

VOCABULARY · EPISODE 42

Day 4 of Calm English

Key words & expressions · English + Español

10 words

Your English Toolbox

1

to sit with something**quedarse con algo sin huir · convivir con algo difícil**

DEF

to stay with a difficult feeling, idea, or situation without immediately trying to fix or change it; to allow yourself to experience it fully

Sitting with something is a mindfulness concept — instead of reacting, you stay present with discomfort. In language learning, sitting with not-understanding is more productive than panicking.

ES

Permanecer con un sentimiento, idea o situación difícil sin intentar inmediatamente arreglarlo o cambiarlo.

Es un concepto de atención plena — en lugar de reaccionar, permaneces presente con la incomodidad.

When a word confuses you, sit with it — read around it and let the meaning emerge.

When a word confuses you, sit with it — let the meaning emerge. -> Cuando una palabra te confunda, quédate con ella sin huir — deja que el significado emerja.

Learning to sit with the discomfort of not knowing is a superpower in language learning.

Learning to sit with the discomfort of not knowing is a superpower in language learning. -> Aprender a convivir con la incomodidad de no saber es un superpoder en el aprendizaje de idiomas.

2

to make peace with**hacer las paces con algo · aceptar y soltar la lucha interior**

DEF

to accept something difficult or uncomfortable and stop fighting against it; to reach a state of inner calm about something you cannot control

Making peace with is the gentle resolution — not giving up, but releasing the war inside yourself. Language learners who make peace with their accent, their mistakes, and their pace progress fastest.

ES

Aceptar algo difícil o incómodo y dejar de luchar contra ello; alcanzar un estado de calma interior sobre algo que no puedes controlar.

Es la resolución gentil — no rendirse, sino soltar la guerra interior.

Make peace with your accent — it is part of who you are, not a mistake to fix.

Make peace with your accent — it is part of who you are, not a mistake to fix. -> Haz las paces con tu acento — es parte de quien eres, no un error que corregir.

Once she made peace with not understanding everything, listening became enjoyable.

Once she made peace with not understanding everything, listening became enjoyable. -> Una vez que aceptó y soltó la lucha de no entender todo, escuchar se volvió agradable.

3

to accept something

aceptar algo · reconocer algo tal como es sin luchar contra ello

DEF

to acknowledge and come to terms with something as it is — not necessarily liking it, but stopping the fight against it

Accept is different from 'like' or 'agree with'. You can accept that learning is hard without liking it.

Acceptance is the beginning of calm — the moment you stop wasting energy fighting a fact, you free that energy for action. Very important in mindset vocabulary.

ES

Reconocer y llegar a las paces con algo tal como es — no necesariamente gustarte, sino dejar de luchar contra ello.

Diferente a 'gustar' o 'estar de acuerdo'. La aceptación es el comienzo de la calma — dejas de gastar energía luchando contra un hecho.

Accept that mistakes are part of the process — fighting that truth only slows you down.

Accept that mistakes are part of the process — fighting that truth only slows you down. -> Acepta que los errores son parte del proceso — luchar contra esa verdad solo te ralentiza.

She accepted that she was not fluent yet and, paradoxically, this acceptance made her more relaxed and more effective.

She accepted that she was not fluent yet and, paradoxically, this acceptance made her more relaxed and more effective. -> Aceptó que aún no era fluida y, paradójicamente, ese reconocimiento de algo tal como es la hizo más relajada y más efectiva.

4

to let feelings pass

dejar pasar los sentimientos · permitir que una emoción se disipe sin actuar sobre ella

DEF

to allow an emotion to exist without acting on it, trusting that it will fade naturally

Let feelings pass is a mindfulness concept — emotions are not emergencies. When you feel embarrassed after making an error in English, that feeling will pass if you let it. Acting on it (stopping, apologising excessively) prolongs it. Simply letting it pass is the healthier response.

ES

Permitir que una emoción exista sin actuar en base a ella, confiando en que se desvanecerá de forma natural.

Concepto de mindfulness — las emociones no son emergencias. Actuar sobre la incomodidad (detenerse, disculparse en exceso) la prolonga.

When embarrassment comes up in English, let the feeling pass — it is information, not a stop sign.

When embarrassment comes up in English, let the feeling pass — it is information, not a stop sign. -> Cuando surja la vergüenza en inglés, deja pasar los sentimientos — es información, no una señal de stop.

She learned to let her feelings of frustration pass without quitting, and the frustration always did.

She learned to let her feelings of frustration pass without quitting, and the frustration always did. -> Aprendió a permitir que sus sentimientos de frustración se disipen sin actuar sobre ellos sin rendirse, y la frustración siempre pasaba.

5

to give yourself permission

darte permiso · permitirte a ti mismo hacer algo sin culpa

DEF

to consciously decide that something is acceptable — that you are allowed to rest, to make mistakes, to not be perfect

Give yourself permission is the act of removing self-imposed restrictions. Many language learners wait for someone else to tell them they are good enough. But fluency starts with permission — to speak imperfectly, to try and fail, to begin before you are ready.

ES

Decidir conscientemente que algo es aceptable — que se te permite descansar, cometer errores, no ser perfecto.

El acto de eliminar las restricciones autoimpuestas. La fluidez comienza con el permiso — para hablar de forma imperfecta, probar y fallar.

Give yourself permission to speak imperfect English — nobody is judging you as harshly as you judge yourself.

Give yourself permission to speak imperfect English — nobody is judging you as harshly as you judge yourself. -> Date permiso para hablar inglés imperfecto — nadie te juzga tan duramente como tú te juzgas a ti mismo.

She gave herself permission to pause before answering in English, and it made her seem more thoughtful, not less confident.

She gave herself permission to pause before answering in English, and it made her seem more thoughtful, not less confident. -> Se permitió a sí misma hacer una pausa antes de responder en inglés, y la hizo parecer más reflexiva, no menos segura.

6

to come to terms with something

llegar a aceptar algo · reconciliarse con una realidad difícil

DEF

to gradually accept and adjust to a difficult situation or truth that cannot be changed

Come to terms with something is the process word for acceptance — it is not instant, it takes time. You come to terms with your level, your progress speed, your current limitations. It implies a journey of understanding, not a sudden decision.

ES

Gradualmente aceptar y adaptarse a una situación o verdad difícil que no se puede cambiar.

La palabra del proceso para la aceptación — no es instantánea, lleva tiempo. Implica un camino de comprensión, no una decisión repentina.

She had to come to terms with the fact that fluency takes years, not months — and when she did, the pressure lifted.

She had to come to terms with the fact that fluency takes years, not months — and when she did, the pressure lifted. -> Tuvo que llegar a aceptar el hecho de que la fluidez lleva años, no meses — y cuando lo hizo, la presión se levantó.

Coming to terms with your current English level is the starting point for real, sustainable improvement.

Coming to terms with your current English level is the starting point for real, sustainable improvement. -> Reconciliarse con una realidad difícil como tu nivel actual de inglés es el punto de partida para una mejora real y sostenible.

7 to hold space for something

sostener el espacio · crear espacio emocional para algo sin querer arreglarlo

DEF

to allow time, attention, and emotional room for a feeling, experience, or person without trying to fix it

Hold space is modern and mindful — it means being present without trying to solve, judge, or rush. In English learning, you hold space for confusion (instead of panicking), for slowness (instead of forcing), and for feelings of embarrassment (instead of stopping). A beautiful concept worth knowing.

ES

Permitir tiempo, atención y espacio emocional para un sentimiento, experiencia o persona sin intentar arreglarlo.

Moderno y mindful — significa estar presente sin intentar resolver, juzgar o precipitar. Muy aplicable al aprendizaje de idiomas.

Hold space for the uncertainty — not knowing a word is just a gap waiting to be filled.

Hold space for the uncertainty — not knowing a word is just a gap waiting to be filled. -> Sostén el espacio para la incertidumbre — no saber una palabra es solo un hueco esperando ser llenado.

Her teacher held space for the students' confusion without rushing to explain — and the understanding came naturally.

Her teacher held space for the students' confusion without rushing to explain — and the understanding came naturally. -> Su profesora creó espacio emocional para la confusión de los alumnos sin apresurarse a explicar — y la comprensión llegó de forma natural.

8 to find closure

encontrar paz interior · cerrar un capítulo difícil

DEF

to reach a sense of resolution or acceptance about something that was difficult, unresolved, or painful

Closure is not about forgetting — it is about reaching a point where you can move forward. In English learning, closure means accepting an old approach that did not work and consciously choosing to move on. Widely used in British and American English for emotional resolution.

ES

Llegar a una sensación de resolución o aceptación sobre algo que fue difícil, no resuelto o doloroso.

No se trata de olvidar — se trata de llegar a un punto en el que puedas avanzar. Ampliamente usado en inglés para la resolución emocional.

She found closure by writing about the years she spent afraid to speak English — and then she moved on.

She found closure by writing about the years she spent afraid to speak English — and then she moved on. -> Encontró paz interior escribiendo sobre los años que pasó con miedo a hablar inglés — y luego avanzó.

Finding closure on a bad learning period means naming what went wrong and deciding not to carry it forward.

Finding closure on a bad learning period means naming what went wrong and deciding not to carry it forward. -> Cerrar un capítulo difícil de un mal período de aprendizaje significa nombrar lo que salió mal y decidir no llevarlo adelante.

9

to be at ease

sentirse a gusto · estar cómodo y relajado en una situación

DEF

to feel comfortable, relaxed, and free from anxiety in a situation

At ease is the state you are working towards in English — not fluency in the abstract, but actual physical and psychological comfort when using the language. When you are at ease in English, the grammar comes naturally, the words flow, and the connection is real.

ES

Sentirse cómodo, relajado y libre de ansiedad en una situación.

El estado al que apuntas en inglés — no la fluidez en abstracto, sino la comodidad real cuando usas el idioma.

The goal of language learning is not perfection — it is being at ease in the language.

The goal of language learning is not perfection — it is being at ease in the language. -> El objetivo del aprendizaje de idiomas no es la perfección — es sentirse a gusto en el idioma.

She finally felt at ease in English after years of study, and the difference in how she carried herself was visible to everyone.

She finally felt at ease in English after years of study, and the difference in how she carried herself was visible to everyone. -> Por fin se sintió cómoda y relajada en una situación con el inglés después de años de estudio, y la diferencia en cómo se comportaba era visible para todos.

10

to sit with discomfort

sentarse con el malestar · tolerar la incomodidad sin huir de ella

DEF

to tolerate and remain present with an uncomfortable feeling rather than escaping or suppressing it

Sit with discomfort is the advanced version of emotional acceptance — not just letting feelings pass, but actively remaining in them. In English speaking, this means not switching to your native language, not going silent, not stopping — but staying in the discomfort and working through it.

ES

Tolerar y permanecer presente con un sentimiento incómodo en lugar de escapar o suprimirlo.

La versión avanzada de la aceptación emocional — permanecer activamente en los sentimientos incómodos en lugar de escapar.

Learn to sit with the discomfort of not knowing a word — that discomfort is what drives vocabulary growth.

Learn to sit with the discomfort of not knowing a word — that discomfort is what drives vocabulary growth. -> Aprende a sentarte con el malestar de no saber una palabra — ese malestar es lo que impulsa el crecimiento del vocabulario.

She sat with the discomfort of speaking slowly and discovered that her listeners were more patient than she expected.

She sat with the discomfort of speaking slowly and discovered that her listeners were more patient than she expected. -> Toleró la incomodidad sin huir de ella de hablar lentamente y descubrió que sus oyentes eran más pacientes de lo que esperaba.