

## VOCABULARY · EPISODE 51

## The Superpower You Didn't Know You Still Have

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

10 words

Your English Toolbox

1

## dormant

هت فرت س د ز ا ن ا م ل ا ع ف ر ی غ ه ت ف خ

DEF

temporarily inactive or unused, but still present and capable of becoming active again

*Dormant is a beautiful word — it comes from the Latin 'to sleep'. Skills, languages, and abilities can go dormant but never truly disappear. Learners who studied English years ago and feel they've 'lost it' have a dormant language, not a dead one.*

د د ج م ن د ش ل ا ع ف ه ب ر د ا ق و ر ض ا ح ز و ن ه ا م ا ه د ش ن ه د ا ف ت س ا ا ی ل ا ع ف ر ی غ ت ق و م ر و ط ه ب  
د ن و ش ل ی م ن د ی د پ ا ن ا ع ق ا و ز گ ر ه ا م ا د ن و ش ه ت ف خ د ن ن ا و ت ل ی م ا ه ت ر ا ه م . د ی آ ی م ن د ی ب ا و خ ن ی ت ا ل ز ا

**Your English skills are not gone — they are dormant. Give them a week of input and watch them reawaken.**

د ن ا ه ت ف ر ن ت س د ز ا ت ا ی س ی ل گ ن ا ی ا ه ت ر ا ه م .

د ن ت س ه ه ت ف خ .

**She discovered her dormant French when she moved to Paris — it came back within ten days.**

ه ب ی ت ق و ا ر ش ا ه ت ف خ ی و س ن ا ر ف .

د ر ک ف ش ک ت ف ر س ی ر ا پ .

2

## to reactivate

ت س ه و ت ر د ه چ ن آ ن د ر ک ه د ن ز ن د ر ک ل ا ع ف ه ر ا ب و د

DEF

to bring something back into use or action after a period of inactivity; to restart or revive a dormant skill or habit

*Reactivation is faster than learning from scratch — the neural pathways exist, they just need stimulation. This is the good news for returning learners: a week of consistent input can reactivate months of prior study.*

ن د ن ا د ر گ ر ب ل م ع ا ی ر ا ک ه ب ه ر ا ب و د ت ی ل ا ع ف ر ی غ ز ا ی ا ه ر و د ز ا د ع ب ا ر ی ز ی چ  
د ن ر ا د ز ا ی ن ک ی ر ح ت ه ب ط ق ف د ن ر ا د د و ج و ی ا ه ر ی س م ت س ا ر ف ص ز ا ی ر ی گ د ا ی ز ا ر ت ا ع ی ر س د د ج م ی ز ا س ل ا ع ف

**You don't need to start over — you need to reactivate what is already there.**

ی ز ا ی ن .

ی ن ک ل ا ع ف ه ر ا ب و د ا ر ت س و ت ر د ه چ ن آ د ی ا ب ی ن ک ع و ر ش ل و ا ز ا ت س ی ن

**She reactivated her English in three weeks by returning to the same podcast she had listened to two years before.**

ل ا س و د ه ک ی ت س ک د ا پ ن ا م ه ب ن ت ش گ ر ب ا ب ه ت ف ه ه س ر د ا ر ش ا ی س ی ل گ ن ا .

د ر ک ل ا ع ف ه ر ا ب و د د و ب ه د ا د ش و گ ش ی پ .

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## to pick up where you left off

ندرک عورش فقط هطقن نامه زا نداد همادا دیوب هدرک لو هک ییاج زا

DEF

to resume something from the exact point at which you stopped, without needing to start again from the beginning

*Pick up where you left off is the phrase for resuming after a gap. When you return to English after months away, you are not starting from zero — your brain has retained more than you think. Acknowledging this makes returning feel achievable rather than overwhelming.*

ادتبا زا دجم عورش هب زاین نودب، نتفرگ رس زا اریزی چی دیوش فقطو تم هک ییاهطقن نامه اقیقد زا هفقو کی زا دعب نتفرگ رس زا یارب ترابع

**After a break from English, pick up where you left off — your brain has kept more than you realise.**

هچنآ زا رتشیب ناتزغم دیهد همادا دیوب هدرک لو هک ییاج زا، یسیلگنا زا تحارتسا زا دعب . هدرک ظفح دینکلیم رکف

**She returned to English after two years abroad and was able to pick up where she had left off within a week.**

هک ییاج زا هتفه کی رد تسناوت و تشگرب یسیلگنا هب چراخ رد لاس ود زا دعب . دده همادا دوب هدرک لو

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## passive vocabulary

دیربایمن راک هب زونه اما دیهفایم هک ییاملک لعفنم ناگژاو

DEF

words and phrases you understand when you hear or read them, but do not yet produce spontaneously in speech or writing

*Passive vocabulary is the iceberg of language learning — far larger than what you actively use. Most learners have two to three times more passive than active vocabulary. The goal is not just to build passive knowledge but to move words from passive to active through deliberate production practice.*

دیلوت راتشون ای راتفگ رد شوجدوخ زونه اما، دیهفایم دیناوخلیم ای دیوشلیم یقوقو هک ییاتارابع و تاملک دینکلیم

دینکلیم هدفاسا هنالاعف هچنآ زا رتگرزب رایسب نابزیریگدایخی هوک

**Most of your vocabulary is passive — the goal is to move more of it into active use.**

دینکلیم لعفنم هدفاسا هب ار آنرتشیب هک تسنا نیافده تساللعفنم امش ناگژاو رتشیب

**She had a large passive vocabulary from years of reading but struggled to use those words when speaking.**

تبحص ماگنه تاملک نآ زا هدفاسا رد اما تشاد دایز لعفنم ناگژاو هعالطم اهلاس زا . دشلیم لکشم راجد ندرک

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## muscle memory

تراهم کی نداد ماجنا راکدوخ یکیزیف یی ان اوت ینالضرع هظفاح

DEF

the physical ability to perform a skilled movement automatically, without conscious thought, through repeated practice

*Muscle memory in language applies to pronunciation and rhythm. When you have spoken a phrase hundreds of times, your mouth knows how to form it without you thinking. This is why drills and shadowing matter — you are building the physical memory of English sounds.*

ررکم نیرمت قی رط زا ،هناهاگآ رکفت نودب ،راکدوخ روط هب هنارهام تکرح کی ماجنا یکیزیف یی ان اوت .  
دوشوی م لامعا متیری و ظفلت هب نابز رد

**Pronunciation improves through muscle memory — your mouth needs to practise the sounds until they feel natural.**

اهدص دیاب ناتناه دوشوی مرتهب ینالضرع هظفاح قی رط زا ظفلت .

دنوش ساسحای عیبط ات دنک نیرمت ار

**After months of shadowing, she had built muscle memory for English rhythm and stress patterns.**

دوب هتخاس سیسیلگنا دی کأت یاهوگلا و متیری ارب ینالضرع هظفاح ، اهلام زا دعب .

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## to get rusty

نداد تسد زای ناواری تراهم یگدافتسایب زا ندزگنز

DEF

to lose skill or fluency through lack of use — to become less sharp or effective over time without practice

*Get rusty is the informal, non-dramatic word for language attrition. Like a knife that is not sharpened, a language not used becomes dull. The good news: rust is reversible. A week of daily input is often enough to restore most of what was lost.*

ندش رثؤم ای زیت رتمک نیرمت نودب نامز رزگ اب هدافتسای مدع لیلد هب یناواری تراهم نداد تسد زا .  
نابز نداد تسد زای ارب زیم آهعج افریغ و یمسرریغ هم لک

**Languages get rusty quickly without use — even a few weeks of daily listening can reverse the rust.**

دناوتلیم هنازور نداد شوگ هتفه دنچ یح دننزلیم گنز هدافتسای نودب تعرس هب اناابز .

دنک فرطرب ارگنز

**Her German had got rusty after years of speaking only English, but it came back faster than expected.**

هچنآ زا رتاعی رس اما ،دوب هدز گنز ندرک تبحص سیسیلگنا طقف اهالاس زا دعب شیناملآ .

تتشگرب تشاد راظتنا

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## to refresh your memory

ندرك یروآدای ار دیستسناللم ال بق هک یزیچ ندرک هزات ار دوخ هظفاح

DEF

to remind yourself of something you previously learned or knew, especially after a period of not using it

*Refresh your memory is the technology metaphor for reviewing what you knew. Like reloading a page, refreshing knowledge requires briefly re-engaging with it. In language learning, refreshing is much faster than initial learning — which is why spaced repetition is so effective.*

دی اهدرکن هدافتسا نآ زا هک ی اهرود زا دعب اصوصخم ، دیستسناللم ای دیستفرگ دای ال بق هک یزیچ یروآدای .  
دیستسناللم هچ نآ رورم یارب یروانف هراعتسا

**After time away from English, start by refreshing your memory on the basics before moving to new material.**

عورش هیلوا لوصا هرابرد دوخ هظفاح ندرک هزات اب ، یسیلگنا زا یروود زا دعب .  
دیورب دیدج بل اطم هب هکنیا زا ل بق دینک

**She refreshed her memory of English idioms by listening to old episodes before her first speaking session.**

یمدقی اهات مسق هب نداد شوگ اب یسیلگنا تاحال طصا هرابرد ار شاهظفاح .  
درک هزات شت بحص هسلج نیلوا زا ل بق

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## to reconnect with something

نتفرگ رس زا ار دوب هدش عطق هک ی اهطبار ندرک رارقرب طابتره رابود

DEF

to re-establish a relationship, interest, or ability that had faded or been interrupted

*Reconnect is the warmth word for returning to something you once loved or used. Reconnecting with English after a break is not punishment — it is reunion. This framing matters: learners who approach return with curiosity reconnect faster than those who approach with guilt.*

دوب هدش عطق ای هدش وحم هک یی انوات ای هقالع ، هطبار کی ددجم یرارقرب  
دیشتشاد شت سود یزور هک یزیچ هب تشگزاب یارب مرگ هم لک

**Reconnect with English through something you enjoy — music, a podcast, a film — not through exercises.**

یقیسوم دینک رارقرب طابتره یسیلگنا اب هرابود دیربلیم تذلل هک یزیچ قی رط زا .  
تانیرمت قی رط زا هن ملیف کی ، تسکدپ کی

**She reconnected with her love of English by reading the novels that had inspired her years ago.**

طابتره یسیلگنا هب شقشع اب هرابود دن دوب هداد شم اهل اش یی اهل اس هک یی اهل امر ن دن اوخ اب .  
درک رارقرب

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## to retain information

ن ت ش ا د ه گ ن ه ظ ف ا ح ر د ا ر ش ن ا د ن د ر ک ظ ف ح ا ر ت ا ع ا ل ط ا

DEF

to keep knowledge in memory over time, rather than forgetting it shortly after learning it

*Retain information is the outcome that all vocabulary learning strategies aim for. Reading a word once does not mean retaining it. Retention requires repetition, context, emotional connection, and spacing. Building retention habits is more valuable than building a large initial vocabulary.*

ی ر ی گ د ا ی ز ا د ع ب ی م ک ن آ ن د ر ک ش و م ا ر ف ی ا ج ه ب ، ن ا م ز ل و ط ر د ه ظ ف ا ح ر د ا ر ش ن ا د ن ت ش ا د ه گ ن .  
د ن ت س ه ن آ ل ا ب ن د ه ب ن ا گ ژ ا و ی ر ی گ د ا ی ا ه ل ی ژ ت ا ر ت س ا ه م ه ک ی ا ه ج ی ت ن

**The goal is not to learn words — it is to retain them long enough to use them.**

ف د ه .

ت س ا ه ن آ ز ا ه د ا ف ت س ا ی ا ر ب ی ن ا ل و ط ی ف ا ک ه ز ا د ن ا ه ب ا ه ن آ ن ت ش ا د ه گ ن ت س ی ن ت ا م ل ک ی ر ی گ د ا ی

**She retained vocabulary much better when she used new words in sentences within twenty-four hours of learning them.**

ز ا ت ع ا س ر ا ه ج و ت س ی ب ض ر ع ر د ا ر د ی د ج ت ا م ل ک ی ت ق و .

د ر ک ل ی م ظ ف ح ر ت ه ب ر ا ی س ب ا ر ن ا گ ژ ا و ، د ر ک ل ی م ه د ا ف ت س ا ت ا ل م ج ر د ن ا ش ی ر ی گ د ا ی

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## to lose your edge

ن د ا د ت س د ز ا ا ر د ی ت ش ا د ه ک ی ت ر ا ه م ا ی ی ز ی ت ن د ا د ت س د ز ا ا ر د و خ ی ر ت ر ب

DEF

to become slightly less sharp, skilled, or effective than you were at your peak — through lack of practice or time away

*Lose your edge is the sophisticated version of 'get rusty' — it implies that you once had an edge, a sharpness, a precision that has softened. This phrase is used by people who are advanced or were once very good. It captures the anxiety of a returning speaker who remembers how good they were.*

ن ا ب ز ا ی ر و د ا ی ن ی ر م ت م د ع ق ی ر ط ز ا ن د ش د و خ چ و ا ز ا ر ت ژ م ا ی ر ه ا م ، ز ی ت ر ت م ک ی م ک .  
ه د ش ر ت ا م ر ن ه ک د ی ت ش ا د ی ز ی ت ی ن ا م ز ه ک د ه ل ی م ن ا ش ن ن د ز گ ن ز ر ت ا ه د ی چ ی پ ه خ س ن

**Take a month off English and you will feel like you have lost your edge — get back to it quickly.**

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

د ی د ر گ ر ب

**After six months without speaking English, she felt she had lost her edge in conversations.**

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

ه د ا د ت س د