



Watch again
online

Friends S01E01 — The Runaway Bride Arrives

Clip: 7:43 · 10 words · 7 idioms & phrasal verbs · 2026-07-08



Friends — a scene from today's lesson

1 Before You Watch

The story

This is the first episode of Friends. The group is sitting in Central Perk, a coffee shop in New York. Ross is upset because his wife has just moved out. Then Rachel suddenly arrives in a wedding dress after running away from her wedding.

Why is it funny?

The comedy comes from fast reactions and dry sarcasm. Chandler often answers serious moments with a sharp joke. Rachel uses a strange metaphor about being a shoe, a purse or a hat to explain that she wants to choose her own life. The joke is that her father takes it too literally.

Key words — know these before you watch:

runaway bride

move out

wedding

metaphor

independence

cancel

Predict: Look at the keywords. What problem do you think Rachel has?

- A.** She has run away from her wedding.
- B.** She has lost her coffee.
- C.** She wants to buy a new hat.

Background reading (1 minute)

Friends is a sitcom about six young adults in New York. Sitcom language is fast, casual and full of short reactions. In this clip, two people have major life changes: Ross is separating from Carol, and Rachel is choosing independence for the first time.

2 Watch 1 — with subtitles

First watch — subtitles ON. Catch the main idea: Watch once with subtitles OFF. What is the main situation?

- A.** Ross is sad, and Rachel arrives after leaving her wedding.
- B.** The group is planning a wedding for Monica.
- C.** Joey and Chandler are buying coffee for everyone.

Watch 2 — subtitles ON again. Detail questions (after transcript / vocab on class day):

1. Why is Ross upset?

- A.** Carol moved her things out.
- B.** He lost his job.
- C.** His coffee is cold.

2. Why did Rachel get scared before the wedding?

- A.** She realized she did not love Barry.
- B.** She forgot the wedding time.
- C.** She could not find Monica.

3. Who does Rachel call after she arrives?

- A.** Her father.
- B.** Barry.
- C.** Carol.

4. What does Monica say Rachel is doing?

- A.** Taking control of her life.
- B.** Starting a new job.
- C.** Moving to Aruba.

3 Transcript — notice the highlighted words

yellow = vocabulary to learn · **blue** = idioms & phrasal verbs

0:47 'There's nothing to tell.'

0:48 It's just some guy I work with.

0:50 Come on, you're going out with the guy.

0:52 There's gotta be something wrong with him.

0:55 So does he have hump? A hump and a hairpiece?

1:00 Wait, does he eat chalk?

1:02 Just 'cause I don't want her to **go through** what I went through with Carl.

1:06 Okay, everybody relax. This is not even a date.

1:08 It's just two people going out to dinner and not having sex.

1:12 Sounds like a date to me.

1:16 Alright so, I'm back in high school.

1:17 I'm standing in the middle of the cafeteria and I realize I'm totally naked.

1:23 - Oh, we all had that dream. - Oh, yeah.

1:24 And I look down and I realize there is a phone...there.

1:32 - Instead of-- - That's right!

1:34 Never had that one.

1:35 All of a sudden, the phone starts to ring.

1:40 And it turns out it's my mother.

1:43 Which is very, very weird because...she never calls me.

1:53 Hi.

1:56 This guy says, "Hello," I want to kill myself.

1:59 You okay, sweetie?

2:00 I just feel like someone reached down my throat grabbed my small **intestine**, pulled it out of my mouth and tied it around my neck.

2:07 Cookie?

2:11 Carol moved her stuff out today.

2:13 - Let me get you some coffee. - Thanks.

2:18 Oh, ugh.

2:20 Uh-oh, no. No, don't. Stop cleansing my **aura**.

2:25 Don't. Just leave my **aura** alone, okay?

2:28 I'll be fine, alright? Really, everyone I hope she'll be very happy.

2:32 - No, you don't - No, I don't.

2:33 To hell with her, she left me!

2:36 And you never knew she was a lesbian.

2:43 No, okay?

2:44 Why does everyone keep fixating on that?

2:49 She didn't know, how should I know?

2:54 Sometimes, I wish I was a lesbian.

2:58 Did I say that out loud?

3:02 Alright, Ross, look, you're feeling a lot of pain right now.

3:06 You're angry. You're hurting.

3:09 Can I tell you what the answer is?

3:11 Strip joints!

3:15 Come on, you're single. Have some hormones..

3:17 But I don't want to be single, okay?

3:19 I just, I just, I just want to be married again.

3:27 And I just won a million dollars.

3:31 Rachel?

3:32 Oh, God, Monica, hi. Thank god.

3:35 I just went to your building and you weren't there.

3:37 And then this guy with a big hammer said you might be here and you are. You are.

3:41 Can I get you some coffee?

3:43 Decaf.

3:45 Okay, everybody this is Rachel, another Lincoln High survivor.

3:49 This-this is everybody.

3:50 This is Chandler, and Phoebe and Joey.

3:53 And you remember my brother, Ross?

3:55 - Sure! Hi. - Hey.

4:06 So you want to tell us now, or are we waiting for four wet bridesmaids?

4:12 Oh, God! Well..

4:14 ...it started about a half-hour before the wedding.

4:17 I was in this room where we were keeping all the presents And I was looking at this gravy boat.

4:21 This really gorgeous Limoges gravy boat.

4:25 When all of sudden.. Sweet N' Low?

4:27 I realized I realized I was more turned on by this gravy boat than by Barry.

4:33 And then I got really freaked out.

4:35 And that's when it hit me how much Barry looks Mr. Potato Head.

4:39 You know, I mean, I always knew he looked familiar, but..

4:45 Anyway, I just had to get out of there and I started wondering "Why am I doing this?"

4:50 and "Who am I doing this for?"

4:53 So, anyway, I just didn't know where to go and I know that you and I have kind of drifted apart but you're the only person I knew who lived here in the city.

5:00 Who wasn't invited to the wedding.

5:02 Oh, I was kind of hoping that wouldn't be an issue.

5:19 I'm, uh, guessing he bought her the big pipe organ And she's really not happy about it.

5:26 Daddy, I just...I can't marry him.

5:29 I'm sorry, I just don't love him.

5:34 Well, it matters to me.

5:39 'Ooh, she should not be wearing those pants.'

5:43 I say, push her down the stairs.

5:47 Push her down the stairs.

5:52 Come on, Daddy, listen to me.

5:54 It's like all my life, everyone's always told me "You're a shoe!

5:59 'You're a shoe! You're a shoe! You're a shoe!'"

6:01 And then today, I just stopped and said What if I don't wanna be a shoe?

6:05 What if I want to be a, a purse?

6:07 You know, or-or-or a hat?

6:11 No, I don't want you to buy me a hat.

6:13 I'm saying that I am a ha-- It's a metaphor, Daddy!

6:18 You can see where he'd have trouble.

6:23 Look, Daddy, it's my life.

6:26 Well, maybe I'll just stay here with Monica.

6:32 Well, I guess we've established she's staying here with Monica.

6:36 Well, maybe that's my decision.

6:39 Well, maybe I don't need your money.

6:42 Wait! Wait! I said maybe!

6:51 - Okay, just breathe. That's it. - Okay.

6:53 Just try to think of nice, calm things.

7:09 I'm all better now.

7:13 I helped.

7:16 Okay, look, this is probably **for the best**, you know?

7:18 **Independence**. Taking control of your life.

7:21 And hey, you need anything, you can always come to Joey.

7:26 Me and Chandler live across the hall.

7:28 And he's away a lot.

7:31 Joey, stop hitting on her! It's her wedding day.

7:34 What? Like there's a rule or something?

7:38 Please don't do that again. It's a horrible sound.

7:42 Ah, it's, it's Paul.

7:44 - **Let him in**. - Who's Paul?

7:46 - Paul, the wine guy, Paul? - Maybe.

7:49 Wait a minute, your "not a real date," tonight is with Paul, the wine guy?

7:52 - He finally asked you out? - Yes!

7:54 Oh, this is a "Dear Diary" moment.

7:58 Rach, wait I-I can **cancel**.

7:59 Please, no, go. I'll be fine.

8:01 I-Ross, are you okay?

8:03 Do you want me to stay?

8:06 - That would be good. - Really?

8:09 No! Go on, it's Paul the wine guy.

8:16 Hi, come in.

8:17 Paul, this is...everybody.

8:21 Everybody, this is Paul.

8:22 Paul the wine guy.

8:24 I'm sorry, I didn't catch your name. Paul, was it?

8:28 Sit down, two seconds.

4 Vocabulary — 10 words worth remembering

Word	Pronunciation	Meaning	In the clip
intestine	/ɪn'testɪn/	a long tube inside your body that helps digest food	<i>I just feel like someone reached down my throat, grabbed my small intestine...</i>
aura	/ˈɔːrə/	a feeling or energy that seems to surround a person	<i>Stop cleansing my aura.</i>
bridesmaid	/ˈbraɪdzmɛɪd/	a woman who helps the bride at a wedding	<i>Are we waiting for four wet bridesmaids?</i>
gorgeous	/ˈɡɔːr.dʒəs/	very beautiful or attractive	<i>This really gorgeous Limoges gravy boat.</i>
familiar	/fə'mɪliər/	easy to recognize because you have seen it before	<i>I always knew he looked familiar.</i>
issue	/ˈɪʃuː/	a problem or topic people are worried about	<i>I was kind of hoping that wouldn't be an issue.</i>
metaphor	/ˈmetəfɔːr/	a way of describing something by comparing it to something else	<i>It's a metaphor, Daddy!</i>
establish	/ɪ'stæblɪʃ/	to make something clear or certain	<i>I guess we've established she's staying here with Monica.</i>
independence	/ˌɪndɪ'pendəns/	the ability to live or decide without depending on others	<i>Independence. Taking control of your life.</i>
cancel	/ˈkænsəl/	to decide that something planned will not happen	<i>Rach, wait, I can cancel.</i>

5 Idioms & Phrasal Verbs

Phrase	Type	Meaning	In the clip
go through	phrasal v.	to experience something difficult	<i>I don't want her to go through what I went through with Carl.</i>
move out	phrasal v.	to leave the place where you live	<i>Carol moved her stuff out today.</i>
fixate on	phrasal v.	to keep thinking or talking about one thing too much	<i>Why does everyone keep fixating on that?</i>
freak out	phrasal v.	to become very scared, shocked or upset	<i>And then I got really freaked out.</i>
drift apart	phrasal v.	to slowly become less close to someone	<i>You and I have kind of drifted apart.</i>

hit on	phrasal v.	to show romantic or sexual interest in someone	<i>Joey, stop hitting on her!</i>
for the best	idiom	better in the end, even if it feels bad now	<i>This is probably for the best.</i>

6 Grammar Spotlight

Past continuous for storytelling: was/were + verb-ing

Use the past continuous to set the scene in a story. It tells us what was happening around a key moment. The key moment often uses the past simple.

- *I was looking at this gravy boat. (This sets the scene before Rachel's big realization.)*
- *I realized I was more turned on by this gravy boat than by Barry. (realized = the key moment)*
- *I was kind of supposed to be headed for Aruba on my honeymoon. (A planned situation that changed.)*

Learn more: English Grammar in Use — Past continuous and past simple

7 Practice — circle / match / fill in; answers on the last page

Understand the story

1. What has just happened to Ross?

- A. Carol has moved her things out.
- B. He has won a million dollars.
- C. He is going to Aruba.

2. What does Rachel realize before the wedding?

- A. She does not really love Barry.
- B. Monica is at the wedding.
- C. She wants to live in Aruba.

3. Why does Rachel come to Monica?

- A. Monica is the only person she knows in the city.
- B. Monica invited her to the wedding.
- C. Monica is marrying Barry.

14. Play this bit. What does Monica say Rachel is doing?

- A. Taking control of her life.
- B. Planning a new wedding.
- C. Moving back home.

True or False

4. Rachel's father immediately understands her shoe/purse/hat metaphor. **True / False**

5. Monica is happy to cancel her date if Rachel needs her. **True / False**

6. Joey lives across the hall from Monica. **True / False**

Fill the gap

7. You and I have kind of drifted ____.

(apart · out · over)

8. Joey, stop hitting ____ her!

(on · in · up)

Word meanings

9. If something is 'for the best', it is:

- A. probably better in the end
- B. the most expensive choice
- C. the funniest thing

10. In this clip, 'independence' is closest to:

- A. making your own choices
- B. getting married quickly
- C. cleaning someone's aura

12. Which word means: “a word or picture that stands for a deeper idea”?

- A. metaphor
- B. bridesmaid
- C. honeymoon

Match the phrases

11. Match each phrase with its meaning:

Phrase		Meaning (mixed order)
1. go through	→ ____	a. experience something difficult
2. move out	→ ____	b. become very scared or upset
3. fixate on	→ ____	c. show romantic interest in someone
4. freak out	→ ____	d. slowly become less close
5. drift apart	→ ____	e. leave the place where you live
6. hit on	→ ____	f. keep focusing on one thing too much

Grammar in use

13. Which line uses past continuous (was/were + -ing) to set the story scene?

- A. I was looking at this gravy boat.
- B. Carol moved her stuff out today.
- C. It's a metaphor, Daddy!

8 Final listen — NO subtitles — prove what you remember

Subtitles are OFF. Prove what you remember from today's Friends clip.

Catch the line

- ☐ There's nothing to tell.
- ☐ You're going out with the guy.
- ☐ Carol moved her stuff out today.
- ☐ Why does everyone keep fixating on that?
- ☐ I got really freaked out.
- ☐ You and I have kind of drifted apart.
- ☐ It's a metaphor, Daddy!
- ☐ Taking control of your life.

What did they say?

1. What bad news does Ross give?

- A. Carol moved her stuff out today.
- B. Carol is coming back this week.
- C. Carol cancelled the coffee.

2. What does Rachel tell her father her shoe talk is?

- A. It's a metaphor, Daddy!
- B. It's a real shopping list.
- C. It's a joke about hats.

3. What does Monica tell Joey to stop doing?

- A. Hitting on Rachel.
- B. Making coffee.
- C. Talking to Chandler.

Put the lines in order

___ Carol moved her stuff out today.

___ I got really freaked out.

___ It's a metaphor, Daddy!

___ Taking control of your life.

Answer Key — check yourself after finishing

Before You Watch: A · **Gist:** A · **Detail:** 1-A, 2-A, 3-A, 4-A

Understand the story: 1-A · 2-A · 3-A · 14-A

True or False: 4-False · 5-True · 6-True

Fill the gap: 7-apart · 8-on

Word meanings: 9-A · 10-A · 12-A

Match the phrases: 11: 1→a, 2→e, 3→f, 4→b, 5→d, 6→c

Grammar in use: 13-A

Final — said what: 1-A · 2-A · 3-A

Final — order: 0 → 1 → 2 → 3

1: Ross says Carol moved her stuff out today. That is why he is upset.

2: Rachel says she was more excited by a gravy boat than by Barry. Then she says she does not love him.

3: Rachel says Monica is the only person she knew who lived in the city.

4: He thinks she wants him to buy her a hat. Rachel has to say, 'It's a metaphor, Daddy!'

5: Monica says she can cancel, but Rachel tells her to go.

6: Joey says he and Chandler live across the hall.

7: Drift apart = slowly become less close.

8: Hit on someone = show romantic interest in them.

9: Monica uses this phrase to comfort Rachel: the decision feels hard now, but it may be good later.

10: Monica connects independence with taking control of your life.

12: Rachel has to say, 'It's a metaphor, Daddy!'

13: 'I was looking...' paints the background before the big realisation.

14: Monica: 'Independence. Taking control of your life.'