

## VOCABULARY · EPISODE 66

# 100 Shadowing Sentences to Rewire Your Brain

Key words &amp; expressions · English + Español

10 words

Your English Toolbox

1

## to rewire your brain

**recablear el cerebro · reprogramar tus circuitos cerebrales****DEF**

to change established neural pathways through new, repeated experiences — creating new automatic responses and breaking old ones

*Rewire your brain is neuroscience language made accessible — neuroplasticity is the real science, but rewire is the metaphor that makes it actionable. Language learning literally rewires the brain when done consistently.*

**ES**

Cambiar las vías neuronales establecidas a través de nuevas experiencias repetidas — creando nuevas respuestas automáticas y rompiendo las antiguas.

Lenguaje de neurociencia hecho accesible — la neuroplasticidad es la ciencia real, pero recablear es la metáfora que lo hace aplicable.

***Shadowing rewires your brain to expect native speed, so the language stops feeling fast.***

Shadowing rewires your brain to expect native speed, so the language stops feeling fast. -> El shadowing recablea el cerebro para esperar la velocidad nativa, de modo que el idioma deja de sentirse rápido.

***A hundred repetitions of the same sentence at native speed begins to rewire the neural pathways for that pattern.***

A hundred repetitions begins to rewire the neural pathways for that pattern. -> Cien repeticiones empiezan a reprogramar tus circuitos cerebrales para ese patrón.

2

## to retrain your ear

reentrenar el oído · volver a educar tu oído

### DEF

to teach yourself to hear sounds, patterns, or distinctions in a new language that your ear was previously unable to distinguish

*Retraining the ear is the hidden work of listening practice — before you can produce sounds correctly, you must be able to hear them accurately. The ear must be trained before the mouth can follow.*

### ES

Enseñarte a ti mismo a escuchar sonidos, patrones o distinciones en un nuevo idioma que tu oído previamente no podía distinguir.

Es el trabajo oculto de la práctica de escucha — antes de producir sonidos correctamente, debes poder escucharlos con precisión.

**Before you can produce the TH sound, you need to retrain your ear to hear the difference between TH and S.**

Before you can produce the TH sound, you need to retrain your ear to hear the difference. -> Antes de poder producir el sonido TH, necesitas reentrenar el oído para escuchar la diferencia.

**One hundred shadowing sentences a week is enough to retrain your ear to process English at natural speed.**

One hundred shadowing sentences a week is enough to retrain your ear to process English at natural speed. -> Cien frases de shadowing a la semana son suficientes para volver a educar tu oído para procesar el inglés a velocidad natural.

3

## neural pathway

la vía neural · una serie de neuronas conectadas que se forman con el uso repetido

### DEF

a series of connected nerve cells in the brain that form through repeated use — the physical basis of habit and skill

*Neural pathway is the neuroscience concept behind language habits. Every time you use a piece of language correctly, you strengthen the neural pathway for it. This is why repetition matters and why early errors can become entrenched — the wrong pathway also gets strengthened. Knowing this frames practice as literal brain-building.*

### ES

Una serie de neuronas conectadas en el cerebro que se forman mediante el uso repetido — la base física del hábito y la habilidad.

El concepto neurocientífico detrás de los hábitos lingüísticos. Cada vez que usas bien una frase fortaleces la vía neural.

**Every time you use a phrase correctly, you are strengthening the neural pathway that makes it automatic.**

Every time you use a phrase correctly, you are strengthening the neural pathway that makes it automatic. -> Cada vez que usas una frase correctamente, estás fortaleciendo la vía neural que la hace automática.

**Learning a language is about building new neural pathways — repetition is not boring, it is biological.**

Learning a language is about building new neural pathways — repetition is not boring, it is biological. -> Aprender un idioma consiste en construir nuevas vías neurales — la repetición no es aburrida, es biológica.

## to form a habit

4

### formar un hábito · establecer un comportamiento repetido mediante la práctica constante hasta que sea automático

#### DEF

to establish a repeated behaviour through consistent practice until it becomes automatic and requires no conscious effort

*Form a habit is the behaviour change phrase. In language learning, the most important habits are not grand study sessions but small, consistent daily behaviours: ten minutes of listening, one sentence of writing, one new word used in context. Habits do not require motivation — once formed, they run automatically.*

#### ES

Establecer un comportamiento repetido mediante la práctica constante hasta que se vuelve automático.

La frase del cambio de comportamiento. Los hábitos más importantes son los comportamientos diarios pequeños y consistentes.

***Form a habit of listening to English every day — even ten minutes done consistently beats hours done occasionally.***

Form a habit of listening to English every day — even ten minutes done consistently beats hours done occasionally. -> Forma el hábito de escuchar inglés cada día — incluso diez minutos hechos de forma constante supera horas hechas ocasionalmente.

***She formed a habit of journaling in English each morning and noticed steady improvement within weeks.***

She formed a habit of journaling in English each morning and noticed steady improvement within weeks. -> Formó el hábito de escribir en un diario en inglés cada mañana y notó una mejora constante en semanas.

## muscle memory

5

### la memoria muscular · la capacidad de realizar una habilidad motora automáticamente por repetición

#### DEF

the ability to perform a physical or motor skill automatically — after sufficient repetition that the body no longer needs conscious guidance

*Muscle memory in language learning refers to the automatic, effortless reproduction of speech sounds and patterns. A learner who has strong muscle memory for English phonemes does not have to consciously place their tongue — the sound just comes. This is why pronunciation practice through repetition, not just explanation, is essential.*

#### ES

La capacidad de realizar una habilidad física o motora automáticamente — después de suficiente repetición.

En el aprendizaje de idiomas se refiere a la reproducción automática de sonidos del habla. La práctica de pronunciación por repetición es esencial.

***Pronunciation becomes natural through muscle memory — you have to practise the sounds, not just study them.***

Pronunciation becomes natural through muscle memory — you have to practise the sounds, not just study them. -> La pronunciación se vuelve natural a través de la memoria muscular — tienes que practicar los sonidos, no solo estudiarlos.

***After years of speaking English, she had muscle memory for most sounds and no longer thought about them consciously.***

After years of speaking English, she had muscle memory for most sounds and no longer thought about them consciously. -> Después de años hablando inglés, tenía memoria muscular para la mayoría de los sonidos y ya no pensaba en ellos conscientemente.

## deliberate practice

6

### la práctica deliberada · entrenamiento enfocado e intencional en el límite de tu capacidad

#### DEF

focused, intentional training at the edge of your ability — designed to improve a specific skill through feedback and repetition

*Deliberate practice is Anders Ericsson's concept. It explains that not all practice is equal — hours spent in comfort zones do not produce the same gains as hours spent at the edges of ability, with specific goals and feedback. For language learners, deliberate practice means targeting exactly the thing that is hardest, not just doing what you are already good at.*

#### ES

Entrenamiento enfocado e intencional en el límite de tu capacidad — diseñado para mejorar una habilidad específica.

El concepto de Anders Ericsson. No toda la práctica es igual — las horas en la zona de confort no producen los mismos avances.

***Deliberate practice means targeting your weaknesses — not doing what you are already comfortable with.***

Deliberate practice means targeting your weaknesses — not doing what you are already comfortable with. -> La práctica deliberada significa apuntar a tus debilidades — no hacer lo que ya te resulta cómodo.

***She spent months on deliberate practice of weak areas — connected speech and weak forms — and her listening improved rapidly.***

She spent months on deliberate practice of weak areas — connected speech and weak forms — and her listening improved rapidly. -> Pasó meses en práctica deliberada de áreas débiles — habla conectada y formas débiles — y su escucha mejoró rápidamente.

## to unlearn

7

### desaprender · descartar o reemplazar activamente un hábito o patrón aprendido que es incorrecto

#### DEF

to actively discard or replace a previously learned habit, pattern, or belief that is incorrect or no longer useful

*Unlearn is one of the hardest verbs in language learning. You do not just add correct patterns — you must simultaneously stop using incorrect ones. Unlearning is harder than learning because the wrong pattern has its own neural pathway. It takes more deliberate effort to override an entrenched error than to build a new one from scratch.*

#### ES

Descartar o reemplazar activamente un hábito, patrón o creencia previamente aprendida que es incorrecta o ya no útil.

Uno de los verbos más difíciles en el aprendizaje de idiomas. Desaprender es más difícil que aprender porque el patrón incorrecto ya tiene su propia vía neural.

***Unlearning a bad pronunciation habit takes more effort than learning a new word — the wrong pathway is already there.***

Unlearning a bad pronunciation habit takes more effort than learning a new word — the wrong pathway is already there. -> Desaprender un mal hábito de pronunciación requiere más esfuerzo que aprender una palabra nueva — el camino incorrecto ya está ahí.

***She had to unlearn a whole set of false friends she had been using confidently but incorrectly for years.***

She had to unlearn a whole set of false friends she had been using confidently but incorrectly for years. -> Tuvo que desaprender todo un conjunto de falsos amigos que había estado usando con confianza pero incorrectamente durante años.

## to pick something up

8

### aprender algo sin esfuerzo · aprender algo de forma informal mediante la exposición e imitación

#### DEF

to learn something informally — without structured study, through exposure, imitation, and immersion

*Pick something up is the acquisition verb. When you pick up a language, you do not study it formally — you absorb it through use. This is the mode in which children learn their first language and in which adults can learn informally through travel, relationships, or media. It implies learning without deliberate effort.*

#### ES

Aprender algo de forma informal — sin estudio estructurado, mediante la exposición, la imitación y la inmersión.

El verbo de la adquisición. Cuando aprendes algo de esta manera, lo absorbes a través del uso sin estudio formal.

***You can pick up a lot of natural English just from watching films without subtitles.***

You can pick up a lot of natural English just from watching films without subtitles. -> Puedes aprender mucho inglés natural simplemente viendo películas sin subtítulos.

***She picked up most of her British slang from her housemates without realising she was learning.***

She picked up most of her British slang from her housemates without realising she was learning. -> Aprendió la mayor parte de su argot británico de sus compañeros de piso sin darse cuenta de que estaba aprendiendo.

## to wire something in

9

### grabarlo en el cerebro · hacer que un comportamiento o habilidad esté tan profundamente integrado que opera sin pensamiento consciente

#### DEF

to make a behaviour or skill so deeply embedded in the brain that it operates without conscious thought

*Wire something in is the neuroscience metaphor for deeply automatised skill. Once something is wired in — pronunciation, grammar patterns, vocabulary retrieval — it no longer requires working memory. The brain handles it automatically, freeing up conscious attention for the communicative task itself.*

#### ES

Hacer que un comportamiento o habilidad esté tan profundamente integrado en el cerebro que opera sin pensamiento consciente.

La metáfora neurocientífica para la habilidad profundamente automatizada.

***The goal of language practice is to wire everything in so that you can think about what to say, not how.***

The goal of language practice is to wire everything in so that you can think about what to say, not how. -> El objetivo de la práctica lingüística es grabarlo todo en el cerebro para que puedas pensar en qué decir, no en cómo.

***After months of shadowing practice, the intonation patterns had been wired in and she produced them effortlessly.***

After months of shadowing practice, the intonation patterns had been wired in and she produced them effortlessly. -> Después de meses de práctica de sombreado, los patrones de entonación se habían grabado en el cerebro y los producía sin esfuerzo.

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## consistency

### la constancia · la cualidad de hacer algo de forma repetida y fiable con el tiempo

#### DEF

the quality of doing something repeatedly and reliably over time — without large gaps or irregular effort

*Consistency is the meta-skill of language learning. Talent, resources, and motivation matter less than consistent daily effort over months and years. A learner who spends fifteen minutes a day every day will outperform one who studies for six hours every few weeks. Consistency is what the brain needs to build and maintain neural pathways.*

#### ES

La cualidad de hacer algo de forma repetida y fiable con el tiempo — sin grandes pausas ni esfuerzo irregular.

La meta-habilidad del aprendizaje de idiomas. El talento importa menos que el esfuerzo diario constante a lo largo de meses y años.

***Consistency beats intensity in language learning — fifteen minutes every day is better than three hours once a week.***

Consistency beats intensity in language learning — fifteen minutes every day is better than three hours once a week. -> La constancia supera a la intensidad en el aprendizaje de idiomas — quince minutos cada día son mejores que tres horas una vez a la semana.

***Her progress was not dramatic on any single day but her consistency over two years produced remarkable results.***

Her progress was not dramatic on any single day but her consistency over two years produced remarkable results. -> Su progreso no fue dramático en ningún día concreto pero su constancia durante dos años produjo resultados notables.