

Catch Word #245 – Heart-to-heart

Episode description

In today's Catch Word episode, Andrew and Kassy introduce two really useful phrases for talking about emotions and feelings. Sharing the thoughts buried deep in your heart isn't an easy thing to do, especially in a foreign language. By listening to this episode, you can make those difficult emotional conversations feel a little less stressful.

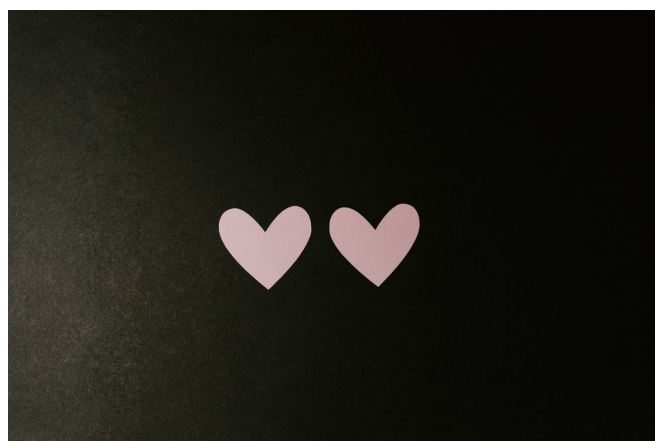
Our Catch Word series is perfect for intermediate learners looking to boost their English listening fluency to the next level. Tune in to learn two common idiomatic expressions about feelings and emotions, to have a heart-to-heart and to get [something] off [one's] chest.

Fun fact

Did you know a woman's heart typically beats faster than a man's? An adult woman has an average heartbeat of 78 beats per minute, while men hover around 70 beats per minute. Newborns have an even faster heartbeat than adults averaging somewhere between 70 and 190 beats per minute.

Expressions included in the study guide

- To have a heart-to-heart
- Cut the crap
- To iron [something] out
- To make up
- To shift gears
- To get [something] off [one's] chest



Transcript

Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript. The transcript has been edited for clarity.

Andrew: Hello there, everyone. My name's Andrew.

Kassy: And I'm Kassy.

Andrew: And this is the Culips English Podcast.

Hello, friends. Welcome back to Culips. Today we have a Catch Word episode prepared for you. If you don't know what Catch Word is, well, let me explain. It's the series where we teach you idioms, phrasal verbs and expressions that will help improve your English listening and speaking skills. And in this episode, we'll teach you two idiomatic expressions about sharing your feelings and emotions and to help teach this lesson with me today is my co-host Kassy. Hey there, Kassy. How's it going?

Kassy: I'm doing great.

Andrew: Great. And we are going to start this episode as we do all of our recent episodes with a shout-out. Now a shout-out is where we recognize one of our listeners who has supported us through leaving a five-star rating and review on Apple Podcasts. And Kassy, you have a shout-out prepared for us, don't you?

Kassy: Yes, that's correct. One of our listeners from Catalonia, Jordi, left us a five-star rating and a nice review on Apple Podcasts. Jordi wrote, "Thank you for the good work you do. For me, Culips is the main way I learn English. I take advantage of every moment, for example, driving, walking the dog, even training, by listening to my friends, Andrew, Kassy, and the others. The content is fun. And you speak very clearly and sharply. I've levelled up my English and have improved a lot." Wow. Thanks Jordi for the amazing comment.

Andrew: Thank you, Jordi. And thank you to everyone who has been leaving us reviews and ratings on Apple Podcasts and all the other podcast platforms out there. Guys, your support really helps to spread the word and let other English learners around the world find Culips and improve their English with us. So we really appreciate it. And if you'd like to get shouted out in an upcoming Culips episode, then just leave us that five-star rating and positive review on Apple podcasts or wherever you get your podcasts, and we will try our best to shout you out in an upcoming episode. And don't forget that there's a transcript and study guide to accompany this episode. It's available for all Culips members on our website Culips.com. Following along with the guide, while you listen to us is the best way to study with us and we highly recommend it. And plus, when you become a Culips

member, you'll get access to lots of special bonuses, like invitations to our monthly live streams and access to our members-only series the Fluency Files. So to sign up, become a member and grab the study guide and transcript, just visit Culips.com.

Let's get started with this episode then, Kassy, we have two expressions that we use when we want to communicate our feelings and emotions to other people. And the first one that we have here to introduce to our listeners is **have a heart-to-heart**. So it's kind of like this verb, right? **To have a heart-to-heart**. And, Kassy, you actually brought this expression to my attention. You said this is a good one. I heard it the other day and have we taught this expression on Culips yet? I thought we must have, it's a really common expression. But I was shocked to find out that we haven't covered it in a Culips episode yet. So here we are today and Kassy, maybe you could break it down for our listeners. What does it mean **to have a heart-to-heart**?

Kassy: **To have a heart-to-heart** is to have an honest conversation with someone and share how you really feel, you know, like our heart, it really is our brains, but you know, we call it our heart, is where all of our emotions lie. And when you really want to have a true, honest, deep conversation with someone you're sharing your heart, your feelings with someone else, a **heart-to-heart**.

Andrew: Right, you're sharing your feelings, your intimate thoughts with another person. Your heart is connecting to their hearts. So really we could say that when you **have a heart-to-heart**, this is the deepest conversation that we can have in English, right? It's at the other end of the spectrum from small talk. Small talk is the very light, superficial conversation that we have with people as we go through our day. Maybe the barista at the coffee shop or the teller at the bank, but a **heart-to-heart** is a conversation that you have with people who are really close to you, your friends and family. And it's a conversation where you really share exactly how you feel and are very honest about your emotions.

Kassy: Yeah, that's right. And someone might also use this phrase when they think the person they're talking to isn't being genuine, or they're trying to avoid talking about something. You might say, like, come on, **cut the crap**, let's talk about this **heart-to-heart**. You know, stop avoiding the problems and tell me how you really feel.

Andrew: Right. So any kind of **heart-to-heart** conversation is just an honest conversation where people are not afraid to hold back their genuine emotions and their real feelings. Kassy, do you like **having heart-to-heart** conversations?

Kassy: I do. Sometimes they're not easy. Like if, you know, you had a fight with someone, and there's a misunderstanding, and you have **to have a heart-to-heart to make up** with each other. But it feels like a relief after I have one, you know?

Andrew: All right, so that's an interesting thing that just popped into my head that we should explain to our listeners is in what kind of situations would you **have a heart-to-heart**? So you just brought up a great one, after having an argument or a fight with

someone, when you need **to make up** and heal that wound that the argument caused, you can **have a heart-to-heart**. You could also **have a heart-to-heart** conversation with maybe your boyfriend or girlfriend or husband or wife, if there's been some problems in the relationship. And maybe you just want to make sure that everything is **ironed out** and smooth, and there are no issues. Can you think of any other situations where you may **have a heart-to-heart** conversation with someone?

Kassy: I think when you want to give advice to someone you really care about, like maybe your friend seems to be doing something that you don't think is good for them or you don't think is right. You want to tell them in a nice loving way, instead of accusing them of doing something bad, you would say, "Hey, can we **have a heart-to-heart** and talk about this?"

Andrew: The image that is popped into my mind is that of an intervention, which I've never seen in real life happened before, but I've seen on TV, in the movies. An intervention is when you have someone that is close to you that you love that has an addiction problem, maybe to alcohol or drugs, and you want to confront that person about the addiction to help them recover and to get the treatment that they need to be healthy again. And in that kind of situation too, that confrontation, where you have to talk about the very serious problem of an addiction, this would be a **heart-to-heart** conversation as well.

Kassy: Yes, I think another time you would **have a heart-to-heart** is maybe with your parents, when you know you're growing up and maybe trying to leave the nest or you know, do something that they might not approve of or they don't think you're ready for yet. And you're like, "Mom, Dad, I've grown up, I'm ready to do this." And, you know, you **have a heart-to-heart**. And let them know how you feel.

Andrew: Exactly, exactly. And I'm sure everybody can relate to that at some point. I think most people have that kind of conversation with their parents. I know I sure did when I was younger. So Kassy, now that we've explained what **heart-to-heart** means and the kind of contexts you can use this expression in, I think it's time to listen to some conversation examples with it. So why don't we listen to conversation example number one right now?

Kassy: Yeah, let's get to it.

Friend 1: So have you and your sister made up yet? I know you had an argument last week.

Friend 2: Yeah, we sat down and **had a heart-to-heart** yesterday.

Friend 1: Ah, that's good to hear.

Friend 2: Yeah, like most arguments, it was just one big giant misunderstanding.

Friend 1: So you're all good then?

Friend 2: Yup, we are.

Andrew: In this conversation example, two friends are sitting down and chatting, and the topic of conversation is an argument that was had last week. One of the friends and her sister got into an argument and I imagine that after that the relationship wasn't so good. But the good news is they have **made up**. **Made up** means to forgive each other and to move on with their lives and not be angry at each other anymore. So they **made up** and how they made was through a **heart-to-heart** conversation. So they sat down with each other. They shared their honest feelings and emotions with each other and forgave each other. And everything is good now. The relationship is back to normal.

Kassy: Yeah, you know, Andrew, this actually happened to me firsthand yesterday with my sister.

Andrew: No way.

Kassy: Yes, it wasn't a fight. But there was some misunderstandings going on between us. And we **had a real heart-to-heart**. And it really helped.

Andrew: Yeah, absolutely. It always feels good just to put everything out there. That is another expression that we use, to put everything out there. Meaning just to share all of those feelings that you have inside you, bottled up inside you, put them out, let other people know. And yeah, that always feels very refreshing and good.

Kassy: OK, shall we take a look at conversation number two?

Andrew: Yeah, let's do it.

Friend 1: So, you got any plans for the weekend?

Friend 2: Yes. I'm so excited. My best friend is coming to visit.

Friend 1: Oh, that's awesome. And what are you going to do together?

Friend 2: Oh, you know, we'll probably go shopping. And I got us tickets to go see the Van Gogh exhibit as well.

Friend 1: Oh, sounds great.

Friend 2: Oh, and of course, we'll probably stay up late hanging out and **having heart-to-heart** conversations, you know, girls.

Friend 1: Well, that'll be fun. Enjoy.

Kassy: In this conversation, one person has a friend visiting. And she says that her and her friend will be staying up late at night **to have a heart-to-heart** conversation. Andrew, I don't know if you've ever had sleepovers with friends, but when I was younger, I definitely had a lot of these experiences **having a heart-to-heart** conversation late at night with my girlfriends during our teenage sleepovers. Lots of things were shared, mostly about boys.

Andrew: Yeah, I think a lot of North American kids can relate to this. This is a huge part of the culture of growing up in North America is going to your friend's house, usually on a Friday night or Saturday night, on the weekend, and sleeping over. And my sleepovers, I did it a lot when I was a teenager. A lot of it revolved around playing video games until late into the evening. And then yeah, usually talking and having conversations with my buddies until we fell asleep. So I can totally relate to you.

All right, so Kassy, we're going **to shift gears** a little bit here. The second expression that we are going to cover today is **to get something off of your chest**. **To get something off of your chest**. And of course, your chest is the body part that is in the front of your upper body, right? That is your chest. And when we say we want **to get something off of our chest**, what is that something that we're talking about?

Kassy: In that case, it is like a worry or a stress or something that's been making you feel angry. I don't know about you, Andrew, but if I feel stressed or worried, it causes this tension in my body. And when, you know, you finally release it, you tell someone about it, it actually feels like a physical relief sometimes. You're **getting it off your chest**, you're, you know, letting those emotions escape your body and by telling someone else.

Andrew: Yeah, absolutely, we carry a lot of tension in our body when we're stressed or anxious or worried. And when we finally get that out, then we feel a lot lighter and a lot better. So these two expressions are related, I think, **to have a heart-to-heart** and **to get something off your chest**, because they are both about telling your honest feelings and emotions to other people. But when you **have a heart-to-heart**, it's more about, you know, an emotional thing, maybe related to love or romance or like a deep connection, an intimate connection with another person. But in my opinion, my sense is, and I wonder if you agree with me, Kassy, is that when you **get something off your chest**, it's not that same emotion. It's more like some annoying thing. Like maybe somebody has been annoying you for a long time, and you've just been quiet about it, but then finally you can't take it any longer and you have to confront the person who's annoying you and tell them like, "You got to stop chewing with your mouth open at lunch. It's driving me crazy." You know, it's like, it's a different kind of thing that you're communicating.

Kassy: Yeah, I agree. Annoyances are a big reason **to get something off your chest** or some feeling of guilt, maybe.

Andrew: True, yeah.

Kassy: Like a secret you've been holding. I think a **heart-to-heart** is when you want to form, like you said, a connection with someone. But **getting something off your chest** is more about you releasing whatever's in your mind or flowing through your head right then. It's not about, like, wanting to share and connect. It's about simply wanting to get that information out there and not have it stuck inside your brain all day.

Andrew: Yeah, yeah, absolutely. And usually when you have something that you need **to get off your chest**, you know, it's like something that makes you angry, something that makes you feel bad. It's like a negative emotion. But when you **have a heart-to-heart**, you're trying to connect with somebody because you want to improve that relationship. You want to show them that you love them. You want to apologize to them, you want to forgive them, something like that. But **getting something off your chest** is like this thing is making me so angry, and if I don't tell you and relieve myself of carrying it around right now, I'm gonna go crazy.

Kassy: Exactly. Yes.

Andrew: So with that being said, I think we might as well listen to some conversation examples with this expression now.

Kassy: OK.

Co-worker 1: Do you mind if we talk for a moment?

Co-worker 2: Sure. What's up?

Co-worker 1: I just have **to get something off my chest**.

Co-worker 2: Uh oh, what is it?

Co-worker 1: Well, I'm not sure if you've noticed this or not, but you hit the keyboard so hard and it's so loud. It's driving me crazy. Do you think you could just take it a little bit easier on the keyboard, please?

Co-worker 2: Oh, man, really? Sorry. I never noticed. Yeah, I'll definitely try to keep the noise down. Sorry.

Co-worker 1: Thanks. I'd really appreciate it.

Andrew: So in this conversation, we heard two co-workers working in an office together. And one of them is a heavy typer. So when she types on the keyboard, I guess she uses a lot of power and force, hits the keyboard quite heavily, and it makes a loud noise. And her co-worker finds it annoying. And he's been resisting confronting her about this. He just held it in, held it in. But finally, he was like a volcano, he had to explode and confront her.

So he, you know, it's kind of embarrassing, actually, to try and **get something off your chest** like this. But he confronted her. And he said, "I have **to get this off my chest**, I have to tell you. Could you please type a little bit more quietly?" And she agreed. She said, "Yeah, I'll agree to keep the noise down." And, Kassy, you may think that this is a crazy example, out of left field, just random. But it's inspired by a real life event that my friend told me about, because he was complaining about one of his co-workers that was clicking her mouse too loudly, and it was driving him crazy. And he didn't confront her. He just tried to complain to me about it instead. But I guess this is a real thing. People can hit the keyboard and mouse too heavily. I didn't know.

Kassy: I've had someone tell me that I click on the keys too strongly, but not in a negative way. It's just wow, are you trying to break it or what? I can say I think this is a great way to go about confronting someone about something you don't like, instead of going up to them and saying, "Stop that! You're so annoying!" It's much better to say, "Hey, I have **something to get off my chest**. Here's what it is."

Andrew: I couldn't agree with you more, Kassy. So let's move on now to our second example conversation with this expression **to get something off your chest**.

Friend 1: So did you finally talk to your boss about getting a promotion?

Friend 2: Yes, I did. It was stressing me out for months. So I really had **to get it off my chest**.

Friend 1: So, what did your boss say?

Friend 2: He said that my performance has been good. And if I keep it up, I should, fingers crossed, should be able to get promoted at my next contract signing.

Friend 1: That's awesome. Congratulations!

Friend 2: Thanks.

Kassy: In this example conversation, we heard about a guy who got something off his chest by asking his boss about getting a promotion. Maybe he had been working really hard at his company for several years. And he felt like he deserved a promotion. But he hadn't received one yet. So he put on his big boy shoes and went and asked his boss, "I feel like I've been working here well for many years, and I deserve this. What do you say?"

Andrew: Exactly. So he talked to his boss. And good news for him is that it looks like a promotion is on the horizon. So maybe he'll get one at his next contract signing.

All right, Kassy. Well, I think that brings us to the end of today's episode. Just to recap what we covered today, we looked at two idiomatic expressions that our listeners can use

when they are talking about sharing their feelings and emotions with other people. The first expression was **to have a heart-to-heart**. And the second expression was **to get something off your chest**.

So thank you, everyone, for listening and studying English with us today. We were really happy that you joined us. If you like Culips and if you learn a lot with us, then we would love it if you could support us. Now the best way to do that is to sign up and become a Culips member. When you do that, you'll get unlimited access to our study guide library, and so much more. To find out all about membership and to sign up, just visit our website Culips.com. But that's not the only way you can support us. You could also follow us on social media. Tell your friends who are learning English about Culips or, of course, you could leave us a nice review and five-star rating on Apple Podcasts or wherever you get your podcasts. If you have any questions or comments for us, please send us an email. Our address is contact@Culips.com. We read every message as soon as it comes in. But sometimes it takes us a little while to answer. So please be patient with us. But we do love to read your emails. That's it for us for now. But we'll be back soon with a brand new episode and we'll talk to you then. Goodbye.

Kassy: See ya.

Detailed Explanations

To have a heart-to-heart Idiom

To have a heart-to-heart is to have an open, honest, and deep conversation with someone. When you are trying to share your feelings and hear the feelings with another person, that is a **heart-to-heart**. Your heart and emotions connect with those of another. **Heart-to-heart** conversations are not easy to have, but they are what make relationships strong and everlasting.

Here are a couple more examples with **to have a heart-to-heart**:

Hillary:	How are you and Rebecca doing? Are you talking again?
Bethany:	Yeah, we had a bit of a heart-to-heart last night and made up.
Hillary:	Oh, that's good to hear!
Bethany:	Yeah. It was all just one big misunderstanding. We should have talked about it days ago instead of ignoring each other.
Hillary:	Well, at least now your friends again. That's all that matters.

Benji:	Hey Jacque. Have you ever had a deep heart-to-heart conversation with a girl?
Jacque:	Sure. My sister and I have them all the time.
Benji:	No, not with your sister. I mean with a girl you like.
Jacque:	Ah, I see what's going on here. Is this about Carol?
Benji:	Yeah, I told her I liked her yesterday, and today she said she wants to talk with me after school. I'm freaking out. What do you think she'll want to talk about?
Jacque:	I've got no clue, man. But just be honest. If you're honest, what can go wrong?

Cut the crap

Phrase, slang

Cut the crap is a rude or abrupt way of telling someone to stop lying or talking about unimportant things while avoiding answering a question. Crap in this phrase means lies or nonsense, so **cut the crap** is asking the other person to stop lying and start tell me the truth.

Cut the crap is closely related to the idiom stop beating around the bush. To beat around the bush means to avoid talking about something. So stop beating around the bush and **cut the crap** both mean that you want someone to stop avoiding the question and answer truthfully.

Here are a couple more examples with **cut the crap**:

Raina:	What's the matter?
Bianca:	Nothing.
Raina:	Come on, Bianca. Cut the crap and tell me what's wrong. You've been in a bad mood for days now.
Bianca:	I'm not ready to talk about it yet, all right?
Raina:	Well, if you keep it bottled up inside, you're never going to feel any better. When you're ready to talk, just let me know.
Bianca:	Yeah, I will. Thanks, Raina.

Heath:	Hey, Dad. You're looking extra handsome today.
Dad:	OK, cut the crap . What do you want?
Heath:	Can I have 20 bucks? My friends and I want to go to the movies.
Dad:	Did you do your homework and take out the trash like I asked?
Heath:	Yes!
Dad:	All right, then. Here you go. Have fun. Don't do anything I wouldn't do.

To iron [something] out

Idiom

To iron [something] out is to solve the remaining issues or problems in a situation. In this episode, Andrew says people often have heart-to-heart conversations **to iron out their issues** with someone. In other words, people have truthful, deep conversations with each other to make sure everyone understands and respects each other.

An iron is a tool used to smooth the wrinkles out of clothes. In the same sense, the problem or issue that needs to be solved is like the wrinkles in a shirt, and by **ironing them out**, you solve the problem, and everything will go smoothly once again.

Here are a couple more examples with **to iron [something] out**:

Dad:	Have you and your sister made up yet?
Lilly:	No way! She's the worst.
Dad:	You two really need to iron out your differences . I'm tired of listening to you guys bickering at the dinner table.
Lilly:	I'll apologize if she does it first. She started it.
Dad:	That may be true, but you're older than she is. She looks up to you. You need to be a good role model for your younger sister.
Lilly:	Ugh! Fine. I'll talk to her.

Terrence:	Do you have time to meet tomorrow afternoon?
Ryan:	Yeah, I should be free after 3:30.
Terrence:	Good. We need to iron out the seating chart for the party next week. I don't think the Smiths should be sitting at the same table as the McGradys.
Ryan:	Oh, you're definitely right. I wonder how that slipped past us the first time we made the seating assignments.
Terrence:	Well, when we first made the chart they were best friends, remember? There was some sort of misunderstanding at the town meeting two weeks ago, and they've been giving each other the cold shoulder ever since.

To make up Phrasal Verb

To make up is to forgive someone after an argument. For example, two people are angry at one another and may not be talking anymore. If they later have a heart-to-heart conversation to explain what made them upset and become friendly towards each other once again, they **made up**.

To make up is to overcome the differences or issues that you are facing with someone else and accept each other's forgiveness. Imagine a relationship is like a circle. When you fight with someone you break the circle. When you forgive each other, you are making the circle complete again and you've **made up**.

Here are a couple more examples with **to make up**:

Josh:	Hey, have you and your boyfriend kissed and made up yet? Or are you still fighting?
Laurel:	Ugh, Josh, my personal life is none of your business. Leave me alone!
Josh:	Hmm, I guess you're still fighting then?
Laurel:	Just leave me alone!

Antonia:	I heard you had a little fight with your brother this afternoon. Do you want to talk about it?
Dylan:	Nick stole my favorite toy airplane, and while he was playing with it, he broke one of the wings. It's worthless now.
Antonia:	Yeah, I heard that. But you know it was an accident, right? He didn't mean to break your plane. He feels really bad about it.
Dylan:	He does?
Antonia:	Yes, he does. He was asking me how he could make enough money to buy you a new plane.
Dylan:	He said that? Maybe I'm ready to make up with him after all.

To shift gears Idiom

To shift gears is to suddenly change what you are doing or talking about. In this episode, Andrew says they should **shift gears** before introducing today's second Catch Word expression. Andrew is changing the topic of discussion, so he is **shifting gears**.

To shift gears was originally used to describe the changing of gears in an engine. However, the expression was later used figuratively to describe any situation that suddenly changes focus. You can also say **to switch gears**.

Here are a couple more examples with **to shift gears**:

Frankie:	We've been working on this problem all morning and we're still not any closer to solving it. Maybe we should just give up.
Brent:	No way, let's just shift gears for a bit. We need to refresh our spirits and take a look at this problem with a fresh pair of eyes. How about we break for lunch?
Frankie:	That's the best idea you've had all day!

Urma:	How's your project for the science fair coming along? You're doing an experiment about fruit flies, aren't you?
Rhonda:	I was, but I decided to shift gears after my mom said I wasn't allowed to bring fruit flies into the house.
Urma:	Oh, really? What's your new project about then?
Rhonda:	The effects of caffeine on mice.
Urma:	Your mom wouldn't let you bring fruit flies into the house, but she'll let you bring mice?
Rhonda:	Well, not exactly. I'm kind of hiding them in a cage under my bed.

To get [something] off [one's] chest

Idiom

To get [something] off [one's] chest is to tell someone about something that was making them feel upset, anxious, or angry. Something stressful can cause you to have a heavy feeling in your heart. To tell someone about your stress or problems is a way to relieve that heavy feeling. It is **getting it off your chest**.

Here is one more example with **to get something off one's chest**:

Victor:	Hey, Kim. I have something to tell you. I really need to get this off my chest .
Kim:	What is it?
Victor:	You know those cookies you gave me? The raisin ones?
Kim:	Yeah. What was wrong with them? Were they burnt?
Victor:	No, no, it's not that. It's just... I actually hate raisins.
Kim:	What? Why didn't you tell me sooner? I've been giving them to you for years now.
Victor:	I know! I didn't want to be rude that first time, and then I didn't know how to tell you. Sorry about that.

Sunny:	What's up? You're acting a little weird.
Kyeong-hee:	I have a confession to make.
Sunny:	Uh, oh. That sounds heavy.
Kyeong-hee:	No, it's nothing bad. It's just that I've been using your wi-fi connection for a few months now. I didn't know it was yours at first. So when I found out, I figured I'd tell you.
Sunny:	Oh, that's no problem! You should have told me earlier. Anyways, I'm glad you got that off your chest .

Quiz

1. **Finish the phrase, “I need to get something off my _____”.**
 - a) shoulders
 - b) head
 - c) chest
 - d) foot

2. **True or False? Having a heart-to-heart is NEVER good for a relationship.**
 - a) true
 - b) false

3. **Which phrase below has a similar meaning to the phrase cut the crap?**
 - a) stop poking your nose where it shouldn't be
 - b) stop beating around the bush
 - c) let's get started
 - d) you can't have your pie and eat it too

4. **Which of the choices below is the opposite of the phrasal verb to make up?**
 - a) get together
 - b) grow up
 - c) make out
 - d) break up

5. **If you suddenly change the topic, you are _____.**
 - a) switching gears
 - b) finishing up
 - c) cycling out
 - d) breaking out

Writing and Discussion Questions

1. When is the last time you had a heart-to-heart with someone? Who was it with? What did you talk about?
2. When is the last time you had to get something off your chest? What was bothering you? Did you feel better after sharing the problem with someone else?
3. Can you think of a time you had a conflict with someone? How did you guys iron out your differences?
4. If you argue with someone, do you like to make up quickly or do you like to wait a few days before approaching that person again?
5. What topics do you think are the most important to discuss in a heart-to-heart conversation?

Quiz Answers

1. c 2. b 3. b 4. d 5. a

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