VOCABULARY · EPISODE 234

Viral English: Delulu — Confidence or Wishful Thinking?

English learning resource · EN

Key words & expressions · English

8 learning entries

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

1

delulu

DEF

Informal slang for unrealistically optimistic or detached from what is likely, often used playfully.

Short for delusional, but in this use it is not a medical diagnosis; calling another person delulu can sound unkind.

I'm a little delulu, but I think my team might win.

That plan sounds delulu without a backup.

2

wishful thinking

DEF

Believing or expecting something mainly because you want it to be true, despite insufficient evidence.

Describes a way of thinking, rather than labelling a person.

Expecting a job offer without applying is wishful thinking.

It may be wishful thinking to expect perfect weather.

3

manifesting

DEF

The practice or belief that focusing intentions or visualising a goal can help bring it about.

People use the term in different ways; it does not establish that visualisation guarantees an outcome.

She calls her goal-setting routine manifesting.

He is manifesting a new opportunity while applying for jobs.

4

register

DEF

The level or style of language suited to a situation.

Delulu is informal slang, so it may be inappropriate in a formal conversation.

Consider the register before using slang at work.

A formal email calls for a different register.

5

overly optimistic

DEF

More hopeful than the available facts justify.

A more neutral description than calling someone delulu, although tone still matters.

The deadline may be overly optimistic.

That estimate seems overly optimistic.

6

unrealistic

DEF

Not likely to be achieved or true in the circumstances.

Can describe an expectation or plan without labelling the person.

The timetable is unrealistic without more help.

She adjusted an unrealistic goal.

7

confidence

DEF

Belief in one's ability or in the likelihood of a positive outcome.

Confidence can be supported by preparation and evidence; it does not promise success.

Her practice gave her confidence for the interview.

He spoke with confidence about his experience.

8

accept uncertainty

DEF

Recognise that an outcome is not yet known or guaranteed.

A person can remain hopeful while accepting uncertainty.

She accepts uncertainty and prepares a backup plan.

We can accept uncertainty and still try.