

TRANSCRIPT · EPISODE 77

Living in an English Speaking Country

Full episode script · English

99 lines

Your English Toolbox

Welcome to your English toolbox, where we train your ears, step by step.

Want to take your learning even further?

Find your English toolbox on YouTube to watch every episode with subtitles.

It is the best way to support this project, and we truly appreciate it.

Hello friends, and welcome to this brand new journey.

I am Miranda, and I am so incredibly happy to walk beside you.

And I am Robert, your guide in this new space we have

built, just for you.

Today, we are starting a very special series dedicated to those brave friends who are currently living in an English-speaking country.

If you are listening to us from the UK, the United States, Australia, or any place where English is the language of the streets, this is your home.

We know exactly how you feel, because living in a country when you are still mastering the language is a daily act of courage.

By listening to

the end of this conversation, you will understand why your brain feels so exhausted.

You will discover the power of a single rescue sentence, and you will completely redefine what it means to speak English.

So, take a deep breath, grab a warm cup of tea, and let's begin.

The cultural shock and the receptive overload Imagine this familiar scene, because it happens to thousands of people every single day.

You wake up in your new apartment, and you feel

good.

You feel ready.

You walk out the front door.

You step onto the street.

And suddenly, the English language hits you like a massive wall of sound.

The cashier at the supermarket.

The train announcement.

The casual greeting of your neighbor.

Everything happens so incredibly fast.

By the time you arrive home in the evening, your head is heavy, and your energy is completely gone.

This is what psychologists call receptive overload.

Your beautiful mind is working double shifts,

processing sounds, translating words, and trying to predict what people will say next.

I want to tell you something very important right now.

That exhaustion you feel is not a sign of failure.

It is actually the opposite.

It is proof that your brain is actively learning, and adapting to a brand new environment.

Let me share a real story with you.

The story of a friend named Sophia, who moved to Houston, Texas, a few months ago.

Sophia had

a basic level of English.

She knew grammar rules, but she had never interacted with real native speakers in a busy environment.

One morning, Sophia had her very first medical appointment at a local clinic.

She was terrified.

Her heart was beating so fast in the waiting room.

When the nurse finally called her name, Sophia stood up and her mind went completely blank.

The nurse was speaking with a fast Texas accent, asking questions about medical history and insurance

forms.

Sophia felt so small, she just smiled, nodded her head, and felt a deep sense of shame creeping in.

She left the clinic crying, thinking that she would never, ever be able to survive in that city.

But Sophia did something wonderful after that difficult day.

She changed her strategy.

She understood that she did not need a perfect accent, she just needed a system to protect her peace of mind.

The Empowering Strategy Accessing Your Rescue Sentence Sophia

discovered what we call the Rescue Sentence Strategy.

When your level is basic, you cannot control how fast a native speaker talks, but you can control how you respond to them.

Instead of smiling and pretending you understand, you must immediately use a clear, firm, and polite shield.

Sophia practiced one specific sentence until it became an automatic reflex.

She learned to look people in the eyes and say, My English is still improving.

Could you please say that slowly?

Notice how powerful that phrase is.

It does not apologize.

It does not say, I am sorry my English is bad.

It states a beautiful fact, My English is improving, and it places the responsibility on the native speaker to speak with clarity.

When Sophia went back to the clinic the following week, she used her rescue sentence with the receptionist.

The result was magical.

The receptionist smiled, slowed down her rhythm, and even helped Sophia fill out the paperwork.

One single sentence completely changed the emotional dynamic of the entire room.

Shifting Your Identity in the Real World This brings us to the core principle of our journey together.

Identity precedes fluency.

Many basic learners believe they will only belong in their new country when they speak fluent English.

That is a dangerous trap, because fluency takes time, and you need to live your life today.

You must change your identity right now.

You are not a helpless foreigner

struggling to survive.

You are an active, capable, and courageous bilingual person in training.

Every single time you go to a shop, every time you ask for directions, even when you make a mistake, you are building your new identity.

Mistakes are not crimes.

They are simply the currency you pay to achieve fluency.

The natives you encounter every day are not judges.

They are just people going about their business.

When you speak slowly and deliberately, you teach them

how to talk to you.

The Sprint Final Essential Habits for Immigrants Let's review the three golden habits for your daily life from this moment on.

First, stop translating every word in your head.

Focus only on the main action verbs and nouns.

Second, embrace the beautiful power of the pause.

It is completely okay to wait three seconds before you answer a question.

Silences feel long to you, but to a native speaker, they just look like you are

being thoughtful and calm.

And third, never skip an interaction because of fear.

Choose consistency over intensity every single day.

The Identity Close and YouTube Call to Action Today we have reframed your relationship with your new environment.

Remember Sophia, and remember that your current exhaustion is just your brain getting stronger.

You are not just a visitor in this country.

You are someone who belongs here.

If you made it this far, you are truly committed to your English.

Please head over to YouTube, search for your English toolbox, and subscribe.

Your support there means the world to us, and keeps this podcast growing.

Thank you so much for your trust and your beautiful courage.

Stay strong, be gentle with yourself, and we will see you in our next episode.

Goodbye for now, friends.