

VOCABULARY · EPISODE 30

Learn English and Stop Overthinking

Key words & expressions · English + Español

10 words

Your English Toolbox

1

to overthink

darle demasiadas vueltas a algo · sobrepensarlo todo**DEF**

to think about something too much, especially in a way that prevents you from acting or speaking naturally

Overthinking is the #1 enemy of fluent speech — when you have analysed a sentence so much that it no longer feels natural to say. The word combines over (too much) with think, capturing the essence of too much analysis.

ES

Pensar demasiado en algo, especialmente de una manera que te impide actuar o hablar con naturalidad.

Es el enemigo #1 del habla fluida — cuando has analizado una frase tanto que ya no se siente natural decirla.

Stop overthinking the grammar and just say what you want to say.

Stop overthinking the grammar and just say what you want to say. -> Deja de darle demasiadas vueltas a la gramática y di simplemente lo que quieres decir.

The more you overthink in English, the less natural your speech becomes.

The more you overthink in English, the less natural your speech becomes. -> Cuanto más le das vueltas a las cosas en inglés, menos natural se vuelve tu habla.

2

to get out of your head

salir de tus propios pensamientos · dejar de estar en tu cabeza**DEF**

to stop focusing on your own internal thoughts and doubts; to move your attention outward to the present moment

Get out of your head is informal therapy language that has entered everyday English. In speaking, it means stopping the internal commentary ('was that right?', 'do I sound strange?') and just speaking.

ES

Dejar de centrarte en tus propios pensamientos y dudas internos; llevar tu atención hacia afuera al momento presente.

En el habla, significa parar el comentario interno y simplemente hablar.

The best thing you can do before a conversation in English is to get out of your head.

The best thing you can do before a conversation in English is to get out of your head. -> Lo mejor que puedes hacer antes de una conversación en inglés es salir de tus propios pensamientos.

She couldn't get out of her head during the presentation — every sentence felt like a test she was failing.

She couldn't get out of her head during the presentation. -> No podía dejar de estar en su cabeza durante la presentación.

3

to just go for it

lanzarte a ello · ir a por ello sin más

DEF

to do something boldly and without hesitation, without worrying too much about preparation or outcome

Just go for it is the antidote to overthinking — it is the decision to act despite uncertainty. In language learning, it is the moment you decide to speak even when you are not sure it will be perfect.

ES

Hacer algo con valentía y sin vacilar, sin preocuparse demasiado por la preparación o el resultado.

Es el antídoto del exceso de pensamiento — la decisión de actuar a pesar de la incertidumbre.

You've prepared enough — just go for it.

You've prepared enough — just go for it. -> Ya has preparado suficiente — lánzate a ello.

She wasn't sure her English was good enough for the job, but she applied anyway and just went for it.

She applied for the job anyway and just went for it. -> Solicitó el trabajo de todas formas y fue a por ello sin más.

4

to snap out of it

sacudírselo de encima · espabilarse de golpe

DEF

to quickly stop being in a negative mental state — such as overthinking, self-doubt, or a low mood — and return to action

Snap out of it has a brisk, energetic quality — snap is the sound of something breaking free. It is self-directed or said to others as an encouraging wake-up call. More energising than 'stop it'.

ES

Dejar rápidamente de estar en un estado mental negativo — como el exceso de pensamiento o la duda — y volver a la acción.

Tiene una calidad energética y rápida. Es una llamada de atención motivadora.

Snap out of it — you've been staring at that sentence for five minutes.

Snap out of it — you've been staring at that sentence for five minutes. -> Sacúdete eso de encima — llevas cinco minutos mirando esa frase.

When overthinking takes over, snap out of it by saying the sentence out loud immediately.

When overthinking takes over, snap out of it by saying the sentence out loud immediately. -> Cuando el exceso de pensamiento se apodera de ti, espabilate de golpe diciendo la frase en voz alta inmediatamente.

5

to trust the process

confiar en el proceso · creer en el método

DEF

to believe that following the right method consistently will produce good results, even when progress is not immediately visible

Trust the process is a phrase from sports coaching — athletes must keep training even when they cannot see improvement. For language learners, trusting the process means continuing to study calmly when results feel distant.

ES

Crear que seguir el método correcto de manera constante producirá buenos resultados, incluso cuando el progreso no es inmediatamente visible.

Es una frase del entrenamiento deportivo — los atletas deben seguir entrenando incluso cuando no pueden ver la mejora.

Trust the process — the improvement is happening even when you can't feel it.

Trust the process — the improvement is happening even when you can't feel it. -> Confía en el proceso — la mejora está ocurriendo aunque no puedas sentirla.

She trusted the process for eight months of daily listening, and then her English changed almost overnight.

She trusted the process for eight months of daily listening, and then her English changed almost overnight. -> Creyó en el método durante ocho meses de escucha diaria, y luego su inglés cambió casi de la noche a la mañana.

6

to take the leap

dar el salto · lanzarse a pesar del miedo

DEF

to make a bold or decisive move despite fear or uncertainty, usually towards something important

Taking the leap is the moment of commitment — when you stop hesitating and act. For English learners, this is the first time you speak in a meeting, apply for a job in English, or start a podcast. The fear does not disappear; you leap anyway.

ES

Dar un paso audaz o decisivo a pesar del miedo o la incertidumbre, normalmente hacia algo importante.

El momento del compromiso — cuando dejas de dudar y actúas. Para los estudiantes de inglés, es la primera vez que hablas en una reunión o empiezas un podcast.

At some point you have to take the leap and use your English in the real world — not just in class.

At some point you have to take the leap and use your English in the real world — not just in class. -> En algún momento tienes que dar el salto y usar tu inglés en el mundo real — no solo en clase.

She took the leap and signed up for the English debate club even though she was terrified.

She took the leap and signed up for the English debate club even though she was terrified. -> Se lanzó a pesar del miedo y se apuntó al club de debate en inglés aunque estaba aterrorizada.

7 to go with your gut

fiarse de tu instinto · hacer caso a tu intuición

DEF

to make a decision based on instinct and intuition rather than logical analysis or careful thought

Go with your gut is crucial in English conversation — you rarely have time to think about grammar rules mid-sentence. Fluent speakers go with their gut and self-correct naturally. The gut knows more than you think.

ES

Tomar una decisión basada en el instinto y la intuición en lugar del análisis lógico o el pensamiento cuidadoso.

Crucial en la conversación en inglés — rara vez tienes tiempo de pensar en las reglas gramaticales a mitad de frase. Los hablantes fluidos hacen caso a su intuición y se autocorrigen de forma natural.

In real conversation, go with your gut — your instinct for English is stronger than you realise.

In real conversation, go with your gut — your instinct for English is stronger than you realise. -> En una conversación real, fíate de tu instinto — tu instinto para el inglés es más fuerte de lo que crees.

She went with her gut and chose the word that sounded right, and she was correct.

She went with her gut and chose the word that sounded right, and she was correct. -> Hizo caso a su intuición y eligió la palabra que sonaba bien, y acertó.

8 to be stuck in your head

estar atrapado en tus propios pensamientos · bloquearte a ti mismo con demasiada reflexión

DEF

to be trapped in your own thoughts, unable to act or speak because you are over-analysing everything

Being stuck in your head is the paralysed state that overthinking produces. In English, it means you know what you want to say, but you cannot stop editing it before it comes out. The exit is always action: speak first, think later.

ES

Estar atrapado en tus propios pensamientos, incapaz de actuar o hablar porque estás analizando todo en exceso.

El estado de parálisis que produce el exceso de análisis. En inglés, significa que sabes lo que quieres decir pero no puedes dejar de editarlo antes de que salga.

Stop being stuck in your head — the thought you are over-editing will sound perfectly fine out loud.

Stop being stuck in your head — the thought you are over-editing will sound perfectly fine out loud. -> Deja de estar atrapado en tus propios pensamientos — el pensamiento que estás sobre-editando sonará perfectamente bien en voz alta.

He was so stuck in his head that he said nothing for ten minutes, even though he had plenty to contribute.

He was so stuck in his head that he said nothing for ten minutes, even though he had plenty to contribute. -> Estaba tan bloqueado a sí mismo con demasiada reflexión que no dijo nada durante diez minutos, aunque tenía mucho que aportar.

9

to quiet your mind

calmar tus pensamientos · aquietar tu mente

DEF

to deliberately calm your thoughts so you can focus, speak, or listen more clearly

Quieting your mind is a skill — not just meditation, but the practical act of reducing mental noise before a speaking task. One breath, one focus. You do not need to empty your mind; you just need to turn the volume down.

ES

Calmar deliberadamente tus pensamientos para poder enfocarte, hablar o escuchar con más claridad.

Una habilidad práctica — reducir el ruido mental antes de una tarea oral. Un respiro, un enfoque. No necesitas vaciar la mente; solo bajar el volumen.

Before your English presentation, take sixty seconds to quiet your mind — it will transform your performance.

Before your English presentation, take sixty seconds to quiet your mind — it will transform your performance.

-> Antes de tu presentación en inglés, tómate sesenta segundos para calmar tus pensamientos — transformará tu actuación.

She learned to quiet her mind before speaking and found that the right words came much more easily.

She learned to quiet her mind before speaking and found that the right words came much more easily. ->

Aprendió a aquietar su mente antes de hablar y descubrió que las palabras correctas llegaban con mucha más facilidad.

10

to call it

decidirse de una vez · tomar la decisión definitiva

DEF

to make a final decision or declare something finished, often after sufficient deliberation

Call it is decisive and practical — you have thought enough, and now you make the call. In speaking English, knowing when to call it means knowing when to stop editing your sentence in your head and just say it.

ES

Tomar una decisión final o declarar algo terminado, normalmente después de suficiente deliberación.

Decisivo y práctico — has pensado suficiente, y ahora tomas la decisión. En inglés, saber cuándo hacerlo significa saber cuándo dejar de editar tu frase mentalmente y simplemente decirla.

You have been thinking about that sentence for too long — just call it and say it.

You have been thinking about that sentence for too long — just call it and say it. -> Llevas demasiado tiempo pensando en esa frase — simplemente decídetes de una vez y dila.

She could not decide between two words, so she called it and went with the simpler one.

She could not decide between two words, so she called it and went with the simpler one. -> No podía decidirse entre dos palabras, así que tomó la decisión definitiva y eligió la más sencilla.