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Talk About Your Feelings Naturally | English Conversation Practice | Easy English Podcast

Hey English learners, welcome back to the English Horizon podcast, your friendly space for clear English, real stories, and everyday conversations. I'm Emma

>> and I'm Daniel. We're incredibly happy you decided to hang out with us today. Maybe you're doing the dishes right now, taking a walk in a peaceful park, sitting on a packed, noisy bus, or let's be honest, trying to avoid a huge pile of work.

>> Oh, I know that feeling so well. If you are running away from your responsibilities right now, listen to me. Do not feel bad. Escaping into an English podcast is actually the most productive excuse you can find. The work can wait, but your fluency your fluency is growing every single second.

>> Exactly. Our new official rule is English first, problems later. But before we dive into today's deep topic,

Emma, let's have a moment of absolute honesty. How are you actually doing today? No textbook answers allowed.

>> Oh, you know me, Daniel. I'm fine. Just fine.

>> Fine. Come on, Emma. We've been hosting this show together for how long? Your lips are saying fine, but your energy is whispering, "Daniel, I stayed up way too late scrolling on social media, and I urgently need three cups of coffee to survive."

>> Okay. Okay, you caught me. You know me too well. Honestly, I feel a little exhausted, a bit overwhelmed by my never-ending to-do list, but truly deeply excited to sit here and talk to our amazing listeners. What about you, Daniel? Give us the real story.

>> Well, my automatic robotic answer is always, I'm good. But if I open my heart, I'd say I feel a bit anxious because I have a million things to finish later this afternoon. But at the very same time, I feel peaceful right now sharing this space with you and everyone listening.

>> Wow, look at that. Exhausted, anxious, excited, peaceful. Not just one simple, boring word, but a beautiful, messy mix of real human feelings.

>> And that is exactly what we want you, our listeners, to practice with us today. We want to move past the classic robotic textbook response, "I'm fine, thank you." And you, the real world doesn't talk like that. We want to teach you the magic formula. One feeling plus one reason. For example, right now I feel stressed because I have a big test tomorrow. Or I feel happy because the weather is absolutely beautiful today.

>> Yes, simple, clear, but highly authentic. So, as you listen to us today, keep asking yourself this question. How do I honestly feel right now? And hey, before we guide you through a full day of emotions, we have some incredible, massive news for you today. We want to help you take action and test your skills.

>> Oh yes, we created something special. If you are sitting there wondering, what is my actual English level? Am I really B1 or maybe A2 or intermediate? Well, stop guessing. You can now test your English level completely for free.

>> That's right. All you need to do is visit the website speakdom.com. It's 100% free, it's fast, and it gives you your level results instantly. You can find the direct link to the test

right down in the description box of this video or audio. Go check it out after the episode.

>> And that's not all. We know that listening can be hard sometimes, especially when we talk fast or use new idioms. So, we also uploaded the complete text script of this entire episode onto the same website. You can download the full script again completely free using the script link in the description below. You can read, highlight, and study every single word we say.

>> Perfect. No excuses. Now, now before we start our daily journey of feelings, can we ask for one very small favor?

>> Just one. If you love learning English through natural, real world conversations, please hit that like button and subscribe to our channel right now. It tells the magical YouTube algorithm that this content is valuable and it helps other students find us.

>> And please leave a comment. Write this exact formula. My name is your name. I am from your country and today I feel your feeling because your reason. We honestly read your comments with our morning coffee and they mean the absolute world to us.

>> Oh, and definitely stick around till the end. Later in the episode, we will do our special word safari. We will slow down, turn down the volume, and explain some advanced feeling words and idioms like on edge, over the moon, or under the weather using very simple examples.

>> Fantastic. Our hearts are ready. Our voices are warmed up. Let's step into a normal day together, starting with the morning.

>> Morning. That exact quiet second when the alarm rings and your eyes slowly open. Before you even say a single word to your family, your pet or yourself, your mind is already full of complex emotions. Sometimes you wake up peaceful and sometimes you are just plain grumpy.

>> Oh, the two morning teams. Let's talk about the good days first. On a beautiful morning, I wake up feeling completely refreshed and optimistic. The day feels like a completely empty notebook waiting for a wonderful story. You feel light. You feel happy sometimes for absolutely no reason at all. You just love life.

>> I love those days. On those mornings, you make your tea or coffee. You look out the window at the sunshine and you think, "Wow, today is going to be a

great day." But let's be totally real,
Daniel. Not every single morning is a
beautiful movie scene with birds singing
outside.

>> Oh, absolutely not. Let's talk about the
dark side. Some mornings I wake up and I
am incredibly irritable. My body feels
like it's made of heavy lead. My eyes
hurt from the screen time the night
before and I am just universally annoyed
at the world. Usually that happens when
I don't sleep well or have bad dreams.
It literally feels like a little gray
raincloud is following me around the
kitchen.

>> Exactly. And sometimes it's not just
your psychological mood, it's your
actual physical health. We have a
classic, brilliant English phrase for
this. Under the weather.

>> Oh, I love that one. Tell them what it
means, Emma.

>> It means your body feels weak. Maybe
your throat is a little scratchy or you
have a dull headache. You aren't
terribly sick. You don't need to go to
the hospital, but you're just not 100%
okay. You're surviving, but you're low
on energy.

>> So, let's practice together. In the
morning, you can look at yourself in the

mirror and say, "I feel relaxed and optimistic this morning. I wake up feeling a bit grumpy today because I slept poorly. I'm feeling under the weather. I think I need some warm tea.

>> And let's not forget that crazy vibrating nervous energy like when you wake up on the day of a massive job interview, a university presentation, or a first date. Your stomach feels completely wild, like things are moving inside it. In English, we say, "I have butterflies in my stomach." It's not a bad feeling, Daniel, right? It's that intense mix of fear and excitement.

>> Yes, it means you care about what is going to happen. Checking your inner weather report every morning is a fantastic, powerful way to practice English daily. One small sentence in your mind is all it takes.

>> Now, let's move the clock forward. It's 200 p.m. We're entering the afternoon. Life suddenly gets faster. Your smartphone is constantly buzzing. Emails are arriving every 10 seconds. Notifications are popping up and responsibilities are aggressively knocking on your door. This is exactly where daytime stress lives.

>> Oh, tell me about it. When my afternoon

to-do list gets too long and people keep asking me for favors, I start to feel very on edge. Let's explain that. When you're on edge, your patience is paper thin. You're tense. A slow computer, a red traffic light, or a late reply to a text message can make you want to throw your hands in the air and scream.

>> Yes. It's like you're standing on a very high tight rope, and the smallest, tiniest wind can push you off. You might tell your coworker, "Look, I've been on edge all afternoon because of these tight deadlines. So, please give me a few minutes."

>> But what happens, Emma, if that stress doesn't stop? What if it continues for weeks or months without a single weekend break? You cross a dangerous line. You move from being just tired to being completely burned out.

>> Oh, burned out is a heavy phrase. It means your mental and emotional battery is at exactly 0%. You have zero motivation, zero energy, and you honestly just can't bring yourself to care anymore. It's like a campfire that completely ran out of wood. Just cold ashes. Have you ever felt that way, Emma?

>> Oh, definitely. I experienced deep

burnout last year during my final university projects. At first, in the first week, I felt productive. Then, in the second week, I felt overwhelmed, which means I felt like a giant terrifying wave of work was burying me alive. And finally, by week four, I burned out. I couldn't even look at my laptop. It's a very heavy, dark feeling.

>> It really is. But hey, let's bring some light back in. The afternoon isn't all negative stress. Sometimes we experience mixed feelings. This is a great concept. It means you feel two opposite emotions at the exact same time. For example, imagine a wonderful colleague at your office gets a massive promotion, but they have to leave your team and move to another city. You feel genuinely happy and excited for their success, but you also feel deeply sad because you will miss their daily jokes, mixed feelings.

Or think about speaking English. When you have to speak English in an afternoon business meeting, you might feel absolutely terrified beforehand, but right after you finish speaking and everyone understands you, you feel incredibly proud. Proud means that warm, strong, beautiful feeling inside your chest when you achieve or accomplish

something difficult through hard work.

>> Exactly. You should say to yourself right now, I feel proud of myself because I am understanding this fast podcast today because you really should be proud. But if things go completely wrong in the afternoon, like your internet cuts out during the meeting or you get stuck in a massive traffic jam, you might just feel completely fed up. That means you are totally tired of a bad situation and you desperately want it to stop immediately. For example, I am completely fed up with this heavy traffic every single day. Finally, the sun goes down, the laptop closes, the office empties, and the outer world goes quiet. This is the evening, a sacred time when our inner thoughts and emotions usually get a bit louder because the distractions disappear.

>> For me, a good evening is all about feeling cozy and grateful. You put on your softest clothes, you drink some hot chamomile tea, you read a physical book, and you let your brain relax. It literally feels like your mind is finally kicking off its tight, uncomfortable leather shoes after a long walk.

>> That sounds perfect. But let's be honest

and supportive here. For many people,
the quiet evening doesn't bring peace.
Sometimes it brings a sudden sense of
loneliness, isolation, or deep sadness.
If you're having a really sad blue day,
we use the colorful idiom down in the
dumps.

>> Oh, down in the dumps. It sounds funny,
but it describes a very real feeling. It
means your mood is very low. You feel
deflated and you just want to sit on the
couch in the dark and do nothing.

>> And if the sadness is even deeper, not
just a temporary bad mood, but real
emotional pain, we use the heavy phrase,
"It broke my heart."

This is for deep emotional hurt like
when a romantic relationship ends, a
close friend moves to the other side of
the world, or you have to say goodbye to
a place you love. You can say, "It broke
my heart to say goodbye to my old
childhood apartment."

>> It's true. The evening amplifies things.

But listen, evenings can also bring
beautiful, shocking, surprising joy.

Imagine you are sitting on your couch
feeling tired and suddenly you get an
email or a phone call with a wonderful
piece of lifechanging news. In that
moment, you might feel like you're on

cloud9.

>> Cloud9. What a beautiful image. It means you're floating high in the sky with extreme pure happiness.

>> Exactly. You could say, "I was on cloud nine when I opened the email and found out I passed my official English exam."

What a perfect powerful sentence to visualize.

>> Wow, Emma, we just traveled through a whole massive day of complex human emotions. That was a lot of heavy vocabulary and idioms for our listeners to take in.

>> It really was, Daniel. So, let's do something nice. Let's slow things down to a gentle whisper. There is absolutely no need to stress or try to memorize anything right now. Just lie back, relax your shoulders, take a deep breath, and let's do a quick gentle word safari to review the key expressions we discovered today.

>> In the morning section, we met under the weather. Use this when your physical body feels slightly sick, tired, or weak. Example, I'm feeling a bit under the weather today, so I'm staying home. We also talked about having butterflies in your stomach when you feel that crazy nervous but excited energy about an

important event.

>> In the fast afternoon, we talked about feeling on edge, which means you're tense, highly sensitive, and easily irritated because of heavy stress or pressure.

>> And we mentioned being overwhelmed when life feels way too heavy or too fast, and burned out when your mental energy is completely finished, like an empty battery. But remember, you can also feel deeply proud when you do a great job or completely fed up when you are totally tired of an annoying repetitive situation.

>> And finally, in the quiet evening, you might feel down in the dumps if you are feeling sad and blue or on cloud nine if you are filled with absolute floating joy.

>> Listen to me, dear learner. You do not need to learn all of these expressions today. That's too much pressure. Just pick one or two expressions that feel completely true to your life, your day, or your personality right now, and build your own small, authentic sentence using our magic formula. Right now, I feel because.

>> Say it out loud to yourself alone in your room or share it safely with us in

the comments below. When you learn to put your true, raw feelings into a new language, you aren't just practicing grammar or memorizing verbs. You are truly connecting with your inner self.

>> And honestly, reading your words in the comments makes us feel deeply connected to you, too. It feels like we are all sitting together in one big warm, cozy living room, sharing our shared human experiences in simple, beautiful English. Welcome to our international feelings club. Before we say goodbye, let me remind you one last time. If you want to test your English skills today absolutely free, head over to speakdom.com by clicking the level test link in the description box below. And to follow this entire 20inut conversation text by text, the script download link is right there next to it.

>> Your thoughts matter, your emotions matter, your progress matters, and step by step your English fluency will grow naturally alongside them. Thank you so much for spending your valuable time with us today. This is Daniel

>> and this is Emma.

>> You've been listening to the English Horizon podcast.

>> Stay gentle with yourself, take care of

your heart, and keep moving forward one
small step at a time. Bye-bye.

>> Bye everyone. See you in the next
episode.