different vocabulary.

That paraphrase is your meaning check, so you can confirm the idea without translating.

You will then have three seconds to absorb the contrast and get ready for the next pair.

On your first listen, focus on meaning.

On your second listen, begin repeating as soon as I start speaking and try to follow my voice more closely.

Ready?

Let us begin.

Part one.

Three precise words for fear and worry.

Pair one.

I felt nervous before my first presentation to the whole team.

I felt tense and worried because an important performance was about to begin.

Pair two.

She became anxious while waiting for the medical results.

The uncertainty made her feel worried and unable to relax.

Pair three.



We were terrified when smoke started coming under the door.

We were extremely frightened because the danger felt immediate.

Part two.

Eight ways to describe character.

The first four are idioms from the audio lesson.

The next four are useful extensions from the episode page.

Pair four.

Our new neighbour has a heart of gold and checks on everyone during winter.

Our new neighbour is exceptionally kind, caring and generous.

Pair five.

Elena is a tough cookie who handles pressure without giving up.

Elena is a strong person who copes well with difficult situations.

Pair six.

Ask Leo anything; he is an open book.

Leo's thoughts and feelings are easy for other people to understand.

Pair seven.

Nobody noticed Amir at first, but he became the dark horse of the competition.

Amir was the underestimated competitor who surprised everyone with his ability.

Now we move to the four expressions from the web lesson.

Pair eight.

Maya stayed resilient after the project failed and quickly built a better plan.

Maya recovered, adapted and continued after a difficult setback.

Pair nine.

Ben is determined to finish the course before December.

Ben has firmly decided to reach his goal and will not give up.

Pair ten.

Eva is easy to read because her face shows every emotion.

You can understand Eva's feelings immediately from her expression.

Pair eleven.

The design challenge revealed Rosa's unexpected potential.

Rosa surprised everyone by showing abilities they did not know she had.

Part three.

Nine natural expressions for handling small problems calmly.

The first four came from the audio lesson.

The final five were the extra expressions on the episode page.

Pair twelve.



You are only five minutes late.

It is no big deal.

The delay is small and not serious, so there is no reason to make it important.

Pair thirteen.

You sent the message to the wrong group, but these things happen.

Ordinary people sometimes make understandable mistakes like this.

Pair fourteen.

The booking system is not working, but we will figure it out.

We are confident that we can understand the problem and find a solution together.

Pair fifteen.

The printer needs more paper.

Let me take care of it.

I will handle the problem myself, so you do not need to manage it.

Now for the five extra expressions from the web lesson.

Pair sixteen.

I found the missing notes, so do not worry about it.

You do not need to remain concerned because the small problem has been resolved.

Pair seventeen.

The timetable is wrong, but we can sort it out this afternoon.

We can organise the details and resolve the problem successfully later today.

Pair eighteen.

The date on the invitation is incorrect, but it is easily fixed.

We can correct the mistake without much difficulty.

Pair nineteen.

The supplier has not replied yet.

Leave it with me.

Give me responsibility for the issue and I will deal with it.

Pair twenty.

Your email came to me instead of Sam, but no harm done.

The mistake caused no real damage or lasting problem.

You have completed all twenty pairs.

You reviewed three precise words for fear and worry, eight ways to describe character and nine expressions for small problems.

Nine of those items came from the extra material on the episode pages.

Notice that the second sentence did not simply translate the first.

It rebuilt the same idea using different English words.



That is what makes this both a vocabulary review and a shadowing workout.

You practise pronunciation, but you also strengthen retrieval and flexible understanding.

Try the episode again tomorrow.

This time, begin repeating as soon as I start speaking and use the four-second silence to complete the sentence.

If four seconds feels too short, choose a slower version on the episode page.

If it feels comfortable, move to a faster version and keep the same natural rhythm.

At youenglishtoolbox.com, you can read every pair while you practise and choose the listening speed that matches your level.

One idea, two sentences and one stronger English voice.

I am Peter.

Thank you for practising with me.

See you in the next episode.

