

AD-FREE

Simplified Speech #191 – Kassy’s campaigns and Andrew’s audio

Episode description

Andrew and Kassy are back with another one of their famous catch-up chats. Kassy talks about how she’s been spending some of her free time doing something she never imagined herself doing. And Andrew shares a story about a new purchase he is very excited about unboxing.

Listen to hear all the details and to improve your English communication skills with these real-life stories!

Fun fact

Catching up with friends or coworkers over coffee dates back to coffee houses in the Middle East in the 15th century. They were called “Schools of the Wise” because people had lively conversations and shared ideas while they were there. These gatherings were the start of today’s coffee culture, where cafés are popular places to hang out and chat. This tradition shows how important it is for people to connect and talk, even in simple ways like catching up over coffee.

Expressions included in the study guide

- To sync up
- Stigma
- A slog
- Standoffish
- To stick to [oneself]
- To put [something] behind you



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 191. "Kassy's campaigns and Andrew's audio."
Featuring Kassy and Andrew. Today I am joined by my trusty co-host Kassy. Hello Kassy, how's it going?

Kassy: Hey Andrew, doing well.

Andrew: It's been a little while since we've had an opportunity to talk, Kassy, because I have been globe-trotting. I have been to Australia and Singapore. But finally, I'm back here in Korea, my home base. And we were able to **sync up** our schedules and record. So, I think what we're going to do for this episode is one of our famous catch-up episodes. Because I haven't seen you for a while, I'm sure you've got a lot of new things going on in your life. And I can't wait to hear some updates from you.

Kassy: Yeah, sounds great. I remember our last catch-up episode, but I'm sure we have lots to talk about since the last one.

Andrew: I mentioned this last time that we did a catch-up episode, that I'm not sure what number we are in our series now. Because we've done this several times, right? Where we just hang out and we chat and we catch each other up on what's going on in our lives. We've done this many times. We're probably at like number eight or nine or ten, I would guess.

Kassy: I think around eight, probably.

Andrew: Yeah, but what I want to do is outsource this to our audience because I know we have a lot of huge fans, huge Culips fans, who probably know the answer. So, if you know the answer, if you're out there listening and you're screaming at your phone right now or your computer, whatever device you're listening to us from, if you're screaming at your device saying, "It's number nine, it's number ten!" Well, then, please drop us a message and let us know. And then maybe, Kassy, from the next time going forward, we can give the correct number of what position we are in our series here. So, if you know the answer, let us know. But for now, I think we should get started with our episode, our catch-up conversation, and we'll start with you because, ladies first.

Kassy: Thank you.

Andrew: So what's new? What's going on in your life?

Kassy: First of all, I don't have a lot of updates because, as I was telling you a little bit before we started recording, but we call this time of the year, as teachers, the "spring slog" or, I guess, the "winter slog." I don't know. It's that period of time in February and March where there are just so many tests and things happening, and there's no vacation, and everybody's tired and stressed out. So, I haven't done a lot of fun things in the past few months, but I did do one new fun thing.

Andrew: Nice.

Kassy: I'm going to preface this by saying that the thing I'm going to talk about, I always told myself that I would never do it. So, my friends finally convinced me to join a D&D group. And D&D stands for Dungeons and Dragons.

Andrew: Dungeons and Dragons. OK, Dungeons and Dragons. I've never played D&D myself. It's a super popular game. I have many friends who have played it. In fact, I interviewed one of my friends recently for Culips, and he's a big D&D player. So, listeners

can look forward to hearing that interview, and we talk just a little bit about D&D in that episode. Past Culips host Morag was also a D&D player.

Kassy: Really? I didn't know that.

Andrew: And now you, so it's popular.

Kassy: I wouldn't say I'm a big D&D player, but I've definitely talked about my love of board games and stories, of course, reading in the past. But I always had this **stigma** against D&D, that it was just weird or super long and not very exciting.

Andrew: OK, so that's the reason that you never wanted to do it.

Kassy: It's a big commitment.

Andrew: Big commitment. "Stigma" is a good word that you used there a moment ago. Stigma means, like, a kind of negative perception, right? Like, people who are not players of the game, maybe they look down or they think, "Oh, it's very nerdy." There are many movies, many Hollywood movies that are set in the 70s or the 80s. And you see a group of middle school boys. They're usually always the nerdy, outcast students who can't fit in with the popular kids at school, can't find a girlfriend, those kind of students. And they just hang out in their parents' garage or their parents' basement and they play D&D together. It's got that kind of image, I think, from the past. Is that the main reason why you didn't want to do it, or just the time commitment?

Kassy: I think it was a little bit of both because usually D&D campaigns, what they're called, is you have to join this and you make your character and you start at level one. And each session is usually, it's a set time, but it's usually three or four hours. And I don't know, I just couldn't imagine playing this character for three or four hours at a time. It was still very difficult the first two times, I'm not going to lie, but it's getting better.

Andrew: But yeah, when you stop to think about it, it does seem like it's up your alley. Like, you enjoy stories, you enjoy fantasy, you enjoy games. So that's kind of all of those things mixed together, except for the big time commitment, I suppose.

Kassy: Yeah, that's right. Even the longest board game I usually play is a maximum of two hours and that's kind of my limit. So the three or four hours still is daunting for me, but I really love hearing about the lore of the world that we're in right now. It's me and four colleagues actually. We play after school once every two weeks. So that's another great thing. This is not an every week commitment. And sometimes we even say, "Hey guys, we're really tired. Let's push it back one more week." And I love how flexible that is because if everybody was so rigid about it, I would feel stressed rather than excited to go meet them and do this activity together.

Andrew: Yeah, it's nice that you're all in the same boat. You're all teachers. And as you were saying earlier, it's a slog right now, this time of the year. And I love that word that you used, "slog." It's fun to say. And it's one of those words that the sounds kind of, at least to me, I don't know if you feel this way, but the sound of the word is a good representation of the meaning of the word. Like you say it very slowly, right? It's a slog. And I don't know, could you explain what that word means to our listeners? Because I think it'll be a new one to some of them.

Kassy: Yeah, if you say something's a slog, it just means it's really long and exhausting. I think of... slog reminds me of swamp. And I just imagine trying to walk through a swamp, which you know, your feet getting stuck in the mud and being so tired and frustrated that that's what a slog feels like.

Andrew: Yeah, that's exactly the same image that I have in my mind is like a long journey through mud. And you know, each time you pick up your feet out of the mud, they make that slog sound, so. So that's good that all of the players in your D&D group are teachers.

So that, you know, if you're busy or tired, you can postpone it for a little while. But how's it been going? Have you been totally convinced?

Kassy: No, I wouldn't say that. But I would say I'm enjoying it. The teachers that I play with, two of them are close coworker friends. But the other three I don't hang out with really outside of school or, and I don't see them usually like they're in different departments. And it's really cool seeing their personalities outside of work and just getting their kind of weird, goofy side is really fun to watch. We play at this cafe and another thing I look forward to besides D&D is that this cafe has some amazing food.

Andrew: Really?

Kassy: Yeah, so we'll go after school, long day of school, and we'll go play, but we'll also order dinner. And my favorite is this Japanese-style curry. It's to die for, Andrew.

Andrew: Nice. So you can eat and play at the same time. That's got to make playing the game during those long hours a lot easier.

Kassy: Yeah, it's nice. You can have a milkshake, you could have dinner, munch on snacks. It's really nice.

Andrew: So I've never played D&D, and I've tried to get to the bottom of it before, but I still don't really understand it. Is it mostly just telling a story? Are you competing against each other? Is there an end to the game? Is there a goal? Is there a winner? Like, what exactly do you do?

Kassy: Honestly, I don't know all the details, but I know you all start at level one, which means you have limited items and abilities, and then the master, the game master, he has a book in an overarching storyline that he would like you guys to progress through, but you can make your own decisions. So as you play, you can decide where you want to go, who

you want to talk to, and the master will create characters and scenarios based on what you choose, and then wherever you stop at the end of that day's session, then he will take that info and then, you know, think of ideas for the next session. I think being a game master is so difficult.

Andrew: Yeah, I was going to say that. That person that has that role, they're called the master, right? Like the dungeon master? Is that what you call them? So, what about your character? What character are you playing?

Kassy: My character's name is Nisha. I don't know all the lingo, sorry guys, if you're a big D&D fan. She's like a fairy-elf-ranger person, and so she has a long bow, and I just got a hand crossbow too, very exciting. And I also have like a little animal companion that can also help you on your journey. Mine is a wolf. Yeah, my character is supposed to be kind of like **standoffish** and mysterious, and she just likes to fight and not talk that much.

Andrew: That's a great adjective that you just used there for describing somebody's personality: "standoffish." Standoffish. What does that mean if somebody is standoffish?

Kassy: It means they don't really like to show their emotions, they like to just step back, and they kind of come off as a little rude.

Andrew: Yeah, sometimes they can be shy and it just comes across as rude or, you know, a standoffish person is not really outgoing, not very bubbly, right?

Kassy: Yeah.

Andrew: Sometimes just **sticking to themselves**, but it has a negative connotation, right? You could say somebody is shy and it just means like they don't really like interacting with people too much maybe. But if you're standoffish, you're kind of shy and not interacting with people, but in a kind of negative or rude way. Well, best of luck to you and your friends in your D&D campaign. Keep us updated about how it goes.

Kassy: We are in level three now. Or four? We might be level four. I forget. We recently upgraded. So yeah, we're- we're on the right track.

Andrew: Well, speaking of upgrading, Kassy, maybe this is time where I can jump into my big news. I'm really excited about this. I think I've told the listeners of Culips about this before, and probably I've talked to you a little bit about this, Kassy, but ever since I got married, my dream once I moved in with my wife for our house was to have a stereo. You know, I used to be a musician. I played in bands. I played music all the time back in Canada, but I've kind of retired from that since I've come to Korea. I did bring my guitar with me occasionally, like once a year or twice a year. I'll go to a practice room and I'll play some music. I also played drums. So sometimes I'll, you know, rent a practice room and play drums for an hour. I'll do something like that. My wife's a piano player, so we do have a piano in the home. And sometimes when she plays, when she's finished, I'll kind of jump on the piano and fool around. I took piano lessons when I was younger. I'm not much of a pianist at all by any means, but I do like just fooling around and being creative on the piano. But that's it. Pretty much I've retired completely from music.

So after getting married and moving in with my wife and realizing, accepting that, you know, I don't think I'll ever make it as a rock star and a pro musician, and just kind of putting that side of my life aside, I decided instead of playing music, I'm going to spend more time enjoying music. And I've made more of an effort to listen to music, to seek out new music, and to just enjoy spending time with music. Because it is a huge, huge source of joy in my life. And it's a really just fun and pleasurable experience to listen to people make music, who can do it really, really well. Way better than me, than I ever could. So after getting married, I said to my wife, "Going forward, one thing that I want to do is have a nice stereo in our home." Something that we can use to listen to music to. It's something that we can bond over because my wife is also a big music fan, and we listen to music together a lot in our living room here. In our home, we don't have a TV, we just have our stereo. So if we're eating dinner, we play music. If we're hanging out in the living room, we play music. It's like something that's in the background of our lives most of the time. So

after getting married and we moved into our old apartment, and Kassy, you remember the old apartment?

Kassy: Yes, I do.

Andrew: Yeah, you probably even remember my old stereo, because I think we probably listened to some music while you were over one of the times.

Kassy: We listened to your record player.

Andrew: Yeah, so I think probably when we got that record player, that was kind of a new addition, not too long after we got married. And so we bought a record player. I won't say what brand it's by, but it's by this kind of popular brand that makes a cheap version of a record player. And my wife at that time said, "We can buy this. We can spend some money on a stereo." But since this is like new, we should start just with a kind of cheaper stereo. So we bought, I always called it a toy. I said, "It's not a really serious stereo. This is just a toy." But actually, you know what? It sounded pretty good and it did a good job. But after moving out of that apartment and Culips listeners will know that my wife and I moved into a house about six months ago. And so finally I said, "OK, it's time to upgrade from our toy to a real stereo." And I talked about it with my wife and she said, "OK, yeah, I can see now after two years of you playing with this toy stereo." You're actually into this hobby. We call it hi-fi, hi-fi stereo, high-fidelity, high-quality. And you're not just going to, you know, spend some money and then give up on it. So many people get into hobbies and they want to go really hard right from the get-go. Right? They want to buy the highest, best-quality equipment right from the start. And then they give up after a few months. And then it's a waste of money.

Kassy: Great for second-hand buyers though. We get the coolest stuff sometimes because, you know, like you just said, people buy it and then don't use it.

Andrew: That's true. And actually that's a nice segue because my wife gave me a budget for the stereo. And yeah, she didn't give me, you know, it's funny that my wife gave me the budget. It's not like it's all her money. But we negotiated. She said, "OK, you can spend up to this amount of money." And I said, "OK, I can deal with that." And it's funny. I mentioned this on Culips before as well, but I met one of my old Korean teachers and he's really a huge audiophile. "Audiophile" means someone who's really, really in to listening to high-quality music. So he knows all about speakers and sound systems, CD players, LP players, everything. And so I talked to him and I said, "I'm putting together this stereo for my home. I need to buy a record player, an amplifier, and some speakers." Those are the three pieces that I needed to buy. And he said, "OK, what's your budget?" And I told him and he just laughed. He's like, "That's way too low. You can buy some stuff for that amount of money, but don't expect to have this really high-quality experience." But the equipment that he has is like equivalent to, you know, buying a car. He could probably buy a brand-new car for the same price as the speakers that he has. So obviously I'm not...

Kassy: Quite at that level.

Andrew: Yeah, I'm not at that level yet and probably never. But yeah, my wife gave me a budget and I wanted to go second-hand because I love vintage things and especially with stereo equipment, vintage is really good. It's a really good option. You can find really well-made pieces from the 60s, the 70s, the 80s that still function really well, that still have a great sound. They're also very aesthetically pleasing in my opinion. Like I love the look of old stereo equipment. I love the buttons and the notches on them. They're not made of plastic; when you flip the switch or turn the knob, it's really satisfying. Like, it's got some weight to it.

Kassy: Ah, yeah, I know what you mean, yeah.

Andrew: So I wanted to go vintage and I've talked about this also on Culips. Sorry, this is like a recap episode for- for hardcore listeners. They'll already know these stories. But I bought a record player a long time ago. I bought it maybe in the summertime. I bought that

on Karrot Market. Kassy, you probably know Karrot Market. The used app that we use here in Korea for buying and selling used things. So I bought the record player and then about maybe two or three months ago, I bought an amplifier also used off Karrot Market again. And this whole time, like I've been just scouring the used apps every day. I have all these alerts set up for what I'm looking for.

Kassy: So can you type keywords and if those key words or phrases pop up on the app, it'll send you a notification?

Andrew: Exactly. Exactly. So I typed in the brands that I wanted to buy, all these different keywords. And, so it was actually kind of driving me crazy because I'm getting so many pop-ups all the time, just from the buy and sell apps. And usually I have all of the app pop-ups and notifications on my phone blocked because I get a lot of email because of Culips and a lot of notifications and stuff. And if I don't have them turned off, it's just impossible to use my phone.

Kassy: It'd be a constant ringing in your ears. Ding, ding, ding, ding, yeah.

Andrew: It's crazy. So I usually have them all turned off, but for these apps, I left them on, and it was getting to be too much. I just kept getting notification, notification. And I also found that I was spending a lot of my free time reading about stereo equipment on Reddit and on YouTube. And I was like, I just got to make a decision and put this stereo together ASAP so I can just enjoy it and stop wasting time learning about different pieces of equipment. So the last piece that I had to buy were the speakers, and I did so much research about the speakers, listening to different kinds, debating should I go new speaker or vintage speaker and blah, blah, blah. And finally, like I said, I just hit this limit where I was like, I gotta **put this behind me**. I'm wasting too much time. This is stupid. More time listening to music, less time reading about it. And so finally, the speakers that I wanted, they went on sale. They actually dropped by about 200,000 won.

Kassy: In a store or on Karrot Market?

Andrew: In a store. So I went vintage for the record player and I went vintage for the amplifier, but I bought new speakers, which my audiophile Korean teacher friend told me never to do. "Don't buy new speakers, buy used speakers," but...

Kassy: You're breaking all the rules, Andrew.

Andrew: Yeah, we just have a small house and a lot of the used speakers are too big.

Kassy: That makes sense.

Andrew: Yeah, I needed smaller bookshelf speakers and I looked for a long time to try and find speakers, vintage speakers in the size that I needed and I just couldn't find it. So I went new and they arrived this afternoon, Kassy.

Kassy: Congratulations.

Andrew: Yeah, they're sitting in a box at my front door. I haven't opened them. I haven't done the unboxing and I haven't set them up yet.

Kassy: You must be like shaking in your seat, waiting to go open it and, you know, get out the, what else did you have, the amp and the record player? You can put it all together finally.

Andrew: Yeah, yeah, no, I'm really excited and that's going to be my plan for as soon as we're done here, essentially. My wife is also working from home right now and she's doing a lot of meetings. So, you know, it makes it a little bit easier knowing that I can't listen to them anyway, so I'm happy to record here with you, Kassy. But maybe if my wife wasn't working, maybe, just maybe I would have postponed this Culips episode. I don't know, but...

Kassy: Well, I can't wait till the next time I come visit to one see your new house and two get to hear this whole new speaker system.

Andrew: Yeah, yeah, we'll have a listening party and if I can get a nice picture I'll put a picture on our Instagram because I think this is one of those things. A lot of my hobbies are niche hobbies and if you're into music and you're an audiophile, you'll probably like seeing a picture of my audio setup and my stereo. Also, with my other hobby running, if you're a runner, you probably like listening to me talk about running. But if you're not into these things, they're not so exciting. But for the audiophile listeners that we have out there, I'll put an image of my stereo on Instagram so you can check it out and see what I'm talking about. But yeah, that's the big update from my neck of the woods here for today, Kassy. That brings us to the end of this lesson. Talk to you next time. Bye!

To sync up

Phrasal verb

In this episode, we hear **sync up** used to describe how Andrew and Kassy arranged their schedules to find a time that worked for both of them to record. Andrew had been travelling, and upon his return they needed to coordinate their busy schedules. By saying, “We were able **to sync up** our schedules,” Andrew means they found a time that suited both of them, allowing them to get together and record.

To sync up is a phrasal verb that means to coordinate or arrange things so that they work together smoothly. It’s often used to talk about matching schedules, plans, or ideas. It is informal and mainly used in casual or semi-formal contexts, like workplace communications or personal conversations.

In everyday conversations, you can use **sync up** when you want to make sure everyone’s plans or schedules match. For example, if you’re trying to set up a time for a group meeting, you might say, “Let’s **sync up** our calendars and pick a date for the project meeting.” This means you want to look at everyone’s available times and choose a date that works for all.

Similarly, if you and your friends are planning a vacation together, you could say, “We need **to sync up** our vacation days so we can go on that trip together.” This means you all need to make sure you’re taking your days off at the same time so you can enjoy your vacation together. Using **sync up** like this helps everyone get on the same page and makes planning things together much easier.

Here are a couple more examples with **to sync up**:

Alice: With our exams coming up, we should study together. What does your schedule look like this week?

Bob: Great idea, Alice. I’m pretty flexible. Let’s **sync up our** schedules and choose a day.

Alice: Let’s say Friday, then.

Bob: Perfect!

Tara: We haven’t all hung out in ages. How about a night out?

Ethan: Yes! Let’s **sync up** and choose a day. We need a good catch-up.

Tara: I’ll create a group chat, and we can decide there.

Stigma

Noun

In this episode, Kassy talks about there being a **stigma** against playing Dungeons & Dragons (D&D). She thought it was weird and boring, which is why she didn't play it. Andrew explains that **stigma** means people have negative ideas about D&D, like thinking it's only for nerdy people. They discuss how movies show D&D players in a way that makes others see them as not cool.

Stigma is a word we use when people think badly about something or someone for not being "normal" or like everyone else. It's like a negative label that makes others treat someone or something unfairly.

For example, imagine you love to spend your free time reading books, but your group of friends thinks that watching movies is the only fun way to enjoy stories. Because you prefer reading, they start seeing you as different and might not include you in their movie nights. This situation, where your choice of reading leads to being treated like you don't fit in, is what we call a **stigma**.

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

Maria: I'm thinking about going back to school to finish my degree, but I feel like there's a **stigma** against older students in education.

Tom: I understand, but remember it's never too late to follow your dreams. Plus, you're not even that old! You'll be fine.

Maria: That's encouraging to hear. I guess I'm worried about what others will think.

Tom: Don't stress about that. Just focus on your goals and the positive impact returning to school will have on your life.

John: I want to try the new café that just opened up down the street, but I don't want to go alone. People might think it's weird.

Sara: Oh, that's just a **stigma** about eating alone. It's actually pretty common and totally fine to enjoy your own company. I actually eat out alone all the time and really enjoy it.

John: I've never tried it, but now's a good opportunity to do so.

Sara: Do it! And let me know how the café is!

A slog

Noun

At the start of this episode, Kassy talks about a time called the “spring **slog**” for teachers. The spring **slog** is a time filled with lots of work, like tests, and there are no breaks or vacations. During the spring **slog**, all the teachers feel very tired and stressed. So when Kassy says her work these days is **a slog**, she means it’s a really tough and exhausting time.

The expression **a slog** means a period of time or a task that is long and difficult and requires a significant amount of effort and energy. It describes situations that are mentally or physically exhausting and not quickly completed or finished.

A slog can be used in both professional and personal situations to talk about tasks or periods of time that are difficult and demanding. It’s often used in a lighter tone to recognize the common struggles many people face. Whether it’s tackling work projects, meeting academic deadlines, or engaging in personal endeavors that demand a lot of effort, the term **a slog** can accurately describes these experiences.

Similar expressions like **grind**, **marathon**, and **trudge** also communicate the ideas of continuous hard work, long-term effort, and slow progress, and can also be used to talk about challenging activities.

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

Carlos: How’s your new job?

Diana: It’s good, but learning everything is **a slog**.

Carlos: It’ll get easier with time.

Diana: I sure hope so. The sooner, the better!

Max: How’s the renovation going at your place?

Lily: It’s **a slog**, honestly. We underestimated how much work it would be.

Max: Hang in there. It’ll be worth it in the end.

Lily: You’re right, but at the moment it just feels never-ending.

Standoffish Adjective

While talking about her D&D game, Kassy talks about her character, Nisha, and describes her as **standoffish**. We can imagine Nisha likes to be by herself, doesn't talk much, and might seem a bit unfriendly or cold.

The adjective **standoffish** is used to describe someone who might come off as slightly rude or uninterested because of their shy and reserved personality. When someone is **standoffish**, they do not easily talk to or show friendliness towards others. They may seem a bit cold or distant.

You can use **standoffish** in everyday life when talking about someone who seems distant or not very open to making friends. It's not just for shy people, but for those who seem cold or rude because they keep to themselves. For example, imagine you start a new job and there's a coworker who doesn't smile much or join in lunch conversations, and instead keeps to themselves and does their work silently. You might describe this coworker as **standoffish** because they seem unapproachable and not eager to make friends.

There are similar words to **standoffish**, like **aloof**, for someone who keeps to themselves without seeming rude, **reserved**, for someone who is quiet and does not share their feelings easily, and **cold**, for someone who is very unfriendly.

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

Tim: Did you talk to the new girl, Lindsay, at school today?

Lina: Yes, but she was really **standoffish**. She didn't say much.

Tim: Maybe she's just nervous. Let's try talking to her again tomorrow.

Lucy: Did you see that woman at the dog park? She seemed really **standoffish**, didn't she?

Mike: The one with the greyhound? Yeah, she didn't seem interested in chatting like the rest of us.

Lucy: I thought it was just me! Maybe she's just shy around new people.

Mike: Could be. Next time, let's try to approach her with our dogs. Maybe that will break the ice.

To stick to [oneself]

Phrasal verb

In this episode, Andrew says that standoffish people often like **to stick to themselves**.

To stick to oneself means to prefer being alone or to avoid social interaction with others. People who **stick to themselves** usually keep their thoughts, feelings, and activities private and do not seek the company of others unless they need to.

This expression can be applied in both professional and personal situations. In a professional setting, someone might **stick to themselves** by working independently or taking breaks alone rather than with coworkers. In a personal context, it might mean choosing solo activities over group events.

The expression **to stick to oneself** can have different meanings depending on the situation. When someone prefers to be alone because they are shy, it is seen in a neutral way. However, when a group of people keep to themselves intentionally to exclude others, it is considered negative.

Here's a tip for remembering this expression. Think of "stick" as glue—if you **stick to yourself**, you are essentially glued to yourself, not moving towards others for social interaction.

Here are a couple more examples with **to stick to [oneself]**:

Liam: Have you met the new guy in the apartment next door?

Mia: Yeah, briefly. He seems **to stick to himself** mostly. He is always quiet when he comes and goes.

Liam: Do you think he's just shy or not interested in making friends?

Mia: I'm not sure. Maybe we should try to invite him over sometime, see if he opens up a bit.

Alex: Why didn't Zoe join us for the movie night?

Emily: She prefers **to stick to herself** on weekends. It's her way to relax and recharge.

Alex: Makes sense, we all have our unique ways to chill out.

To put [something] behind you

Phrasal verb

In this episode, Andrew talks about buying his stereo system, a process that turned into an overwhelming and time-consuming task. He constantly received notifications for stereo equipment on second-hand buy-and-sell apps and spent a large amount of his free time researching. Eventually, he said that he needed **to put it behind him** and focus on enjoying music instead of finding and learning about stereo equipment.

The phrasal verb **to put something behind you** means to move past an event, situation, or feeling that has been bothering you or stressing you out. It's about letting go of something so it no longer affects you or your future decisions.

This expression can be used in different situations. For example, if you had a fight with a friend but now you're friends again, you might say you've **put the fight behind you**. Or if you did poorly on a test but you study more and do better on the next one, you could say you've **put the bad grade behind you**.

There are other ways to say something similar, like **move on**, **get over it**, or **leave it in the past**. These all mean you're not going to let what happened before affect you now.

This is a good expression to use when you're talking about getting over problems or when you want to tell someone else that it's good to stop worrying about what went wrong before and to think about making things better now.

Here are a couple more examples with **to put [something] behind you**:

Taylor: How are you doing these days?

Sam: Honestly, breaking up with Jamie has been tough. But I've got **to put it behind me**. I can't let it hold me back from being happy and moving on with my life.

Taylor: It's good you're thinking that way. It's all about taking things one day at a time and focusing on yourself.

Randy: I can't believe the client backed out at the last minute. I worked on that contract for weeks.

Jessie: I know it's difficult, but you've got **to put it behind you**. There will be other clients and opportunities.

Randy: You're right. I'll focus on the next pitch instead.

Quiz

1. **If something is a slog, it is _____.**
 - a) a quick and easy task
 - b) a type of slow-moving animal
 - c) a hard and tiring task or period of time
 - d) a new software program

2. **When your team decides to sync up every Monday morning, what are they likely doing?**
 - a) choosing to work from different locations
 - b) coordinating their schedules and activities for the week
 - c) synchronizing their watches
 - d) deciding to wear matching outfits

3. **Which sentence uses “stigma” correctly?**
 - a) He wore a stigma on his shirt during the meeting.
 - b) She planted a new type of stigma in her garden.
 - c) There’s a social stigma attached to receiving therapy in some cultures.
 - d) They discovered a rare stigma in the jungle.

4. **If a coworker rarely joins group lunches and often keeps to themselves, how might they be described?**
 - a) hyper
 - b) standoffish
 - c) sociable
 - d) the life of the party

5. **Which sentence best shows the meaning of putting something behind you?**
 - a) After the argument, they agreed to put it behind them and move forward.
 - b) He decided to put the trophy in the cabinet behind him.
 - c) She looked behind to make sure she hadn’t dropped anything.
 - d) He put the book back on the shelf behind his desk.

Writing and Discussion Questions

1. To sync up means to coordinate schedules. Have you ever had to sync up with a friend or family member for a meeting or event? How did you do it, and was it easy or hard?
2. When we say something was a slog, we mean it was very difficult and took a lot of effort. Can you share a personal experience where completing a task felt like a slog? How did you keep going?
3. Someone might be described as standoffish if they seem distant or unfriendly. Have you ever encountered someone who seemed standoffish? Did your view of them change over time?
4. To stick to oneself means to keep to yourself or not interact much with others. Have you ever chosen to stick to yourself in a new situation or place? Why did you decide to do that, and how did others react?
5. To put something behind you means to move on from a difficult experience. Can you talk about a time when you had to put something behind you? How did you do it, and how did you feel afterward?

Quiz Answers

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

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