



PODCAST

TRANSCRIPT

Episode 135:

Title: "Habit Expressions"

Duration: 18:39

How to use this transcript:

1. Print this transcript:

We try to reduce our paper consumption, but we really recommend that you print out this document.

2. Write on it and take notes:

Circle, highlight and note anything that you want. We have even provided space for you to do so!

3. Listen first **without** the transcript:

Don't worry about understanding every single word. Just focus on training your ears to the sound of English.

4. Listen again **with** the transcript:

Listen a second time with the transcript, pausing whenever you want to

00:00	Welcome to the Déclic Anglais Podcast, THE podcast for intermediate, French-speaking learners of English. This podcast is like a steppingstone (<i>un tremplin</i>) to help you understand more advanced materials in English. There is a transcript (<i>une transcription</i>) available for this and every episode of this podcast. You can download the transcript for free from the link in the description of this episode. Or go to www.declicanglais.com/podcast. <i>(Ecrivez vos notes ici).</i>
01:07	Hello hello! everyone! Welcome to this episode of <i>The Déclic Anglais Podcast</i>, where we explore the wonderful English language. Thank you for joining me today, I'm your host Tom. In the previous episode of <i>The Déclic Anglais Podcast</i>, we explored how to break bad habits, and how to replace them with good habits. <i>(Ecrivez vos notes ici).</i>
01:40	In today's episode, we will explore three useful English expressions that are all connected to habits and behaviours. These expressions are very common in everyday conversation, and you can use them in your English, too. And so, let's dive right in! <i>(Ecrivez vos notes ici).</i>

02:12

[Bell sound effect]

Expression number one: "to be hooked on something."

Let's break down (let's examine) this expression. So, a "hook" is *un hameçon* in French. A hook, like what you use to catch a fish.

When you're "hooked on something", you really can't stop doing it or using it. Imagine a fish that's caught on a hook – it can't get away! If we are "hooked on something" it's like we're addicted.

(Ecrivez vos notes ici).

03:10

Let me give you some examples:

Example sentence one:

- "I started watching that new series last night, and now I'm completely hooked on it! I watched five episodes in a row!"
- *J'ai commencé à regarder cette nouvelle série hier soir, et maintenant j'y suis complètement accro ! J'ai regardé cinq épisodes d'affilée ! »*

Example sentence two:

- "My brother is hooked on playing video games. He plays for hours every day."
(Mon frère est accro aux jeux vidéo. Il joue pendant des heures tous les jours)

(Ecrivez vos notes ici).

04:19	Now, you may be thinking: <i>Tom, puis-je utiliser cette expression uniquement pour décrire une habitude négative ?</i> No, dear listeners: we often use this phrase for things that aren't necessarily bad for us. You can be hooked on reading, exercising, or even learning English! I am hooked on learning English, I love it! (<i>Je suis accro à l'apprentissage de l'anglais, j'adore ça !</i>) (Ecrivez vos notes ici).
05:03	Alright, dear listeners, are you ready for our second expression for today? [Bell sound effect] Our second expression is "to go cold turkey." (<i>aller dinde froide</i>) Hein ? Qu'est-ce que c'est que cette expression, Tom ?! Yes, this is a really interesting one! When someone "goes cold turkey" (<i>quand quelqu'un va dinde froide</i>), they suddenly and completely stop doing something they usually do – especially breaking a bad habit or addiction. They don't gradually reduce it; they just stop all at once. (Ecrivez vos notes ici).

06:13	Let's imagine a smoker who smokes twenty cigarettes per day. That person decides that they want to stop smoking. Now, some people might reduce their cigarette count to 15 cigarettes per day, then to 10 cigarettes per day, then five, and finally after a few weeks... zero cigarettes per day. But if a person goes cold turkey, they stop smoking immediately. On Sunday they smoke twenty cigarettes, but on Monday they smoke zero. <i>(Ecrivez vos notes ici).</i>
07:03	Alright, let's look at some example sentences. Example sentence number one: "After drinking coffee every day for ten years, John decided to go cold turkey and quit caffeine completely." <i>(Après avoir bu du café tous les jours pendant dix ans, John a décidé d'arrêter complètement la caféine du jour au lendemain).</i> <i>(Ecrivez vos notes ici).</i>
07:49	Example sentence number two: "Instead of slowly cutting down on social media, Lisa went cold turkey and deleted all her accounts." <i>(Au lieu de réduire progressivement sa consommation de médias sociaux, Lisa a décidé d'arrêter tout net, et a supprimé tous ses comptes).</i> <i>(Ecrivez vos notes ici).</i>

08:31	<i>Tom, d'où vient cette expression ? C'est étrange quand même !</i> Yes, dear listeners, it is! And I would love to be able to give you an answer. But unfortunately, nobody knows exactly where this phrase comes from. There are many theories as to the origins. But we know that the expression has been used since the early 1900s! <i>(Ecrivez vos notes ici).</i>
09:02	Ok, everyone, it's time for our third and final expression for today. Are you ready? <i>[Bell sound effect]</i> Expression number three: "Force of habit." We use this phrase to describe something we do automatically, without thinking about it, because we've done it so many times before. <i>C'est un peu comme l'expression française : les habitudes ont la vie dure.</i> <i>(Ecrivez vos notes ici).</i>
09:45	Here's how you might hear it used: Example sentence one: "I accidentally drove to my old office this morning – force of habit! I forgot I changed jobs last week." <i>(J'ai accidentellement conduit jusqu'à mon ancien bureau ce matin - la force de l'habitude – les habitudes ont la vie dure ! J'avais oublié que j'avais changé de travail la semaine dernière)</i> <i>(Ecrivez vos notes ici).</i>

10:27	Example sentence two: "Even though I'm on vacation, I woke up at 6 AM. Force of habit, I guess!" <i>(Même si je suis en vacances, je me suis réveillé à 6 heures du matin. C'est l'habitude, je suppose).</i> <i>(Ecrivez vos notes ici).</i>
10:49	Now, dear listeners, as I'm always telling you: "Practice makes perfect!" I will now read for you a short story (don't worry, it's only four sentences long). This short paragraph will show you how to use these expressions in context. Ready? <i>[Bell sound effect]</i> <i>My friend Paul is hooked on social media. He spends hours every day scrolling on his phone, and it's affecting his work. Paul tries to go cold turkey by deleting all of the applications from his phone. But he still picks up his phone every few minutes to check for notifications – force of habit, I suppose!</i> <i>[Paragraph is read twice]</i> <i>(Ecrivez vos notes ici).</i>

12:35	[Bell sound effect] Before we finish today's episode, let's play a quick game! I will describe some situations, and you must guess which expression fits best. I will pause for a few seconds after each scenario so you can think about your answer. To help you remember, here are the three expressions one more time: 1. "to be hooked on something", meaning that you can't stop doing it (like you are addicted) 2. "to go cold turkey" meaning that we stop a habit suddenly and completely 3. "force of habit" which describes automatic behaviours that we do without thinking <i>(Ecrivez vos notes ici).</i>
14:00	Alright, are you ready for the scenarios? Scenario 1: <i>"After years of eating chocolate and sweets every day, David decided to quit completely. He threw out all his chocolate, all of his sweets, and switched to eating fruit overnight."</i> Which expression goes best here? [pause] The answer is: "Going cold turkey!" David didn't gradually reduce his intake of chocolate and sweets – he stopped completely at once. <i>(Ecrivez vos notes ici).</i>

14:56	Scenario 2: <i>"Maria discovered Korean dramas last month, and now she stays up until 3 AM watching them every night."</i> What do you think, dear listeners? Which expression goes best here? [pause] The answer is: "to be hooked on something!" Maria can't stop watching these Korean dramas – she's completely hooked on them! <i>(Ecrivez vos notes ici).</i>
15:35	Scenario 3 <i>"Paul keeps reaching for his phone during dinner, even though he promised his family he wouldn't do that anymore. But he just can't help himself (il ne peut pas s'en empêcher), it's automatic for him."</i> What do you think, dear listeners? Which expression goes best here? [3-second pause] So, there are two possible answers here. The first answer is: "Force of habit!" Paul keeps reaching for his phone automatically, without thinking. He reaches for his phone through force of habit. <i>(Ecrivez vos notes ici).</i>

16:31	Alternatively, we could say that Paul is “hooked on his mobile phone.” He just can’t help himself (<i>il ne peut pas s'en empêcher</i>), he is addicted – he his hooked on his phone. <i>(Ecrivez vos notes ici).</i>
16:52	And that’s it, dear listeners, we are at the end of this episode. But, before you go, let me make a short announcement for <i>The Déclic Anglais Club</i>, our online learning platform. With <i>The Déclic Anglais Club</i> we take episodes from this podcast and transform them into interactive exercises! It’s a great way to learn the vocabulary that you hear in this podcast. And I’m sure that if you like this podcast, you will love <i>The Déclic Anglais Club</i>! <i>(Ecrivez vos notes ici).</i>
17:35	We have: · Listening comprehension exercises, · Reading comprehension exercises, · Dictation exercises (<i>des dictées</i>), · And also monthly translation exercises. There is something for everyone! <i>(Ecrivez vos notes ici).</i>

17:56 And if you are really motivated, you can even join us for our group conversation classes, where you can practice your speaking skills with other motivated learners.

If you're interested, just go to www.declicanglais.com for more information.

Thank you for listening, everyone. Have a nice day, and I look forward to seeing you all next time.

Bye for now!

(Ecrivez vos notes ici).

How did it go?

Take a moment to revisit the notes that you took.

List here 3 words or expressions (minimum) that you would like to remember from this podcast. We recommend that you consult a free, online dictionary like

www.wordreference.com to ensure that you have the correct definition and context.

WORDS/EXPRESSIONS THAT I WANT TO REMEMBER:

1.

2.

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5.