

turn down the noise

English learning resource · EN

Key words & expressions · English

10 learning entries

Study task: Listen again and notice the expressions you studied.

1

to turn down the noise

DEF

To reduce unwanted sound or mental distraction.

Used literally for volume and figuratively for thoughts or information overload.

Ten minutes of silence can turn down the noise.

She turned down the mental noise before the interview.

2

background chatter

DEF

Low-level conversation or thoughts that continue without being the main focus.

Can refer to actual voices or repetitive mental activity.

The background chatter left him exhausted.

Close the apps and let the background chatter fade.

3

to tune in to something

DEF

To direct your attention towards a sound, feeling or idea.

Originally connected with finding a radio frequency.

Tune in to the silence between the words.

She tuned in to what her body was telling her.

4

to broadcast

DEF

To send out a programme or message to a wide audience.

The episode also uses it metaphorically for repeated thoughts.

The old fear was still broadcasting in his mind.

News stations broadcast around the clock.

5

to be on repeat

DEF

To keep happening or playing again and again.

Informal expression from music and media controls.

The critical sentence had been on repeat for years.

That song has been on repeat all morning.



6

to mispronounce a word

DEF

To say a word with an incorrect pronunciation.

A normal part of learning; mis- is a productive prefix meaning wrongly.

She mispronounced a word and continued speaking.

Do not stop the conversation because you mispronounce one word.

7

to choose the station

DEF

To decide which source or mental message receives your attention.

A metaphor based on selecting a radio station.

You can choose the station instead of accepting the noise.

He chose a calmer station for his morning routine.

8

to become still

DEF

To gradually stop moving or become calm.

Still can describe the body, water, sound or the mind.

When the wind stops, the water becomes still.

Take one breath and let your mind become still.

9

the space between words

DEF

The silence or pause separating spoken language.

Important for listening, rhythm and calm speech.

Notice the space between my words.

Good speakers are not afraid of the space between words.

10

word by word

DEF

One word at a time, slowly and progressively.

A fixed adverbial phrase used for gradual reading, speaking or learning.

Build the sentence word by word.

She translated the message word by word.

