

## VOCABULARY · EPISODE 24

## Talk About Your Feelings in English

Key words &amp; expressions · English + ■■■■■

10 words

Your English Toolbox

1

## to open up

ندش زاب ندرک لد و درد

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.*

تبحص یرا لیم هگن یصوصخ الوم عم هک یصخش تای ب رجت ای راکفا ، تاساسح ا هرابرد هنادازآ و هنادقادص ندرک .

نیرتهت فرشی پ زای کی یعی ب ط ندش زاب یی ان اوت یسی لگن ا رد . دراد یسی اسح ا تعاجش هب زای ن ندش زاب . تسی ا یطاب ترا یاهت راهم

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

یسی لگن ا هب ش تاساسح ا هرابرد تردن هب .

ندن کلیم لد و درد .

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

نیا .

ینی ک لد و درد تالی گدن ز مهم دارفا اب هک ده لیم ین اب زوت هب تم سق .

2

## to bottle up

ندرک ناهنپ ار تاساسح ا ن تخیر دوخ نورد

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.*

ن ت شاد هگن نورد گنت ار تاساسح ا ؛ ن ت شاد هگن ای بوکرس ار اهنآ تاساسح ا نای ب یاج هب . دن اهدش موم و رهم راشف تحت هک تسی ا تاساسح ا ری و صت تسی ا ندش زاب فل ا خم

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

ار راک زا شالی دی م ان دوب اهاام .

تخیری لم دوخ نورد .

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

ار تاساسح ا ناشدوخ نابز رد ی تحت نوچ دننک نای ب یسی لگن ا هب ار ناش تاساسح ا دن ناوت لی من مدرم .

ندن کلیم ناهنپ .

3

## to get something off your chest

ندش کبس ندرک یلاخ لد

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.*

ندرک شمارآ ساسح آن تفگ زا دعب و هداد ترازا هک یزار ای ساسح، ینارگن کی نایب  
دوشلم دنلب هنیس زا هک ینیگنس دیآم شمارآ کیکی ساسح زا حالطصا

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

هتشد ی ساسح هچ اهلهام تفگ اقیق د درک یلاخ ار شلد درخالاب

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

ینک یلاخ ارتلد دیاب طقف یهاگ .

4

## to be on edge

ندوب هبل یور نتشاد هروشلد

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.*

تس انداتفا قافتا فرش رد یدب زیچ راگنا، یریذپاکی رحت ای بارطضا، شنن ساسح  
هینم زلمسپ موادم بارطضا هکلل، تشحو هن دریگلم ار نییپ حطس یرارقیب ای سرت صاخ ساسح آن

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

هئارا زال بق زور مات .

تشد هروشلد راک رد شایسیلگنا

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

هرابرد یتقو .

دنکلم لمع رتدب عقاو رد تزغم، یراد هروشلد ندرک تبحص

5

## low-key

مک هی یکشای ادص و رسایب و مارآ

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.*

یمک هئایفخم ای یمک نتفگ یارب یمسرسیغ تروص هب نینچمه؛ هجوت بلج نودب و میالم، مارآ  
دوشلم هدفاتسا

یمسرسیغ دیق و تفص: دراد یگدنز ود

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

گرزب یاهلورگ رد مسرتلم مک هی یکشای .

مک تبحص

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

و رسایب و مارآ عمج کی .

ندرک تبحص اهتعا س هک تسودج نپ طقف، دوب ادص

6

## to hold back

ندرك بوكرس ار نات ات اساسح ا نتفرگ ار دوخ یولج

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.*

س اساسح ا کی یدم ع راهم ای ،دی نکلیم س اساسح ا هچ ن آ ن ای ب زا یری گولج  
دی نکلیم بوکرس ار ن آ اما دی راد ن تفرگ ی ارب یزی چ دهلم ن اشن ار ی نورد ش کم شک کی

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

هچ دن و نشب دن ه اوخلم مدرم ،تسی ن ل ماک نات یسی لگن ا رگا ی تح دیری گن ار نات دوخ یولج .  
دی یوگلی م

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

رارکت ار ش دوخ مارآ و تفرگ ار ش ی دی م ان یولج ،دی مهف ه اب تشا ار وا رگاه ب ح اصم ی تقو .  
درک

7

## to vent

ن تخیر نوریب ار نات ات اساسح ا ندرک ل ددر

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.*

ش مارآ س اساسح ا ی ارب ،تی ن اب ص ع ای ی دی م ان ا ص و ص خ م ،یوق ی فن م ت اساسح ا راکش آ ن ای ب  
دی نکلیم اهر ار راشف ،دهلم ن ات رازآ هچ ن آ ه ر ا ب ر د ت ب ح ص اب ت سا م ل اس ندرک ل ددر

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

ه ب دیراد ی س اساسح ا هچ دی یوگ ب ا ق ی ق د و دی ن زب گ ن ز ت س و د کی ه ب دینک ل ددر د ی اب ط ق ف ت ا ق و ا ی ه ا گ .  
یسی لگن ا

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

ی ا ه ن اب زلی سی لگن ا د و ب ت خ س ر د ق چ ه ک درک ل ددر د ش راکمه اب ،تخس ه س ل ج زا د ع ب .  
دینک ل اب ن د اری م و ب

8

## to wear your heart on your sleeve

ندادن اشون اراکش آرت اساسحانت تشاذگ نی ت س آ ی و ر ا ر ل د

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.*

اهن آن درک ناهن پ ی ا ر ب ش ا ل ت ن و د ب ه ن ا ق د ا ص و ز ا ب ل ک ش ه ب ن ا ت ت ا س ا س ح ا ن د ا د ن ا ش ن  
ر ا ک ن ی ا ی ا ر ب ب س ا ن م ن ا م ز ن ت س ن ا د ، ی س ی ل گ ن ا ر د . ت س ا ف ا ف ش ی ف ط ا ع ر ظ ن ز ا ه ک د ن ک ل ی م ف ی ص و ت ا ر ی س ک  
ت س ا ی ط ا ب ت ر ا ی گ ت س ی ا ش ه ن ا ش ن

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

د ن م ه ف ل ی م ه م ، ت س ا ه د ز ن ا ج ی ه ی س ی ل گ ن ا ر د ی ز ی چ ز ا ی ت ق و د ر ا ن گ ل ی م ن ی ت س آ ی و ر ا ر ل د .

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

ر د ا م ا ، د ن ه د ن ا ش ن ا ر ا ک ش آ ر ن ا ش ت ا س ا س ح ا ه ک د ن ت س ی ن ت ح ا ر ه م .  
د ن ک ل ی م ک م ک ی ل ی خ ن و د ب ز ا ب ی م ک ی س ی ل گ ن ا

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## to be upfront

ن د و ب ه د ر پ ا ی ب ن د و ب ک ر و ق د ا ص

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.*

ی ز ی چ ن درک ناهن پ ن و د ب ن د و ب ت ق ی ق ح ا ی ت ا ی ن ، ت ا س ا س ح ا ه ر ا ب ر د م ی ق ت س م و ق د ا ص  
د ی ن ک ل ی م س ا س ح ا ی ر ک ف ه چ ن آ ن ت ف گ ح ض ا و ی ن ع ی . ن ا ب ز ی س ی ل گ ن ا ی ا ه گ ن ه ر ف ر د ی د ن م ش ز ر ا ی گ ژ ی و

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

ر ا ی س ب ا ر ت ق ا د ص م د ر م ر ت ک ا د ی ش ا ب ک ر و ق د ا ص ، د ی م ه ف ل ی م ن ا ر ی ز ی چ ر گ ا .  
د ن ر ا ن گ ل ی م م ا ر ت ح ا ن درک د و م ن ا و ز ا ر ت ش ی ب

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

و ت س د ی ر ا د ی ن ش ک ر د ا ب ت ف گ : د و ب ه د ر پ ا ی ب ش م ل ع م ا ب .  
د ر ا د ز ا ی ن ی ر ت ش ی ب ت ی ا م ح ه ب و د ن ک ل ی م م ر ن ه چ ن پ

10

## to check in with yourself

نات اساسحای سررب و تکم یا هظحل ندرک کچ ناتدوخ اب

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.*

دی رادی اساسحای نهذای فطاع رظن زالا ح هظحل رد هکنیا ندرک ی سررب هناقداص و ندرک تکم  
دی تسه چنشتم ای آ دینک کچ ، تبحص زالبق : دنکلیم تیمح نابزیری گدای زا هک یهگاآن هذ تداع کی  
هتسخ

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

، :

هک دی تسه مارآی فاک هزادنا هب ای آ : دینک کچ ناتدوخ اب ، یسیلگنا هب مهم هملاکم کی زالبق

؟ دینک تبحص حضاو

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

تشد ی اساسحای هچ اعقاو یسیلگنا نیرمت زور دنیبب ات دنکلیم کچ شدوخ اب بش ره .