

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

English learning resource · EN

Key words & expressions · English

20 learning entries

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

1

nervous

DEF

worried or tense before a specific event, performance or experience

Often used before an event that matters to you: nervous about + noun or nervous before + event. Nervous and anxious overlap in everyday use; context matters more than a fixed scale of intensity or duration.

Martin felt nervous about his presentation.

I always get nervous before an important interview.

2

anxious

DEF

worried, uneasy or tense because the outcome of a situation is uncertain

Anxious about is useful for continuing uncertainty and possible problems. In ordinary conversation it can describe a temporary feeling and does not automatically refer to a medical anxiety disorder.

Martin was anxious about the medical result.

Employees are anxious about the possible changes at work.

3

terrified

DEF

extremely frightened

Terrified is already a strong adjective, so very terrified is normally unnecessary. Use terrified of + noun, terrified by + cause, or terrified that + clause; absolutely terrified adds natural emphasis.

Martin was terrified when the large dog ran towards him.

She is terrified of heights and cannot look down.

4

have a heart of gold

DEF

To be extremely kind, caring and generous.

A warm, strongly positive idiom. It often contrasts a person's kind nature with a serious appearance, direct manner or difficult circumstances.

Maya has a heart of gold and always helps people who are struggling.

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



5

a tough cookie

DEF

A strong, resilient person who handles difficulty well.

Informal and usually approving. It can describe physical toughness, determination or emotional strength; context decides the exact emphasis.

After everything she has experienced, she is still a tough cookie.

You need to be a tough cookie in that demanding job.

6

an open book

DEF

A person whose thoughts and feelings are easy to understand.

*It suggests emotional transparency, not that the person reveals every private detail. The common pattern is *be an open book*; a face can also be an open book.*

Ask me anything; I am an open book.

His face is an open book, so I knew he was disappointed.

7

a dark horse

DEF

A person with unexpected abilities or an unexpected chance of success.

Common in competitions, elections and group projects. It focuses on hidden or underestimated potential, not necessarily secrecy or dishonesty.

Nobody expected her to reach the final, but she became the dark horse of the tournament.

Amir was the dark horse of the team and designed the best poster.

8

resilient

DEF

Able to recover, adapt and continue after difficulty or stress.

More specific than simply strong in this context: resilient highlights recovery and adaptation after pressure, failure or change.

Daniel stayed resilient when the outdoor event went wrong.

She is resilient enough to rebuild after a difficult year.

9

determined

DEF

Firmly decided to achieve something and unwilling to give up.

Determined describes purposeful persistence. It is usually positive, while stubborn suggests refusing to change even when change would be sensible.

He remained determined throughout his difficult recovery.

She is determined to finish the project before Friday.



10

easy to read

DEF

Easy to understand from someone's expression, behaviour or emotional reactions.

With people, read means interpret rather than literally read words. It often refers to emotions that are visible on someone's face.

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

He tries to hide his disappointment, but he is easy to read.

11

unexpected potential

DEF

Abilities or future possibilities that other people did not know about or predict.

Potential points to what someone may be able to achieve, not only what they have already done. Unexpected highlights surprise rather than luck.

The competition revealed her unexpected potential as a designer.

The writing exercise revealed his unexpected potential as a storyteller.

12

It's no big deal.

DEF

A reassuring response that says a problem is not very serious or difficult.

Use it only for genuinely small problems. If someone is deeply upset or the loss is serious, it can sound dismissive rather than comforting.

I printed the old version by mistake. It's no big deal; we can print the new one.

You are five minutes late, but it's no big deal.

13

These things happen.

DEF

A warm response that treats a small mistake or accident as understandable and avoids blame.

The phrase normalises an ordinary mistake. Add a practical next step afterwards when you want to sound supportive rather than passive.

I sent the message to the wrong group. These things happen.

These things happen. We'll send a correction now.

14

We'll figure it out.

DEF

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

Figure something out means solve or understand it. The pronoun we shares responsibility; use I'll figure it out when the responsibility is yours alone.

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

We do not have enough chairs, but we'll figure it out before the guests arrive.



15

Let me take care of it.

DEF

An offer to handle a problem or task yourself so the other person does not need to manage it.

Take care of something here means deal with it, not look after a person. The phrase sounds calm and confident, so use it only when you can keep the promise.

The printer needs more paper. Let me take care of it.

Someone needs to call the hotel. Let me take care of it.

16

Don't worry about it.

DEF

A friendly way to tell someone that they do not need to remain concerned about a small problem.

It can accept an apology and release the speaker from further worry. Avoid it when the concern is serious or still needs attention.

I'm sorry I moved your notes. Don't worry about it; I found them.

Don't worry about the broken label. I can replace it.

17

We can sort it out.

DEF

We can organise, repair or resolve the problem successfully.

Sort something out is a common British phrasal verb for resolving a practical problem or confusion. We creates a cooperative tone.

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

We can sort out the seating before the guests arrive.

18

It's easily fixed.

DEF

The problem can be corrected or repaired without much difficulty.

Fixed may refer to a physical repair or correcting information, plans or arrangements. Easily reassures the listener that the solution is straightforward.

The date is wrong, but it's easily fixed.

The loose handle looks worrying, although it's easily fixed.

19

Leave it with me.

DEF

Give me responsibility for this task or problem and I will deal with it.

This concise British expression sounds reassuring and competent. It asks the other person to stop managing the issue because you are taking ownership.

The supplier has not replied yet. Leave it with me.

Leave the booking with me and I'll call the hotel.



20

No harm done.

DEF

A response meaning that a mistake caused no real damage, injury or lasting problem.

This phrase accepts an apology by focusing on the absence of consequences. Use it only when you can honestly say that nothing important was harmed.

I'm sorry I used your mug. No harm done.

The email went to me instead of Sam, but no harm done.

