

Catch Word #84 – Bounce Back

Transcript

Maura: Hello everyone! **It's** Maura.

Harp: And Harp.

Maura: And we're back with your Culips podcast.

Harp: Yes. Make sure you check out our website, that's Culips.com, C-U-L-I-P-S.com.

Maura: And at our website, you can see all of our past episodes, as well as become a member. And then you have access to **a more detailed explanation of the expressions we use, and the transcript, and a quiz.**

Harp: Exactly. And today, we're going to be doing a Catch Word episode. And that's where we look at some expressions, we break them down, we give you synonyms, we explain how to use them.

Maura: So, in today's Catch Word episode, we're going to talk about expressions that mean to recover or get better from an illness or a rough time.

Harp: Exactly. All of these expressions are gonna be related to recovering from a bad situation, from an illness.

Maura: Right. So, someone, or a group of people, goes through a bad time and then they get better; they go back to being good. So, the first expression we're going to look at is **to bounce back**.

Harp: **To bounce back.**

Maura: Mhmm. **To bounce back**, which is, like we said, to recover from an illness, or a sickness, or just generally a bad, negative time.

Harp: Yeah. **To bounce back** is to recover quickly, back to being in a good condition or in good health.

Maura: Yeah. When we use **to bounce back**, it usually means that it happened quickly and easily. So, for example, one day you're sick and the next day you're healthy again.

Harp: Exactly.

- Maura: So, we can use these expressions to talk about people, or groups of people, or things, really anything that can be in a bad condition and then go back to being in a good condition.
- Harp: Yeah. I have a plant and it was in rough shape last week, but I gave it some water, and **it's bounced back**, and **it's** nice and green and healthy.
- Maura: Plants are good at bouncing back, if you take the time to take care of them, Harp.
- Harp: Unfortunately, I've had a couple of plants that **didn't bounce back**, but this one **bounced back**.
- Maura: OK, great. Let's give a dialogue example using this expression.
- Harp: Sounds good.
- Maura: So how's Sarah doing? Have you seen her?
- Harp: She was really sick last week. She got a really bad flu.
- Maura: Oh yeah, but is she feeling better now?
- Harp: Yeah, she **bounced back**. **She's** back at school and **she's** feeling much better.
- Maura: Oh good, because, you know, sometimes it can take a long time to recover.
- Harp: Yeah. No, **she's** good. **She's bounced back**.
- Maura: So, in that example, we talked about Sarah, who was sick and then quickly, and probably easily, recovered.
- Harp: Yup. Let's give another example with a thing bouncing back. Oh no, I'm really worried.
- Maura: What? What's going on?
- Harp: Well, if our sales don't get better, I'm kinda worried I might lose my job.
- Maura: Well, don't worry. I had a look just this morning, and last month they've already **bounced back**. So the sales are fine and your job is safe.
- Harp: Oh, that's great news. Thanks.

- Maura: So, in that example, what recovered was the sales. So it can be a person, or a thing, or a group of people. And in that case it was a thing.
- Harp: Yeah. The sales were bad, and they **bounced back**.
- Maura: OK. So let's look at our second expression that means to recover.
- Harp: Yes. The second expression is **to get back on your feet**.
- Maura: Yeah, **to get back on your feet**. Or you could also say **to be back on your feet**. Now, this is just like **to bounce back**. It means that you have returned to a good condition or good health.
- Harp: Yeah. And this expression likely comes from the idea that when someone is sick or injured, they cannot walk, and so they are not on their feet. When they are finally, literally back on their feet, that means that they are healthy again, because they are walking and moving around again.
- Maura: Right. So this one makes sense if you think about it. Someone who is sick, or maybe even a person **who's** broken their leg, can't walk. But finally, when they're moving around and walking again, they're healthy, so they've recovered. So, although you think of a person being **back on their feet**, this expression can also be used for people and things. It can be used to describe anything.
- Harp: Yeah. Let's give some dialogue examples. Stephanie, how is your business?
- Maura: Well, you know, things started out really strong when I opened my store, and then we kind of went through a rough period after Christmas, you know? People weren't spending money and I was really worried. But now, spring is here, people are walking around and shopping, and **I'm back on my feet** again.
- Harp: Oh, that's great. So business is good.
- Maura: Yup. We're back to making money.
- Harp: Good.
- Maura: So, in that example, I was talking about my business going through a bad period and now having recovered and making money again.
- Harp: Yup, exactly.
- Maura: So, you can use these expressions to talk about business, or situations, or

specific people.

Harp: Yeah. Let's give an example about a specific person.

Maura: Hey, have you heard from Hank?

Harp: Well, Hank was really sad when **his wife left him**.

Maura: I know, I know. Is he feeling any better now?

Harp: Yeah. **He's back on his feet** now, after letting time pass, and starting to go out with his friends again, and getting busy. And I think **he's** getting ready to start dating again.

Maura: Oh, I'm really glad to hear it. I'm glad **he's** feeling better now.

Harp: Yeah, **he's** definitely **back on his feet**. So in that example, Hank was really sad, but now **he's back on his feet** and **he's getting his life back together**, and enjoying himself again.

Maura: Right. So he went through a rough time, and now **he's**—hopefully—back to having a good time. So really, this expression can be used any time you're talking about something that can be healthy. So in this case, maybe Hank wasn't healthy, maybe physically, or maybe mentally, you know? He was feeling sad. But now that **he's** back to feeling good, we can use this expression to describe his recovery.

Harp: All right, Maura. Should we move to our third expression?

Maura: Yes. So first, we looked at **to bounce back**, and then **to get back on your feet**, and now, the last expression is **to pull through**.

Harp: Yes, **to pull through**.

Maura: So, this also means to recover from a bad period, maybe you were sick or maybe it was just a rough time.

Harp: Yeah. But **it's** a little bit different, because with **bounce back**, the recovery happens faster, **it's** easier. But with **pull through**, **it's** more difficult, the recovery.

Maura: Right. And you also have the sense that it was a longer process to recover. So, when you use this expression, **to pull through**, it means it was a really difficult time to recover. So if you use this expression, use it when you're talking about a longer process of recovery.

- Harp: Yeah. So if someone has just a flu for a couple days, they can **bounce back**, but if **it's** a long illness, then you would say they **pulled through**.
- Maura: Yeah, that's a good distinction. So, let's give a couple more dialogue examples. How's Josh doing?
- Harp: **He's** much better. We didn't think he was gonna **make it** after the crash.
- Maura: Yeah, wow. And is he still in the hospital?
- Harp: Yeah. **He's** moved out of **the ICU**, but **he's** gonna **pull through**.
- Maura: Oh, good. I'm really glad to hear it.
- Harp: Yeah, me too.
- Maura: So, in that example, we used **pull through** to talk about someone's recovering. But you may have noticed that the situation was a lot more serious. The person we were talking about was in a car crash and he was really seriously injured. It was touch and go. People didn't know whether he was going to live or die. So, you can use **pull through** to talk about people, and you can also use it to talk about different things and situations. So let's give an example where we're talking about a situation.
- Harp: OK.
- Maura: Did you read **the paper** today?
- Harp: No, I didn't. Why?
- Maura: Oh, you know, the economic crisis has been going on for a while now, and they just had a really interesting article about how a lot of businesses didn't **make it** and they filed for bankruptcy. But others, who were able to adapt, were able to **pull through**.
- Harp: Yeah. I think the ones that did a lot of restructuring and adapted to new situations really **pulled through**.
- Maura: Yeah. **It's** a really interesting article. You should check it out.
- Harp: Yeah. I think I heard someone else talking about it over at **the water cooler**.
- Maura: In that example, again, we used **to pull through**. This time, we were talking about business. We were talking about the economic crisis.

- Harp: Yes, because the economic crisis was a long situation and companies really had to adapt and change. It was a difficult time for them, but they **pulled through**.
- Maura: Good. So, let's go over the expressions we looked at one more time.
- Harp: All right. We started with **to bounce back**.
- Maura: And then we looked at **to get back on your feet**, or **to be back on your feet**.
- Harp: And then the last one was **to pull through**.
- Maura: And these all mean that someone or something has recovered from a sickness or a bad period.
- Harp: Exactly.
- Maura: So, don't forget to go to our website, Culips.com, that's C-U-L-I-P-S.com, and check out all we have there.
- Harp: Exactly.
- Maura: And if you're on iTunes, you can rate us and let us know how we're doing.
- Harp: Yeah, give us five stars, 'cause you know we **rock**! That's it for us today.
- Maura: We'll talk to you soon. This has been Maura.
- Harp: And Harp.
- Maura: Bye!
- Harp: Bye everyone!

Detailed Explanation

To bounce back

To bounce back is to recover from a bad time, and there are many definitions of what a bad time could be. A bad time could mean bad health, difficult financial times, or a period of sadness. You need to go from a good state to a bad state, so you can then **bounce back** to the good state.

If you imagine a ball bouncing, it returns to the place it started from. You can literally say that the ball bounced back to you.

Here is one more example with **to bounce back**:

Jennifer: How are ticket sales going?

Peter: They slowed down a bit during the week, but now they've **bounced back**.

A detailed explanation, and the transcript, and a quiz

Especially when we are talking, we might want to emphasize each element in a list we are making. Using *and* between each word makes each listed word important and distinct. Maura does this when she describes the things you can get when you become a Culips member as “**a more detailed explanation of the expressions we use, and the transcript, and a quiz.**” She emphasizes each item as important, and as a group they are also emphasized.

In writing, to use *and* between all items in a list of words is not usually acceptable. It is only done in a creative writing piece and it is used for emphasis. It is almost never done in any other type of professional or educational document.

Another example of a time when someone might say *and* between items in a list is if you want to emphasize the number of items and each individual item is important. Here is an example of that:

Marilyn: So what do we still need to get for the party?

Bert: We need chips and salsa and drinks and decorations.

Not to bounce back

At one point in this episode, Harp says that she had a couple of plants that **didn't bounce back**. This means that Harp's plants eventually died. If something **doesn't bounce back**, it is implied that it died or ended. If something doesn't get better, it likely gets worse.

Michael: How is your family dog doing? Did he bounce back after his surgery?

Isabelle: No, he didn't unfortunately.

Michael: Oh, I'm so sorry to hear that.

She's – She is or she has (Also he's, it's, who's, etc.)

She's is a contraction that can represent either **she is** or **she has**, depending on the context. Here's a quick way to tell the difference.

She's meaning **she is** is followed by an adjective or a noun: **She's** funny; **She's** a dancer.

She's meaning **she has** is followed by the past participle form of a verb: **She's** been to Italy; **She's** eaten a big breakfast.

She's is usually not contracted in North American English when *to have* is the main verb. This makes it less likely that the reader or listener could confuse **she is** with **she has**.

For example, in North American English, saying **she's a car** is incorrect, since it could be confused with **she is a car**.

To get back on your feet/to be back on your feet

To get back on your feet or **to be back on your feet** means to recover from a bad period. Just like *to bounce back*, this can be used for a variety of negative situations.

Here is another example:

Nicole: After a rough financial year for my family, we're doing better now.

Barbara: I'm glad to hear you're **back on your feet** again.

To leave someone

To leave a person or a place can mean to physically walk away, but we also use this verb to talk about the end of relationships. It is a less direct way of saying that a relationship has ended. In this episode, in one of our dialogue examples, Maura and Harp talk about Hank, whose wife has **left** him. This means that their relationship is over and she does not live with him any longer.

You could also use this to talk about other relationships. Here is one more example:

Brian: I can't believe you're **leaving** the company after all these years.

Sophie: It'll be sad, but I'm looking forward to starting something new.

To get your life back together

To say that someone has **gotten their life back together** means that before, many parts (or one major part) of that person's life were not in a good state. Again, Maura and Harp talk about Hank who went through a difficult time and recovered.

When someone is going through a difficult period in life, we can also say that their life is in pieces or describe them as broken. When this person recovers, it is like they put the broken pieces together again and become whole.

This expression is not exactly like *to bounce back* or *to be back on your feet*, because you cannot use it to talk about recovery from a sickness or other health problems.

Here is another example with **to get your life back together**:

Adam: After all this time I've finally **gotten my life back together**.

Mindy: I'm happy for you.

Variations of this expression include *to put your life back together*, *to have your life back together*, and *to get your life back*.

To pull through

This expression is like the other two expressions (*to bounce back* and *to get back on your feet*), except that **to pull through** always means that the recovery was difficult and not quick. When **to pull through** is used, it is a more serious and long-term problem.

When someone recovers from a long period of bad health or a negative time that was especially difficult to recover from, it is not appropriate to use *to bounce back*, because it implies the recovery was quick and/or easy. *To get back on your feet* could be used for a fast or slow recovery.

Here is another example with this expression:

Francis: I didn't know if we were going to meet the deadline for the project. We'd been working all night. We **pulled through** though, and now we can sleep.

Lily: I'm glad you got it done.

To make it

The verb **to make** has so many different uses. In this episode, it is used to mean *to survive*. In an example dialogue, Harp says that they didn't think her friend was going to **make it** after a car crash. In other words, Harp didn't think her friend would survive the crash and recover. This expression is often used as an exaggeration to emphasize the seriousness of a situation.

Here are a couple of other examples with **to make it**:

Helen: Last summer I was on a boat with my friend, and neither of us knows how to sail very well. Then a storm came. It was so scary. I didn't know if we were going to **make it**.

Paul: Well, I'm glad you did!

Gertrude: When I started my new business last year, I was sure I was going **to make it**.

Ivan: It's important to start out with the right attitude.

The ICU

When Harp gives the example of her friend in a car crash, she says that he is in **the ICU**. **ICU** stands for **Intensive Care Unit**. This is the part of the hospital for people who are especially ill or injured and need a lot of care and attention from the hospital staff. It is often referred to as the ICU and sometimes people say simply **Intensive Care**.

The paper

If people are talking about **the paper**, they are usually referring to a newspaper. The only exception to this is if people are talking about a specific paper in a specific situation.

People often cut out the *news* part of the word and make it shorter. When people say **the paper** meaning *newspaper*, they are possibly referring to a local **paper** or not referring to a specific **paper** at all.

Asking someone if they have read **the paper** is like asking them if they heard the latest news.

Here are two examples with **the paper**, one meaning the newspaper and the other meaning specific pieces of paper:

Henry: Hi. Good morning.

Brian: Good morning. Can you pass me **the paper**?

Greg: Let's go make some photocopies.

Trevor: OK. I'll grab **the paper**.

The water cooler

We will be talking more about **the water cooler** in an upcoming episode, so stay tuned!

Many offices and other work places have **water coolers**. This is the place where water is kept for employees to drink when they are thirsty. Because people go to **the water cooler** to take a break, this is where many conversations happen. A lot of these conversations are simple. They could be about the weather or what was on television last night. Just saying **water cooler** makes many Canadians and Americans think of chatting at work.

Here is another example of how **water cooler** might be used to talk about simple conversations:

Dean: What were people saying around **the water cooler** at lunch?

Hannah: Nothing special. They were just discussing the latest celebrity gossip.

To rock

To rock has a few different meanings, but the slang one Harp uses means to be cool, to be awesome. If someone says, “You **rock!**” this means they think you are awesome, great, and amazing!

Harp makes the joke that Culips **rocks**. Of course, she’s joking around, but we also hope that you really do think that!

Here is another example with **to rock**:

Nicole: I can’t believe Shelly finished the report for me! She **rocks!**

Oscar: Yeah, she’s great!

Quiz**1. What is the meaning of *to bounce back*?**

- a) to recover after a long negative period
- b) to recover quickly and easily
- c) to recover with much difficulty
- d) not to recover

2. Alison: It will be sad to see Jen go. She's been around forever!

What does *she's* mean in this sentence?

- a) She has
- b) She is
- c) She's (possession)
- d) She

3. What are the two variation of the same expression meaning to recover?

- a) *to become back on your feet* and *to get back on your feet*
- b) *to become back on your feet* and *to be back on your feet*
- c) *to back off your feet* and *to get on your feet*
- d) *to get back on your feet* and *to be back on your feet*

4. Jamie _____ Jen.

What verb can we put in the blank to say that Jen and Jamie's relationship is over because Jamie ended it?

- a) left
- b) lived
- c) righted
- d) wrote

5. In what situation would you need to get your life back together?

- a) after the death of a loved one
- b) after a fun night out with friends
- c) before a camping trip
- d) before an accident

6. Which expression means to recover after a long, difficult time?

- a) to bounce back
- b) to jump up
- c) to pull through
- d) to pull down

7. What does ICU stand for?

- a) Intense Cut Unit
- b) Intensive Care Unit
- c) Immense Child Unit
- d) Immediate Care Unit

8. *The paper* can be slang for what?

- a) the toilet
- b) the newspaper
- c) the computer
- d) the magazine

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