VOCABULARY · EPISODE 194

Understand English but Struggle to Speak? Learn from Juan’s Story

English learning resource · EN

Key words & expressions · English

13 learning entries

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

1

to take part

DEF

To be involved in an activity or conversation, rather than only watching or listening.

Often followed by in. It can describe active participation even when you say only a little.

That is the difference between understanding and taking part.

Everyone can take part in the discussion, even if they are new to the topic.

2

tired English

DEF

English that feels harder to use when you are mentally or physically tired.

A conversational metaphor, not a formal language-learning term. The words may still be known but feel harder to reach.

At ten o’clock, my English is tired.

After a long shift, even simple words can feel far away.

3

to nod

DEF

To move your head up and down, often to show agreement or understanding.

Nodding can mean different things across situations. If you have not understood, nodding may give the other person the wrong impression.

Nodding when I have not understood can mislead the other person.

She nodded to show that she agreed with the plan.

4

to catch something

DEF

To hear or understand a word, detail, or part of what someone says.

In this meaning, it is common in negatives and questions: «I didn’t catch that» means you did not hear or understand it clearly.

Sorry, I did not catch the last bit.

I caught the main idea, but I missed the date.

5

sorted

DEF

Taken care of, arranged, or successfully dealt with.

Common in informal British English: «We're sorted» means everything is arranged or there is nothing else to do.

The booking is sorted now.

Don't worry about the tickets; we're sorted.

6

cheers

DEF

An informal British expression used to say «thank you» or, in some situations, «goodbye».

It is casual and friendly. Use «thank you» in more formal situations or when you need to be especially clear.

Cheers for helping me carry these boxes.

Cheers, see you tomorrow.

7

no worries

DEF

An informal way to say that something is not a problem or that someone does not need to worry.

It can respond to an apology or a request. It is friendly and common in everyday British English.

No worries, I can repeat that.

Thanks for waiting. — No worries.

8

you all right?

DEF

A common British expression that can mean «hello» or a genuine question about how someone feels.

Context and tone matter. In a quick casual exchange, a short reply such as «Yeah, all right, thanks. You?» is usual.

He came in and said, "You all right?"

She looked upset, so I asked, "You all right?"

9

a streak

DEF

A period of doing something repeatedly without missing a day or turn.

Apps often use streaks to track daily activity. A streak shows consistency, but it does not prove that the activity is useful or conversational.

I had a very long streak.

She kept her reading streak for thirty days.

10

to be ready

DEF

To have the confidence, ability, or preparation needed to do something.

In the episode, waiting until your English is «ready» becomes an excuse to delay real conversations. The phrase can also be literal: prepared to begin.

I was waiting to be ready.

You do not need to be fully ready before you try something new.

11

to make room for someone

DEF

To create space or an opportunity for someone to join a place or group.

It can be literal, such as moving a chair, or social: welcoming someone into a conversation or activity.

We told you about the night he made room for somebody in a circle at a party.

They made room for the new student at their table.

12

a comfortable explanation

DEF

A reason that feels reassuring because it avoids an uncomfortable truth or action.

Here, «comfortable» is figurative: the explanation protects the speaker from taking a difficult step, even if it is not the whole truth.

It was a very comfortable explanation.

Blaming the delay on bad luck was a comfortable explanation, but it did not solve the problem.

13

to ask someone to repeat

DEF

To request that a person say something again because you did not hear or understand it.

A clear, polite request such as «Could you repeat the last part?» keeps the conversation moving and shows that you want to understand.

I asked a girl to repeat something twice.

If you miss a name, ask the speaker to repeat it.