

VOCABULARY · EPISODE 63

Master 100 Essential Sentences Like a Native

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

10 words

Your English Toolbox

1

to sound native

ندرک تبحص نابز بحاص لثم یعی بظ زط هب ندیس رظن هب یموب هدنیوگ کی لثم

DEF

to speak in a way that is indistinguishable from someone who grew up with the language — in rhythm, vocabulary choices, intonation, and cultural references

Sounding native is often misunderstood as having a native accent. It is much broader — it is about the whole feel of the language: the idioms you choose, the contractions you use, the pauses you take. Many non-native speakers sound more native than actual natives in their English.

دشابن صیخشت لباق هدش گرزب نابز اب هک یسک زا هک ندرک تبحص یلکش هب
تسا رتاهدرتسگ یلیخ یموب هجل ن تشاد ناووع هب دوشلم هدی مهف هابتشا بلغا

You don't need a British accent to sound native — you need natural rhythm, idioms, and confidence.

متیر هب یرادن ییای ناتی رب هجل هب یزاین ندیس رظن هب یموب هدنیوگ کی لثم یارب .
یراد زاین دامتع و تاحالطصا، یعی بظ

The sentences in this episode are chosen specifically because they will make you sound native in casual conversation.

شعاب تالمج نی .
ینک تبحص نابز بحاص لثم یمسرریغ تاملکم رد دنوشلم

2

to nail a conversation

ندمآ نوریب تیقفوم اب هملاکم کی زا ندرک لمع یلاع هملاکم کی رد

DEF

to handle a conversation perfectly — saying exactly the right things with the right tone, leaving the interaction feeling successful

Nail a conversation implies precision and satisfaction — not just getting through it, but doing it well. The goal of learning essential sentences is to give you the tools to nail more interactions in English.

نتفگ تسرد نحل اب ار تسرد یاهزیچ اقیقد نداد ماجنا لامک هب ار هملاکم کی
ن داد ماجنا بوخ هکل ندرک رزگ ناذا طقف هن دناسرلم ار تیاضر و تقد

She nailed the conversation with her manager because she had practised the key phrases that morning.

دوب هدرک یرم از یدی لک تارابع حبص نا نوچ درک لمع یلاع شریدم اب هملاکم رد .

Once you have these sentences ready, you can nail conversations you used to dread.

ییایب نوریب تیقفوم اب یدی سرتم اهنآ زالمق هک یتاملکم زاین اوتم ی تشاد هدامآ تالمج نیای تیقتو

3

authenticity

ندوب ناتدوخ هب رادافو و ی عقاو ی گژیو تقادص

DEF

the quality of being genuine and true to yourself — not performing or pretending to be something you are not

Authenticity in language learning challenges the 'sound native' goal. Many learners aim to erase their accent and identity to sound native, but research shows that authentic non-native speakers — confident, genuine, expressive in their own voice — are often more effective communicators. You do not need to be a native speaker; you need to be an authentic one.

دی تسی ن هک دی تسه ی زی چ هک ندرکن دومن او ای ندرکن ی زاب ندوب ناتدوخ هب رادافو و ی عقاو ی گژیو .
دش کلیم ش لچ هب ار ن دی سر رظن هب ی موب لثم فده

Authenticity matters more than perfection — speak in your own voice, not an imitation of one.

ادص کی زا دی لقت هن ، دینک تب حص ناتدوخ ی ادص اب تسالامک زا رتامهم تقادص .

She stopped trying to imitate a native accent and instead focused on authenticity — clear, genuine, confident.

رب درک زکرم ت ضوع رد و درک فقوت م ار ی موب هج هل کی زا دی لقت ی ارب شالت ، ، ،
نانی مطا اب ، ی عقاو ، حضاو تقادص

4

fluency

دم آراک و ناو تروص هب اهلهدی ندرک رارقرب طاب ترا یی ان اوت

DEF

the ability to communicate ideas smoothly and efficiently — without long pauses, searching for words, or losing the thread

Fluency is often confused with perfection. A fluent speaker is not necessarily error-free — they are smooth. They have strategies for when they do not know a word (paraphrase, ask, keep going). Fluency is about flow, not flawlessness. Many accurate but non-fluent speakers freeze mid-sentence; fluent speakers navigate through.

ای تاملک ی ارب وج تسج ، ی نالوط ی اهتکم نودب دم آراک و ناو تروص هب اهلهدی ندرک رارقرب طاب ترا یی ان اوت
خن نداد تسد زا
تسا ناو تسی ن اطخ نودب اموزل ناو هدنیوگ کی . دوش لیم هت فرگ هاب تشا لامک اب بلغا

Fluency means keeping the conversation flowing — paraphrase and continue, do not stop and apologise.

دی هدهم ادا و دینک یسی و ن زاب تسالامک نایرج ن تشاد هگن ی انعم هب ی ناو .
دینکن ی هاوخرذوع و دیوشن فقوت م

Her grammar was still imperfect but her fluency was remarkable — she never lost the thread of a conversation.

زا ار هم لامک خن زگره دوب هجوت ل باق شینی ناو اما دوب صقان زونه شروت سد .
دادن تسد

5

to pick up on

ندرك كرد اى ندش هجوت م ار فى رظ ى زى چ ندش هجوت م

DEF

to notice, detect or become aware of something subtle — a tone, a social cue, a linguistic pattern — without being explicitly told

Pick up on is the receptive awareness verb. Fluent speakers pick up on social cues, tone shifts, implied meanings, and cultural signals. For language learners, this is a late-stage skill: you cannot pick up on nuance you do not yet have the language to recognise. But as proficiency grows, so does the ability to pick up on subtleties.

ى نابزى وگلا كى ، ى عامتجا ه ن اش ن كى ، ن حل كى فى رظ ى زى چ زا ندش هاگآ اى ن داد صى خ شرت ، ندش هجوت م
دوش هت فگ ا ح رص ه ك نى ا ن ودب
ارى ذپ ه هاگآ ل ع ف

Experienced English speakers pick up on sarcasm, irony, and tone very quickly — this comes with exposure.

دنوش اى م هجوت م ع ر س ى لى خ ار ن حل و ه ن ع ط ، هى ان ك ى س ى ل گ ن ا ه ب ر ج ت اب ن ا ر و ش ى و گ .
دى آلى م ن ت ف ر گ ر ا ر ق ض ر ع م ر د اب نى ا

She had been in the UK for two years when she finally started picking up on British understatement.

ى اى اى ن ا تى ر ب ى و گ ل م ك ندش هجوت م ه ب درك ع و ر ش ه ر خ ا ل اب ه ك د و ب اى ن ا تى ر ب ر د ل اس و د .

6

to blend in

ن د ا ت ف ا ا ج ه و ر گ اى ط ى ح م كى ر د ى ع ى ب ط ر و ط ه ب ندش ط و ل خ م

DEF

to fit naturally into an environment or group — without standing out or drawing attention to being different

Blend in is the assimilation goal some language learners have. For some, blending in linguistically — not drawing attention through accent or error — is the goal. For others, standing out is fine. It is worth asking: am I trying to blend in, or am I trying to communicate? They are different goals that require different practice.

ت و ا ف ت م لى ل د ه ب ه جوت ب ل ج اى ندش هت س ج ر ب ن ودب ن د ا ت ف ا ا ج ه و ر گ اى ط ى ح م كى ر د ى ع ى ب ط ر و ط ه ب
ن د و ب
ن ر ا د ن ا ز و م ا ن ا ب ز ى خ ر ب ه ك ب ذ ج ف د ه

You do not need to blend in linguistically — being understood is more important than being indistinguishable.

ز ا ر ت ا م ه م ندش ه دى م ه ف دى و ش ط و ل خ م ى نابز ر ظ ن ز ا دى ر ا د ن ى ز اى ن .
ت س ا ن د و ب ر ى ذ پ ا ن ص ى خ ش ت

After three years abroad, she did not quite blend in, but she communicated so well it no longer mattered.

ر ا ر ق ر ب ط ا ب ت ر ا ب و خ ى ر د ق ه ب ا م ا ، د ش ن ط و ل خ م ا ل م ا ك ، ر و ش ك ز ا ج ر ا خ ل اس ه س ز ا د ع ب .
ت ش ا د ن ى ت ى ه ا ر گ ى د ه ك دركلى م

7

to catch yourself

دی‌وی‌وگلی‌م ای دین‌کلی‌م ی‌زی‌چ دیراد هک ندش هاگآ ناهگان ن تفرگ ار ناتدوخ

DEF

to suddenly become aware that you are doing, thinking, or saying something — especially something habitual or unintended

Catch yourself is the metacognitive moment in language use. You catch yourself translating instead of thinking in English. You catch yourself using a word you know is wrong. This moment of awareness — the internal editor — is the starting point of self-correction. The goal is not to eliminate errors but to catch them earlier.

هتساوخان ای یتداع ی‌زی‌چ اصوصخم دی‌وی‌وگلی‌م ای دین‌کلی‌م رکف، دین‌کلی‌م ی‌زی‌چ دیراد هک ندش هاگآ ناهگان
نابز زا هدافتسا رد یتخانشارف هظحل

Catch yourself when you translate word-for-word — try to think in English directly instead.

هب‌آمی‌قتسم دین‌ک ی‌عس‌ضوع رد دیری‌گب ار ناتدوخ دین‌کلی‌م هم‌چرت هم‌لک هب هم‌لک یتقو .
دین‌ک رکف ی‌سی‌لگنا

She started catching herself mid-sentence using the wrong tense and correcting immediately, which accelerated her progress.

ن‌امز هک دری‌گب ار شدوخ هل‌م‌ج‌طسو درک عورش .
داد باتش ار شت‌فرشی‌پ هک، دن‌ک‌ح‌صت‌اروف و دن‌کلی‌م هدافتسا ار هابتشا

8

to come naturally

هک هدش هتفرگ دای لم‌اک یردق هب ی‌زی‌چ نوچ ن‌ت‌شادن ی‌شالت‌چی‌ه هب زاین ندم‌آ‌عی‌ب‌ط
دت‌فالیم قافتا راکدوخ

DEF

to require no effort or thought because something has been learned so thoroughly that it happens automatically

Come naturally is the acquisition goal. When something comes naturally in a second language, it has been fully acquired — it no longer requires conscious processing. Grammar rules do not need to be recalled. Vocabulary does not need to be looked up. The language just flows. This is the point where using English stops feeling like work.

دت‌فالیم قافتا راکدوخ هک هدش هتفرگ دای لم‌اک یردق هب ی‌زی‌چ نوچ ن‌ت‌شادن یرکف ای شالت‌چی‌ه هب زاین
هدش بسک لم‌اک روط هب، دی‌آ‌م‌عی‌ب‌ط مود نابز کی رد ی‌زی‌چ یتقو . بسک فده

Fluency comes when grammar and vocabulary start to come naturally — when you stop consciously applying rules.

دن‌ی‌ای‌ب‌عی‌ب‌ط دن‌کلی‌م عورش ناگ‌ژاو و نابز روتسد یتقو دی‌آ‌م‌عی‌ب‌ط ی‌ن‌اور .
دین‌کلی‌م‌لام‌عا ار نین‌اوق هت‌هاگ‌آ‌رگی‌د یتقو

After two years of daily English, basic conversations came naturally to her — she no longer thought about grammar.

دم‌آ‌م‌عی‌ب‌ط شی‌ارب‌هی‌اب‌تام‌لاکم، هت‌ن‌زور ی‌سی‌لگنا لاس و د‌زا‌د‌ع‌ب .
درکلی‌م‌ن‌رکف نابز روتسد هب رگی‌د

to express yourself

9

رارقرب طاب ترا نابز رد ار نات تی صخش و دیاقع ، تاساسح ، راکفا ندرک نایب ار نات دوخ ندرک

DEF

to communicate your thoughts, feelings, opinions, and personality in language — fully and accurately

Express yourself is the ultimate goal of language learning. It is not about grammar or vocabulary — it is about having the linguistic tools to say exactly what you mean, with the nuance you intend. Many learners plateau at a functional level but feel frustrated because they cannot fully express themselves — they are reduced to simpler thoughts than they actually have.

قیقد و لاماک روطه نابز هب نات تی صخش و دیاقع ، تاساسح ، راکفا ندرک رارقرب طاب ترا نابز یری گدای یی اهن فده

The goal is to express yourself in English exactly as you do in your mother tongue — with all your complexity.

نات یردام نابز رد هک روطه نامه قیقد یسی لگنا هب ار نات دوخ هک تسایا فده .
ناتلی گدیچی پامت اب دینک نایب دینکلی م نایب

She started feeling truly comfortable in English when she could finally express herself with the same wit she had in Spanish.

تفارظ نامه اب ار شدوخ تسناوت هرخال اب ی تقو .
دنک ی ت حار ساسح ایسی لگنا رد اعقاو درک عورش ، دنک نایب تشاد یی ای ناپ سا هک ینهد

10

colloquial language

هرمزور و یمسرریغ راتفگی اهرواح م نابز

DEF

informal, everyday speech — the kind of English used in casual conversation rather than in formal or written contexts

Colloquial language is what learners hear when they socialise with native speakers but rarely see in textbooks. It includes contractions, idioms, informal vocabulary, and natural reductions. Mastering colloquial language is what makes a learner sound natural, as opposed to sounding like a textbook — technically correct but oddly formal.

ای یمسرری اهان یمز رد هن دوشایم هدفستسای لومعم هملاکم رد هک یسی لگنا عون هرمزور و یمسرریغ راتفگی یراتشون

یسردی اهابتک رد تردن هب اما دنونشایم دننکلیم ترشاع م ی موب ناروشیوگ اب ی تقو نازوم آن ابز هچن آ دنن یبایم

Colloquial language is learned through exposure to real conversation, not through grammar books.

قیرط زا هن ، دوشایم هتفرگ دای نتفرگ رارق ی عقاو هملاکم ضرعم رد قیرط زا اهرواح م نابز .
نابز روتسدی اهابتک

She had excellent formal English from years of study, but struggled to understand colloquial language in social situations.

رد اما ، تشاد هعلاطم اهالاس زا یلاع یمسرریسی لگنا .
درکلیم مرن هچنپ و تسدی اهرواح م نابز کرد اب یعامتجا ی اهلی عقوم