ENGLISH LESSON · FRIENDS S01E01 · INTERMEDIATE

Friends S01E01 (Part 3) — Welcome to the Real World

Clip: 8:42 · 9 words · 7 idioms & phrasal verbs · 2026-08-24

Watch again online



Friends — a scene from today's lesson

1 Before You Watch

The story

This is the final part of the first Friends episode. The next morning, Rachel is excited about Paul, but Monica discovers that he has used the same romantic line before. Rachel also has no job and still depends on her father. Phoebe gives her a very strange story about starting life alone. At the end, Ross tells Rachel that he had a crush on her in high school and asks her out.

Why is it funny?

The comedy is conversational and often very dry. Rachel calls her sale boots her 'I-don't-need-a-job' boots, even though her father paid for them. Phoebe tries to comfort Rachel with an absurd and very dark story about her childhood, then Chandler supplies the word Rachel is looking for: 'anyway'. Ross's long, nervous question about asking Rachel out is funny because he sounds as if he is writing a legal contract.

Key words — know these before you watch:

regional work · sophisticated · beacon · live off someone · crush · ask someone out

Warm-up: Which question sounds most tentative and polite?

- **A.** Ask me out
- **B.** Would it be okay if I asked you out?
- **C.** Will you ask me out?

> **Background reading (1 minute)**
>
> In American English, 'live off someone' means to depend on that person for money. Young adults often talk about getting a job, moving out and being on their own. A 'crush' is a strong but usually temporary romantic feeling. 'Ask someone out' means invite someone on a date. Friends uses these everyday expressions in a relaxed conversation, with short forms such as gotta, gonna and you guys.

2 Watch 1 — with subtitles

First watch — subtitles ON. Catch the main idea: What transition connects Rachel and Ross?

- **A.** Both cautiously begin a new stage of life
- **B.** Both decide to leave New York
- **C.** Both return to old partners

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

1. Why does Ross use several softening phrases?

- **A.** He is uncertain and wants to reduce pressure
- **B.** He is giving an order
- **C.** He is reporting a past routine

2. What does 'live off your parents' mean?

- **A.** Depend on them financially
- **B.** Live far from them
- **C.** Copy their lifestyle

3. What does 'intense vulnerability' reveal about Ross?

- **A.** He feels physically ill
- **B.** He knows rejection could hurt him
- **C.** He wants to sound formal

3 Transcript — notice the highlighted words

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

14:14 Isn't this amazing?

14:15 I mean I have never made coffee before in my entire life.

14:18 - That is amazing. - Congratulations.

14:20 While you're on a roll if you feel like you gotta make like a Western omelette or something.

14:28 Although, actually I'm really not that hungry this morning.

14:33 - Good morning. - Good morning.

14:34 - Morning. - Morning.

14:37 - Morning. - Morning, Paul.

14:39 - Hello, Paul. - Hi. Paul, is it?

14:46 I had really great time last night.

14:49 'Thank you. Thank you so much.'

14:52 - We'll talk later. - Yeah.

14:59 Thank you.

15:07 That wasn't a real date.

15:10 What the hell do you do on a real date?

15:14 Shut up and put my table back.

15:16 'Okay.'

15:18 Alright, kids, I gotta get to work.

15:20 If I don't input those numbers..

15:23 ...it doesn't make much of a difference.

15:29 So, like, you guys all have jobs?

15:32 Yeah, we all have jobs.

15:33 See, that's how we..

15:35 ...buy stuff.

15:37 Yeah. I'm an actor.

15:39 Wow, Would I have seen you in anything?

15:41 Oh, I doubt it.

15:43 Mostly regional work.

15:44 Oh, hey, unless you happen to catch the..

15:46 ...Wee Ones production of Pinocchio.

15:48 "Look, Gepetto, I'm a real live boy."

15:53 I will not take this abuse.

15:55 You're right. I'm sorry.

16:04 So, how you doing today?

16:06 Did you sleep okay? Did you talk to Barry?

16:09 I can't stop smiling.

16:11 I can see that, you look like you slept with a hanger in your mouth.

16:14 I know.

16:20 I know, he, he's just so..

16:24 ...you remember you and Tony Demarco?

16:25 Oh, yeah.

16:27 Well, it's like that, with feelings.

16:30 Oh, wow, are you in trouble.

16:33 Okay, okay, I am just going to get up go to work, and not think about him all day.

16:40 Or else I'm just gonna get up and go to work.

16:43 - Oh, wish me luck. - What for?

16:45 I'm gonna go, get one of those..

16:47 ...job things.

16:56 - Hey, Monica. - Hey, Frannie, welcome back.

16:59 How was Florida?

17:00 You had sex, didn't you?

17:04 How do you do that?

17:06 So, who?

17:08 You know Paul?

17:10 Paul, the wine guy?

17:12 Oh-oh-oh, yeah, I know Paul.

17:16 You mean, you know Paul like I know Paul?

17:19 Are you kidding?

17:20 I take credit for Paul.

17:21 You know, before me, there was no snap in his turtle for two years.

17:28 Of course, it was a line.

17:31 Why! Why, why would anybody do something like that?

17:34 I assume we're looking for an answer more sophisticated than "to get you into bed."

17:41 Is it me?

17:43 Is it like I have some sort of..

17:44 ...beacon that only dogs and men with severe emotional problems can hear?

17:49 Alright, come here, give me your feet.

17:58 I just thought he was nice, you know?

18:03 I can't believe you didn't know it was a line.

18:05 Ah!

18:10 Guess what?

18:12 You gotta job?

18:13 Are you kidding?

18:14 I'm trained for nothing.

18:17 I was laughed out of 12 interviews today.

18:19 And yet you're surprisingly upbeat.

18:21 Well, you would be, too if you found Joan and David boots on sale 50 percent off.

18:27 Oh, how well you know me.

18:30 They're my new..

18:31 ...I-don't-need-a-job, I-don't-need-my-parents I've-got-great-boots boots.

18:36 How did you pay for them?

18:38 A credit card.

18:39 And-and who pays for that?

18:41 Um, my father.

18:46 'Come on, you can't live off your parents your whole life.'

18:48 I know, that, that's why I was getting married.

18:52 Give her a break, it's hard being on your own for the first time.

18:56 - Thank you. - You're welcome.

18:57 I remember when I first came into this city, I was 14.

19:00 My mom had just killed herself and my stepdad was back in prison.

19:03 'I got here and didn't know anybody.'

19:05 And I ended up living with this albino guy who was cleaning windshields outside port authority and then he killed himself..

19:14 And then I found aroma therapy.

19:15 So, believe me, I know exactly how you feel.

19:22 The word you're looking for is..

19:25 "...anyway.."

19:30 Alright. You ready?

19:31 - I don't think so. - Oh, come on.

19:34 Cut. Cut.

19:42 Alright. Welcome to the real world.

19:45 It sucks! You're gonna love it.

19:47 I know.

19:55 Well, that's it.

19:57 - You gonna crash on the couch? - No.

19:59 No, I gotta go home, sometime.

20:01 Alright. You gonna be okay?

20:02 - Yeah. - Goodnight.

20:04 Hey, Mon, look what I just found on the floor.

20:08 What?

20:10 That's Paul's watch.

20:12 Now, you just, put it back where you found it.

20:15 Oh, boy. Alright. Goodnight, everybody.

20:19 - Goodnight. - Goodnight.

20:29 - Hmm. - 'Hmm.'

20:31 - Hmm. Oh, no. - Oh, sorry.

20:32 - Oh, no, no. Go. Go-go. - No, have it, really.

20:34 - I don't want. - Split it?

20:35 - Okay. - Okay.

20:39 Thanks.

20:41 You probably didn't know this but back in high school I had a..

20:45 ...major crush on you.

20:48 I knew.

20:49 You did? Oh.

20:53 I always figured you just thought I was Monica's geeky older brother.

20:56 - I did. - Oh.

21:03 Listen, do you think and try not to let my intense vulnerability become any kind of a factor here but you think it would be okay if I asked you out sometime maybe?

21:16 Yeah.

21:18	Maybe.
21:20	Okay.
21:27	Okay, maybe I will.
21:33	- Alright. Goodnight. - Goodnight.
21:49	See ya.
21:51	Mm-hmm.
21:52	Wait, wait.
21:53	Hey, what's with you?
21:57	I just grabbed a spoon.
22:07	I can't believe what I'm hearing, here.
22:11	What, I-I said you had..
22:15	Would you stop?
22:16	Oh, was I doing it again?
22:20	Would anybody like more coffee?
22:24	Did you make it or are you just serving it?
22:27	I'm just serving it.
22:28	Yeah, I'll have a cup of coffee.
22:31	Kids, new dream.
22:32	'I'm in Las Vegas.'
22:34	- I'm Liza Minnelli. - Come on.

4 Vocabulary — 9 words worth remembering

Word	Pronunciation	Meaning & use	In the clip
regional	/ˈriːdʒənəl/	connected with one particular area of a country	*Mostly regional work.*
sophisticated	/səˈfɪstɪkeɪtɪd/	clever, complex or advanced **Use:** sophisticated system / argument · a person can mean cultured	*I assume we're looking for an answer more sophisticated than "to get you into bed."*
beacon	/ˈbiːkən/	a light or signal that attracts attention or guides people **Use:** a beacon of hope · also a signal that guides or attracts	*Is it like I have some sort of beacon that only dogs and men with severe emotional problems can hear?*

severe	/sɪˈvɪə(r)/	very serious or extreme **Use:** severe pain / weather / problem · stronger than serious	*Is it like I have some sort of beacon that only dogs and men with severe emotional problems can hear?*
upbeat	/ˈʌpbiːt/	positive, cheerful and hopeful **Use:** be upbeat about something · positive in tone	*And yet you're surprisingly upbeat.*
vulnerability	/ˌvʌlnərəˈbɪlətɪ/	the state of showing that you can be hurt or affected **Use:** show vulnerability · vulnerable (adjective)	*Try not to let my intense vulnerability become any kind of a factor here.*
crush	/krʌʃ/	a strong but usually temporary romantic feeling for someone	*Back in high school I had a major crush on you.*
windshields	/ˈwɪndʃiːldz/	the large front window of a car	*I ended up living with this albino guy who was cleaning windshields outside port authority.*
aromatherapy	/əˌrəʊməˈθerəpi/	the use of pleasant natural oils to improve health or mood	*And then I found aroma therapy.*

5 Idioms & Phrasal Verbs

Phrase	Type	Meaning	In the clip
happen to	phrase	to do or experience something by chance	*Unless you happen to catch the Wee Ones production of Pinocchio.*
take credit for	phrase	to say that you were responsible for something good	*I take credit for Paul.*
live off	phrasal v.	to depend on someone for money	*You can't live off your parents your whole life.*
give someone a break	idiom	to stop criticizing someone and be more understanding	*Give her a break, it's hard being on your own for the first time.*
end up	phrasal v.	to finally be in a particular place or situation	*And I ended up living with this albino guy who was cleaning windshields outside port authority.*
laughed out of	phrase	to be rejected while people laugh at you	*I was laughed out of 12 interviews today.*
a crush on	phrase		

		a strong romantic feeling for someone	*Back in high school I had a major crush on you.*

6 Grammar Spotlight

Would for polite questions and imagined situations

Use would to make a question softer or more polite, or to talk about an imagined possibility. In conversation, it often sounds less direct than will or do.

Form: would + subject + base verb...? / would it be okay if + past simple...?

- *Would I have seen you in anything?*
- *Would anybody like more coffee?*
- *You think it would be okay if I asked you out sometime maybe?*

Compare:

- Do you want more coffee? ↔ Would you like more coffee? (Both are correct; would makes the offer softer.)

Watch out: Use the base verb after would: would like, not would liked.

Learn more: English Grammar in Use — would: polite questions and hypothetical situations

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

Vocabulary in context

1. Which use of 'sophisticated' is natural?

- **A.** a sophisticated sandwich hunger
- **B.** a sophisticated quickly
- **C.** a sophisticated analysis

2. Ross tries not to show how _____ he feels.

(vulnerability · vulnerably · vulnerable)

Phrases in use

3. Which person is living off someone?

- **A.** Mai pays all her own bills
- **B.** Nam's parents pay his rent and credit card
- **C.** Lan lives near her parents

4. 'Give her a break' asks people to:

- **A.** let her stop working
- **B.** end the conversation
- **C.** judge her less harshly

Grammar in use

5. Which version makes the offer softer?

- **A.** Anybody wants coffee
- **B.** Would anybody like more coffee?
- **C.** Take more coffee

6. Which verb form follows 'would'?

- **A.** Would she like coffee?
- **B.** Would she liked coffee?
- **C.** Would she liking coffee?

7. Complete the soft question: 'Would it be okay if I ___ you out?'

- **A.** would ask
- **B.** ask
- **C.** asked

Listening detail

8. Which sequence of softeners do you hear?

- **A.** Would it be okay ... if I asked ... sometime maybe?
- **B.** Is it okay ... when I ask ... right now?
- **C.** Was it okay ... because I asked ... yesterday?

Meaning and tone

9. What does Ross's long question suggest about his mood?

- **A.** He is nervous about rejection
- **B.** He is annoyed
- **C.** He is completely certain

8 Final listen — NO subtitles — prove what you remember

Subtitles are OFF. Listen for today's language, not plot trivia.

Catch the line

- ☐ Would I have seen you in anything?
- ☐ surprisingly upbeat
- ☐ You can't live off your parents your whole life.
- ☐ Give her a break, it's hard being on your own for the first time.
- ☐ it would be okay if I asked you out

What did they say?

1. Which polite question do you hear?

- **A.** Did I see you?
- **B.** Would I have seen you in anything?
- **C.** Will I be seeing you?

2. Which if-clause form do you hear?

- **A.** if I ask you out
- **B.** if I asked you out
- **C.** if I would ask you out

Put the lines in order

____ You can't live off your parents your whole life.

____ That's why I was getting married.

____ I was laughed out of 12 interviews today.

Answer Key — check yourself after finishing

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

Vocabulary in context: 1-C · 2-vulnerable

Phrases in use: 3-B · 4-C

Grammar in use: 5-B · 6-A · 7-C

Listening detail: 8-A

Meaning and tone: 9-A

Final — said what: 1-B · 2-B

Final — order: 2 → 0 → 1

1: Sophisticated commonly describes advanced ideas, systems, methods or taste.

2: After feels, use the adjective vulnerable.

3: Live off someone means depend on that person for money.

4: The phrase asks for patience or understanding, not a literal break.

5: Would turns the offer into a polite, less direct question.

6: A modal verb is followed by the base form: would like.

7: After if in this tentative pattern, the past form asked adds distance.

8: Ross layers would, if, sometime and maybe to sound tentative.

9: The hedges and self-conscious joke show uncertainty and vulnerability.