

Weekly English Recap: Time, Risk & Better Choices — 38 Shadowing Pairs

English learning resource · EN

Key words & expressions · English

17 learning entries

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

1

put the clocks back / forward

DEF

To change the time shown on clocks by one hour earlier or later for the seasonal time change.

Back means one hour earlier; forward means one hour later. The clocks go back describes the change itself. Dates and rules depend on the country.

We put the clocks back in autumn.

Remember to put the kitchen clock forward when summer time begins.

2

your body clock

DEF

Your body's internal sense of timing, including when you feel ready to sleep or wake up.

An everyday expression often used to explain feeling awake or sleepy at a different time from the clock. This language lesson is not medical or sleep advice.

The clock says seven, but my body clock thinks it is eight.

After the long journey, my body clock was still on home time.

3

play with fire

DEF

Do something risky that could cause serious trouble.

Usually a warning, not praise for being brave; the fire is figurative. Use be playing with fire or play with fire.

You are playing with fire by sharing your password.

Ignoring the safety checks is playing with fire.

4

put all your eggs in one basket

DEF

Rely on just one plan, option or source of success.

The image is of losing every egg if one basket falls. It applies to work, study and opportunities, not only money; often used as advice with do not.

Do not put all your eggs in one basket by applying to only one course.

Depending on one customer means putting all our eggs in one basket.



5

stick your neck out

DEF

Expose yourself to risk or criticism by doing or saying something.

Often used for supporting someone or making a bold prediction. Stick your neck out for someone highlights whom you are supporting; it does not describe a physical movement.

Julia stuck her neck out for my unusual proposal.

I will stick my neck out and predict that the new café will succeed.

6

take a leap of faith

DEF

Act despite uncertainty because you choose to trust or believe.

Emphasises trust when success is uncertain; it does not require ignoring evidence or preparation. Take the plunge instead emphasises finally deciding after hesitation.

Joining the new team was a leap of faith.

We checked the plan carefully before taking a leap of faith.

7

I've ... since [starting point]

DEF

Describe a situation that began at a stated time and continues now.

Use have or has + past participle; since introduces the starting point, not the length of time. This lesson covers continuing situations, not every use of the present perfect.

I've lived here since October 2023.

She has known her neighbour since school.

8

I've ... for [duration]

DEF

Describe how long a continuing situation has lasted.

For introduces a length such as three years. Have or has + past participle connects the situation to now; I lived there for three years instead describes a finished period.

I've worked here for two years.

We've known each other for a long time.

9

rage bait

DEF

Online content deliberately designed to make people angry so that they react and give it attention.

Informal, usually uncountable. An angry response does not prove the creator intended manipulation. Looks like rage bait expresses uncertainty; Oxford selected the term in 2025 but did not invent it.

That post looks like rage bait.

The creator admitted posting insults as rage bait to attract more comments.



10

a hot take

DEF

A strong opinion expressed quickly, often before much careful thought, and sometimes intended to provoke discussion.

Informal and countable. It can be sincere, playful or provocative, without being rage bait. Calling someone else's opinion a hot take can sound dismissive; a strong opinion is more neutral.

Hot take: the best part of a holiday is coming home.

Her hot take about the film started a lively conversation at lunch.

11

be content with

DEF

Feel satisfied with what you have, without needing more.

Content is an adjective here, with stress on the second syllable. It expresses satisfaction, not a rule against ambition. Use with before the thing you accept.

I am content with a quiet weekend at home.

She was content with her small flat.

12

run out of time

DEF

Have no time left, or approach the point when it will be too late.

Be running out of time often means some time remains but the deadline is close. Run is figurative here, not physical movement.

We are running out of time, so let us finish the meeting.

I ran out of time before I answered the last question.

13

make a detour

DEF

Take a longer or different route instead of going directly.

A detour may avoid an obstacle or allow an extra visit. It need not be an accidental wrong turn; made is the past of make.

We made a detour to see the river.

The closed road forced us to make a detour.

14

That was my fault

DEF

I was responsible for the mistake or problem.

Direct and natural with friends or colleagues. It identifies responsibility for an action, not your worth as a person. There has been a mistake does not identify who caused it.

That was my fault: I sent the old version.

The booking was wrong, and that was my fault.



15

Let me put it right

DEF

Let me take action to correct the problem.

Common in British English; Let me fix it is another natural option. Name a concrete action and do not guarantee an outcome outside your control.

Let me put it right: I will send the correct file.

Let me put it right by calling the restaurant.

16

shrinkflation

DEF

A reduction in the amount of a product without a corresponding reduction in its price.

Usually uncountable. The price may stay the same or rise; compare quantity and price, not wrapper size alone. A change in ingredients is not automatically shrinkflation.

The same-price chocolate bar contains less chocolate: that is shrinkflation.

The report compared pack weights and prices to identify shrinkflation.

17

get less for your money

DEF

Receive less in return for the amount you spend.

A conversational comparison of value or quantity. In this episode it concerns less product at the same price; if both quantity and price fall, compare their proportions before deciding.

The bar is smaller at the same price, so I get less for my money.

We checked the weight to see whether we were getting less for our money.

