EPISODE 372

# Is Valentine's Day About Love?

Full transcript · mini-story · vocabulary review

Today we're going to talk about **Valentine's Day**.

But don't worry—this is not going to be a boring episode about chocolates, roses, and red hearts everywhere.

Let me ask you something.

## Is Valentine's Day Really About Love?

Or is it about pressure?

In many countries, Valentine's Day is huge. Restaurants are full. Prices go up. Flower shops sell out. People panic because they forgot to make a reservation.

And if you're single, sometimes it feels like the whole world is shouting: "Look how happy we are!"

Valentine's Day wasn't originally about romantic love. It was connected to Saint Valentine, a Christian martyr. Over time, especially in countries like the United States, it became commercial and romantic.

Today, it's a mix of:

And expectations are dangerous, because when expectations are too high, disappointment is very close.

## Connection Instead of Performance

What if Valentine's Day was not about impressing someone, but about connection? Not about buying something expensive, but about saying something honest?

In English, we have some great expressions for this topic:

But today we're not going to break anyone's heart. We're going to have some fun and practice speaking while learning useful English expressions.

# Mini-Story

## Speaking Practice

Answer the questions aloud with short and quick responses. Repeat the Mini-Story several times to improve your speaking and listening.

Let's start!

**Eli wasn't single anymore. He was in a relationship with Ava.**

**Eli, were you single at that time?**
No, no, I wasn't single. I was in a relationship with Ava.

**Were you in a relationship with her?**
Yes, I was in a relationship with her.

**Does "to be single" mean you don't have a partner?**
Yes, to be single means you don't have a partner.

**Does “to be in a relationship” mean you and someone are together as a couple?**
Yes, it means you’re together as a couple.

**Eli had fallen head over heels for Ava.**

**Eli, had you fallen head over heels for her?**
Yes, I had fallen head over heels for her.

**Does “falling head over heels” mean you like someone only a little?**
No, no, it doesn’t mean that. It means you’re deeply in love.

**Were you completely in love with her?**
Yes, I was completely in love with her.

**Did that make Valentine’s Day very important to you?**
Yes, it made it very important to me.

**Eli wanted to sweep Ava off her feet.**

**Eli, did you want to sweep her off her feet?**
Yes, I wanted to sweep her off her feet.

**Does “to sweep someone off their feet” mean to disappoint them?**
No, no, it doesn’t mean to disappoint them. It means to impress them deeply.

**Did you want her to feel amazed?**
Yes, I wanted her to feel amazed. I wanted Ava to feel very surprised and impressed at the same time.

**Did that create pressure for you?**
Yes, it created a lot of pressure.

**Eli reserved the most expensive restaurant in the city.**

**Eli, did you reserve a cheap restaurant?**
No, no, I didn’t reserve a cheap restaurant. I reserved the most expensive restaurant in the city.

**Did you believe the expensive restaurant would sweep her off her feet?**
Yes, I believed it would impress her. I believed it would sweep her off her feet.

**Did the reservation cost you a lot of money?**
Yes, it cost me a lot of money.

**Did spending more money make you more relaxed?**
No, no, it didn’t make me more relaxed. It made me more nervous.

**Eli bought fifty red roses.**

**Eli, did you buy only one rose?**
No, no, I didn’t buy only one rose. I bought fifty red roses.

**Did you believe that more roses meant more romance?**
Yes, I believed that.

**Were the roses cheap?**
No, no, they weren’t cheap. They were very expensive.

**Did buying fifty roses remove your stress?**
No, no, it didn’t remove my stress. It increased it.

**Eli was afraid of breaking Ava’s heart.**

**Eli, were you afraid of breaking her leg?**
No, no. I wasn’t afraid of breaking her leg. I was afraid of breaking her heart.

**Does “breaking someone’s heart” mean to make them very happy?**
No, no, it doesn’t mean to make them happy. It means to hurt them deeply.

**Did you want to hurt Ava?**
No, no, I didn’t want to hurt her. I didn’t want to break her heart.

**Did that fear make you overthink everything?**
Yes, it made me overthink everything.

**Eli wrote a ten-page romantic speech.**

**Eli, did you write a short message?**
No, no, I didn't write a short message. I wrote a ten-page romantic speech.

**Did you practice the speech in front of the mirror?**
Yes, I practiced it in front of the mirror.

**Did you imagine she would cry with emotion?**
Yes, I imagined that.

**Did you believe the speech would sweep her off her feet?**
Yes, I believed it would impress her deeply, that it would sweep her off her feet.

**When they arrived, the restaurant had lost the reservation.**

**Eli, did the restaurant have your reservation?**
No, no, it didn't have my reservation. They lost it.

**Did your perfect plan start collapsing?**
Yes, it started collapsing immediately.

**Did you feel calm at that moment?**
No, no, I didn't feel calm. I started panicking.

**They ended up in a small fast-food place.**

**Eli, did you end up in another romantic restaurant?**
No, no, we ended up in a small fast-food place.

**Did it look elegant and romantic?**
No, no, it didn't look elegant or romantic.

**Did you still decide to read your speech there?**
Yes, I still decided to read it.

**Eli dropped the pages and mixed them up.**

**Eli, did you keep the pages in order?**
No, no, I didn't keep them in order. I dropped them.

**Did you accidentally pop the question?**
Yes, I accidentally popped the question.

**Does "to pop the question" mean to ask someone to marry you?**
Yes, it means to ask someone to marry you.

**Did you plan to pop the question that night?**
No, no, I didn't plan to propose that night. I didn't plan to pop the question.

**Ava started laughing.**

**Eli, did Ava get angry?**
No, no, she didn't get angry. She started laughing.

**Did she want a perfect performance?**
No, no, she didn't want a performance.

**Did she want you to relax and be yourself?**
Yes, she wanted me to relax and be myself.

**Eli, did you finally stop trying so hard?**
Yes, I finally stopped trying so hard.

**Was the night perfect?**
No, no, it wasn't perfect.

**Was it real and honest?**

Yes, it was real and honest.

All right. That's the end of the story. Listen to this Mini-Story several times to improve your speaking.

Review

# Vocabulary from This Episode

Review the most useful words and expressions before listening again.

| | |
|---|---|
| 01 **sweep someone off their feet**<br>make someone feel suddenly and strongly attracted or impressed. | 05 **in a relationship**<br>romantically involved with another person. |
| 02 **fall head over heels**<br>fall deeply in love. | 06 **break someone's heart**<br>cause someone deep emotional pain, especially in love. |
| 03 **pop the question**<br>ask someone to marry you. | 07 **expectations**<br>beliefs about what should happen or how something should be. |
| 04 **single**<br>not currently in a romantic relationship. | |

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