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Catch Word #273 – Mastering the expressions “To cave” and “To fold”

Episode description

In this episode of Catch Word, hosts Andrew and Kassy explore the idioms "to cave" and "to fold." In short, "to cave" means to give in to pressure and "to fold" means to give up when you feel defeated. They sound pretty alike, right? Using several example scenarios and dialogues, Andrew and Kassy explain the differences between these two similar verbs, so you don't mix them up!

Fun fact

The verb “to fold” originates from the popular card game poker. There are actually a lot of other expressions that originate in this classic game!

For instance, “poker face” – this refers to a facial expression that doesn't reveal any emotion or reaction. Similarly, “calling one's bluff” means deciding that the cards someone has aren't as good as they're pretending. In everyday use, when you "call someone's bluff," it means you suspect they are not being honest or exaggerating something, and you confront them to prove if what they're saying is true or not. Essentially, it's like saying, "I don't believe you. Prove it!"

Expressions included in the study guide

- To cave
- To fold
- To guilt trip [someone]
- To call [someone] out
- To cut one's losses
- To throw in the towel



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: Catch Word number 273, "Mastering the idioms 'to cave' and 'to fold.'" Featuring Andrew and Kassy. Welcome back to Catch Word, friends. Joining me today is my co-host, Kassy. Hello, Kassy. How's it going?

Kassy: Hey, Andrew. And hey, listeners. I'm doing great. I have a day off tomorrow in the middle of the week, so feeling good.

Andrew: That is amazing. A middle-of-the-week day off! I think everybody would love to have a middle-of-the-week day off, Kassy, and I have to say, I'm a little bit jealous.

Kassy: Yeah, it's pretty great. I can't wait to sleep in.

Andrew: Well, Kassy, I hope you have a great day off tomorrow. But for the here and now, we should get started with this episode. And so, what our plan is for today is we have, in my opinion, a very helpful lesson lined up for everyone. And listeners, we're going to teach you all about two idioms. Those two idioms are **to cave** and **to fold**. Now, both of these idioms are used to describe a situation where someone changes their stance or changes their mind or stops resisting due to some kind of external factor. Like it might be pressure or peer pressure, or just realizing that you can't be successful or can't win. But there are some small differences between these two expressions, and that's what we'll teach you all about in this lesson.

Kassy: Yeah, that's right. And by the end of this episode, not only will you understand when and how to use these two expressions, "to cave" and "to fold," but you'll also grasp the subtle differences between them. These are great idioms to add to your vocabulary, helping your English listening and speaking skills take a significant step forward.

Andrew: Yeah, I think after this lesson, everyone, you will be an expert in knowing about how to use these two idioms "to cave" and "to fold."

Kassy: So, what we'll do in this lesson, everyone, is Andrew and I will explain what they mean, how you can use them, and we'll even listen to some example conversations so you can hear how native speakers use these expressions in real-life situations.

Andrew: And now let's get started with this lesson by taking a look at the first expression, which is: **To cave**. To cave. And this is a verb, so that's why we use it with "to" when it's in its infinitive form. And cave is spelt: C-A-V-E. So, for all of those listeners out there who don't have the transcript in front of them, the spelling of cave, C-A-V-E. Now

Kassy, maybe many of our listeners are thinking of a physical cave and maybe that's a good image to have in mind. It's kind of similar and maybe we'll come back to the imagery in just a moment. But the definition of "to cave" means to give in or to surrender to something when you're under pressure. And Kassy, let's go back to that imagery for a second. When you hear this expression, what kind of image pops into your mind?

Kassy: Actually, it's kind of a depressing image, but I think of a cave falling in on itself. For example, maybe an earthquake happened, and the ceiling of the cave collapses and all of the rocks and stuff pile up and block the entrance.

Andrew: Yeah, I think of maybe like a sinkhole instead of a cave. You know, from time to time in big cities, there will be sinkholes that happen, like in the middle of the road. And essentially what happens is the road just falls into the earth, into this like big hole. And I guess it's because, well, I'm not an expert about why sinkholes occur, but I'm guessing it's because there's some kind of structural problem underneath that can't hold the weight of the load above it. And then it just caves and sinks into the earth, right? And you have this big hole. So, I guess technically we're thinking about the same mental image in our minds.

Kassy: And just like a physical cave or sinkhole will fall under pressure, we usually use this expression to talk about a person's willpower or patience or plans just falling through under outside or physical pressures.

Andrew: Yeah, exactly. So let me give our listeners a scenario here that will kind of, I think, really easily explain this expression. So, guys, imagine you've been planning to cook a healthy meal for dinner, but your kids keep asking for pizza. And I think a lot of parents have this problem, right? They want to, you know, feed their kids really healthy meals, but the kids just want to eat nuggets or pizza or something. So then, you know, the kids say, "No, I don't want to eat that." And they beg you for like, "Pizza, pizza, pizza!" And then finally, you know, you're just too tired. So, you say, "OK, I cave. Let's just order pizza tonight." And then, I don't know, maybe you threaten them with a healthy meal for the next day. But that would be an example of caving, right? Because your kids were complaining and pressuring you to change the meal plan. And then under that pressure, you actually did change the meal plan. So that's caving.

Kassy: Exactly. I think this happens a lot to people in their 20s and 30s as well at the end of the month where they might be trying to save money until they get their next paycheck. And their friends say, "Come on, man. Just come out for one drink or just go to dinner. It won't be that much." And you're like, "No, I should really save money." And they go, "Please." And then you cave in. You end up going and spending your money.

Andrew: Yeah, yeah, absolutely. I think a lot of social situations, or a lot of peer pressure situations are the kind of situations where we would use this expression, but it's not limited just to personal situations. We can use this in those informal contexts, but also in formal contexts as well. In business situations, for example, it would be totally fine to use this expression.

Kassy: Exactly. Speaking of a business situation, I believe our first example dialogue is in a business-type setting. Isn't that right, Andrew?

Andrew: Yeah. So, let's take a listen to that first example conversation using this expression "To cave" right now.

Coworker 1: Do you think management will approve our proposal for more flexible work hours?

Coworker 2: I'm not sure. I feel like initially they'd be against it, but with everyone's support, they might **cave**.

Coworker 1: Yeah, so that's why it's important that we all attend the annual meeting. Let's encourage our coworkers to go, too.

Coworker 2: Yes, let's do it.

Andrew: So, in this example conversation, we just heard two coworkers talking at the office, and they had a very interesting proposal that they were going to submit to management, and that was a proposal for more flexible work hours. So, I don't know, maybe starting earlier in the day and finishing earlier in the day, or who knows, flexible work hours. And so, they were talking about whether or not management would approve that proposal, and one of the coworkers said, "I'm not sure. I don't really know, but I think if many of us support that proposal, then they might cave." And so, what this means is that the management might approve the request, which usually managers are pretty tight about the work hours, but they might approve that request if there is a lot of pressure. So, if there is a lot of pressure from all the employees, then they would cave, and they would change their minds, and they would be persuaded to give the employees flexible work hours.

Kassy: I wonder how common this is in real life.

Andrew: I have a feeling not too common, but you never know. I guess it really depends on the kind of business that it is. OK, and should we listen to another example conversation now, Kassy?

Kassy: Yeah, let's do it.

Andrew: All right.

Rachel: Wow! Hey, Jamie. Weird seeing you here. I thought you weren't coming with us to the concert tonight.

Jamie: Yeah, I wasn't planning on going, but then Sarah guilt-tripped me, so I **caved**, and here I am.

Kassy: All right, so in this example conversation, we have a friend, Jamie, who was not going to go to the concert with his friends, but he caved in. He buckled under the pressure and decided to go. I really like another expression that was used in this example, which was **guilt-tripped me**. Sarah guilt-tripped me into coming. Andrew, you want to describe guilt-tripped for our listeners?

Andrew: Yeah, so if somebody guilt-trips you, it's another expression that means to convince or make somebody do something that they probably initially didn't want to do, but the way that they make you do that thing is to make you feel guilty. So that's where the guilt trip comes from. And yeah, super common expression. We use it all the time in our everyday lives and an excellent one for listeners to add to their vocabulary.

Kassy: Yeah, you could **call your friends out** on their guilt-tripping too. It could be like, "Hey, are you guilt-tripping me right now?"

Andrew: Exactly. And Kassy, I want to point out an expression that you just mentioned a second ago, which was "To buckle under." And that's also a really common idiomatic expression that has essentially the same meaning as "To cave." If you buckle under the pressure, it just means due to some kind of external pressure from a friend or coworker or somebody that you do something that you initially didn't want to do.

Kassy: Exactly. There are a lot of idioms similar to "buckle under" or "To cave in." You could "give in," you could "yield to someone," or you could "back down from your position" or "your opinion."

Andrew: Now, one final thing before we move on to the next expression is Kassy, let's talk quickly about the difference between "to cave" and its phrasal verb equivalent "to cave in". Because I feel like a lot of listeners are going to be curious about that. So just using your native speaker intuition, do you have a kind of feeling about what the difference between "to cave" and "to cave in" is? I'm sorry to put you on the spot, but it's kind of an interesting question.

Kassy: Well, a physical thing usually uses cave in. So, for example, the roof caved in or the street caved in. However, a person doing a physical action, this phrasal verb, you could use caved or caved in depending on the situation.

Andrew: So, for instance, in that last example conversation that we heard, that character Jamie caved in and decided to go to the concert. Or you could say, "He caved and decided to go to the concert." Both work in this kind of situation.

Kassy: Well, Andrew, on that note, should we move to expression number two?

Andrew: Yeah, expression number two is **To fold**. And "fold" is spelt F-O-L-D. And I think poker players are going to be familiar with this one because this expression originally does come from the game of poker. And essentially what it means is to give up or to stop trying, especially in some kind of competitive situation. So, they're kind of connected, right? Like "To cave in" or "To cave," this is when you give up and you stop trying to resist some kind of outside pressure. However, "To fold" is when you just realize like, "I've got no chance of being successful," or "I'm never going to win this game," or something like that. And it's kind of your own self-realization that makes you give up or quit.

Kassy: Exactly. I think you might use this expression a lot when talking about businesses as well. For example, you could say, "A business has folded. They've gone bankrupt."

Andrew: Yeah, that's a good point. I never thought of that one, but that's exactly correct. So yeah, when you're playing poker and you fold, it's just when you realize that you're never going to be able to win that hand of poker. So, you usually just throw your cards on the table, and you say, "Fold!" But we also use it, yeah, in many other situations when you just know that you won't be able to succeed.

Kassy: Yeah, it's better to quit while you're ahead.

Andrew: Exactly. And Kassy, I've got another scenario here that I've prepared that I will share with you that I think will explain it very well. So, listeners and Kassy too, I want you to imagine in your house that you're trying to assemble a piece of furniture using really confusing instructions. And I think many of us have had this experience where maybe you go to IKEA or some kind of store like that and you buy a shelf, and you think it's going to be easy to assemble. And it turns out that it's really difficult. So, you struggle for a few hours and then you decide to just say to your partner or your roommate or somebody, you know, "I think I'm going to fold on this one!" And maybe hire someone to assemble it. Because you just realize that it's too difficult for you to actually figure out how to assemble that piece of furniture.

Kassy: Yeah, exactly. You can either keep going and risk your marriage and happiness or fold and hire somebody else to do it.

Andrew: Exactly. So, with that being said, I think we're ready to move on to the example conversations. So, let's take a listen to the first one now.

Friend 1: I've been trying to fix this old clock for weeks, but it just keeps stopping.

Friend 2: Man, sounds tough. Are you going **to fold** and get a new one?

Friend 1: I think so. It's just not worth the hassle anymore.

Andrew: OK, let's break this example conversation down. So, we hear two friends talking and one of the friends, I guess is kind of like a guy who likes to tinker. And tinker means to, you know, fix and play with machines. And so, he's been trying to fix an old clock. It sounds like he gets it running and gets it working, but then it breaks quickly again. So, his friend asks him, "Are you going to fold and get a new one?" And here "fold" just means quit, right? Are you going to quit and just buy a new clock? Like why are you investing all of this time and effort into trying to fix an old clock that just keeps breaking? So, in response to that, he says, "Yeah, I think so. It's just not worth the time and trouble anymore."

Kassy: Yeah, that's exactly right, Andrew. But let's listen to another example to get another perspective.

Andrew: Yeah, OK. So here we go with example number two.

Classmate 1: I've been studying for the chemistry exam forever, but it's really hard.

Classmate 2: So, are you thinking you're just going **to fold** and drop the class?

Classmate 1: You know, I'm considering it. Maybe I'll take it next semester with a different professor.

Kassy: All right, in this example conversation, one person is really struggling in their chemistry class and she's considering whether or not she wants to fold and drop the class. Does she want to **cut her losses** and try again next semester, or does she want to keep pushing through and try to pass the difficult chemistry exam?

Andrew: Exactly. Kassy, before we wrap this episode up, I do have a couple of similar expressions that I would like to share with our listeners that are very similar in meaning to fold. And one is a really fun idiom, actually. It's **To throw in the towel**. To throw in the towel. And this just means give up or quit. And I think originally it comes from boxing. If you were a boxing coach and your boxer was getting really beat up in a match and you wanted to stop the fight and save your boxer, then you could throw a white towel into the boxing ring, and in that situation, the ref would stop the fight. So "to throw in the towel" means to quit. And you could easily say in, for instance, that previous example conversation, the friend was saying, "I've been studying for the chemistry exam, but it's really hard, and I just want to throw in the towel. I just want to quit." It would be perfectly acceptable in that kind of situation. So that's a really good one to add to your vocabulary as well, listeners, "to throw in the towel."

And another one is "to give up." And the reason why I wanted to focus on "give up" is because both "to fold" and "to cave" have "give" equivalents. "Cave" has "give in." You

give in to pressure or you give in to a request, you give in to a demand. Whereas with "to fold," you "give up." And yeah, I thought that was interesting. They both have those weird phrasal verbs that I think are really difficult for many learners to understand because it has nothing to do really with giving, like giving a present or giving a gift, right? Instead, "give in" means to fold to some kind of external pressure, and "give up" means to quit.

Kassy: Yes, exactly.

Andrew: Well, everybody, that brings us to the end of this episode. So, thank you for tuning in and congratulations for completing another English lesson with us. Amazing job.

Kassy: Just to recap, we learned two expressions today. The first expression was to cave, and the second expression was to fold.

Andrew: If you're looking to connect with like-minded English learners and dive deeper into the discussions about what you hear on Culips, then I have good news for you. We have a Discord server and it's an active online community where you can connect and communicate with Culips listeners from around the world who are as passionate as you are about improving your English fluency. Plus, it's free. So, to join, just follow the link in the description for this episode and we'll be continuing our conversation about this episode on the Discord. So, we'll see you over on the server. Take care and we'll talk to you next time when we're back with another brand-new episode. Bye-bye.

Kassy: See ya.

Andrew: That brings us to the end of this lesson. Talk to you next time, bye!

Detailed Explanations

To cave

Verb

To cave means to give in, surrender, or yield to external pressures. Andrew says that a perfect scenario for this verb would be your kids begging you to order a pizza for dinner. They ask you again and again. Finally, instead of fighting with them about it, you cave and let them get pizza. Your children pressured you until you caved.

Kassy offers the example of the social pressure to go out and spend money. When you're in your 20s, you probably have lots of friends who want to go out to bars and restaurants a lot. It can be hard to save money when they keep pressuring you to go out with them. It's easy to cave and end up spending more money than you wanted to.

To help you remember this expression, picture a cave falling apart under heavy pressure. Similarly, when you "cave in," your initial stance or decision breaks down due to external pressure or stress.

You don't always cave to other people. Sometimes, you can cave to your own desires – for example, "I'm trying to diet, but yesterday I caved and ate three cookies." Your strong craving for something sweet made you give in and eat it, even though you might have been trying not to. Here are a couple more examples with **to cave**:

Brendan: How was the office holiday party?

Maggie: Good, but... I drank too much and got a wicked hangover the next day.

Brendan: Aw, that's rough.

Maggie: I've actually been trying to drink less alcohol recently, but the Christmas-themed cocktails looked so enticing and I **caved**.

Geena: Mark, you look so tan!

Mark: I hope I do – I just got back from Hawaii!

Geena: How fun! But wait, I thought you didn't like the beach.

Mark: I definitely don't like the beach, but my wife and kids have been begging me for a beach vacation for years now, and I finally **caved**.

To fold Verb

The verb **to fold** comes from poker, a card game. In poker, if you have a weak hand and think you can't win, you fold. This means you put your cards down on the table and stop playing. So, folding means realizing you can't win, accepting you've lost, and stopping what you're doing.

"Fold" isn't just for games. It's also used in everyday situations like arguments, difficult tasks, or even in business. For example, Andrew and Kassy talk about someone in a very hard chemistry class. This person thinks about folding, which means quitting the class. Kassy mentions that sometimes a business folds. That means the business shuts down because it's not making enough money.

"Fold" can be used on its own without an object, as in "He knew he couldn't win, so he folded." However, if you want to explain what it is you are giving up or losing, you can use the preposition "on", like "Jenny would never fold on her beliefs."

Here is one way in which "fold" and "cave" are different. Both of these sentences are OK:

- My kids begged me for pizza, and I caved.
- My kids begged me for pizza, and I folded.

However, if you want to add WHAT you caved to or folded on, the sentences look a little different, like this:

- My kids begged me for pizza, and I **caved to** their demands (I decided I didn't want to hear them begging anymore and accepted their demands)
- My kids begged me for pizza, and I **folded on** the issue (I decided I wouldn't win in this argument and gave up arguing about the topic)

Here is another example with **fold**:

Fred: Tina is such a good negotiator.

Paula: Isn't she?

Fred: I can't believe she convinced the client to agree to those requests.

Paula: Yes, it was incredible to watch her negotiate during the meeting! I thought Tina would **fold** when the client demanded a change in the project timeline, but then she managed to convince them otherwise.

To guilt trip [someone]

Verb

One reason you might cave and do something you don't want to do is due to guilt-tripping. **To guilt-trip** someone means to make them feel guilty in order to get them to do what you want. It is a form of manipulation.

For example, imagine your friend helped you last year when you moved into a new apartment. He assisted with moving boxes and furniture. Now, this same friend is moving to a new house on Saturday and wants your help. Unfortunately, you can't assist because you have a weekend trip planned with your family. Your friend doesn't accept this excuse and keeps reminding you of how he helped you, emphasizing how heavy the boxes were. He's trying to make you feel guilty so you'll cancel your trip and help him. He's attempting to guilt-trip you.

This expression is often used as a verb on its own, but you might also hear 'to send someone on a guilt trip' or 'to take someone on a guilt trip.' Additionally, the cause of a guilt trip isn't always a person. For example, "Reading about the environmental impact of air travel sent him on a guilt trip, leading him to cancel his flight tickets."

Here are a few more examples with **to guilt trip someone**:

Josie: I finally told my parents I want to go to art school instead of law school.

Ben: How did they react?

Josie: Poorly, as expected. They tried **to guilt trip me** by saying that they've spent so much money on my private school tuition, and it would be a waste of their hard-earned money for me to suddenly go to art school instead.

Kevin: Mom, Mary and I are going to spend Thanksgiving with her family this year.

Lois: What?! But we've always spent Thanksgiving together as a family!

Kevin: I know, but we decided that we want to make an effort to be more involved with Mary's family. We always spend the holidays with you and Dad. It's not fair.

Lois: Oh, Kevin. I'm getting older, you know. My health isn't what it used to be. What if this Thanksgiving is the last one we can spend together...?

Kevin: Don't **guilt trip me**! That's not right. Please be an adult about this.

To call [someone] out [on something]

Phrasal verb

If you feel like someone is purposely making you feel guilty, Kassy suggests calling them out for guilt-tripping you. **To call someone out on something** means to confront or challenge them for doing something wrong. This expression has become very common recently due to the rise of cancel culture, where people often call out celebrities on social media for racist or sexist remarks. Politicians are sometimes called out for making promises they don't keep. When you "call someone out" you're asking them to take responsibility for their actions.

"Call-outs" aren't always about serious mistakes or crimes. For instance, if your friend often cancels plans at the last minute, you can call her out on this behavior and ask her to be more reliable.

However, be aware that "to call out" can also mean to inform work or school that you or someone else can't attend due to sickness or an emergency. For example, "I called my daughter out of school because she had a high fever." You can understand the difference from the context, especially because there is no "on" in this usage.

Here are a few more examples with **to call someone out on something**:

Veronica: The new work from home policy is terrible.

Ron: I know! It's so unfair. I'm much more productive at home.

Veronica: I hate having to be in the office four days a week. I also noticed that Peter is out of the office at least two days a week, if not three.

Ron: Yeah, just because he's a manager doesn't mean the rules don't apply to him. We should **call management out on** unequal and unfair treatment of workers.

Veronica: Yes, we should! Maybe we can contact HR.

Charles: My boss resigned yesterday.

Rebecca: Wow, really?

Charles: Yeah. He was **called out on** harrassing several women in the office. If he hadn't resigned himself, the company would have ended up firing him.

To cut one's losses

Idiom

Andrew and Kassy discuss a conversation about a student thinking of dropping her challenging chemistry class halfway through the semester. The student is considering whether to cut her losses and drop the class, even after putting in a lot of effort.

To cut one's losses means to accept that your current situation is unlikely to improve, so you stop putting in more time, money, or effort. It involves acknowledging that the resources you've already spent won't be recovered. Importantly, cutting your losses can only happen after you've already invested some effort – you can't cut your losses before you start.

This idiom is often used in business. For instance, "When I realized the business was failing, I decided to cut my losses and shut it down to avoid losing more money."

Another example is a homeowner trying to fix his plumbing. After many failed attempts and hours spent, the homeowner decides to cut his losses and hire a professional plumber.

An opposite term to cutting one's losses is "doubling down." If the homeowner attempting to fix his plumbing decides to continue trying despite repeated failures, he is doubling down on the effort.

Here are a few more examples with **to cut one's losses**:

Nick: Remember how our favorite director was coming out with a new movie next year?

Sophie: Yes! Is there a release date yet?

Nick: No, unfortunately I heard they're halting production and abandoning the project. Apparently, production was too expensive and there were a lot of problems on set. The film studio decided it would be better to **cut their losses** and abandon the film instead of carrying on.

Cynthia: Well, I've had fun at this casino, and I've won a bit of money, but I'm getting tired of playing blackjack and roulette. Want to head back to the hotel room?

Harry: Yeah... unfortunately, I've lost about \$200, but I think I should just **cut my losses** and accept that I had an unlucky day.

To throw in the towel

Idiom

Another great idiom similar to 'fold' is **to throw in the towel**. Andrew tells us that this phrase comes from boxing, not card games. In boxing, if a coach thinks his boxer is about to lose and should stop fighting, he can throw in a white towel. This action means they're admitting defeat. So, just like "fold" and "cut one's losses," "throw in the towel" also means to give up and quit.

For example, imagine your dream is to be a freelance writer. But, after years of low pay and few writing jobs, you decide to throw in the towel and choose a different career. You could also say you're, "Cutting your losses" or "Folding on your dream to follow a new path."

Let's continue with the boxing theme! The opposite of throwing in the towel is staying in the boxing ring. This idiom can be used in other situations, too. If the freelance writer keeps pursuing her dream despite challenges, you could say, "She's determined to stay in the ring and keep trying." As you can see, English has many idioms that come from games and sports.

Here are a few more examples with **to throw in the towel**:

Zach: Kylie and I have been arguing again. We haven't spoken in a few days.

Emily: Not again! You two are constantly in some sort of argument.

Zach: I know. I'm starting to feel like nothing will ever change. I really do love her, but maybe we should **throw in the towel** and just break up. I'm emotionally exhausted!

David: I've been going to the gym for a month now and I'm not seeing my muscles get any bigger. I'm getting frustrated.

Wendy: Don't **throw in the towel** yet! They say that you start feeling healthier after a few weeks of exercising, but you won't necessarily see results for several months. Keep at it!

David: OK, I'll keep trying.

Wendy: I believe in you!

Quiz

1. Your coworker says, “The boss guilt-tripped me into coming into work on Saturday.” What does she mean?

- a) The boss promised her a vacation if she came in on Saturday
- b) The boss made her feel bad and manipulated her into coming in on Saturday
- c) The boss asked really nicely if she could come in on Saturday
- d) The boss demanded that she come in on Saturday

2. What means the same as “to cave”?

- a) To yield
- b) To endure
- c) To reconsider
- d) To fall over

3. Where does the expression “throw in the towel” come from?

- a) Tennis
- b) Wrestling
- c) Boxing
- d) Taking a shower

4. What is the opposite of “to fold”?

- a) To quit
- b) To give up
- c) To persist
- d) To take a break

5. What is another way of saying “I called him out on his lies”?

- a) I confronted him about telling lies
- b) I defended him for telling lies
- c) I explained why he told lies
- d) I asked him to do me a favor and tell a lie

Writing and Discussion Questions

1. Are you the sort of person who **throws in the towel** when something becomes difficult, or do you persevere and keep trying? Please describe a time when you made one of these choices.
2. Do you know any other idioms or expressions that come from games or sports? Please mention them and explain what they mean.
3. What advice would you give a friend who is thinking of **cutting her losses** and giving up on her career goals?
4. What is a temptation you often **cave to** (for example, sweet foods or sleeping in late)? Please describe why you find it hard to resist.
5. When is the last time you experienced a **guilt trip**? Have you ever **guilt tripped** someone else? Please describe.

Quiz Answers

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

Episode credits

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