

## VOCABULARY · EPISODE 24

# Talk About Your Feelings in English

Key words &amp; expressions · English + Español

10 words

Your English Toolbox

## 1 to open up

**abrirse a alguien · hablar con el corazón en la mano****DEF**

to talk honestly and freely about personal feelings, thoughts, or experiences that you normally keep private

*Opening up is emotionally courageous — it requires trust and vulnerability. In English, the ability to open up naturally is one of the most advanced communication skills.*

**ES**

Hablar honesta y libremente sobre sentimientos, pensamientos o experiencias personales que normalmente mantienes en privado.

Abrirse requiere valentía emocional. En inglés, la capacidad de abrirse naturalmente es una de las habilidades comunicativas más avanzadas.

***She rarely opens up about her feelings in English — but when she does, it is incredibly powerful.***

She rarely opens up about her feelings in English. -> Raramente se abre sobre sus sentimientos en inglés.

***This episode will give you the language to open up to people who matter to you.***

This episode will give you the language to open up to people who matter to you. -> Este episodio te dará el idioma para hablar con el corazón en la mano a las personas que te importan.

## 2 to bottle up

**guardarse algo para uno mismo · reprimir las emociones****DEF**

to suppress or hold in your emotions instead of expressing them; to keep feelings tightly contained inside

*Bottling up is the opposite of opening up — the image is of emotions sealed under pressure. Long-term bottling up leads to emotional buildup that eventually must be released.*

**ES**

Suprimir o retener tus emociones en lugar de expresarlas; mantener los sentimientos encerrados dentro.

Es lo opuesto de abrirse — la imagen es la de emociones selladas bajo presión.

***He had been bottling up his frustration about work for months before finally talking about it.***

He had been bottling up his frustration about work for months. -> Había estado guardándose la frustración por el trabajo durante meses antes de hablar de ello.

***One reason people cannot express feelings in English is that they bottle up even in their own language.***

People cannot express feelings in English because they bottle up even in their own language. -> La gente no puede expresar sentimientos en inglés porque reprime las emociones incluso en su propio idioma.

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## to get something off your chest

desahogarse · quitarse un peso de encima

### DEF

to express a worry, feeling, or secret that has been troubling you, and feel relief after doing so

*The idiom comes from the physical feeling of relief — a weight lifted from the chest. After getting something off your chest, you feel lighter. Essential vocabulary for talking about emotional honesty.*

### ES

Expresar una preocupación, sentimiento o secreto que te ha estado molestando y sentir alivio después.

El modismo viene de la sensación física de alivio — un peso levantado del pecho.

***She finally got it off her chest — she told him exactly how she had felt for months.***

She finally got it off her chest — she told him exactly how she had felt for months. -> Finalmente se desahogó — le dijo exactamente cómo se había sentido durante meses.

***Sometimes you just need to get something off your chest, even in a language you are still learning.***

Sometimes you just need to get something off your chest. -> A veces simplemente necesitas quitarte un peso de encima.

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## to be on edge

estar con los nervios de punta · estar al límite

### DEF

to feel tense, anxious, or irritable, as if something bad is about to happen

*On edge captures that specific feeling of low-level dread or restlessness — not panic, but a persistent background anxiety. Very common vocabulary for emotional English conversations.*

### ES

Sentirse tenso, ansioso o irritable, como si algo malo estuviera a punto de suceder.

Captura esa sensación específica de temor o inquietud de bajo nivel — no pánico, sino una ansiedad de fondo persistente.

***She felt on edge all day before her English presentation at work.***

She felt on edge all day before her English presentation at work. -> Estuvo con los nervios de punta todo el día antes de su presentación en inglés en el trabajo.

***When you are on edge about speaking, your brain actually performs worse — so calm first, speak second.***

When you are on edge about speaking, your brain actually performs worse. -> Cuando estás al límite por hablar, tu cerebro en realidad funciona peor.

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## low-key

tranquilo y sin aspavientos · un poco en secreto

### DEF

calm, understated, and not drawing attention; also used informally to mean 'slightly' or 'secretly a little'

*Low-key has two lives: the adjective ('a low-key dinner') and the informal adverb ('I am low-key obsessed'). Both are extremely common in current informal English and essential for modern conversation.*

### ES

Tranquilo, discreto y sin llamar la atención; también usado informalmente para decir 'un poco' o 'secretamente un poco'.

Tiene dos vidas: el adjetivo y el adverbio informal.

***I am low-key terrified of speaking in large groups — not panicking, just quietly nervous.***

I am low-key terrified of speaking in large groups. -> Tengo un miedo sin aspavientos a hablar en grupos grandes — no pánico, solo nerviosismo tranquilo.

***It was a low-key gathering, just five friends talking for hours — perfect for practising real English.***

It was a low-key gathering, just five friends talking for hours. -> Fue una reunión tranquila, solo cinco amigos hablando durante horas.

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## to hold back

contenerse · reprimir lo que sientes

### DEF

to stop yourself from expressing what you feel, or to restrain an emotion deliberately

*Hold back suggests an internal struggle — you have something to say or feel but you suppress it. Very common when speaking a foreign language: people hold back because they fear making mistakes.*

### ES

Impedirte expresar lo que sientes, o contener una emoción deliberadamente.

Sugiere una lucha interna — tienes algo que decir pero lo suprimes. Muy común al hablar un idioma extranjero por miedo a equivocarse.

***Don't hold back — even if your English isn't perfect, people want to hear what you have to say.***

Don't hold back — even if your English isn't perfect, people want to hear what you have to say. -> No te contengas — aunque tu inglés no sea perfecto, la gente quiere escuchar lo que tienes que decir.

***He held back his frustration when the interviewer misunderstood him, and calmly repeated himself.***

He held back his frustration when the interviewer misunderstood him, and calmly repeated himself. -> Reprimió su frustración cuando el entrevistador le malentendió y se repitió con calma.

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## to vent

### desahogarse · expresar lo que sientes sin filtros

#### DEF

to express strong negative feelings openly, especially frustration or anger, in order to feel relief

*Venting is healthy — you release pressure by talking about what is bothering you. In a new language, being able to vent is a sign of real fluency: you can express frustration, not just politeness.*

#### ES

Expresar sentimientos negativos fuertes abiertamente, especialmente frustración o enfado, para sentir alivio.

Desahogarse es saludable — liberas presión hablando de lo que te molesta. En un idioma nuevo, poder hacerlo es señal de verdadera fluidez.

***Sometimes you just need to vent — call a friend and say exactly how you feel in English.***

Sometimes you just need to vent — call a friend and say exactly how you feel in English. -> A veces simplemente necesitas desahogarte — llama a un amigo y di exactamente cómo te sientes en inglés.

***After the difficult meeting, she vented to her colleague about how hard it was to follow native speakers.***

After the difficult meeting, she vented to her colleague about how hard it was to follow native speakers. -> Después de la difícil reunión, se desahogó con su colega sobre lo difícil que era seguir a los hablantes nativos.

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## to wear your heart on your sleeve

### llevar el corazón en la manga · mostrar las emociones abiertamente

#### DEF

to show your emotions openly and honestly without trying to hide them

*This idiom describes someone who is emotionally transparent. In English, knowing when to wear your heart on your sleeve and when to hold back is a sign of real communicative competence.*

#### ES

Mostrar tus emociones de forma abierta y honesta sin intentar ocultarlas.

Describe a alguien emocionalmente transparente. En inglés, saber cuándo hacerlo y cuándo contenerse es señal de verdadera competencia comunicativa.

***She wears her heart on her sleeve — when she is excited about something in English, everyone knows it.***

She wears her heart on her sleeve — when she is excited about something in English, everyone knows it. -> Lleva el corazón en la manga — cuando está emocionada con algo en inglés, todo el mundo lo sabe.

***Not everyone is comfortable wearing their heart on their sleeve, but in English, a little openness goes a long way.***

Not everyone is comfortable wearing their heart on their sleeve, but in English, a little openness goes a long way. -> No todos se sienten cómodos mostrando las emociones abiertamente, pero en inglés, un poco de apertura llega muy lejos.

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## to be upfront

ser directo · ser transparente y honesto

### DEF

to be honest and direct about your feelings, intentions, or the truth — without hiding anything

*Being upfront is a valued quality in English-speaking cultures. It means saying clearly what you think or feel, rather than hinting or being indirect. In business English especially, being upfront builds trust.*

### ES

Ser honesto y directo sobre tus sentimientos, intenciones o la verdad — sin esconder nada.

Cualidad muy valorada en las culturas anglófonas. Significa decir claramente lo que piensas o sientes, en lugar de insinuarlo.

***If you do not understand something, be upfront about it — most people respect honesty far more than pretending.***

If you do not understand something, be upfront about it — most people respect honesty far more than pretending. -> Si no entiendes algo, sé directo al respecto — la mayoría de la gente respeta la honestidad mucho más que fingir.

***She was upfront with her teacher: she said she was struggling with listening comprehension and needed more support.***

She was upfront with her teacher: she said she was struggling with listening comprehension and needed more support. -> Fue transparente y honesta con su profesora: dijo que le costaba la comprensión auditiva y que necesitaba más apoyo.

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## to check in with yourself

conectar con tus propias emociones · hacer una pausa para ver cómo te sientes

### DEF

to pause and honestly examine how you are feeling emotionally or mentally in the present moment

*Checking in with yourself is a mindfulness habit that supports language learning: before speaking, check in — are you tense? Are you tired? Awareness helps you manage performance anxiety in English.*

### ES

Hacer una pausa y examinar honestamente cómo te sientes emocionalmente o mentalmente en el momento presente.

Hábito de atención plena que apoya el aprendizaje: antes de hablar, verifica — ¿estás tenso? ¿Cansado? La conciencia ayuda a gestionar la ansiedad.

***Before a big conversation in English, check in with yourself: are you calm enough to speak clearly?***

Before a big conversation in English, check in with yourself: are you calm enough to speak clearly? -> Antes de una conversación importante en inglés, conecta con tus propias emociones: ¿estás lo bastante calmado para hablar con claridad?

***She checks in with herself every evening to see how the day of English practice actually felt.***

She checks in with herself every evening to see how the day of English practice actually felt. -> Hace una pausa para ver cómo se siente cada noche para valorar cómo se sintió realmente el día de práctica de inglés.