

SPEAK WITH DARSHANA

100

Ways to Say It Better

Everyday English for Real-Life Conversations

50 Everyday Phrases

20 Idioms

20 Phrasal Verbs

10 Proverbs

Practical English you can use at home, at work and everywhere in between.

DARSHANA HEGDE

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How to use this guide

Read aloud. Say each line out loud, not just in your head.

Pick one a day. One upgrade used well is worth more than ten memorised.

Use it for real. Say it in an actual conversation before the day ends.



PART I

01

50 Phrases for Real-Life Situations

Ten everyday situations. Five natural phrases for each. Use them instead of the word-for-word versions we often translate in our heads.

SITUATION 1 OF 10

Traffic

Traffic is one of those everyday topics we talk about without even thinking. These phrases will help you describe delays, congestion and noisy roads more naturally.

1 Traffic is really bad today.

2 We're stuck in traffic.

3 It's bumper-to-bumper traffic.

4 The roads are completely backed up.

5 All this honking is driving me up the wall.

SITUATION 2 OF 10

At a Restaurant

You do not need complicated English at a restaurant. A few natural phrases can help you order, ask questions and speak comfortably with the staff.

6

Could we have a table for two?

7

Could I see the menu, please?

8

What would you recommend?

9

Could we get the bill, please?

10

Could I get the rest to go, please?

SITUATION 3 OF 10

Daily Chores

Household tasks come up often in everyday conversations. These expressions will help you talk naturally about what you are doing or need to get done.

11 I need to do the laundry.

12 I'm just tidying up the house.

13 I need to take the garbage out.

14 I'm running a few errands.

15 I still have a few things to get done around the house.

SITUATION 4 OF 10

Power Cuts and Electricity Problems

Instead of saying “The light has gone” or “The light is coming and going,” use these natural expressions. They work for both everyday and workplace conversations.

16 The power has gone out.

17 We’re having a power outage.

18 The lights are flickering.

19 The power keeps going on and off.

20 The power is back on.

SITUATION 5 OF 10

Talking About Rain

Rain gives us plenty to talk about, from a light drizzle to a sudden downpour. These phrases help you describe different situations naturally.

21 It's drizzling.

22 It's pouring outside.

23 We got caught in the rain.

24 It looks like it's going to rain.

25 The rain has finally let up.

SITUATION 6 OF 10

Talking About Hot Weather

You do not have to say “It is very hot” every time. Use these expressions to describe different kinds of heat more naturally.

26 It's boiling outside.

27 It's hot and humid today.

28 The heat is really getting to me.

29 It's unbearably hot today.

30 I need to get out of the sun for a bit.

SITUATION 7 OF 10

Talking About Cold Weather

Cold weather gives you plenty of opportunities to use natural conversational English. These expressions range from describing the temperature to talking about how you feel.

31 It's freezing outside.

32 There's a chill in the air.

33 I can't feel my fingers.

34 It's getting colder by the minute.

35 I need to bundle up before I go out.

SITUATION 8 OF 10

When You Cannot Hear Someone Clearly

Phone and video calls are not always perfect. These phrases help you explain the problem without repeatedly saying “Your voice is not coming.”

36 I can't hear you clearly.

37 Your voice is breaking up.

38 You're cutting in and out.

39 Could you say that again?

40 Let's hang up and try again.

SITUATION 9 OF 10

Internet Problems

Slow or unstable internet is now part of everyday conversation. Use these phrases when your Wi-Fi or internet connection is causing trouble.

41 The internet is really slow.

42 My Wi-Fi keeps dropping.

43 The connection is unstable.

44 The page is taking forever to load.

45 I'll reconnect and try again.

SITUATION 10 OF 10

Phone Network Problems

Sometimes the internet is fine but your mobile signal is not. These phrases help you explain poor reception, dropped calls and network issues naturally.

46 There's no network here.

47 I barely have any signal.

48 The call keeps dropping.

49 I think we're in a dead zone.

50 I'll call you back when I have better reception.



PART 2

02

20 Everyday Idioms

The goal is not to stuff idioms into every conversation. Learn the ones that genuinely come up in everyday English and use them when they fit naturally.

51 Break the ice

MEANING Make people feel more comfortable when they first meet.

- He told a funny story to break the ice.
- I usually ask a simple question to break the ice.

52 A piece of cake

MEANING Something very easy.

- The test was a piece of cake.
- Once you learn the process, it's a piece of cake.

53 Call it a day

MEANING Stop working for the day.

- We've done enough. Let's call it a day.
- I'm tired, so I think I'll call it a day.

54 Under the weather

MEANING Feeling slightly unwell.

- I'm feeling a little under the weather today.
- She stayed home because she was under the weather.

55

On the same page

MEANING Have the same understanding or expectations.

- Let's make sure we're all on the same page.
- We spoke yesterday, and I think we're finally on the same page.

56

Get the ball rolling

MEANING Start something.

- Let's get the ball rolling.
- I'll send the first email to get the ball rolling.

57

Hit the nail on the head

MEANING Describe something exactly or identify the real problem.

- You've hit the nail on the head.
- She hit the nail on the head when she said we needed better planning.

58

Once in a blue moon

MEANING Very rarely.

- I eat fast food once in a blue moon.
- We only see each other once in a blue moon.

59

Beat around the bush

MEANING Avoid saying what you really mean.

- Stop beating around the bush and tell me what happened.
- He tends to beat around the bush when the topic is uncomfortable.

60

Spill the beans

MEANING Reveal a secret.

- Come on, spill the beans!
- Someone spilled the beans about the surprise party.

61

Get cold feet

MEANING Suddenly become nervous about doing something.

- I almost got cold feet before the presentation.
- She got cold feet just before making the decision.

62

Go the extra mile

MEANING Make more effort than expected.

- She always goes the extra mile for her clients.
- Good service means being willing to go the extra mile.

63

Cost an arm and a leg

MEANING Be extremely expensive.

- That hotel costs an arm and a leg.
- We loved the restaurant, but it cost us an arm and a leg.

64

In hot water

MEANING In trouble.

- He's in hot water with his manager.
- I'll be in hot water if I miss that deadline again.

65

Cut corners

MEANING Do something cheaply or carelessly to save time or money.

- We cannot afford to cut corners on quality.
- They finished quickly because they cut a few corners.

66

Back to square one

MEANING Return to the beginning after something fails.

- The plan didn't work, so we're back to square one.
- If this solution fails, we'll be back to square one.

67

A blessing in disguise

MEANING Something that seems bad at first but turns out to be helpful.

- Missing that opportunity was a blessing in disguise.
- The delay turned out to be a blessing in disguise.

68

Burn the midnight oil

MEANING Work or study late into the night.

- I had to burn the midnight oil before the exam.
- We were burning the midnight oil to finish the project.

69

In the same boat

MEANING Be in the same difficult situation.

- Don't worry. We're all in the same boat.
- Many small businesses are in the same boat right now.

70

Drive someone up the wall

MEANING Irritate or annoy someone greatly.

- That constant honking drives me up the wall.
- The construction noise is driving everyone up the wall.

PART 3

03

20 Phrasal Verbs You Will Actually Use

Phrasal verbs are everywhere in spoken English. Instead of memorising long lists, learn them through situations you can imagine yourself talking about.

71 Figure out

MEANING Understand or solve something.

- I'm trying to figure out how this works.
- We'll figure something out.

72 Find out

MEANING Discover information.

- I'll find out and let you know.
- We found out about the change yesterday.

73 Pick up

MEANING Collect someone or something.

- I'll pick you up at seven.
- Can you pick up some milk on your way home?

74 Drop off

MEANING Take someone or something somewhere.

- I'll drop you off at the station.
- I need to drop this parcel off before work.

75

Run out of

MEANING Have none left.

- We've run out of milk.
- My phone is about to run out of battery.

76

Put off

MEANING Postpone.

- Let's not put it off any longer.
- They put the meeting off until Friday.

77

Carry on

MEANING Continue.

- Please carry on.
- We carried on talking even after the restaurant closed.

78

Catch up

MEANING Talk to someone after not seeing them for some time, or reach the same level.

- Let's catch up over coffee.
- I need the weekend to catch up on some work.

79

Look after

MEANING Take care of someone or something.

- Could you look after my bag for a minute?
- She looks after her parents.

80

Look into

MEANING Investigate.

- I'll look into it.
- The company is looking into the issue.

81

Turn down

MEANING Reject or reduce.

- She turned down the offer.
- Could you turn the music down?

82

Bring up

MEANING Introduce a subject into a conversation.

- I wanted to bring something up.
- He brought up an interesting point during the meeting.

83

Work out

MEANING Find a solution or end successfully.

- I'm sure we can work it out.
- Things worked out better than we expected.

84

Calm down

MEANING Become less upset or excited.

- Give him a few minutes to calm down.
- I went for a walk to calm down.

85

Come across

MEANING Find or meet by chance.

- I came across an interesting article yesterday.
- I came across an old photograph while cleaning.

86

Set up

MEANING Arrange or prepare something.

- I'll set up the meeting.
- Can you help me set up the new phone?

87

Get back to

MEANING Respond to someone later.

- Let me check and get back to you.
- I'll get back to you by tomorrow.

88

Fill in

MEANING Complete information or temporarily replace someone.

- Could you fill in this form?
- Can you fill in for me tomorrow?

89

Check out

MEANING Look at or investigate something.

- You should check out that new café.
- I'll check it out when I have time.

90

End up

MEANING Finally arrive in a situation, often unexpectedly.

- We ended up staying much longer than planned.
- I took the wrong road and ended up downtown.

PART 4

04

10 Everyday Proverbs in Natural English

These are natural English equivalents, not word-for-word translations. That distinction matters, because literal translations often sound unnatural even when the idea is perfectly clear.

91

देर आए दुरुस्त आए ।

IN NATURAL ENGLISH

Better late than never.

92

जहाँ चाह, वहाँ राह ।

IN NATURAL ENGLISH

Where there's a will, there's a way.

93

जैसा बोओगे, वैसा काटोगे ।

IN NATURAL ENGLISH

You reap what you sow.

94

एक तीर से दो निशाने ।

IN NATURAL ENGLISH

Kill two birds with one stone.

95

दूध का जला छाछ भी फूँक-फूँक कर पीता है ।

IN NATURAL ENGLISH

Once bitten, twice shy.

96

नाच न जाने आँगन टेढ़ा ।

IN NATURAL ENGLISH

A bad workman blames his tools.

97

दूर के ढोल सुहावने ।

IN NATURAL ENGLISH

The grass is always greener on the other side.

98

अब पछताए होत क्या, जब चिड़िया चुग गई खेत ।

IN NATURAL ENGLISH

There's no use crying over spilt milk.

99

बूंद-बूंद से सागर भरता है ।

IN NATURAL ENGLISH

Every little bit adds up.

100

एकता में बल है ।

IN NATURAL ENGLISH

United we stand, divided we fall.

YOU NOW HAVE 100

One line a day is enough.

Say it aloud. Use it today. Come back to this guide whenever you need a better way to say it.

For more everyday English, follow along on Instagram.

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