

## VOCABULARY · EPISODE 25

# Express Your Feelings in English

Key words &amp; expressions · English + Español

10 words

Your English Toolbox

1

## to put into words

encontrar las palabras para algo · dar voz a algo

## DEF

to find the right language to describe a feeling, idea, or experience that is difficult to express

*Put into words acknowledges that some things exist before we have language for them. For second-language learners, this gap is even wider — the feeling exists in one language, the words in another.*

## ES

Encontrar el idioma adecuado para describir un sentimiento, idea o experiencia que es difícil de expresar.

Reconoce que algunas cosas existen antes de que tengamos lenguaje para ellas.

***She struggled to put into words how grateful she felt, but she tried in English anyway.***

She struggled to put into words how grateful she felt. -> Le costó encontrar las palabras para expresar cuán agradecida se sentía.

***This podcast helps you put into words the things you feel but have never said in English.***

This podcast helps you put into words the things you feel but have never said in English. -> Este podcast te ayuda a dar voz a las cosas que sientes pero nunca has dicho en inglés.

2

## heartfelt

de todo corazón · sentido de verdad

## DEF

deeply and sincerely felt; coming genuinely from the heart

*Heartfelt is a high-register adjective for sincere emotion. Unlike emotional, which can be negative, heartfelt is always positive — it describes genuine warmth without exaggeration.*

## ES

Sentido profunda y sinceramente; que viene genuinamente del corazón.

Es un adjetivo de alto registro para la emoción sincera. Siempre positivo.

***She gave a heartfelt thank-you speech in English that moved everyone in the room.***

She gave a heartfelt thank-you speech in English that moved everyone in the room. -> Dio un discurso de agradecimiento de todo corazón en inglés que emocionó a todos.

***A heartfelt message in imperfect English is always more powerful than a perfect message with no soul.***

A heartfelt message in imperfect English is always more powerful than a perfect message with no soul. -> Un mensaje sentido de verdad en inglés imperfecto es siempre más poderoso que un mensaje perfecto sin alma.

3

## to strike a chord

tocar la fibra sensible · dar en el clavo emocionalmente

### DEF

to cause an emotional response; to resonate with someone's feelings or experiences in a meaningful way

*When something strikes a chord, it connects with something deep inside you — a shared feeling, memory, or truth. The metaphor is musical: the right chord vibrates sympathetically inside the listener.*

### ES

Causar una respuesta emocional; conectar con los sentimientos o experiencias de alguien de forma significativa.

Cuando algo toca la fibra sensible, conecta con algo profundo dentro de ti.

***His words struck a chord with everyone who had ever struggled to express themselves in a foreign language.***

His words struck a chord with everyone who had ever struggled to express themselves in a foreign language.  
-> Sus palabras tocaron la fibra sensible de todos los que alguna vez habían luchado por expresarse en un idioma extranjero.

***If this podcast strikes a chord, share it — someone you know probably needs it too.***

If this podcast strikes a chord, share it. -> Si este podcast te da en el clavo emocionalmente, compártelo.

4

## to come across as

dar la impresión de · parecer cierto tipo de persona

### DEF

to give a particular impression to others; to appear a certain way in how you present yourself

*Come across as is crucial for self-presentation — knowing how you appear to others is different from how you intend to appear. Non-native speakers often worry they come across as rude when they are just being direct.*

### ES

Dar una impresión particular a los demás; aparecer de cierta manera en cómo te presentas.

Es crucial para la autopresentación — saber cómo apareces ante los demás es diferente de cómo intentas aparecer.

***I don't want to come across as cold — I just find it hard to express warmth in English.***

I don't want to come across as cold — I just find it hard to express warmth in English. -> No quiero dar la impresión de ser frío — solo me resulta difícil expresar calidez en inglés.

***She was direct but she didn't come across as aggressive — she had the right tone.***

She was direct but she didn't come across as aggressive. -> Era directa pero no parecía agresiva — tenía el tono adecuado.

5

## bittersweet

agridulce · lleno de alegría y tristeza a la vez

### DEF

both happy and sad at the same time; pleasant but with an element of sadness or regret

*Bittersweet is one of the most emotionally precise words in English — it captures the specific feeling of joy mixed with loss. Finishing an English course, saying goodbye, or reflecting on the past can all be bittersweet.*

### ES

Feliz y triste al mismo tiempo; agradable pero con un elemento de tristeza o arrepentimiento.

Es una de las palabras emocionalmente más precisas en inglés — captura la sensación específica de alegría mezclada con pérdida.

***Finishing this podcast series was bittersweet — I had grown so much, but I was sad it was over.***

Finishing this podcast series was bittersweet. -> Terminar esta serie de podcasts fue agridulce.

***Speaking English fluently for the first time felt bittersweet — proud, but aware of all the years it had taken.***

Speaking English fluently for the first time felt bittersweet. -> Hablar inglés con fluidez por primera vez fue un sentimiento lleno de alegría y tristeza a la vez.

6

## raw emotion

emoción en estado puro · sentimiento sin filtros

### DEF

a feeling that is intense, unfiltered, and expressed without any attempt to polish or soften it

*Raw emotion is what makes real communication powerful. In English, expressing yourself with raw emotion — not with textbook phrases — is what creates genuine connection with other people.*

### ES

Un sentimiento intenso, sin filtrar, expresado sin ningún intento de pulirlo o suavizarlo.

Lo que hace que la comunicación real sea poderosa. En inglés, expresarte con emoción en estado puro — no con frases de libro — es lo que crea una conexión genuina.

***When she finally spoke about her experience in English, the raw emotion in her voice moved everyone in the room.***

When she finally spoke about her experience in English, the raw emotion in her voice moved everyone in the room. -> Cuando finalmente habló de su experiencia en inglés, la emoción en estado puro de su voz conmovió a todos los presentes.

***Raw emotion in a language you are still learning feels risky, but it is exactly what makes you sound real.***

Raw emotion in a language you are still learning feels risky, but it is exactly what makes you sound real. -> La emoción sin filtros en un idioma que aún estás aprendiendo se siente arriesgada, pero es exactamente lo que hace que suenes real.

7

## to be at a loss for words

quedarse sin palabras · no encontrar qué decir

### DEF

to be so surprised, moved, or overwhelmed that you cannot find anything to say

*Being at a loss for words is a powerful state — it means the emotion or situation is stronger than your ability to respond. Knowing this phrase lets you name the experience rather than staying silent uncomfortably.*

### ES

Estar tan sorprendido, conmovido o abrumado que no puedes encontrar nada que decir.

Un estado poderoso — significa que la emoción o la situación es más fuerte que tu capacidad de responder.

***When she heard the news, she was completely at a loss for words — she just held the phone and breathed.***

When she heard the news, she was completely at a loss for words — she just held the phone and breathed. -> Cuando escuchó la noticia, se quedó completamente sin palabras — simplemente sostuvo el teléfono y respiró.

***I was at a loss for words when my English teacher said my presentation was the best she had ever heard.***

I was at a loss for words when my English teacher said my presentation was the best she had ever heard. -> No encontré qué decir cuando mi profesora de inglés dijo que mi presentación era la mejor que había escuchado.

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## to pour your heart out

abrirse completamente · contarle todo a alguien

### DEF

to talk very openly and honestly about your deepest feelings, especially when you have been keeping them inside

*Pour your heart out is an act of emotional release — you empty everything you have been holding. For English learners, being able to do this in English represents an advanced level of emotional and linguistic fluency.*

### ES

Hablar muy abierta y honestamente sobre tus sentimientos más profundos, especialmente cuando los has tenido guardados.

Un acto de liberación emocional — vacías todo lo que has estado guardando. Para los estudiantes de inglés, poder hacerlo en inglés representa un nivel avanzado de fluidez.

***She poured her heart out in her journal every night, always in English, to practise expressing her real thoughts.***

She poured her heart out in her journal every night, always in English, to practise expressing her real thoughts. -> Se abría completamente en su diario cada noche, siempre en inglés, para practicar la expresión de sus pensamientos reales.

***Sometimes you need to pour your heart out to someone who will just listen — no advice, just presence.***

Sometimes you need to pour your heart out to someone who will just listen — no advice, just presence. -> A veces necesitas contarle todo a alguien que simplemente escuche — sin consejos, solo presencia.

9

## to mean the world to someone

significar todo para alguien · ser lo más importante del mundo para alguien

### DEF

to be extremely important or precious to someone — to matter deeply

*This phrase expresses the highest level of personal importance. It is warm, sincere, and commonly used in English to describe relationships, moments, or achievements that truly matter to you.*

### ES

Ser extremadamente importante o valioso para alguien — importar profundamente.

Expresa el nivel más alto de importancia personal. Cálido y sincero, muy común en inglés para describir relaciones, momentos o logros que de verdad importan.

***It means the world to me that you took the time to listen — thank you.***

It means the world to me that you took the time to listen — thank you. -> Significa todo para mí que hayas tomado el tiempo para escuchar — gracias.

***Passing her English exam meant the world to her because she had worked so hard for two years.***

Passing her English exam meant the world to her because she had worked so hard for two years. -> Aprobar su examen de inglés significó todo para ella porque había trabajado muy duro durante dos años.

10

## to hold back tears

aguantar las lágrimas · contener el llanto

### DEF

to try not to cry, making a conscious effort to keep your emotions under control in front of others

*Holding back tears is a very human experience — and knowing how to describe it in English adds depth to your emotional vocabulary. It captures the tension between feeling deeply and choosing not to show it.*

### ES

Intentar no llorar, haciendo un esfuerzo consciente por mantener las emociones bajo control delante de los demás.

Una experiencia muy humana — y saber describirla en inglés añade profundidad a tu vocabulario emocional.

***She held back tears when she heard her favourite song playing in English for the first time in years.***

She held back tears when she heard her favourite song playing in English for the first time in years. -> Aguantó las lágrimas cuando escuchó su canción favorita sonando en inglés por primera vez en años.

***He held back tears during the speech, but his voice gave away exactly how he was feeling.***

He held back tears during the speech, but his voice gave away exactly how he was feeling. -> Contuvo el llanto durante el discurso, pero su voz reveló exactamente cómo se estaba sintiendo.