

VOCABULARY · EPISODE 38

How Strong Relationships Survive Conflict

Key words & expressions · English + Español

10 words

Your English Toolbox

1

to work things out

resolver las cosas · llegar a un acuerdo**DEF**

to resolve a problem or disagreement through discussion and effort; to find a solution together

*Working things out is the collaborative approach to conflict — it assumes both people want to reach an agreement. It is more hopeful and active than 'deal with a problem'.***ES**

Resolver un problema o desacuerdo mediante la discusión y el esfuerzo; encontrar una solución juntos.

Es el enfoque colaborativo del conflicto — asume que ambas personas quieren llegar a un acuerdo.

They worked things out after a difficult conversation that lasted three hours.

They worked things out after a difficult conversation that lasted three hours. -> Resolvieron las cosas después de una difícil conversación que duró tres horas.

Strong relationships don't avoid conflict — they work things out when it arrives.

Strong relationships don't avoid conflict — they work things out when it arrives. -> Las relaciones fuertes no evitan el conflicto — llegan a un acuerdo cuando aparece.

2

to see eye to eye

ver las cosas del mismo modo · estar de acuerdo por completo**DEF**

to agree completely with someone; to share the same opinion or perspective on something

*See eye to eye suggests mutual understanding at the same level — literally looking at each other at the same height. Used most naturally when noting you agree after previous disagreement.***ES**

Estar completamente de acuerdo con alguien; compartir la misma opinión o perspectiva sobre algo. Sugiere comprensión mutua al mismo nivel.

We don't always see eye to eye, but we always respect each other's view.

We don't always see eye to eye, but we always respect each other's view. -> No siempre vemos las cosas del mismo modo, pero siempre respetamos la opinión del otro.

Learning to see eye to eye on small things makes it easier to handle the big disagreements.

Learning to see eye to eye on small things makes it easier to handle the big disagreements. -> Aprender a estar de acuerdo por completo en las cosas pequeñas hace más fácil manejar los grandes desacuerdos.

3

to come to a compromise

llegar a un punto medio · alcanzar un acuerdo de mutua concesión

DEF

to reach an agreement in which both sides give up something in order to settle a disagreement

Compromise is the adult skill of giving and taking — not one side winning, but both sides adjusting. In relationships and in language negotiation, the ability to compromise is mature and powerful.

ES

Llegar a un acuerdo en el que ambas partes ceden algo para resolver un desacuerdo.

La solución de compromiso es la habilidad adulta de dar y recibir — no un lado ganando, sino ambos ajustando.

They came to a compromise — she would study English in the mornings if he handled the school run.

They came to a compromise. -> Llegaron a un punto medio.

Coming to a compromise doesn't mean giving up what matters — it means finding what matters most.

Coming to a compromise doesn't mean giving up what matters. -> Llegar a un acuerdo de mutua concesión no significa renunciar a lo que importa.

4

to talk it through

hablar del tema a fondo · hablarlo con calma hasta llegar al entendimiento

DEF

to discuss a problem, disagreement, or difficult situation in detail until both people understand each other better

Talk it through is the healthy alternative to ignoring problems or having explosive arguments. It is the verb of productive conflict resolution — calm, thorough, bilateral. In English communication, this phrase signals maturity and emotional intelligence.

ES

Discutir un problema, desacuerdo o situación difícil en detalle hasta que ambas personas se entiendan mejor.

La alternativa sana a ignorar problemas o tener discusiones explosivas. La frase de la resolución de conflictos productiva.

Instead of arguing, they agreed to talk it through calmly and found a solution within twenty minutes.

Instead of arguing, they agreed to talk it through calmly and found a solution within twenty minutes. -> En lugar de discutir, acordaron hablar del tema a fondo con calma y encontraron una solución en veinte minutos.

If you disagree with someone in English, say 'can we talk this through?' — it opens the door to real dialogue.

If you disagree with someone in English, say 'can we talk this through?' — it opens the door to real dialogue.

-> Si no estás de acuerdo con alguien en inglés, di 'can we talk this through?' — abre la puerta al diálogo real.

5

to meet halfway

llegar a un punto medio · ceder cada uno un poco para llegar a un acuerdo

DEF

to each give up something in order to reach an agreement — to make a mutual compromise

Meet halfway is perfectly balanced — it implies that both sides move towards the middle, not one person giving everything. It is the verb of fair compromise. Knowing it helps you negotiate and resolve differences diplomatically in English.

ES

Ceder cada uno algo para llegar a un acuerdo — hacer un compromiso mutuo.

Perfectamente equilibrado — implica que ambos lados se acercan al centro, no que una persona cede todo.

They could not agree completely, but they met halfway and both left the conversation satisfied.

They could not agree completely, but they met halfway and both left the conversation satisfied. -> No podían estar completamente de acuerdo, pero llegaron a un punto medio y ambos salieron de la conversación satisfechos.

Learning to meet halfway in English conversations — giving a little, gaining a little — is a sign of real fluency.

Learning to meet halfway in English conversations — giving a little, gaining a little — is a sign of real fluency. -> Aprender a ceder cada uno un poco en conversaciones en inglés — dar un poco, ganar un poco — es señal de verdadera fluidez.

6

a misunderstanding

un malentendido · una confusión fruto de interpretaciones diferentes

DEF

a situation where two people interpret something differently, leading to confusion or conflict

Misunderstanding is the key word for conflict that is not intentional — nobody was wrong, they just understood differently. In English, naming a misunderstanding (rather than an argument or mistake) immediately de-escalates tension.

ES

Una situación en que dos personas interpretan algo de forma diferente, llevando a confusión o conflicto.

La palabra clave para el conflicto que no es intencional. Nombrar un malentendido (en lugar de una discusión) desescala inmediatamente la tensión.

I think there has been a misunderstanding — let me explain what I actually meant.

I think there has been a misunderstanding — let me explain what I actually meant. -> Creo que ha habido un malentendido — déjame explicar lo que realmente quería decir.

Most disagreements in a second language are just misunderstandings about word choice, not real conflicts.

Most disagreements in a second language are just misunderstandings about word choice, not real conflicts. -> La mayoría de los desacuerdos en una segunda lengua son solo confusiones fruto de interpretaciones diferentes sobre la elección de palabras, no conflictos reales.

7

to stand your ground

mantenerse en tu postura · no ceder ante la presión

DEF

to maintain your position or opinion firmly when someone challenges or pressures you to change it

Stand your ground is not aggressive — it is confident. In English communication, knowing when to stand your ground and when to compromise is a sign of both self-respect and social intelligence. Essential for professional English especially.

ES

Mantener tu posición u opinión de forma firme cuando alguien te desafía o presiona para que la cambies.

No es agresivo — es seguro. Saber cuándo mantenerse en tu postura y cuándo ceder es señal de inteligencia social.

She stood her ground during the negotiation and did not accept a deal that was below her minimum.

She stood her ground during the negotiation and did not accept a deal that was below her minimum. -> Se mantuvo en su postura durante la negociación y no aceptó un trato que estaba por debajo de su mínimo.

If you believe you are right, stand your ground politely — you can disagree without being aggressive.

If you believe you are right, stand your ground politely — you can disagree without being aggressive. -> Si crees que tienes razón, no cedés ante la presión con educación — puedes estar en desacuerdo sin ser agresivo.

8

to find common ground

encontrar terreno común · hallar puntos en común

DEF

to discover shared values, interests, or perspectives that allow two people or groups to agree or connect

Finding common ground is the constructive starting point in any negotiation or disagreement. Before resolving differences, you need to find what you agree on. In English, this phrase is widely used in politics, business, and everyday conversation.

ES

Descubrir valores, intereses o perspectivas compartidas que permiten que dos personas o grupos lleguen a un acuerdo o conexión.

El punto de partida constructivo en cualquier negociación o desacuerdo. Antes de resolver diferencias, necesitas encontrar en qué estáis de acuerdo.

Despite very different opinions, they managed to find common ground on the most important point.

Despite very different opinions, they managed to find common ground on the most important point. -> A pesar de opiniones muy diferentes, lograron encontrar terreno común en el punto más importante.

The best way to resolve a disagreement in English is to start by finding common ground before listing differences.

The best way to resolve a disagreement in English is to start by finding common ground before listing differences. -> La mejor forma de resolver un desacuerdo en inglés es empezar por hallar puntos en común antes de enumerar las diferencias.

9 to take someone's point

ver el punto de alguien · entender y reconocer el argumento de alguien

DEF

to understand and acknowledge that someone has said something valid, even if you disagree overall

Take someone's point is a diplomatic phrase — it shows you have listened, that you respect their argument, and that you are thinking before responding. Essential for disagreements in English, where acknowledging the other person's view is part of good communication.

ES

Entender y reconocer que alguien ha dicho algo válido, aunque no estés de acuerdo en general.

Frase diplomática — muestra que has escuchado, que respetas su argumento y que piensas antes de responder.

I take your point about the timing — but I still think we need to act now.

I take your point about the timing — but I still think we need to act now. -> Veo tu punto sobre el momento — pero sigo pensando que necesitamos actuar ahora.

She took his point gracefully and then calmly explained why she still disagreed.

She took his point gracefully and then calmly explained why she still disagreed. -> Entendió y reconoció el argumento de él con gracia y luego explicó calmadamente por qué todavía estaba en desacuerdo.

10 to iron something out

resolver los flecos · solucionar los detalles que quedan por aclarar

DEF

to resolve a difficulty, disagreement, or problem through discussion and careful attention

Iron something out comes from the image of removing wrinkles from cloth. It implies that the problem is solvable — just needs some effort and attention. Very commonly used in professional and everyday English for practical problem-solving.

ES

Resolver una dificultad, desacuerdo o problema mediante la discusión y la atención cuidadosa.

Viene de la imagen de quitar arrugas de la tela. Implica que el problema es solucionable — solo necesita algo de esfuerzo y atención.

There are still a few details to iron out, but we basically agree on the main points.

There are still a few details to iron out, but we basically agree on the main points. -> Todavía hay algunos flecos que resolver, pero básicamente estamos de acuerdo en los puntos principales.

They ironed out their misunderstanding in one calm conversation and felt much better afterwards.

They ironed out their misunderstanding in one calm conversation and felt much better afterwards. -> Solucionaron los detalles que quedaban por aclarar de su malentendido en una conversación tranquila y se sintieron mucho mejor después.