



101

Expressions from

F·R·I·E·N·D·S



About this E-book

Hello reader, how you doing?

This e-book is was creating by using a combination of the most common, and useful expressions we found when creating the Fuent with Friends English fluency course, for season 1 of the TV show Friends.

If you would like to know more about this course, and how you could become a Fluent with Friends student, feel free to email us for more information.

Email: fluencyteam@reallifeglobal.com

Thanks a lot, and happy learning!

Be turned on by (sth)

Definition: To be sexually provoked by something

In Friends: I realized that I was more turned on by this gravy boat than by Barry!

Other Example: She was turned on by the firemen

Crash on (sb's) couch

Definition: To sleep at someone's house (on their couch/sofa)

In Friends: (Monica to Ross) You gonna crash on the couch?

Other Example: Max is crashing on our couch until he can find a new apartment

Drift apart (from sb)

Definition: To become more distant (in a relationship)

In Friends: (Rachel to Monica) I know that you and I have kinda drifted apart, but you're the only person I knew who lived here in the city

Other Example: They got a divorce after drifting apart during their five years of marriage

Get screwed

Definition: To get tricked; to get a bad deal

In Friends: You got screwed.

Other Example: He got screwed on the price of his new car

Give (sb) a break

Definition: Cut someone some slack, go easy on someone

In Friends: Give her a break, it's hard being on your own for the first time.

Other Example: Give her a break, she just got fired

Over and over

Definition: Repeatedly

In Friends: She really likes it when you rub her neck in the same spot over and over and over again until it starts to get a little red

Other Example: He kept playing the song over and over.

To hell with (sb)

Definition: Expression used to say you don't care about someone or wish bad things will happen to them

In Friends: (Ross about Carol) To hell with her, she left me!

Other Example: To hell with what they think,

What the hell!

Definition: An intensive of just exclaiming, 'what!'

In Friends: That wasn't a real date?! What the hell do you do on a real date?

Other Example: What the hell are you doing?

Are you kidding?

Definition: An expression of disbelief

In Friends: Are you kidding? I take credit for Paul. Y'know before me, there was no snap in his turtle for two years.

Other Example: Messi is injured, are you kidding?

Have a crush on (sb)

Definition: To have romantic intentions towards someone

In Friends: You know you probably didn't know this, but back in high school, I had a, um, major crush on you.

Other Example: I had a crush on you in High School

Be a thing

Definition: To be a romantic couple

In Friends: (Barry about Mindy) We're kind of a thing now.

Other Example: Did you know Brad Pitt and Angelina Jolie are a thing?

Chances are

Definition: Likely

In Friends: Chances are he's gonna be this, this broken shell of a man, y'know, so you should try not to look too terrific

Other Example: I'll wait until next weekend to go fishing, chances are it will rain all weekend

Cheap Shot

Definition: Unfair attack on a vulnerable person

In Friends: I know it was a cheap shot, but I feel so much better now

Other Example: Telling her she had grey hair on her birthday was a cheap shot

Get (one's) way

Definition: To have a situation end in the way one desires (as opposed to someone else getting their way)

In Friends: They'll wind up calling her Geller, then he gets his way.

Other Example: My brother always got his

Have a thing for (sb)

Definition: To be attracted to someone, have a crush on someone

In Friends: Do you remember the Ludwins? The big one had a thing for you, didn't she?

Other Example: I had a thing for her until I found out she's a racist

Roll with the Punches

Definition: To adapt to a difficult situation, to go with the flow

In Friends: It's funny, um, uh, we agreed we'd spend the rest of our lives together. Things change, roll with the punches.

Other Example: She got fired, but decided to roll with the punches and start her own company

Shoot for the stars

Definition: To aim for big goals in life

In Friends: There are people like Ross who need to shoot for the stars, with his museum, and his papers getting published. Other people are satisfied with staying where they are.

Other Example: Believe in yourself and you can shoot for the stars

Stomp on (sb's) heart

Definition: To break someone's heart in a cruel way

In Friends: Hi Barry! Remember me? I'm the girl in the veil who stomped on your heart in front of your entire family!

Other Example: She stomped on his heart when she left him at the altar

Word of advice

Definition: A piece of advice

In Friends: Word of advice: Bring back the comedian. Otherwise next time you're gonna find yourself sitting at home, listening to that album alone.

Other Example: Let me give you a word of advice, don't drink so much at weddings.

Cushions the blow

Definition: To decrease the strength of the impact of something

In Friends: (Joey talking about dating language) Yeah. Cushions the blow.

Other Example: He gave me a 1000 dollar bonus, which cushioned the blow of getting fired

Cut it out!

Definition: Said when we want someone to stop doing something, stop it!

In Friends: (Chandler lights a cigarette)
Don't do that! Cut it out!

Other Example: I hate when you make that noise, cut it out!

I've had it (with sth)

Definition: To be sick of something, fed up with something

In Friends: (Chandler talking about smoking)
I have had it with you guys and your cancer and your emphysema and your heart disease.

Other Example: I've had it with studying boring grammar textbooks!

Know a thing or two

Definition: To know a lot about something

In Friends: We sure showed those Hassidic jewelers a thing or two about softball.

Other Example: He knows a thing or two about computers.

Let (one's) guard down

Definition: To stop being cautious

In Friends: You let your guard down, you start to really care about someone, and I just...

Other Example: Don't let down your guard in London, otherwise you might get pick-pocketed

Slim Chance

Definition: A small possibility of something happening

In Friends: You do realize the odds of that happening are a little slimmer if they never get to meet the guy?

Other Example: Slim chance you'll win the lottery

Big deal

Definition: A big problem (also often said sarcastically to say that something is not a problem)

In Friends: So I have a flaw! Big deal!

Other Example: I can take you to the airport, it's not a big deal

Not able to stand (sb/

Definition: Not be able to tolerate something or someone.

In Friends: I had a great time with you. I just can't stand your friends.

Other Example: I can't stand politics

Bring (sb) down

Definition: To make someone sad

In Friends: I'm so sorry, you guys. I didn't mean to bring you down.

Other Example: Don't let the rain bring you down

Glass is half empty

Definition: Said of someone who is pessimistic

In Friends: (Chandler to Ross) Aren't we Mr. "The glass is half empty."

Other Example: He'll never get anywhere in life if he always sees the glass as half empty

Have a good time

Definition: To enjoy oneself

In Friends: My grandmother has this new boyfriend, and they're both kind of insecure in bed. Oh, and deaf. So they're constantly, like, having to reassure each other that they're having a good time. You have no idea how loud they are!

Other Example: Did you have a good time at the party?

Never mind

Definition: Forget about it, don't worry about it, it doesn't matter

In Friends: (Rachel talking to credit card company) I've got magic beans. Never-never mind.

Other Example: Can you grab me a spoon? Never mind, I'll get it.

Take (one's) mind off

Definition: Distract someone

In Friends: Alright, alright, maybe it'll take my mind off it.

Other Example: A funny movie will take your mind off the break up

Nod off

Definition: Fall asleep

In Friends: It's okay, you know, you just nodded off again.

Other Example: She kept nodding off during the movie

Blow (one's) mind

Definition: To surprise immensely

In Friends: You know what blows my mind? Women can see breasts any time they want.

Other Example: It blows my mind how hot it is today

Blow (sb) off

Definition: To ignore someone, to not show up for a prearranged engagement

In Friends: I blew off the rest of the day, and I went shopping.

Other Example: He totally blew me off, that's so rude!

Gang up on (sb)

Definition: To act in a group to attack somebody (verbally, physically)

In Friends: I think she'd feel like we're gang-ing up on her.

Other Example: They all ganged up on him in the meeting because they didn't like his

Get up the courage

Definition: To build one's confidence in order to do something

In Friends: (Chandler about breaking up) I mean, you're sitting there with her, she has no idea what's happening, and then you finally get up the courage to do it, and there's the horrible awkward moment when you've handed her the note.

Other Example: I had to get up the courage to try crickets in China

Go on a date

Definition: To do something with someone with romantic intentions (e.g. go to the movies, to a restaurant, for a coffee, etc.)

In Friends: It's just you and Rachel, just the two of you? This is a date. You're going on a date.

Other Example: Do you want to go on a date with me?

Go out with (sb)

Definition: To date somebody

In Friends: You go out with tons of girls

Other Example: They've been going out for about a year

Make eyes at (sb)

Definition: To look at a person with desire

In Friends: Joey is making eyes at Angela

Other Example: He was making eyes at her all evening and finally asked her what her name was.

Break up with (sb)

Definition: To end a relationship with somebody

In Friends: You break up with Janice and I'll break up with Tony

Other Example: We broke up after 3 years of dating

(Sb) would kill for (sth)

Definition: Used to express that someone would love to have or do something

In Friends: Most women would kill for three guys like us

Other Example: I would kill for a chocolate ice cream right now

Change (one's) mind

Definition: To change one's opinion about something

In Friends: Call me if you change your mind.

Other Example: That documentary made me change my mind about vegetarianism

For the hell of it

Definition: For no particular reason, just for fun

In Friends: Once I got on the subway, right, and it was at night, and I rode it all the way to Brooklyn... just for the hell of it.

Other Example: We're going to go to the beach this weekend just for the hell of it

Hard to tell

Definition: Difficult to distinguish or see the difference

In Friends: Hard to tell, I was naked.

Other Example: It's hard to tell if you're joking or not

Have/get a shot

Definition: To have or get the opportunity to do something

In Friends: I've done nothing but crappy plays for six years. And I finally get my shot, and I blow it!

Other Example: I had a shot at getting her number, but I blew it

It's worth it

Definition: The effort put into something is justified by the benefit received

In Friends: It's worth it. 'Kay? You know in a relationship you have these key moments that you know you'll remember for the rest of your life? Well, every- single- second is like that with Aurora

Other Example: Going to Machu Picchu is expensive, but it's totally worth it!

Opening Line

Definition: First comment used to start a conversation with someone (usually with romantic intention)

In Friends: (Chandler about Aurora) What would my opening line be? 'Excuse me. Blarrglarrghh.'

Other Example: That is the worst opening line I've ever heard; you're going to get rejected

Out of (sb's) league

Definition: Said of someone who is too attractive for you to get a date with him or her

In Friends: (Chandler about Aurora) Oh please, could she be more out of my league?

Other Example: It's not worth trying, she's out of my league

Friend Zone

Definition: Said of the situation in which you like someone romantically, but they just consider you a friend

In Friends: Ross, you're mayor of the zone.

Other Example: If you go shopping with a girl you're not dating you're definitely in the friend zone

Make a move

Definition: To take advantage of an opportunity (usually with someone you are romantically interested in)

In Friends: You waited too long to make your move, and now you're in the friend zone.

Other Example: You better make a move before someone else does

On second thought

Definition: Said when someone changes their mind or opinion

In Friends: On second thought, gum would be perfection.

Other Example: On second thought, I'll have the salmon instead of the steak.

On top of the world

Definition: Extremely happy

In Friends: I'm on top of the world, looking down on creation and the only explanation I can find, is the wonders I've found ever since...

Other Example: She was on top of the world after her promotion

Scared to death

Definition: Extremely scared

In Friends: (About a cat) Poor little Tooty is scared to death. We should find his owner.

Other Example: I'm scared to death of heights

Take (one's) time

Definition: To do something patiently without rush

In Friends: (Ross about Rachel) I'm taking my time, alright? I'm laying the groundwork. Yeah. I mean, every day I get just a little bit closer

Other Example: I want to take my time making this cake so it'll be perfect

No way!

Definition: Absolutely no, no chance

In Friends: (Ross says he had sex at Disneyland) No way!

Other Example: No way I'm going on a date with her

Miss out on (sth)

Definition: To lose a good opportunity or experience

In Friends: You know, for all of those people who miss out on that passion... thing, there's all that other good stuff.

Other Example: You're going to miss out on my birthday party

Drive (sb) crazy

Definition: To make someone impatient, annoyed, and frustrated

In Friends: She drove you crazy, picking on every little detail, like your hair

Other Example: You drive me crazy when you make that annoying noise!

Pass (away)

Definition: To die

In Friends: You know how the nurse said that Nana had passed? Well, she's not, quite...

Other Example: Her grandmother passed away last year

Set (sb) up with (sb)

Definition: To introduce two people for a romantic date

In Friends: If you were gonna set me up with someone, I'd like to think you'd set me up with someone like him.

Other Example: She set me up with her sister and now we're married

Get along

Definition: To have a good relationship

In Friends: I think it's nicer when people just get along.

Other Example: I used to fight a lot with my brother when we were kids, but now we get along fine.

Look into (sth)

Definition: To investigate something

In Friends: (About Nana dying) We're looking into it.

Other Example: I'm going to look into spending Christmas in the Caribbean

Pass out

Definition: To faint

In Friends: Passes out and slumps across her

Other Example: She passes out every time she sees blood

Show (sth) off

Definition: To brag or boast about something

In Friends: Showing off to Phoebe and Chandler

Other Example: He keeps showing off his new car

Pick on (sb)

Definition: To treat someone unfairly, to bully

In Friends: Picking on every little detail, like your hair

Other Example: Don't pick on your little brother!

Bust (one's) ass

Definition: To work really hard on something

In Friends: Why was I busting my ass to make this delicious Thanksgiving dinner?

Other Example: I've been busting my ass making dinner for you

Get an advance

Definition: To get your salary before it's due

In Friends: Do you think it would be possible if I got a \$100 advance in my salary?

Other Example: Could I get an advance so I can buy Christmas gifts early?

Break free

Definition: To escape

In Friends: (About Underdog Balloon) Right before he reached Macy's, he broke free and was spotted flying over Washington Square Park.

Other Example: The prisoners had broken free before the guards noticed.

I'll tell you what

Definition: Used to offer a suggestion

In Friends: I'll tell you what. How about I cook dinner at my place?

Other Example: I'll tell you what, if it doesn't rain this weekend, why don't we go fishing?

Be familiar with (sth)

Definition: To have a general understanding or knowledge about something

In Friends: I'm familiar with the concept. We can just look for it.

Other Example: I'm familiar with that yoga technique

Chip in

Definition: To contribute with money or help

In Friends: We all chipped in.

Other Example: If we all chip in moving her furniture won't take long

The best in the business

Definition: The person who is the best at what he or she does

In Friends: I gotta tell you. You're the best in the business.

Other Example: I'll have Joe fix my car, he's the best in the business.

(Sth) is killing (sb)

Definition: Something is causing a great amount of pain or anxiety

In Friends: (Chandler when Joey walks in with silly shoes) Aah, you're killing me!

Other Example: My back has been killing me ever since I went skiing

(Sth) means a lot to (sb)

Definition: Something is very important for somebody

In Friends: I wanna start with a song that means a lot to me this time of year.

Other Example: It would mean a lot to your mother if you visited for Christmas

All expenses paid

Definition: Free

In Friends: We got the grant. Three years, all expenses paid.

Other Example: It's unbelievable; she got an all expenses paid trip to Bali!

Drag one's feet

Definition: To do something lazily

In Friends: it's Marcel. He keeps shutting me out, you know? He's walking around all the time dragging his hands...

Other Example: You have to stop dragging your feet and make the life you've always wanted

For your information

Definition: Just so you know (usually in contradiction to someone's assumption)

In Friends: For your information, Paolo is gonna be in Rome this New Year

Other Example: For your information, I speak English excellently

Get it on (with sb)

Definition: To have sex with someone

In Friends: I don't know how to tell you this, but she's in Monica's bedroom, getting it on with Max, that scientist geek.

Other Example: They got it on in her car

Have a blast

Definition: Have a really good time

In Friends: I had such a blast with him the other night

Other Example: They had a blast at the festival

Slap in the face

Definition: An unexpected negative action or insult

In Friends: I'm gonna be one of (Santa's) helpers. It's just such a slap in the face, you know?

Other Example: Firing her in front of all of her coworkers was a slap in the face

Take a break

Definition: Have a rest

In Friends: We're gonna take a short break.

Other Example: I'll take a break after I've finished my presentation

Be sick of (sth)

Definition: Not able to tolerate something any more

In Friends: I'm sick of being a victim of this Dick Clark holiday. I say this year, no dates, we make a pact.

Other Example: I'm sick of corrupt politicians

Be cool

Definition: To be calm and relaxed, not giving away anything

In Friends: (Monica about an attractive guy) He's coming. Be cool.

Other Example: Meditating helps you be cool and collected even in stressful situations

Beam with pride

Definition: To have an obvious look of pride on your face

In Friends: (Chandler about his mom) Busy beaming with pride.

Other Example: She was beaming with pride as she accepted the award

Break sb's heart

Definition: Overwhelm someone with sadness (often someone who you are in love with)

In Friends: Behind us is a guy who has the potential to break our hearts and plunge us into a pit of depression.

Other Example: She completely broke his heart when she asked for a divorce

Come out of (one's)
shell

Definition: To start being more comfortable with yourself or in a social situation

In Friends: I think you need to come out of your shell just a little.

Other Example: He will come out of his shell when he gets to know you better

Get intimate (with sb)

Definition: Have sex with someone

In Friends: This is kind of embarrassing, but occasionally after I've been intimate with a man I just get this craving for Kung Pow Chicken.

Other Example: After dinner they went home and got intimate

Have issues

Definition: To have problems that you need to resolve

In Friends: Sounds like you two have issues.

Other Example: We used to have issues but we resolved them in counseling

Spell it out

Definition: To explain something simply

In Friends: I've been standing here spelling it out for you!

Other Example: I'm not sure I understand what you mean, could you spell it out for me?

Way too

Definition: Used to give something greater emphasis

In Friends: You guys spend way too much time together.

Other Example: That bed is way too big to fit in my room

What the hell?

Definition: Used when you're shocked or angry

In Friends: What the hell were you thinking?

Other Example: You spilled coffee on my computer, what the hell!

Crash on (sb's) couch

Definition: To sleep at someone's house (on their couch)

In Friends: (Monica to Ross) You gonna crash on the couch?

Other Example: Max is crashing on our couch until he can find a new apartment

Give something a shot

Definition: To try something or attempt to do something

In Friends: Thought I'd give it a shot.

Other Example: I've never played basketball before, but I'll give it a shot

(Be) out of sorts

Definition: Not feeling well, grumpy, irritated

In Friends: (Phoebe after Paolo makes a move) I'm out of sorts.

Other Example: Sorry I yelled, I've been feeling out of sorts.

I've been better

Definition: Another way to say that you're feeling badly

In Friends: (Rachel after breaking up with Paolo) I've been better

Other Example: I have two exams this week so I've been better

Kick (sb's) butt/ass

Definition: To beat someone at something easily

In Friends: (Monica) kicked our butts. You could be on the Olympic standing-there team.

Other Example: She could kick anyone's ass

Leave little to the Imagination

Definition: Something that is really apparent (often used to reference something sexual)

In Friends: Let's just say the impressions you made in the butter left little to the imagination.

Other Example: Your new bathing suit doesn't leave much to the imagination

Make a move (on sb)

Definition: To say or do something with the intention of seducing someone (e.g. grabbing their butt)

In Friends: (Paolo) made a move on me.

Other Example: I can't believe James tried to make a move on Tom's mom!

Make a pass (at sb)

Definition: To make a move on someone

In Friends: Paolo made a pass at me.

Other Example: She slapped him when he made a pass at her.

Not see (sth) coming

Definition: Used when something unexpected happens

In Friends: How did I not see this?

Other Example: Costa Rica almost won the world cup; I did not see that coming.

Swear off sth

Definition: To give something up, to not do something anymore

In Friends: I don't think that swearing off guys altogether is the answer.

Other Example: Don't swear off of chocolate, just eat less of it

Things get ugly

Definition: Said when a situation gets bad or chaotic

In Friends: It's just that we bought a hibachi together, and then he ran off and got married, and things got pretty ugly.

Other Example: When she caught him cheating things got ugly.

So what?

Definition: Used to show that something isn't important

In Friends: (Talking about tables) So what, like people are gonna come in and think, "Uh-oh, I'm outside again?"

Other Example: So what if it's your friends birthday? You can't leave work early!

Congrats! You just learned 101 cool new expressions

Don't stop now!

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