



Friends S01E01 (Part 2) — Grab a Spoon

Clip: 5:26 · 11 words · 7 idioms & phrasal verbs · 2026-08-10

[Watch again online](#)



Friends — a scene from today's lesson

1 Before You Watch

The story

This is the second part of the first Friends episode. Rachel has just arrived after running away from her wedding. Now the friends invite her out, but she stays home. Later, Joey and Chandler help Ross build furniture in his empty apartment, and Joey gives Ross some advice about starting a new life. At the same time, Monica is on a date with a man called Paul.

Why is it funny?

Two jokes carry this clip. First, Ross cannot understand the furniture instructions, so he invents baby words for the parts: a 'brackety thing', 'side things' and 'little worm guys'. Second, Joey compares women to ice cream flavours and tells Ross to 'grab a spoon'. Chandler then takes the metaphor too literally and says he does not know if he is hungry or horny, so Joey warns him to stay out of his freezer. Phoebe also gets a dry laugh: 'I wish I could, but I don't want to.'

Key words — know these before you watch:

put together

bookcase

get screwed

flavour

grab a spoon

regret

Predict: Look at the keywords. What advice do you think Ross gets?

- A.** He should stop thinking about one woman and meet new people.
- B.** He should call Carol and say sorry.
- C.** He should buy a bigger television.

Background reading (1 minute)

In American English, people often use food to talk about life. 'Flavours of ice cream' means the many different people you could date, and 'grab a spoon' means start trying again. This clip is also full of relaxed spoken forms: gonna, wanna, gotta and should've. Learning to hear them is the key to understanding fast conversation.

2 Watch 1 — with subtitles

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

- A.** The friends build furniture and Joey tells Ross to start dating again.
- B.** The friends go to a restaurant to celebrate Rachel's wedding.
- C.** Ross moves into Monica's apartment with Rachel.

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

1. Why is Rachel not going to Aruba?

- A.** She left her wedding, so there is no honeymoon.
- B.** The flight was cancelled.
- C.** Monica wants her to stay and work.

2. What do Joey and Chandler do at Ross's apartment?

- A.** They help him put together new furniture.
- B.** They cook dinner for Carol.
- C.** They watch a football game.

3. What did Chandler do when his own relationship ended?

- A.** He broke his girlfriend's watch.
- B.** He moved to another city.
- C.** He bought a new bookcase.

4. What does Joey mean by 'Grab a spoon'?

- A.** Start meeting new women and enjoy life again.
- B.** Eat something before you go to bed.
- C.** Buy ice cream for Ross and Chandler.

3 Transcript — notice the highlighted words

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

8:28 Sit down, two seconds.

8:34 Oh, I just pulled out four eyelashes. That can't be good.

8:40 So Rachel, what are you, uh, what you up to tonight?

8:42 Well, I was kind of suppose to be headed for Aruba on my honeymoon. So, nothing.

8:50 Right, you're not even getting your honeymoon.

8:52 God, no, no. Although, Aruba.

8:55 This time of year?

8:57 Talk about your...big lizards.

9:05 Anyway, if you, if you don't **feel like** being alone tonight Uh, Joey and Chandler are coming over to help me **put together** my, my new furniture.

9:11 Yes, and we're very excited about it.

9:14 Well, actually, thanks but I think I'm just gonna **hang out** here tonight.

9:18 - It's been a long day. - Oh, sure. Okay, sure.

9:20 Hey, Pheebs, wanna help?

9:22 Oh, I wish I could, but I don't want to.

9:32 I'm suppose to **attach** a brackety thing to the side things using a bunch of these little worm guys.

9:41 I have no brackety thing.

9:43 I see no worm guys **whatsoever**.

9:45 And I cannot feel my legs.

9:50 - What's this? - I have no idea.

9:56 - Done with the **bookcase**. - All finished.

10:02 This was Carol's favorite beer.

10:06 **She always drank it out of the can. I should have known.**

10:11 Ross, let me ask you a question.

10:12 She got the furniture, the stereo, the good TV.

10:17 What did you get?

10:18 You guys.

10:19 - Oh, God. Oh, my God. - You got screwed.

10:22 - Oh, my God. - I know, I know.

10:24 I'm such an idiot.

10:27	Guess I should've caught on when she went to the dentist four and five times a week.
10:31	I mean, how clean can teeth get?
10:33	My brother's going through that right now.
10:35	He's, he's such a mess. How did you get through it?
10:38	Well, he might try accidentally breaking something valuable of hers.
10:42	- Say her-- - Leg.
10:44	That's one way of going through it, yeah.
10:46	Me, I-I went for the watch.
10:48	You actually broke her watch?
10:51	Barry, I'm sorry. I am so sorry.
10:53	I know you probably think this is all about what I said the other night about you making love with your socks on, but it isn't.
10:59	It's isn't, its about me. And I ju..
11:09	Hi, machine cut me off again. Anyway..
11:13	You know what scariest part is?
11:15	What if there's only one woman for everybody, you know?
11:18	I mean, what if you get one woman, and that's it?
11:22	Unfortunately, in my case, there was only one woman...for her.
11:27	What are you talking about? One woman.
11:31	That's like saying, there's only one flavor of ice cream for you.
11:34	Let me tell you something, Ross.
11:36	There's lots of flavors out there.
11:38	There's Rocky road, and Cookie dough and bing Cherry vanilla.
11:43	You could get them with jimmies, or nuts, or whipped cream.
11:48	This is the best thing that ever happened to you.
11:51	You got married. You were like, what? Eight?
11:56	Welcome back to the world.
11:57	Grab a spoon!
12:00	I honestly don't know if I'm hungry or horny.
12:03	Stay out of my freezer.
12:08	Ever since she walked out on me, I..
12:12	What? Wh-what? You wanna spell it out with noodles?
12:16	No, it's-it's-it's more of a fifth date kind of revelation.

12:20	Oh, so, there's gonna be a fifth date?
12:25	Isn't there?
12:27	Yeah, yeah. I-I think there is.
12:31	What were you gonna say?
12:34	Well, er, um..
12:38	Ever since she left me, um..
12:41	I-I haven't been able to perform..
12:44	...sexually.
12:48	Oh, God! Oh, God! I am so..
12:50	- I'm so sorry. - It's okay.
12:52	I know being spit on is probably not what you need right now.
12:55	Um..
12:58	How long?
12:59	- Two years. - Wow.
13:03	Uh-uh, I'm glad you smashed her watch.
13:08	So you still think you, um...might want that fifth date?
13:14	Yeah, yeah I do.
13:19	I Joanie, take you Charles, as my lawful husband.
13:22	'Do you take Joanie..'
13:25	See. But Joanie loves Chachi.
13:28	That's the difference.
13:32	"Grab a spoon."
13:34	Do you know how long it's been since I've grabbed the spoon?
13:37	Do the words, "Billy, don't be a hero," mean anything to you?
13:43	You know, here's the thing.
13:44	Even if I could get it together enough to you know, to-to ask a woman out..
13:50	...who am I gonna ask?

4 Vocabulary — 11 words worth remembering

Word	Pronunciation	Meaning	In the clip
eyelash	/ˈaɪləʃ/	one of the short hairs that grow on the edge of your eye	<i>Oh, I just pulled out four eyelashes. That can't be good.</i>
attach	/əˈtætʃ/	to fix one thing to another thing	<i>I'm supposed to attach a brackety thing to the side things.</i>
bracket	/ˈbrækɪt/	a small piece of metal used to hold two parts together	<i>I have no brackety thing.</i>
whatsoever	/ˌwɒtsəʊˈevər/	at all — used after a negative to make it stronger	<i>I see no worm guys whatsoever.</i>
bookcase	/ˈbʊkkeɪs/	a piece of furniture with shelves for books	<i>Done with the bookcase.</i>
valuable	/ˈvæljuəbl/	worth a lot of money or very important to someone	<i>He might try accidentally breaking something valuable of hers.</i>
revelation	/ˌrevəˈleɪʃn/	a surprising fact that someone tells you for the first time	<i>It's more of a fifth date kind of revelation.</i>
flavour	/ˈfleɪvər/	the particular taste of a food or drink	<i>There's only one flavor of ice cream for you.</i>
whipped cream	/ˌwɪpt ˈkri:m/	cream that is beaten until it is soft and thick	<i>You could get them with jimmies, or nuts, or whipped cream.</i>
mess	/mes/	a person or situation that is in a very bad, confused state	<i>He's such a mess. How did you get through it?</i>
smash	/smæʃ/	to break something violently into pieces	<i>I'm glad you smashed her watch.</i>

5 Idioms & Phrasal Verbs

Phrase	Type	Meaning	In the clip
put together	phrasal v.	to build something from separate parts	<i>Joey and Chandler are coming over to help me put together my new furniture.</i>
get through	phrasal v.	to survive a difficult period	<i>He's such a mess. How did you get through it?</i>
ask someone out	phrasal v.	to invite someone on a date	<i>Even if I could get it together enough to ask a woman out...</i>
spell it out	idiom	to explain something very clearly, step by step	<i>You wanna spell it out with noodles?</i>
feel like	phrase		

		to want to do something at this moment	<i>If you don't feel like being alone tonight...</i>
grab a spoon	idiom	Joey's own expression: start dating again and enjoy life	<i>Welcome back to the world. Grab a spoon!</i>
be up to	phrase	to be doing something; used to ask about someone's plans	<i>So Rachel, what are you up to tonight?</i>

6 Grammar Spotlight

should have + past participle — talking about regret

Use **should have** (often said as 'should've') plus the past participle to say that something was a mistake, or that you did not see the truth in time. It always talks about the past, and it is always too late to change it.

- *She always drank it out of the can. I should have known. (Ross regrets not seeing the truth.)*
- *Guess I should've caught on when she went to the dentist four and five times a week. (He regrets not understanding earlier.)*
- *Listen for the sound: 'should've' sounds like /ʃʊdəv/, almost one short word.*

Learn more: English Grammar in Use — **should have / must have** (past modals)

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

Understand the story

1. Why does Rachel say her evening plan is 'nothing'?

- A. She was supposed to be on her honeymoon in Aruba.
- B. She has to work late at the coffee shop.
- C. She is waiting for Barry to arrive.

2. What is Ross's problem with the furniture?

- A. He cannot find the parts named in the instructions.
- B. The furniture is too big for his apartment.
- C. Joey took the furniture home.

3. What did Ross get when Carol left?

- A. Nothing except his friends.
- B. The furniture and the good TV.
- C. The stereo and the beer.

13. Put these lines in the order you hear them:

- ___ There's lots of flavors out there.
- ___ Welcome back to the world.
- ___ Grab a spoon!

14. Play this bit. What does Joey tell Ross to do?

- A. Welcome back to the world. Grab a spoon!
- B. Stay home and build the bookcase alone.
- C. Call Carol and say you are sorry.

True or False

4. Chandler broke his girlfriend's watch. True / False

5. Joey thinks there is only one right woman for each man. True / False

Fill the gap

6. I think I'm just gonna _____ out here tonight.

(hang · put · walk)

7. Guess I should've _____ on when she went to the dentist four and five times a week.

(caught · catching · catch)

Grammar in use

8. Ross says, 'I should have known.' This means:

- A. He did not understand the truth, and now he regrets it.
- B. He knows the answer very well now.
- C. Someone told him the news yesterday.

12. Which line uses should have + past participle for regret?

- A. I should have known.
- B. What are you up to tonight?
- C. Grab a spoon!

Word meanings

9. If a person 'walks out on' their partner, they:

- A. leave the relationship suddenly
- B. go outside for a short walk
- C. invite the partner to dinner

11. Which word means: “a sudden new idea that changes how you see things”?

- A. revelation
- B. bookcase
- C. eyelash

Match the phrases

10. Match each phrase with its meaning:

Phrase		Meaning (mixed order)
1. put together	→ ____	a. want to do something now
2. get through	→ ____	b. survive a difficult period
3. ask someone out	→ ____	c. build something from separate parts
4. spell it out	→ ____	d. invite someone on a date
5. feel like	→ ____	e. explain something very clearly
6. grab a spoon	→ ____	f. start dating and enjoy life again

8 Final listen — NO subtitles — prove what you remember

Subtitles are OFF. Prove what you remember — ice cream and regrets.

Catch the line

- ☐ What are you up to tonight?
- ☐ I wish I could, but I don't want to.
- ☐ I have no brackety thing.
- ☐ I see no worm guys whatsoever.
- ☐ I should have known.
- ☐ You got screwed.
- ☐ There's lots of flavors out there.
- ☐ Welcome back to the world. Grab a spoon!

What did they say?

1. What regret does Ross say about Carol's beer?

- A. I should have known.
- B. I should call her.
- C. I should buy more beer.

2. How does Chandler summarise Ross's divorce deal?

- A. You got screwed.
- B. You got lucky.
- C. You got the furniture.

3. What advice does Joey give Ross?

- A. Welcome back to the world. Grab a spoon!
- B. Stay home and cry tonight.
- C. Call Carol right now.

Put the lines in order

___ I should have known.

___ You got screwed.

___ There's lots of flavors out there.

___ Welcome back to the world. Grab a spoon!

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 · 13: 0→1→2 · 14-A

True or False: 4-True · 5-False

Fill the gap: 6-hang · 7-caught

Grammar in use: 8-A · 12-A

Word meanings: 9-A · 11-A

Match the phrases: 10: 1→c, 2→b, 3→d, 4→e, 5→a, 6→f

Final — said what: 1-A · 2-A · 3-A

Final — order: 0 → 1 → 2 → 3

1: She says, 'I was kind of supposed to be headed for Aruba on my honeymoon. So, nothing.'

2: He says he must attach a brackety thing with little worm guys, but 'I have no brackety thing. I see no worm guys whatsoever.'

3: Chandler lists what Carol took and asks what Ross got. Ross answers, 'You guys.' Chandler replies, 'You got screwed.'

4: He says, 'Me, I-I went for the watch,' and later Monica says, 'I'm glad you smashed her watch.'

5: Joey says the opposite: 'There's lots of flavors out there' — like many flavours of ice cream.

6: Hang out = stay somewhere and relax. Rachel wants a quiet evening.

7: After should've we use the past participle: caught. Catch on = finally understand.

8: Should have + past participle = a regret about the past. He now sees the signs he missed.

9: Paul says, 'Ever since she walked out on me...' — his partner left him.

11: Paul calls his news a 'fifth date kind of revelation.'

12: 'Should have known' = he sees the past mistake now; it is too late.

13: Ice cream metaphor, then welcome back, then grab a spoon.

14: Joey: 'Welcome back to the world. Grab a spoon!' = start dating and enjoy life again.