

Catch Word #58 – Gut, Guts, gutsy, a gut feeling,

Transcript

- Jessie: Hello all you Culips listeners out there. This is Jessie.
- Harp: And Harp. And we're bringing you a Catch Word podcast at Culips.com.
- Jessie: That's C-U-L-I-P-S.com.
- Harp: Go to the website because with every episode, we have a Lipservice and in the Lipservice you can find the detailed explanations, the transcripts, and even a quiz.
- Jessie: Yeah, check it out.
- Harp: Yeah, so today we're gonna do a Catch Word podcast and that's where we're gonna take one word and we're gonna break it down, we're gonna give you different ways of how to use it, with examples, we're just gonna break down a word for you. Now Jessie, what's the Catch Word for today?
- Jessie: Today's Catch Word is **guts**.
- Harp: **Guts**.
- Jessie: Yeah, it's a short one but it has a lot of different meanings.
- Harp: OK, what does **guts** mean?
- Jessie: Well, I think the most common meaning for the word **guts** is what's inside your **belly**, what's inside your **abdomen**, your **internal organs**.
- Harp: So your **stomach**, your **intestines**, all of those. That's your **guts**.
- Jessie: Exactly, so inside of your **abdomen** you've got your **guts**. Now that's not a medical term. A doctor wouldn't say that but it's kind of a slang term for all the **organs** inside of your **stomach** area.
- Harp: Yeah, there are a lot more specific different **organs** but the general term we can call **guts**.
- Jessie: Exactly.

- Harp: Now **guts** is a small word – G-U-T-S – but an even smaller word is gut, GUT. What is a **gut** Jessie?
- Jessie: If you say **gut** it has a different meaning. It means your **belly**, the whole thing. And usually when you say **gut**, you're implying that it's a big **belly**.
- Harp: So after I eat a lot of pizza, my **stomach's sticking out**; I have a big **gut**.
- Jessie: Right. Sometimes people who drink a lot of beer develop a really big **gut** and it's so common there's even a special term for it.
- Harp: Yeah, a **beer belly**.
- Jessie: Yeah, a **beer belly** or a **beer gut**.
- Harp: So now, Jessie what's another meaning for **guts**?
- Jessie: Well another meaning for the word **guts** is as a synonym for courage or bravery. So you could say that someone has a lot of **guts**, that doesn't mean they have a lot of **organs**, it means they have a lot of courage.
- Harp: So an example could be when someone goes in front of all their friends and they sing a song. It takes a lot of **guts** to sing in front of people.
- Jessie: Yeah, it definitely takes a lot of **guts**. Or the people who compete on TV shows, to see who's the best singer, that takes a lot of **guts**.
- Harp: For sure. They're very courageous, brave people.
- Jessie: Exactly. Now, you can say that someone has a lot of **guts** or you can say that someone is **gutsy**. And that means the exact same thing.
- Harp: Jessie, should we give a dialogue example with **guts** and **gutsy**?
- Jessie: Yeah, good idea.
- Harp: So Jessie, I've **made up my mind**.
- Jessie: What are you going to do?
- Harp: I'm gonna go skydiving this summer.
- Jessie: What? That takes a lot of **guts**.

- Harp: Yeah, I've decided to be more **gutsy** and I'm just gonna do it. I'm gonna go skydiving.
- Jessie: Good for you!
- Harp: Yup, I'm proud of myself.
- Jessie: So, in our dialogue, Harp was telling me about going skydiving, which is a very **gutsy** thing to do. She wasn't nervous, she wasn't scared, she wasn't a chicken. Oh yeah, *chicken* – If you want to learn more about that idiom, check out our catchword podcast on the word *chicken*.
- Harp: Yeah, it's a good episode.
- Jessie: So let's see, are there any other ways we can use the word **guts** or **gut**?
- Harp: There is a different way we can use the word **gut** and this would be with the expression **go with your gut**.
- Jessie: Right, or **a gut feeling**.
- Harp: Yeah, exactly. What does this mean Jessie?
- Jessie: So, **a gut feeling** is your **intuition**, or a **hunch**.
- Harp: Yeah, so you don't know for sure, but you have **a gut feeling**.
- Jessie: Exactly. It's not a fact that you know with your head. You feel it in your **gut**.
- Harp: Yeah, so you could say "my **gut** tells me something."
- Jessie: Right. Or you could say "I have **a gut feeling** that..." Let's do a dialogue example.
- Harp: Good plan.
- Jessie: Harp, something's been bothering me.
- Harp: Oh no, what's wrong?
- Jessie: Well, have you met Sara's boyfriend?
- Harp: No, the new one? I haven't met him.
- Jessie: I met him yesterday and I just have **a gut feeling** that something's wrong.

- Harp: Oh, **your gut's telling you something**?
- Jessie: Yeah, **my gut tells me** that he's bad news.
- Harp: Oh really? Like **something's off**?
- Jessie: Yeah. He seems nice on the surface but **deep down**, I don't think he's a nice guy.
- Harp: Maybe you should follow **your gut feeling** and talk to Sarah.
- Jessie: Yeah, I think I'm gonna **go with my gut**.
- Harp: Good plan.
- Jessie: So, in that example we used the word **gut** in a lot of different ways, but they all meant the same thing: **to go with your gut, to have a gut feeling, to follow your gut**. That's all about knowing something even though you don't know for sure, you just have a feeling that it's true; your intuition is telling you it's true.
- Harp: Yeah, you don't have the facts but you have a feeling about something.
- Jessie: Exactly.
- Harp: So now Jessie, is **a gut feeling**... is that always negative?
- Jessie: No, it doesn't have to be. You could have a gut **feeling** that your friend was planning a surprise party for you.
- Harp: OK, yeah. You could have **a gut feeling** that you're gonna get a new job. Yeah, like when I had my last interview I had **a gut feeling** that I was gonna get the job and I did.
- Jessie: Right. You didn't know for sure but you felt like it went well. Your **gut** told you that the interview went really well.
- Harp: Exactly. OK, so should we recap all the expressions we talked about today?
- Jessie: Yeah, so today we started with **guts** meaning your **organs**, what's inside of your **abdomen**, your **stomach**, your **intestines**, that kind of thing.

- Harp: Yup and then we talked about your **gut**, which is the outside, when you have a **big belly** when you have a **big gut** or when you have a **beer belly** or a **beer gut**.
- Jessie: Right, and then we talked about **guts**, which is a synonym for courage or to be **gutsy**, which is a synonym for courageous or brave.
- Harp: Exactly, and then we talked about **gut feeling**. This is when you have **intuition** or a **hunch** about something, but you don't have facts.
- Jessie: Exactly, you just **feel it in your gut**.
- Harp: Exactly, you can **go with your gut**.
- Jessie: So that's it for us today but before we go I have one piece of advice for you: If you want to give someone a compliment, tell them that they've got **guts**, don't tell them that they've got a **gut**.
- Harp: Yeah, 'cause you're telling them they have a **big belly** if you say **gut**.
- Jessie: Exactly.
- Harp: So this has been Harp.
- Jessie: And Jessie.
- Harp: Bye everyone!
- Jessie: Bye!

Detailed Explanation

Guts

Guts is the slang term for the body parts that are inside the body. **Guts** is a very general term and is not scientific. Some violent action movies have a lot of blood and **guts** because people are being killed onscreen. We will explain all the other ways we can use **guts** to have other meanings throughout this Detailed Explanation.

Intestines, internal organs

Guts is a slang term; **intestines** and **internal organs** are more proper terms for the same things.

Internal organs is a general term that speaks about many different parts, but it is a more scientific and professional term than **guts**. These parts are also sometimes referred to simply as **organs**. The word **organ** has other meanings too. So if you hear it, the person could be talking about body parts, or they might be talking about a musical instrument!

Intestines are a specific part of the body. **Intestines** are the place where food travels in the body after it leaves the stomach. There are the large **intestines** and the small **intestines**.

Belly, abdomen, stomach

This is also a body part. The **stomach** is the proper term for the internal part where food goes after you eat it. It has a strange spelling, but is pronounced as we did in this episode – like stomach – with a K sound on the end. We also use the word **stomach** to refer to the general area, which could be inside or outside the body.

The **abdomen** is the same general area, but it specifically refers to the area that contains the **stomach**, intestines, etc.

Belly has the same meaning as **stomach**. **Belly** is not a scientific term, but a doctor might use it to talk to a child about their **stomach**. **Belly** is also used to refer to the place where a baby grows when a woman is pregnant.

A gut

The word **gut** is used to talk about the stomach area. It can imply that the **gut** is big or fat, but not always. Here are a couple examples to distinguish between the two usages:

Dave: How are you feeling today?

Joel: I have a sick feeling in my **gut**, but I'm better than yesterday.

(**Gut** means stomach.)

June: How do your pants fit?

Doug: Not good. My **gut** is hanging out.

(**Gut** means fat stomach.)

To be extra specific, you can also say big **gut**, or fat **gut**. You can call it a belly too, which usually also means that it is big and fat.

That's a lot of talk about big, fat bellies. Just in case you were wondering, it is generally rude to say this about someone else unless you are VERY close to them. You might use it more to talk about yourself.

Beer belly

A **beer belly** is a big, fat belly too, but it is generally caused by drinking a lot of beer over many years. It is not a temporary thing that lasts only a week, or that happens one night after drinking some beer. It can also be called a **beer gut**.

To stick out

If something **sticks out** we can say that it extends or protrudes from something. A simple example is the nose, which **sticks out** of the face. A belly or gut **sticks out** of the body. A person also **sticks out** their hand to shake hands with another person. In this episode, Harp says that after eating a lot of pizza her stomach **sticks out**. In this case, it's only temporary, right Harp?

Guts

In a completely unrelated way to *gut*, the word **guts** – always plural – has another use. **Guts** can be used to describe a courageous or brave person. We can say that someone **has guts**, or **needs guts**, or we can say that something **takes guts** to do.

Here are some examples with **guts** in its different forms:

Sheena: She **has** some **guts** to be able to jump out of a plane.

Kelly: I know. I would never be able to do that.

Vicky: I don't know if I will be able to go on the rollercoaster.

Oscar: You're going to **need guts**, since you hate that kind of ride so much.

Fiona: I can't believe you asked your boss for a raise. He's so mean!

Henry: I know. It **took** a lot of **guts**, but I'm glad I did it.

Gutsy

The word **gutsy** is the adjective from the expression *to have guts*. It is simply used to describe a person or action that is courageous or brave.

Here are a couple examples:

Tim: That certainly was a **gutsy** move.

Lee: I know! I never thought I had the **guts** to do it.

Julie: Tom is so **gutsy**.

Penelope: Yeah. He's always taking risks.

To make up your mind

This is an expression that you might already be familiar with. ***To make up your mind*** means to make a decision, but it is more casual than *to make a decision*.

Here are some examples in case you need them:

William: So what did you decide?

Ivan: I don't know. I can't **make up my mind**.

Paul: Did he **make up his mind** yet?

Yasmina: Yes, he's going on the trip!

To have a gut feeling

Here is another expression with *gut*. ***To have a gut feeling*** is used when you are not sure of something but you feel that you know the answer. For example, there is no weather forecast for rain, but someone might **have a gut feeling** it's going to rain. We can also say simply *to have a feeling*.

Here are a couple of examples:

Yolanta: I **have a gut feeling** that he likes me!

Kevin: She **had a feeling** that she would win the trip.

Another variation of this expression is to use *gut* as the subject, for example, "my gut is telling me something." Expressions like this are also mentioned in this episode. Other words that are synonyms for **gut feeling** are intuition and hunch.

To go with your gut/To follow your gut

To go with your gut means that you make a decision based on a feeling in your gut or a hunch you have. It is possible to have a gut feeling but to do nothing about it. If you **go with your gut**, it means that you had a feeling and then did something about it. You can also say **to follow your gut** with the same meaning.

Here are some examples with these expressions:

Travis: How did you make the decision?

Fred: I **went with my gut**.

Dina: I don't know if I should go to work in Europe for the summer.

Carla: **Follow your gut!**

Something is off

To say that **something is off** is similar to an expression we looked at recently at Culips. Check out the episode called *Fishy* to learn more about this expression. If we say that **something is off** it can mean that something is strange or not right or not normal.

Here are some examples:

Justin: When did you realize that your house had been robbed?

Eric: On my way to the front door. **Something seemed off**.

Zack: How does the report look?

Lily: I'm not sure. I think **something is off** but I'm not sure what it is.

Deep down

In this episode, Jessie says that there is a guy who **deep down** seems like he is not a nice person. **Deep down** means inside, not on the surface, which also represents the truth. So at first meeting this person seems nice, but the truth is (or **deep down**) he is not a nice guy.

Here are some examples with **deep down**:

Theo: Do you think he's sad?

Becky: He acts happy, but I'm sure he's sad **deep down**.

Kyle: I don't know if I should believe what he told me.

Ben: **Deep down** you know that he's a liar.

Quiz

1. What is *a gut*?

- a) small internal organs
- b) skinny legs
- c) a fat stomach
- d) nice abs

2. If you drink a lot of beer you might get a _____.

- a) beer belly
- b) beer bug
- c) bellybutton
- d) gutsy

3. What does *guts* mean if we are talking about “blood and guts”?

- a) musical instruments
- b) internal organs
- c) beer
- d) stomachs

4. What is the expression for *to decide*?

- a) to make it up
- b) to put on make up
- c) to be mindful
- d) to make up your mind

5. Adam is such a courageous guy. I can't believe he risked his life to save a baby.

Which word can we replace *courageous* with?

- a) bloody
- b) gutsy
- c) blood and gutsy
- d) mindful

6. Where does *to follow your gut* mean?

- a) to make a decision based on a gut feeling
- b) to have a feeling
- c) to eat a lot of food
- d) to stick out your belly

7. Peter acts tough, but deep down he is a really sweet person.

What is the meaning of *deep down*?

- a) below the earth
- b) in reality
- c) in his feet
- d) in his gut

8. Simon: Something just doesn't seem right about the plans we have.

Tara: You are right. _____.

Please fill in the blank.

- a) something is off
- b) something is on
- c) something is under
- d) something is down

Answers: 1.c 2.a 3.b 4.d 5.b 6.a 7.b 8.a