

Simplified Speech #181 – Doin’ the chores

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Episode description

Nobody likes to do chores, but we all have to do them. In this episode, Andrew and Kassy discuss how they split chores in their households, and chat about cleaning services while sharing some useful cleaning tips and life hacks. Join in to improve your listening and speaking skills while picking up essential vocabulary!

Fun fact

Most of us aren’t fans of doing chores, but there are actually numerous benefits to them. Cleaning can boost your immune system, reduce stress, improve your mood, increase productivity, help burn calories, and even contribute to better heart health. So, the next time you don’t feel like cleaning, just remember all these positive effects!

Expressions included in the study guide

- The bane of my existence
- To jump the gun
- Errand
- To swear by [something]
- TMI
- Day in, day 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: Simplified Speech episode 181, Doin' the chores. Featuring, Andrew and Kassy.

I'm your host, Andrew and joining me today is my trusty cohost, Kassy. Hey there, Kassy.

Kassy: Hey, Andrew. And hi listeners. We're super excited to be here today and to talk about a topic that affects all of us. Chores and housework.

Andrew: Now, on the surface, this sounds like a pretty boring topic to me. But in the past, whenever we've had topics that I think are going to be boring, I'm usually pleasantly surprised, and some interesting stories come out of talking about those topics. So, we'll see if that will be the case here today. And I guess let's start things off with a question, Kassy, so I would like to ask you about your least favourite household chore. I think most of the time people hate all chores. But among all of the chores, there's usually one that you hate the most. So, when it comes time to cleaning your house, and you know picking up after yourself doing all of those things, what is the one chore that you really hate to do?

Kassy: My most despised chore is probably, hanging laundry.

Andrew: Hanging laundry, interesting.

Kassy: Putting it in the washing machine, separating it, putting it back in my closet, not a big deal. But just hanging wet laundry is **the bane of my existence**.

Andrew: **The bane of your existence.** I love that expression, meaning that it's just really annoying and that you hate doing it, right?

Kassy: Yes.

Andrew: So, then how can you motivate yourself to do that chore?

Kassy: I usually play sports with my husband, and we'll make bets. And if I win the bet, then I can ask him to do chores for me.

Andrew: That's a good system.

Kassy: Yeah, I work really hard. So, we usually bet over washing dishes and hanging laundry, because those are both of our least favourite activities.

Andrew: Those are the ones that you don't like to do, awesome. Kassy, I realized here that maybe we **jumped the gun**. And that's a great expression, **to jump the gun** just means to start doing something too early. I jumped right into the discussion questions, but probably, it's a good idea to give a little bit of background information and a definition about what we mean exactly by chores, because, yeah, that could be a confusing term, perhaps. So, let's just break it down for our listeners. So, what comes to your mind, at least, Kassy, when you hear this word. Chores?

Kassy: When I think of chores, I think of things you have to do inside the house. For example, cleaning, or organizing, putting away things. When it's not things that you would do outside of the house, because those would be considered—maybe—**errands**.

Andrew: Wow, Kassy. You read my mind because I wanted to explain the difference between those two words, but you did it. So, that's amazing. Yeah, so a chore is a kind of, you know, cleaning your house, organizing your house, that kind of work that you do inside your house. And like you explained, Kassy, an **errand** is when you have to go outside of your house to do some sort of task that's also related to keeping your home functioning, right? Maybe going grocery shopping or something like that we would call an **errand**. So,

Kassy, you said that your least favourite household chore is hanging the laundry. What about your favourite household chore? Do you have a favourite chore or do they all suck?

Kassy: My favourite chore, maybe this is going to be crazy, crazy because I used to hate it but probably cleaning the bathroom, which is insane. Usually, the bathroom is like dirty, and you hate it. But I have a routine down. And I turn on music—and the acoustics are really good in there. So, I like just, like, squeegeeing the shower, wiping around the sink, the toilet is like eh, but yeah, my routine along with the acoustics and the music. It's really nice.

Andrew: Nice. So, you've got it all down to an art?

Kassy: Yes.

Andrew: I think in my case, I'm a little bit similar to you, Kassy, and that one of my least favourite chores is related to laundry. I don't actually mind doing the laundry. Although, it's kind of funny right now as we're recording this. I do have a load of laundry going right now. And actually, I did a load of laundry last night and I put it in the dryer to dry. But last night I was too lazy and too tired to put it away. So, it was just sitting in the dryer overnight, which is probably terrible. And then just now I put another load of laundry in, and I realized that I had to take that old laundry out of the dryer so I could put the new laundry in. And I don't mind usually hanging that up, Kassy, that doesn't matter to me too much. But I had to record with you. So, I quickly just sort of put it on the bed and I'll deal with that after.

Kassy: You put your wet laundry on the bed?

Andrew: No, out of the dryer. So, it's yeah, never wet laundry on the bed. Sorry. No.

Kassy: Oh, out of the dryer. You're so lucky you have a dryer.

Andrew: It's a very nice feature. But here comes the thing that I really hate doing because I was lazy, and I didn't hang the laundry right away as it came out of the dryer. I just let it sit overnight. Now it's really wrinkly. And I'm going to have to iron most of it. All of my shirts, especially shirts that I have to wear to work. They just look crazy wrinkly right now, and there's no way that I could get away with wearing one of those to work.

Kassy: Maybe you could make that a new fashion choice. The wrinkly shirt.

Andrew: Believe me if it became fashionable, I would be down. I don't know why that isn't top fashion these days because, yeah, it is just like you said to borrow your expression, **the bane of my existence** is ironing. And, actually, when my wife and I got married a couple of years ago, one of the things that we splurged on when we got new appliances for our house is something called a styler. Do you know what a styler is Kassy, probably because you lived in Korea?

Kassy: Yeah, I think I saw yours when I went to your house that one time.

Andrew: Ah, OK. I probably showed it to you when I was giving you a little house tour perhaps. But a styler is this appliance, and the function of a styler is just to prep your clothes and make them so that they're nice and clean and wrinkle free and smelling fresh for you to wear. So, the idea is that you would put in your clothes, you know, like 20 or 30 minutes before you have to get ready for work, and your clothes will be nice and fresh for you to wear. So, we do have this styler, but I've noticed that it's not really great at getting out wrinkles. It seems to work pretty well for my wife's clothes. But maybe my shirts and pants are a little thicker. I'm not sure. So, it's really frustrating to me because I thought when I was buying the styler, that would be the end of ironing for the rest of my life. And it's not the case, I do still have to iron. So, to make a long story short, that is the chore that I really hate doing, ironing.

Kassy: Seguewaying out of that, I wanted to bring up something about Thailand, you just brought up something about Korea. In Thailand, good and bad, good for expats, kind of

bad for Thai citizens. The minimum wage is very low here. So, a lot of expats actually forego doing their chores, and they hire cleaning ladies or maids to come in because it is super cheap compared to hiring a cleaning lady maybe in the States or Canada or even Korea. So, I know a lot of my friends who are also teachers, all of them have cleaning ladies, I'm the only one that still cleans everything myself. I don't know, it just, I feel weird thinking about somebody else touching all of my clothes and things. So, I just haven't hired a cleaning lady. But yeah, something to consider if you ever move abroad to a country whose minimum wage is lower than your own.

Andrew: Yeah, it's interesting. And it does bring up some questions like some moral questions for me, like, I don't know what it is. But I feel a little bit uncomfortable about hiring somebody like that. But at the same time, it can help the local economy and you know, there can be some pros and cons to it. So, I don't know. But my wife and I even talked about hiring a cleaner for our new house, maybe not every day, of course, because it is a little bit expensive here in Korea to hire that kind of service. But maybe once every two weeks or once a month, just because like we moved into this brand new renovated home and when we moved in, everything was perfectly clean. And you just know that even if you do your chores regularly, and you keep the house clean, which we do, if you want to keep things really, really, really super clean, you have to put in perhaps more effort than we're willing to, you know, so just to have a cleaning person come in like once a month and just do the deep cleaning in the spots that you kind of tend to ignore, you know, maybe behind the fridge or like in the back of the bathroom cabinets or those places that you don't clean as often we thought should we hire somebody to do that kind of deep clean for us once a month then, we haven't done that yet. But I guess we're still thinking about it. It seems to be like a kind of a win-win, you know, helps keep your house clean, helps, you know, hire some people in your neighbourhood and, yeah, it could work? I don't know.

Kassy: Yeah, I agree. I keep thinking about doing it. I haven't tried it yet. But I think you're right, that having that once a month, maybe even once every two months, just like extra deep clean for those hard-to-reach places, and maybe the chores that you know you have

to do, but you just despise, like, scrubbing the outside windows or something could be done by an outside source.

Andrew: Exactly. Kassy, I have another question for you. I'm curious, you know, when it comes to cleaning, you can go to your grocery store or your local, big box store, your mart, whatever. And if you go down the cleaning aisle, there are tons of gadgets and tools and accessories that can help you be a more efficient cleaner. And I'm curious, are there any tools or gadgets or cleaning products that you **swear by**?

Kassy: Honestly, I don't like the smell of chemicals. So, I usually use a mixture of hot water, lemon, vinegar, dish soap, kind of the more natural approach just with some rags. But I **swear by Windex**, nothing cleans glass like Windex.

Andrew: I'm trying to think about some sort of gadget that I use, I guess you know, a vacuum cleaner is the one gadget that just really saves me a ton of time. And my wife and I have been debating getting a robot vacuum cleaner. You know those?

Kassy: Yes.

Andrew: Maybe this is **TMI**, I'm not sure, but after moving into our new place—we have hardwood floors in our new home—and maybe it's the tone of the wood that we chose, I'm not sure, but hair really shows up well on these floors. So, I don't think my wife or I or our friends who visit—I don't think anybody is losing hair at a quicker rate than we did before. But I guess in our old place, maybe when a hair fell on the floor, kind of blended in and was more camouflaged than it is now because in our new place, you just whoa, you can see it right away. So, after moving into this house, I was like what's up with all the hair on the floor? It felt like I was vacuuming like five times a day, or I would even use the broom and sweep the floor because I was just noticing hair all the time. And that made me think like, oh, if I had this robot vacuum cleaner, then the floor could just be perfectly clean all the time. And I wouldn't have to worry about going around and sweeping up any hair. So, we'll think about it. But yeah, I have been using the vacuum cleaner a lot. If I could

delegate that task to a robot instead, then that would probably make my life a little bit easier.

Kassy: Yeah, I think if my apartment was bigger, I might think about that too. But it just feels too small to even hire a robot.

Andrew: Kassy, we'll wrap things up here in just a moment. But before we do, I wanted to circle back and touch upon something that you mentioned a little bit earlier. And that was competing with your husband about who does which chore? And I was just curious, how do you divide cleaning the house and doing the chores in your household? What's that look like?

Kassy: Yeah, on a day-to-day basis, I usually do the cooking, which I consider kind of a chore. It's a necessity, but you have to do it. So yeah, I do the cooking and then he'll wash the dishes usually, unless I lose in badminton that week. And then on a big cleaning day, he will usually do the whole floor because we have hardwood floors too, so he'll sweep and then mop. And then I am in charge of picking up all the loose items and the bathroom that I mentioned before.

Andrew: I'm also in charge of the bathroom at my house. I don't know, I don't really seem to mind doing it. Of course, it's gross, right? There's no ifs, ands, or buts, it's just a gross area to clean. But I don't really mind as much, and my wife finds it icky. So, that's my job.

Kassy: Yeah, that's what I said at first and he just refused. And I'm like, OK, fine. It'll become my favourite now, it is my domain.

Andrew: That's funny. I think in my house, my wife and I we split the chores evenly. Usually, we do it the same way. If I cook, then she'll do the dishes or if she cooks, then I'll do the dishes. And you know, that's most of the chores right there. That's like the daily task that you have to do **day in, day out** is making sure the kitchen is clean and that there's food in your belly, right? So, I think that's most of it. But then yeah, on the

weekends, usually one of the weekend days we'll spend the morning not the whole morning but like an hour just cleaning up making sure the floors are clean and the bedrooms clean and our laundry is taken care of and I think yeah, for the most part we do just sort of divide tasks about what needs to be done at that certain time. And we go about doing them ourselves. But other than the bathroom, I don't think we have really our own domain or our own area where we only do the chores.

Kassy: Yeah. Oh, one more thing before we finish. So, one thing I've noticed, I am not usually a person who invites a lot of people over to my house. One is not very big, so if we're going to go to somebody's house, it would be the person with a bigger sofa. However, I've made like one or two new friends in this school year, new teachers at our school, and I've been inviting them over more. And I've realized that the more you invite people over, the more clean you have to be, it's insane. The amount of times I clean has exponentially risen in connection to this new friendship, because I can't just bring them into my dirty house.

Andrew: Yeah, it's so true. I actually had a friend come and visit me in Seoul not too long ago. And there was a little bit of miscommunication about the time that he was going to arrive. And I thought he would be coming later in the evening. And in the afternoon, I got a phone call. And he's like, "Yeah, I'm just outside your house." And I was planning on finishing my workday, and then cleaning up my house, and then meeting him and him coming over. But he arrived several hours too soon. And so, I said, "Well, you're gonna get the real me today." You know, because it is true, often, we go out of our way to make our homes look extra clean and extra nice for guests, right? And that's, of course, natural but sometimes it's not a real reflection of the way we live now. Yeah, in my opinion, at least, I think that my house is always pretty much clean. It's like always like 90%, clean. But there's always you know, that 10% of maybe I threw a shirt on the floor, or I didn't tidy up my desk or something like that, that you're a little bit embarrassed about when guests see it.

Kassy: Yeah, exactly. But it goes to show the bigger your social life is, the more likely your house will be clean.

Andrew: Maybe that's the key, right? Just have a busy social life and invite many guests over all the time. And you'll always have a clean house, but you'll also be very tired.

Kassy: Exactly.

Andrew: All right. Kassy. We've got some special bonus content here for our wonderful members. So, let's keep our conversation about chores and housework going just for a couple of minutes more, a couple of rapid-fire bonus questions here for you, Kassy. Question number one, do you have any hacks or tricks that you've discovered to save you both time and effort when it comes to doing some housework?

Kassy: I hate cleaning, so, I don't have a lot of hacks. As you know, I'm the bathroom connoisseur so cleaning the shower, I learned a really cool hack for like getting the grime off the floor and the walls.

Andrew: OK? Do tell.

Kassy: OK, what you do is you boil water in your kettle. And then you pour that and baking soda on to the floor and like the lower walls. And then you take towels that like you never use just really raggedy towels, and you throw them down on top. And you let that sit for maybe 15-ish minutes, until the towels have soaked in all of those juices, the water's cold and then you wipe that initial residue away. And then you go in and like scrub and use fresh towels with more water and maybe some vinegar. So, by using those old towels and that one first layer, it really brings up the grime first and then before you come in and get the rest.

Andrew: That is an interesting technique. It sounds like you've got things all worked out for you there. You use that in your shower, you said?

Kassy: Yes. I mean, I always like to do a little wipe every so often. But sometimes you have buildup, and that really, really gets the buildup out of there.

Andrew: It's a deep clean technique. For me, I haven't really used this before, but recently I picked one up and I was shocked. It really reflects the name of the product. It's called a magic eraser. You know those things? It's like, it looks like a little white piece of foam. But if you have like a little scuff on something, like my desk right now is white and if my chair bumps up against my desk, sometimes there'll be like a little black streak, you know, like a bump mark. Well anyways, if you take that magic eraser, and you just rub it, then boom, the scuff is gone. I don't know how it works. It's just like a piece of foam. I don't know what it does exactly but any little mark or scuff that you get, you know, on the wall, on the floor, on the counter, you just rub it with the magic eraser and like magic, it's gone.

Kassy: Just like magic.

Andrew: Yeah, you don't need any water. Don't need any soap. It works really well. So, yeah, they're super cheap, too. I got it like at the dollar store for a dollar for like six of them.

Kassy: Super cool. I need to look into that.

Andrew: Kassy, you mentioned earlier in the regular episode that when you're cleaning the bathroom, you'd like to get your tunes going, and you've got a playlist that you'd like to listen to. I'm curious, what's your cleaning music that you enjoy listening to?

Kassy: Sometimes it's just like the top 100 hits or something like that. These days, I've been reading—as listeners know, I love to read—I've been reading some books about some culture in the US in the 1950s through 70s. So, I've been listening to a lot of like, all these oldies but goodies songs like The Beatles, and Dolly Parton and Simon and Garfunkel and yeah, a whole bunch of people from that era.

Andrew: Nice. Sounds great. Yeah, that could get you motivated to clean. I think. For me, I love cleaning, especially doing the dishes, because it's kind of me time, you know? Like, it's really hard to maintain a conversation when you're doing the dishes. So, that's some time that I have to myself, and I love that because I can get my air pods in and just listen to a podcast. So yeah, I'm not really a music and clean guy. Well, no, I take that back because I said that often on the weekend, my wife and I will spend like an hour together just sort of cleaning our home together. And during that time, we usually play a record on our stereo, and we just have some music playing in the house. But for doing the dishes at least or if I'm cleaning the bathroom, then I get my air pods in. And I love listening to podcasts, like just some time where I can, yeah, catch up on a podcast and helps me do the task that's not so pleasant to do, but in a pleasant way. It makes it better if that makes sense.

Kassy: Yeah, that's smart. Yeah.

Andrew: Awesome. Well, Kassy, I think we will wrap things up here. So, all of our members out there listening, thank you guys so much for joining us today and for your support. And, of course, now we'd like to throw things over to you. You can let us know what your favourite chore is, what the chore is that you hate the most. And just doing housework in general by leaving a comment or a message on our Discord server. And we'll put the link to join our discord in the description for this episode. So, please share your opinion with us and the Culips community. And we'll look forward to hearing from you. So, until next time, take care everyone and we'll talk to you soon, bye!

Kassy: See ya!

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

Detailed Explanations

The bane of my existence

Expression

Towards the beginning of this episode, Andrew asks Kassy about the one chore that she really despises. She responds by saying that hanging wet laundry is **the bane of her existence**. As Andrew explains, the expression **the bane of my existence** describes something that is extremely annoying or something that you hate doing.

If you say something or someone is **the bane of your existence**, it means that thing or person is a frustrating part of your life—a constant source of trouble. We often use this expression to complain about something or someone that irritates us and makes life harder or more unpleasant. For example, if you really hate filling out forms, you could describe it as **the bane of your existence**.

A common variation of this expression is *the bane of my life*. Both **the bane of my existence** and *the bane of my life* are strong ways to express annoyance or frustration. They're usually used in a negative way. However, sometimes they can be used humorously as a dramatic or exaggerated way to say that you're annoyed. For instance, if a friend keeps doing something frustrating, such as misplacing things around your house, you might playfully say to them, "You're **the bane of my existence**!" However, it's essential to note that this expression should only be used in a casual setting and with close friends, as it can be seen as rude or hurtful if used inappropriately.

Here are a couple more examples with **the bane of my existence**:

Sarah: Ugh, these website pop-up ads are **the bane of my existence**! They always cover up the most important part of the page and I have to wait forever before I can close them and keep reading.

Ronald: I'll share the ad blocker I use with you; it's been a lifesaver for me!

Lisa: I don't know if I can keep working with Paula. She's truly **the bane of my existence**!

Dan: What did she do this time?

Lisa: Well, it's just that she can never get anything right, and instead of doing my own tasks, I always end up fixing hers! It's so annoying.

To jump the gun

Idiom, informal

Normally, Andrew and the other Culips hosts begin the episodes by introducing and defining the topic for discussion. However, in this episode, Andrew starts by jumping straight into the discussion. When he realizes that, he says that maybe they **jumped the gun**, because it's usually a good idea to give a little bit of background information on a topic, such as the definition of chores.

To jump the gun is an idiomatic expression that means to act too soon. When you **jump the gun**, you say or do something prematurely. It's often used when you answer a question or say something without taking your time to think it through. By saying, "I **jumped the gun**" you are expressing regret about rushing into something.

This expression originates from sports competitions, particularly races, where the participants wait until the starting signal—the gunshot—before they can start running. When used figuratively, **to jump the gun** means to do something too early, like starting the race before hearing the gunshot.

To jump the gun is a useful expression that can be used in informal settings to describe impulsive or premature actions. It can also be used in situations where somebody is being impatient and getting ahead of themselves. For instance, if someone buys a gadget online without reading the reviews, and later regrets their impulsive actions after finding out that the reviews are all negative, you might say that they've **jumped the gun**. They acted too soon and rushed into buying that gadget without properly thinking about it.

Here are a couple more examples with **to jump the gun**:

Mia: How's your new apartment?

Anthony: Well, we've been finding small issues here and there. We should've been more careful and checked everything properly before signing the rental agreement. We definitely **jumped the gun**.

Matthew: I bought tickets to a concert for my second date with Anna!

Hazel: That's so sweet! Did you make sure she's free on that day?

Matthew: Oh. I didn't think about it. I might have **jumped the gun** there

Errand

Noun

In this episode, Andrew and Kassy talk about chores. Kassy defines chores as things you have to do inside the house, as opposed to **errands**, which are things you do outside the house. Andrew makes an example of an **errand**—grocery shopping.

An **errand** is a specific task that one needs to do, which usually involves a short trip somewhere. **Errands** refer to common activities in our daily lives, such as shopping, mailing a letter, delivering a package, or picking up dry cleaning. **Errands** could also include work-related tasks. We usually pair the noun “**errand**” with the verb “to run”, as in “to run an **errand**” or “to run **errands**.”

It’s a common word that we use when we have various tasks that we need to accomplish during the day. If you have a list of things to do and need to visit different places to complete these small jobs, and someone asks about your plans for the day, you can summarize by saying, “I’m going to run some **errands** today.”

The term **errand** is also used when you’re helping someone else with something. For instance, if a friend asked you to pick something up from a store for them, you might say, “I need to run an **errand** for a friend of mine.”

Here are a couple more examples with **an errand**:

Sam: Hi Ruby, is John at home?

Ruby: No, he's out running **errands**.

Sam: Will you please let him know I need to talk to him? He can give me a call when he gets back.

Ruby: Sure, I will!

Mike: Do you have any plans for today?

Hannah: Just a quick **errand** at the post office, but I’ll be free most of the day.

Mike: Awesome! Any chance you could stop by my house? I could really use your help with something.

To swear by [something]

Phrasal verb

To swear by [something] is a phrasal verb used to express a strong belief in something or someone. When we say that we **swear by something**, it means we're certain about its value, and we can rely on it. It can be applied to things, methods, or people that you have great confidence and faith in.

In this episode, Andrew asks Kassy if there are any tools, gadgets, or cleaning products that she **swears by**. In other words, he's asking her about products that she trusts. Cleaning tools or gadgets that definitely work based on her experience.

This expression is often used when we talk about things we highly recommend. For instance, if a friend asks you for advice about a coffee machine, and you have one that you've been using for years that has been working perfectly, you might say, "**I swear by my coffee machine**", expressing your approval.

To swear by [something] is a versatile expression that can be used in various contexts to express personal preferences, give recommendations, or offer advice. It's used in a positive way to emphasize the effectiveness or value of things or people.

Another common expression with the same meaning is *to vouch for [someone]*. To learn more about this expression, you can check out the study guide for the [Simplified Speech episode #167](#).

Here are a couple more examples with **to swear by [something]**:

James: I've been having this pain in my back for a while. I've tried this cream, but it didn't help much, to be honest. Can you recommend anything?

Stella: I used to have problems with my neck and back too, but then I found my massage therapist, and I **swear by her skills**! I felt much better after just one session. I can give you her number if you like.

James: Absolutely! Thank you so much.

Alex: I've been trying to lose weight for a while, but no success.

Eve: I know some people **swear by various diets**, like Keto or Paleo, but I believe it really is all about calorie deficit. That's what helped me, anyway.

TMI

Abbreviation, informal

In this episode, Andrew discusses the debate he's having with his wife about getting a robot vacuum cleaner. The reason he wants one is because ever since they moved into their new house, one thing that's been bothering him is that hair shows up well on their hardwood floors. Before sharing this, he says, "Maybe this is **TMI**."

TMI is a slang expression that stands for too much information. This expression is used when someone shares information that is too personal or embarrassing, often making the other person feel uncomfortable. **TMI** refers to things that people wouldn't normally share because it's considered inappropriate.

This expression is often used to let someone know politely that they're oversharing, that you've heard more than you needed to know. For example, if a friend mentions that they have food poisoning, and then begin to get into all the unpleasant details, you can stop them by saying, "**TMI!**" By saying this, you'd let them know that they're sharing unnecessary information and making you feel uncomfortable.

This expression is often used as a warning. You might use it before sharing something that could be inappropriate or gross. This is how Andrew uses it in this episode—he's warning Kassy and the listeners that what he's about to share might be slightly unpleasant and not something you necessarily want to hear.

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

Tina: Hi Tom. You missed our meeting yesterday. Is everything OK?

Tom: Yeah, I just had a little accident. I fell from my bike and scraped my knee pretty bad, there was so much blood, I had to go to a doctor to disinfect the wound...

Tina: OK, **TMI!** Sorry about your accident, but you don't need to tell me all the details.

Nile: Hey Lily! How was your date?

Lily: It was going well until he started telling me all about his ex-girlfriend and how they broke up, which was a bit **TMI**, especially considering it was our first date.

Nile: I see. Maybe give him another chance? I've known him for years and I believe he's a nice guy.

Day in, day out

Idiom

When talking about how he and his wife divide the housework, Andrew says that they share each of the chores and daily tasks evenly. For example, if he cooks, his wife washes the dishes, and vice versa. He adds that they do it this way with all the tasks that they have to do **day in, day out**.

Day in, day out is an idiomatic expression that we use to talk about something that happens every day, again and again. If you do something **day in, day out**, you do it repeatedly and without a break. This expression can be used to refer to regular daily activities and routines, such as working, studying, doing housework, or practicing sports. For example, if someone is preparing for an important exam and they study every single day, you might say that they study **day in, day out**.

A common variation of this expression is *day in and day out*. Both variations are often used in a negative way, emphasizing the monotony and repetitiveness of the action being described. However, they can also be used positively, when talking about someone's persistence and commitment. For instance, a person who is training for a marathon and is determined to win would train **day in, day out**. This means they would train continuously, without missing a day. Using the expression **day in, day out** shows how dedicated they are to achieving their goal.

Here are a couple more examples with **day in, day out**:

Andy: I love your garden! It must be so much fun to grow your own fruits and vegetables.

Abby: Thank you. Well, it is. But a lot of effort goes into it, and it can be quite tiring. I've been weeding, digging, watering all summer, **day in and day out**.

Andy: I really admire your dedication!

Dave: Where's Keith these days? I haven't seen him in a while.

Sophie: He started volunteering at the community center, and he seems to really enjoy it. He's there **day in, day out**, helping with all sorts of activities.

Dave: Good for him!

Quiz

1. **If a friend says to you that his mother-in-law is the bane of his life, he means that _____.**
 - a) She is his favorite person
 - b) She frustrates him
 - c) She's very funny
 - d) He's never met her in person

2. **If someone says that they jumped the gun, they mean that _____.**
 - a) they did something illegal
 - b) they ran a marathon
 - c) they acted too soon
 - d) they tried target shooting

3. **Which of the following is an errand, and not a chore?**
 - a) Getting prescriptions from the pharmacy
 - b) Sweeping the floors
 - c) Mowing the lawn
 - d) Washing the dishes

4. **If someone says that they swear by a clothing brand, they mean that _____.**
 - a) they don't like this brand
 - b) they trust this brand
 - c) they don't really know much about this brand
 - d) it's a very expensive brand

5. **Which of the following means repeatedly and without a break?**
 - a) day over day
 - b) day to day
 - c) day on, day off
 - d) day in, day out

Writing and Discussion Questions

1. Are there any chores that you enjoy doing?
2. Are there any chores that are the bane of your existence?
3. Can you think of a situation where you jumped the gun? What happened?
4. Are there any tools or cleaning products that you swear by?
5. How do you feel about people that tend to share TMI? Do you do that sometimes?

Quiz Answers

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

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