

Catch Word #253 – Just chill

Episode description

To calm down, hang out, relax, be easygoing: native English speakers use the word chill in many ways. In this Catch Word episode, Andrew and Kassy explain how to use this versatile word in four different situations.

The Culips Catch Word series explains idioms, phrasal verbs, and expressions used in everyday life. Listening to our Catch Word audio lessons helps improve your English listening and speaking skills. So, get ready to chill out as you listen to this natural conversation between two native English speakers.

Fun fact

Chill was first used as slang to mean something other than cold in 1980. Most of the definitions in this episode come from the idea that, when it's cold, we move more slowly; when we're calm or relaxed, we also tend to move more slowly. Also, anger, anxiety, sadness, and agitation all tend to be hot emotions—our body temperatures rise. Chill refers to the lower emotional temperature that comes with being calm.

Expressions included in the study guide

- Chill (out)!
- Chill (out) with [someone]
- Chillin'
- Chill
- Road rage
- Wait it out



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, everyone. Welcome back to Culips. This is a Catch Word episode. And Catch Word is the series for intermediate and advanced English learners where we teach you idioms, phrasal verbs, and expressions that will help you improve your English listening and speaking.

Now, today's episode is all about **chilling**. And that's because we'll be teaching you an idiomatic expression, **chill**, or **chill out**, which can be used in many different ways. And we'll take a look at all of those ways here in this episode. And to help me teach this lesson, I'm joined by my cohost, Kassy. Hey, Kassy.

Kassy: Hey, Andrew. And hey, listeners. So first, before we begin, we're going to kick off this episode with a shout-out to one of our Instagram followers, Decent Ordinary Ben, who requested that we make an episode about the expression **chill**. Thanks for the suggestion, Ben.

Andrew: Yeah, thanks for sending us a message through Instagram, Ben, to request this topic. And, listeners, if you don't follow us on Instagram already, then please make sure to check us out there. I post a lot of extra content on our Instagram page. And it's a great place to stay up to date with us. And if you just search for the Culips English Podcast on Instagram, you'll be able to find us.

Kassy: And don't forget that there is a full transcript and study guide for this episode offered to all Culips members on our website, Culips.com. Becoming a Culips member is a great way to support Culips and improve your English fluency at the same time. And it's our recommended way to learn with us. So to find out all the details and sign up, just visit Culips.com.

Andrew: All right, Kassy, let's get started. We have four different ways that we can use the expression **chill** or **chill out** in English. And we'll talk about the four different meanings in this episode. Let's begin with our first way that we can use **chill**, which has the meaning of calm down. So when someone is maybe upset or crying or angry or emotional, we can tell that person to **chill** or to **chill out**. And in this context, it just means calm down.

Kassy: Yeah, that's right. I don't know about you, Andrew, but I use this expression a lot, especially with students or my siblings. You wouldn't really want to use this with someone older than you. It's not really respectful. But for people your similar age or younger, it's really common to use.

Andrew: Yeah, anyone that you're close to, I think it's fine to use. It's not, like you said, very respectful, though. So in any kind of professional situation, you wouldn't want to use it. But, you know, with your friends or family, I think it's fine.

So, Kassy, we were chatting a little bit about this before we hit the record button for this episode. And that's the difference between telling someone to **chill** and telling someone to **chill out**. And we came to the conclusion that there's no real difference between them. Like, I personally said that when I tell someone to calm down, I usually tell them to **chill**. "Yo, **chill, chill** a second." You know, calm down. But you do it a different way. What do you say, Kassy?

Kassy: I say, like, "Come on, bro, **chill out**." Or like, "Come on, just **chill out**."

Andrew: Right. So we came to the conclusion that there's no real difference in meaning between **chill** or **chill out** when we're telling someone to calm down. So, listeners, you can think of them as both having a very, very, very similar meaning. And, Kassy, you also shared a fun expression that's related to **chill** meaning to calm down. Do you want to remind me and our listeners what that expression is?

Kassy: Yes. It is take a **chill** pill.

Andrew: Take a **chill** pill. It's a funny one and it just means calm down, as well. So if somebody is very emotional, very upset, very angry, we can say "Yo, take a **chill** pill, calm down." Personally, I don't ever use it, though. I've heard it said, but I don't think I would use that expression in my daily speaking. Do you use it on a day-to-day basis?

Kassy: I don't know if I've ever used it myself, but I can say that my aunt has used it to me multiple times and to my cousins. Maybe it's one of her catchphrases, I don't know.

Andrew: It almost sounds like an expression that, like, an older person would use when speaking to children. Maybe, like, a dad trying to be cool talking to his kids might use it or an aunt talking to her nieces. Well, we just wanted to let everyone know that that expression does exist, even though we don't use it personally too often.

But, Kassy, we both do tell people to **chill** when they need to calm down. So I think now we should take a listen to an example where we hear this version of **chill** used in a real-life context. So why don't we take a listen to this example now?

Kassy: Let's do it.



Friend 1: I can't believe this. We haven't moved an inch in, like, 10 minutes. Go already, come on!

Friend 2: Whoa, whoa, will you **chill out**? There's nothing we can do about this.

Friend 1: I know. But it's just so annoying. I already had a super stressful day at work and now I need to deal with this.

Friend 2: Relax. It'll be fine. We'll get home soon enough. Just take a deep breath.

Friend 1: OK.

Friend 2: OK. I'll put on some music, something to lighten the mood and block out the traffic noise.

Friend 1: Yeah, yeah. Good idea.

Andrew: All right, so in this example, we heard from two friends who are stuck in a traffic jam and one of them was extremely stressed out. Kassy, it sounds to me like she almost had **road rage**. She was ready to explode on some of the other drivers on the road. Thankfully, though, her friend was able to get her to **chill out**. He asked her, "Will you **chill out**?" "Will you **chill out**?" Which just means, like, will you calm down? Will you relax? Will you take it easy, right? And he was able to calm her down, because being stuck in traffic in a traffic jam, it's like one of those situations where it's totally useless to be stressed out because there's really nothing you can do. You're stuck in the middle. You just have to **wait it out**.

Kassy: Yeah, exactly. I think this is a perfect example of the use of **chill out**. We wouldn't say **chill out** to someone who is, you know, really anxious. They're full of anxiety. But we would definitely use it towards someone who's being, you know, they're getting angry or upset or super excited for a very minimal reason, right? Like this is a tiny, insignificant problem in their overall life, but she's still making a big deal about it.

Andrew: Exactly. Well, I think we are ready to move on to the second way that we can use **chill** or **chill out**. Again, in this context, either one is acceptable and they both have a very, very similar meaning, so **chill** or **chill out**. And this meaning is totally different, Kassy, right? It means to hang out. So if I maybe called you up on the phone, Kassy, and I was like, "Hey, Kassy, what are you doing, you want to **chill**?" OK, in this situation, it doesn't mean do you want to calm down. It means do you want to spend time together? Do you want to hang out?

Kassy: Yeah, that's right. I can say I've definitely used this one before, unlike take a **chill** pill from earlier.

Andrew: Yes, I also use this expression all the time, when I ask my friends if they want to do something, if they want to hang out or spend some time together. I think really hang out is the closest meaning because we can use **chill**, **chill out**, hang out for just when we're spending time with someone with no specific purpose in mind. You know, it's just kind of when you're sitting around maybe chatting, maybe having a coffee, something like that. To me that is what **chilling** means in my mind. Or maybe sitting at home and just watching TV together with another person. That kind of thing.

Kassy: Yeah, exactly. So if you're, like, have a planned thing to do together, it's not necessarily **chilling out**. But if you're, you know, meeting casually, and with someone you're super comfortable with, that would be **chilling out**.

Andrew: Hmm. Yeah. When I think of **chilling out with my friends**, yeah, it's with my friends, obviously. So I'm super close to them already. And those are the type of people that you can just be yourself around and it's comfortable, right? You can't really, like, **chill out with your coworkers**. I mean, you could if you were really close with them, but I wouldn't ever have my coworkers over to my house and we just, like, sit on my sofa and watch trashy TV together, right? That that would be a little weird, maybe. But with my friends, maybe I'd do that.

Kassy: Good. Shall we take a listen to our example conversation with **chill out**?

Andrew: Yeah, let's do it.

Coworker 1: So what are you doing after work?

Coworker 2: I'm just gonna **chill with some of my friends**. We'll probably grab dinner and then maybe just watch a movie or something. I'm not sure. What about you?

Coworker 1: I've got no plans, really.

Coworker 2: You should come and hang out with us, then. I think my friends would love you.

Coworker 1: Really? Sure. Sounds fun.

Coworker 2: OK, cool. Why don't we meet outside near the bus stop around 10 minutes after our shift ends?

Coworker 1: Perfect.

Kassy: In this example conversation, two coworkers are talking about their plans after work. And one coworker says that he's going to be **chilling out with some of his friends**. And he invites the other coworker to, you know, **chill out with them**, to hang out with them, since she doesn't have any plans.

Andrew: So here **chill** just means to spend some time together, to hang out. And, well, in this case, they are going to watch a movie. And, Kassy, I guess I spoke too soon, because right before we listened to that example, I said that I wouldn't really **chill out with my coworkers**. But then we heard an example of two coworkers **chilling** and that made me changed my mind. I guess when I think of **chilling out** or hanging out, it's mostly done with, like, younger people, I think. And once you get older, maybe you don't do it as often as you have more adult responsibilities that restrict you or prevent you from hanging out like that. So I think maybe in this example that we just heard, the two coworkers were younger. I kind of got that vibe. They're talking about their shift, right? What does it mean your shift, like they said, let's meet 10 minutes after our shift ends? What's a shift?

Kassy: That means they're hourly wage workers, so their shift might be 8 hours. So that means it's probably, like, a part-time job or a job at a restaurant or, I don't know, somewhere that pays by the hour.

Andrew: Yeah, could be, like, a fast food restaurant or a hotel or any retail job. Usually we talk about those kinds of people who work those jobs as working in shifts.

OK, very good. Let's move on to the third way that we can use **chill**, and that means relaxing, OK? So I think when we pronounce this word, we can say **chill** or **chillin'**, OK? If we're using it in kind of a present continuous sentence, like I am **chilling**, that sounds really strange. So instead of pronouncing it that way, the more slang, hip way to say this is just I'm **chillin'**. I'm **chillin'** or **chillin'**. OK, so in this context **chill** or **chillin'** means to relax or to be relaxing.

Kassy: Exactly. And this is a little similar to, like, **chill out**, hang out with friends, right? Because we said in that second use of **chill out**, it's not like a planned event. It's kind of relaxing at home, hanging out together. So for this third meaning, it's similar. It's **chillin'**, it's relaxing.

Andrew: It's relaxing. So if you are **chilling out with friends**, it means you're relaxing with a group of friends or if you're just **chillin'**, it means you're kind of just at home, but not really doing anything. Maybe just lying around or looking at your phone or watching Netflix or something like that.

Kassy: Exactly.

Andrew: OK, so keep this definition in mind, listeners, that **chill** or **chillin'** means to relax. And, Kassy, why don't we listen to an example with **chill** used in this sense?

Kassy: Let's do it.

Friend 1: Long weekend coming up.

Friend 2: Yeah. I'm going camping with my boyfriend. How about you?

Friend 1: I've been so tired this week. I think I'm just gonna **chill**. Maybe play some video games or something like that.

Friend 2: Sounds good. I'm going to be **chillin'** while I'm camping, too. I'm just gonna sit in front of the lake and read my book.

Friend 1: Perfect. Well enjoy your weekend, and I'll see you on Tuesday.

Friend 2: Yup, see you on Tuesday.

Andrew: All right, so here we heard two friends talking about a long weekend. And a long weekend is when you have some kind of holiday attached to the weekend, so that you get three days off of work instead of the regular two. So a long weekend is usually Friday, Saturday, Sunday or Saturday, Sunday, Monday. And that is the case in this context, because the friends talked about seeing each other on Tuesday. So I guess they won't be back in the same place until Tuesday because they have the Monday off.

Anyways, the two friends were talking about what they're going to do on the long weekend and both of them are planning to **chill**. One of the friends is just going to stay at home and **chill**, maybe play some video games while the other friend is going camping and plans to **chill** while she's camping by reading a book in front of a lake. Sure sounds nice, doesn't it, Kassy, to **chill** in front of a lake while camping?

Kassy: That sounds right up my alley, like, perfect weekend material right there.

Andrew: Indeed, it sounds very, very good.

Kassy, we have one more definition of **chill** that we're going to check out in this episode. And it's slightly different from the other ones, OK? Because here we're using it as an adjective to describe someone. So we're not doing something. Like, all the other ones were verbs, right? **Chill out**, meaning calm down. Or I'm **chilling with my friends**. I'm spending time hanging out with my friends. Or I'm just **chilling** at home, meaning I'm just relaxing at home. They're all verbs.

But now this **chill** is an adjective and we use it to describe someone. So I could say, well, Kassy is a really **chill** person. Or my friend is a really **chill** guy. OK, we're describing their personality. So, Kassy, if someone is **chill**, then what kind of person are they?

Kassy: Well, I'm sure listeners can guess if you are a **chill** person, you are calm, relaxed, and, you know, cool. You don't make a big deal about things.

Andrew: Yeah, we can say you're very down to earth, right? And you're just, like, in my opinion, someone that's **chill** is just a good person to spend time with. I know they're not going to cause problems or cause a scene or make things difficult, right? This is, like, someone who you can get along with really easily because they're calm and relaxed.

Kassy: And pretty easygoing.

Andrew: Very easygoing, yes. And so it's always good to work with **chill** people and be around **chill** people. I think it's a very good personality characteristic. However, again, when we're describing people as **chill**, it really depends on the situation you're in whether you want to use this adjective or not. I think it has a very informal, slangy feeling to it.

So, for example, if you were at the office and you are working with your boss to hire a new candidate to work at the office, and you were interviewing many candidates, and then talking about the candidates with your boss afterwards, I don't think you'd want to say, "Oh, this person seems very **chill**, we should hire them." You know, it doesn't really fit that professional context, talking with your boss in an official sense. Maybe you'd want to use a different adjective for that situation.

However, after, you know, if you're like eating lunch with your coworkers, you could say, "Oh, I hope we hire Tom Smith. He was really **chill**, he did a great job in the interview." You know, when you're talking in that unofficial way, outside of the important business context, then it would be OK.

So just keep that in mind. You do have to be a little bit careful of the context that you use this adjective in because it does have an extremely informal feeling to it.

Kassy: That's right. Let's take a listen to our last example conversation.

Andrew: Yeah, let's take a listen. And we'll hear how to use to be **chill** used to describe someone's personality. Here we go.

Coworker 1: Have you met the new guy yet? I heard today's his first day.

Coworker 2: Yeah, I actually talked to him briefly this morning. We rode the elevator together.

Coworker 1: Really? What's he like?

Coworker 2: Well, I only talked to him for, like, 2 minutes, but he seems like a nice guy. He's pretty **chill**. I think he'll be easy to work with.

Coworker 1: Awesome. I'm excited to meet him.

Coworker 2: Oh, well, I invited him to eat lunch with us so you'll be able to do that soon. In fact, it's lunchtime right now. Why don't we head to the cafeteria?

Coworker 1: Yeah, let's do it.

Kassy: OK. In this example conversation, we had two coworkers talking about a new guy, I guess, a new coworker at their office. And they mentioned that the new guy is very **chill**. He seems, you know, he seems like a nice guy. He's easygoing, relaxed. And the one coworker says that he thinks this new guy will be an excellent person to work with.

Andrew: Exactly. So, here, we do hear two employees, two coworkers using **chill** to describe another coworker. But, everyone, notice how it was done in a very unofficial way. When the two coworkers are just chatting amongst themselves. They're not in a business meeting. It's a very informal conversation that they were having. And so it's a perfect situation to use to be **chill** in as you describe someone's personality that way.

Kassy, would you describe anything else as being **chill**? Would you say, "Oh, that car's so **chill**" or "That dog's so **chill**"? Or do we only describe people using **chill**?

Kassy: I wouldn't really describe anything except maybe an atmosphere of a place as being **chill**. For example, like, "Oh, that coffee shop is pretty **chill**." But that's the only one I can think of, maybe people and atmospheres.

Andrew: Yeah. And that's a good one, a **chill** café, **chill** bar. What would that atmosphere be like, then, if you said, "Oh, that café is really **chill**?"

Kassy: It wouldn't be noisy or too crowded. It's like really calming, a place where you can grab a coffee, grab a book, have a quiet conversation with a friend, relax, you know?

Andrew: Exactly.

So, listeners, we're going to wrap things up here in just a moment. But before we do, Kassy, we should mention one kind of trending expression that's popped up over the last year or two or three, recently, which has the word **chill** in it. And that is Netflix and **chill**. And I'm sure that a lot of our listeners are familiar with Netflix and **chill**, but maybe some aren't. And so, Kassy, I'll give you the honour of explaining Netflix and **chill**. Could you tell us what it means?

Kassy: Netflix and **chill** is kind of a code word, anyway. It is a phrase that couples use as a cover. If someone says they want to Netflix and **chill**, you'd think, you know, they just want to hang out at home and watch Netflix together and **chill out**. But the secret meaning of Netflix and **chill** is that the couple wants to have romantic relations with one another.

Andrew: Yes. So, listeners, just be careful. You know, some guy, it's probably a guy that would ask you this question, but you never know, but if somebody asks you, "Hey, do you want to Netflix and **chill** tonight?" It doesn't mean only watching Netflix. There's something else involved. So just be careful about that.

Kassy, that brings us to the end of this episode. Wow, this one was jam-packed with so many different ways that we can use **chill**. Just to recap all of them: we learned about **chill** or **chill out**, which means calm down, hang out, and relax. And then finally we talked about how you can use **chill** as an adjective to describe a person who is calm and relaxed, or a place that is quiet and just has a good atmosphere. And then we wrapped up by discussing the new slang, Netflix and **chill**.

So congratulations on making it to the end of this episode, everyone. Great job. Thank you for studying English with us here today. We really appreciate it and we hope you learned something new.

If you enjoy learning English with Culips, then we would love it if you could support us. There are several ways that you can do that. The best way to do that is by becoming a Culips member. And to find all of the details about the awesome benefits you get when you become a member and to sign up, just visit our website, Culips.com. But that's not the only way that you can support us. You could also follow us on social media, leave us a five-star rating and a nice review on your favourite podcast app, or tell your friends who are learning English to check us out.

We'll be back soon with another brand-new episode and we'll talk to you then. Goodbye.

Kassy: Bye.

Detailed Explanations

Chill (out)

Slang

Chill (out) means calm down or relax. This version of **chill** is an imperative—a command. In this episode, Andrew explains how he uses this. “When I tell someone to calm down, I usually tell them to **chill**. ‘Yo, **chill**, **chill** a second.’ You know, calm down.”

Kassy mentions, “It’s not really respectful. But for people your similar age or younger, it’s really common to use.” So make sure you’re only using this version of **chill** with friends and family, and not in a professional setting. The command is often used in a dismissive way, as if to tell someone that they’re being way too emotional for this situation and that they need to calm down.

As Andrew and Kassy mentioned, you can also use the **chill** command as the phrase take a **chill** pill. This expression is a great way to add a bit of comedy to a tense situation, as long as you use it when it’s appropriate. For example, if someone is upset about something legitimate, telling them to take a **chill** pill is inappropriate. If someone is upset about something unreasonable (and they know it), telling them to take a **chill** pill would be appropriate.

Here are a couple more examples with **chill (out)**:

Châu: Come on, come on, we have to go!

Hikari: **Chill**, dude, we’re not going to miss our train.

Châu: If we don’t leave now, we might!

Hikari: We’ve got tons of time! Plus, I’m ready now, so let’s go.

Tianna: Can you believe this? What a jerk! How could they do this?

Demi: Look, I know having a bad review is upsetting, but it’s not the end of the world. Just **chill out** and breath.

Tianna: **Chill out**?! Don’t tell me to **chill out**. This is going to ruin my online ratings!

Chill (out) with [someone]

Verb

Chill (out) with [someone] means to spend time with someone in a relaxed or casual manner. You can also say hang or hang out. You can **chill with friends and family, and even with coworkers**. You likely wouldn't **chill out with a boss or anyone in a professional setting**. That's because you need to be relaxed and calm in order for it to be considered **chilling out**.

In this episode, Andrew explains, "We can use **chill, chill out**, hang out for just when we're spending time with someone with no specific purpose in mind." The key there is that there's no specific purpose. To **chill out with someone**, you have to have no real reason to be spending time together. You just want to spend time together.

Here are a couple more examples with **chill (out)**:

Connor: Hey, so I was wondering. Do you want to maybe **chill with me this weekend?**

Gabriella: This weekend? I can't, sorry.

Connor: Oh, OK. That's all right.

Gabriella: But I'm free Monday night, if you want to do something then?

Connor: Yeah, yeah. That would be great!

Fu: I heard you and Ken talking. You're meeting up tonight?

Kaito: Yeah, we're going to **chill out** at Ken's place, maybe watch a movie, play some video games. Should be fun.

Fu: Don't suppose you guys would mind if I tagged along? I need a distraction from exams.

Kaito: Sure! Let me confirm with Ken, but it should be fine.

Fu: Awesome, thanks!

Chillin' Slang

Chillin' means to relax, take a break, or purposefully do nothing at all. As Kassy explains, "This is a little similar to, like, chill out, hang out with friends, right? Because we said in that second use of chill out, it's not like a planned event. It's kind of relaxing at home, hanging out together. So for this third meaning, it's similar. It's **chillin'**, it's relaxing." Anytime you're at home, relaxing, watching TV or reading a book, you're **chillin'**.

Chillin' is always preceded by a verb. I'm **chillin'** tonight. You spent last night **chillin'**. They were just **chillin'** the whole weekend. Andrew explains, "When we pronounce this word, we can say **chill** or **chillin'**, OK? If we're using it in kind of a present continuous sentence, like I am **chilling**, that sounds really strange. So instead of pronouncing it that way, the more slang, hip way to say this is just I'm **chillin'**."

As with the first two versions of chill, you would use this only with friends, family, and other people you're comfortable around. You wouldn't use this in a business environment or around people you want to impress, as it is very informal.

Here are a couple more examples with **chillin'**:

Lillian: So what did you do on the weekend?

Katashi: Not much. It was such a stressful week last week, so we spent the whole weekend **chillin'**.

Lillian: That sounds lovely. I made the mistake of planning a huge weekend. Now I'm more tired than I was when I left work on Friday.

Katashi: Yikes. Yeah, a weekend **chillin'** at home is what you need.

Seong: Hey, what's up?

Rebekah: Not much, just **chillin'**. What's up with you?

Seong: I was wondering if I can get your help? I need to buy a new outfit for a wedding next weekend. Do you have time to go shopping today?

Rebekah: Sure. I'll meet you at the mall in an hour.

Seong: Great, see you soon!

Chill Adjective

Chill, as an adjective, means calm, relaxed, and easygoing. It usually describes living beings (people, animals) and situations, and sometimes things. Someone who is really **chill** is easy to get along with because they're very relaxed and calm most of the time. Andrew explains, "Someone that's **chill** is just a good person to spend time with. I know they're not going to cause problems or cause a scene or make things difficult, right?"

You could also say your pet is **chill** as a way to let others know that your pet is nice and friendly. A **chill** situation would be one that was comfortable and relaxed, with little to no tension.

Here are a couple more examples with **chill**:

Chelsea: I need something to do on my date this weekend. I am currently accepting suggestions, if anyone has them?

Gary: Hmm. I went to a paint-your-own-ceramics studio last week on a date. That was a really **chill** place. We had a good time.

Chelsea: That's a great idea! I've always wanted to go to one of those studios. I'll suggest that, thanks!

Zach: I can't wait for next semester. I've got Professor Gauthier for my next art history class.

Ji-Soo: So lucky! Professor Gauthier is really **chill**. I loved his classes so much. And he wears corduroy pants and tweed jackets, like a stereotypical university professor.

Zach: That's right! I've seen him walking around and he always looks exactly like how I imagine a professor will look. Excellent. Next semester is going to be awesome.

Road rage

Noun

Road rage is anger or rage that happens when you're driving a vehicle during stressful or frustrating situations. The situations could be traffic jams, people driving erratically, people driving too close behind you or too slowly in a fast lane, and more. People with **road rage** will shout or yell. They might also use their vehicles as weapons, performing acts of **road rage**.

Acts of **road rage** include insulting or threatening other drivers, honking way too much, driving dangerously close, or even nudging the bumper of another vehicle, suddenly braking in front of another vehicle, or other dangerous driving aimed at other drivers and non-drivers, like people walking or biking.

Here are a couple more examples with **road rage**:

Neve: Hey, HEY! Can you believe that guy?

Seong-Ho: Please stop honking the horn. Which guy?

Neve: The little red sedan right in front of me. He totally swerved in front of me. Didn't signal or anything. And he's going so slow!!

Seong-Ho: Please stop the honking. Your **road rage** is a bit much, Neve. We're in the slow lane. He's going slow. Just pass him.

Neve: Whatever. Fine.

Hajime: How are you getting to the theatre tomorrow night?

Jane: Matthew said he'll drive me. He lives a few streets over, so it's convenient for both of us.

Hajime: Oh, well. Have you ever driven with him before?

Jane: No? Is he a bad driver?

Hajime: He's OK. He'll get you there safely. He just has really bad **road rage**. It's like he can't drive without yelling.

Jane: Oh my. I'll bring some ear plugs, I guess.

Wait it out

Phrasal verb

Wait it out means to wait until an event or period is over before you take action. These events are usually unpleasant or bad situations. For example, if someone is in intense pain but there's nothing they can do about it, they just have to **wait it out**. The person can't take any medication for their pain, so the only thing they can do is wait until the pain stops. They can then go to the doctor or do something to prevent future pain.

You can also replace "it" with a noun or pronoun. In the example above, you could instead say that they just have to **wait the pain out**.

Here are a couple more examples with **wait it out**:

Yong: Whoa! It's raining really hard out there. Did you bring an umbrella?

Kimberley: I didn't! It was so nice out this morning, I didn't expect it to rain. What do you want to do? Stay or leave?

Yong: My car is parked, like, three blocks away. I'll be soaked if I go out there. If you've got time, want to grab another coffee here and **wait it out**?

Kimberley: Sure! That sounds great.

Amaan: So, has anything improved at your work since the last time we talked? I think you'd mentioned there were some arguments between your two coworkers?

Isabelle: Oh, that. Yeah, that hasn't really gotten any better. They're still arguing all the time, but it's easier to ignore now. Like, they aren't loud anymore. Not all the time, anyways.

Amaan: What happens when they argue loudly?

Isabelle: Well, we all kind of stay quiet and **wait their argument out**. Keep working.

Amaan: That doesn't sound like a very pleasant work environment.

Isabell: No. It's not. But it's better than it was.

Quiz

1. Maxine plans to spend the night just chillin'. What will she be doing?

- a) going somewhere very cold
- b) spending the night relaxing
- c) making chilled desserts
- d) eating a lot of ice

2. Which of the following means to be so angry while driving that you act dangerously?

- a) car crazies
- b) rage roars
- c) road anger
- d) road rage

3. If you command that someone chill out, what are you telling them to do?

- a) calm down
- b) freeze
- c) go out into the snow
- d) get ice

4. Which of the following could be used to describe someone who is very calm and easygoing?

- a) hot
- b) cold
- c) warm
- d) chill

5. If you have to wait out a situation, what does that mean?

- a) wait until something is over so you can take action
- b) wait for someone else to come end something
- c) take action during something
- d) you need to leave something

Writing and Discussion Questions

1. Describe a time when you wanted to tell someone to chill out.
2. What's your favourite thing to do when you're chillin' at home or with friends?
3. Who, out of all your friends, would you describe as chill, and why?
4. Have you ever experienced road rage? Describe what happened.
5. Describe something you had to wait out.

Quiz Answers

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

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