

## What Gets You Down?

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### Key Vocabulary Words

1. To get someone down
2. To calm down
3. To get to you
4. To crack up
5. To goof off
6. To let you down

**Lindsay:** Hey, guys. Do you consider yourselves emotional people?

**Speaker 2:** Definitely.

**Speaker 1:** Yes, absolutely.

**Speaker 3:** Oh, I'm very emotional.

**Lindsay:** Okay, so we have a bunch of emotional people here tonight. All right. So, (um), all right. So how 'bout (about) the weather these days? How does it make you feel? Does it make you feel happy or kinda' (kind of) down 'cause (because) it's so (he-), so hot.

**Speaker 1:** I'm actually in the minority. I'm not really a huge fan of hot, humid weather. I feel really – it, it definitely

gets me down. So it's the hot, humid weather. I like when it's warm and sunny but when it gets over 80 degrees, it really is hard for me.

**Speaker 2:** I would take this weather any day over the weather that we have been having. I will not complain about it. If it's humid or dry, I don't care.

**Lindsay:** Yeah, 'cause (because) we had a tough winter didn't we?

**Speaker 2:** Oh, yeah.

**Speaker 1:** Yes.

**Speaker 2:** We did. I will admit that.  
I wouldn't love the  
winter again either,  
but...

**Lindsay:** So what else gets you  
down?

**Speaker 1:** I don't know.

**Speaker 2:** Oh, man.

**Speaker 1:** For example, fighting  
with friends or family.

**Lindsay:** Well, (wha-), what gets  
you down?

**Speaker 2:** My boyfriend lives in  
New Hampshire and  
every Sunday when we  
say goodbye, I get very  
down, and I cry a lot, every week.

**Lindsay:** Oh, that's too bad.

**Speaker 2:** Yeah.

**Speaker 1:** (Um), most of my really close friends live, (um), far – not super far  
away, but far enough that we don't get to see each other a lot and  
so, (um), (kind of) along the same lines, saying goodbye gets me  
down. But anytime we argue it's really hard because it's long  
distance, and so you can't just (like) go grab a beer and patch it up,  
(you know), you have to (kind of), (um), just sit with it and, and let  
time heal. So that, that can definitely get me down.

**Speaker 3:** I think some things **that get me down** are when (peo-), when people  
just aren't nice, when people are rude or inconsiderate to people.  
Even to strangers if somebody doesn't say "please" or "thank you"

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or, (you know), they'll throw trash on the street instead of in the trash barrel. But just people who aren't nice, that gets me down.

**Lindsay:** Oh, yeah, absolutely. Absolutely. And you shouldn't move to New York. Okay.

**Speaker 2:** I'm from New York.

**Lindsay:** Oh, yeah.

**Speaker 1:** My parents are from New York, it's totally true.

**Lindsay:** It's totally true. Great. So when you're sad, when you get sad or even anxious, (like) what (sort of) – what do you like to do **to calm down**, to calm yourself down?

**Speaker 1:** Well, I'm definitely prone to some anxiety. (Um), and one thing that always helps me calm down is to drink a cup of tea and either watch a movie or listen to, (uh), CD (compact disk). That is (sort of), (you know), a comfort thing for me. (Um), something that I've watched or listened to a million times, (um), that, (you know), is really familiar and just makes me relax, that definitely is an instant calm down.

**Speaker 2:** For me, well it used to be that I would go for a drive, but it's pretty impossible in Boston, to just go and calm yourself down in the city traffic. But last night, actually, I was on my moped and I was driving, (um) -- it was after class got out at 9 o'clock, so it was (kind of) late and the traffic had died down, and I just, (uh), I drove for about an hour and I don't know where I went. I got lost, and I just kept driving somewhere up by Alewife Station and then beyond. (Um) but it was really nice 'cause (because) there was no traffic, there were no street lights, no cars. It's (kind of) creepy in a way because I was so used to

all the noise and traffic in Boston, but, (um), that definitely calmed me down.

**Lindsay:** Sounds like a cool experience.

**Speaker 2:** Yeah, it was good. I would do it again.

**Lindsay:** And, do you guys live with roommates or housemates or family?

**Speaker 1:** Yes.

**Lindsay:** All of the above.

**Speaker 1:** Yeah. (Um), I have lived with family in the past. Right now – I’m actually -- my roommate just moved out, (um), yesterday. I’m getting a new roommate, (um), but I, (uh), yeah, I, I have, I do live with a roommate.

**Lindsay:** Okay. So what **gets to you** about your roommates or housemates or family members?

**Speaker 1:** (Um) everything. No, I’m just kidding. But, (um), actually my, my old roommate who just moved out, (um), a lot of things that she did got to me. (Um), she was not really great at cleaning. She never took out the trash or cleaned the bathroom, which were supposed to be (like) her chores. (Um), so I ended up doing all the chores and that really, really bugged me. (Um), after a few months of that, it was definitely, (uh), it was definitely getting to me.

**Lindsay:** Absolutely. That sounds tough. And what kind of things **crack you up**, in terms of humor? Do you guys know anyone who tells jokes all the time? (Like), what kinds of humor crack you up?

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**Speaker 2:** My brother-in-law really cracks me up. (Uh), I don't see him that often, but he's very witty and, (uh), he just comes up with one-liners (like) instantly. And it's so funny, I, I just don't have a brain like that, so...

**Lindsay:** (Uh-huh).

**Speaker 2:** ...especially 'cause (because) I'm not with him all the time, it makes it even more funny because – I don't know. It's, it's pretty...

**Speaker 1:** In small doses.

**Speaker 2:** ...incredible. Yeah.

**Speaker 3:** Well, I'm (em-), I'm embarrassed to admit it, but one thing that really cracks me up is when people fall down.

**Lindsay:** Oh, no.

**Speaker 1:** Yeah, I, I definitely get a little of that, (uh), (kind of), (uh), whatever that word is for when you take joy in the pain of other people. (Um), but, (um), no, actually, (um), I, I have a lot of funny friends, but lately the thing that's really been, (uh), giving me a lot of laughs is the TV show, Brooklyn Nine-Nine, (um), with Andy Samberg. (Um), I cannot stop; I crack up every 30 seconds while I'm watching that show.

**Lindsay:** Wow!

**Speaker 1:** It is hysterically funny, so I definitely recommend it to anybody who, (uh), needs a good laugh.

**Lindsay:** I haven't seen it yet. And that...

**Speaker 1:** It's really good.

**Lindsay:** Cool.

**Speaker 1:** It's really, really great.

**Lindsay:** Cool. I'll check that out.

**Speaker 1:** Yeah.

**Lindsay:** (Hm).

**Speaker 1:** If you've liked Andy Samberg on SNL (Saturday Night Live), you'll love him in this. He's great.

**Lindsay:** Good to know. And when you guys were in school, did you **goof off** a lot? Did you, (you know) -- were you silly, (like), were you bad kids or were you good?

**Speaker 3:** I'm out of school and I goof off a lot.

**Lindsay:** What do you do to goof off?

**Speaker 3:** (Um), I guess, I would count goofing off as doing anything that I'm not – that – when I should be doing something else.

**Lindsay:** Oh, okay.

**Speaker 3:** Yeah.

**Lindsay:** So when you should be working, (kind of) out getting an ice cream or whatever.

**Speaker 3:** Right. So maybe when I'm working, (like), (you know), posting things on Facebook or tweeting something when I should be doing something else. Yeah, those are ways to goof off, yeah.

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**Speaker 2:** When you put it that way, I guess that I goof off a lot. But (uh), other than that, I would think I'm a more serious person, and (kind of) straight and narrow on that path. So I don't consider myself to goof off that much.

**Lindsay:** (Hm)?

**Speaker 1:** Yeah, when I was in school, I didn't goof off a lot either. I took it too seriously. (Um), my brother and I definitely used to, goof off or just cause trouble whenever we had babysitters over. That was definitely, (you know), pranking the babysitter was a big activity in my house when I was a little kid, but...

**Lindsay:** So that was when you had your fun, when the babysitter came over.

**Speaker 1:** Oh, yeah.

**Lindsay:** That is cool.

**Speaker 1:** It was (like), the parents are gone, the teachers are gone, (like), this poor hapless teenage girl whose job it was to take care of us for the night.

**Lindsay:** Oh, no.

**Speaker 1:** Totally just bore the brunt-- I know. In retrospect, I feel bad for anyone who had to take care of us, but...

**Lindsay:** Last question: How do you feel when someone **lets you down**?

**Speaker 3:** Oh, it's so disappointing when someone lets you down. It's so disappointing.

**Lindsay:** Yeah. Can you think of an example, recently?

**Speaker 3:** (Um), the other day I was waiting for a friend to come help me move something and she cancelled at the last minute. So I was so disappointed. I felt really let down.

**Lindsay:** Yeah, that's hard.

**Speaker 1:** That is a hard one. (Um), I definitely – I don't know. When, when people let me down, it's really hard for me to get over it, (um), I, I really take it hard. (Um), it hurts.

**Speaker 2:** So I was back in town -- I (on-) -- back home. I only go home two or three times a year and I had plans with my godfather to go out to dinner I think, it was Memorial Day, or come out to our family luncheon. He decided he had, he had other plans with some friends that day. And I, I was really let down because I'm only there for one day and I won't be there again until Christmas and since then I haven't spoken to him. I used to call, maybe, once every couple of weeks, but I haven't called him since then.

**Lindsay:** Whoa! So it can be hard to get over...

**Speaker 2:** Yeah.

**Lindsay:** ...when people let us down.

**Speaker 2:** Well, he has...

**Lindsay:** It hurts.

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**Speaker 2:** He hasn't apologized. I feel like he should be the one to call me and apologize.

**Lindsay:** Yeah, he needs to own up to what he did. Yeah.

**Speaker 2:** Exactly. He just didn't show up and now, I feel that the ball's in his court.

**Lindsay:** Oh, good one. All right, we'll stop on that.