ENGLISH LESSON · FRIENDS S01E02 · INTERMEDIATE

Friends S01E02 (Part 2) — The Sonogram at the End

Clip: 13:28 · 12 words · 7 idioms & phrasal verbs · 2026-10-28

Watch again online



Friends — a scene from today's lesson

1 Before You Watch

The story so far

In Part 1, Carol told Ross she is pregnant and raising the baby with her partner Susan, while Rachel found her lost engagement ring inside Monica's lasagna. Now Jack and Judy arrive for dinner, and the next morning brings two unforgettable clinic visits: Ross at Carol's first ultrasound (OB-GYN) and Rachel at Barry's orthodontic office.

Ở Phần 1, Carol báo tin mang thai và sẽ nuôi con cùng người yêu đồng giới Susan, còn khay mì Lasagna của Monica bị bới tung để tìm nhẫn đính hôn cho Rachel. Bước sang Phần 2, bố mẹ Geller tới ăn tối, và sáng hôm sau cả Ross lẫn Rachel đều phải bước vào hai phòng khám y khoa đầy tình huống dở khóc dở cười.

Ross Geller	a paleontologist at the museum; Carol is pregnant with his baby. nhà cổ sinh vật học ở bảo tàng; vợ cũ Carol đang mang thai con của anh
Monica Geller	Ross's sister, a chef who is always criticised by their mother Judy. em gái Ross, đầu bếp, luôn bị mẹ ruột soi mói bắt lỗi
Rachel Green	

	ran away from her wedding to Dr. Barry Farber; must return his ring today. bỏ trốn khỏi đám cưới với BS nha khoa Barry; hôm nay phải đem trả nhẫn đính hôn
Jack & Judy Geller	Ross and Monica's parents; they adore Ross and criticise everything Monica does. bố mẹ của Ross và Monica; cưng Ross như trứng mỏng nhưng hở ra là chê Monica
Dr. Barry Farber	Rachel's ex-fiancé, an orthodontist who went to Aruba with Mindy. chồng sắp cưới hụt của Rachel, bác sĩ chỉnh nha, đi trăng mật Aruba với phù dâu Mindy
Carol & Susan	Ross's ex-wife and her partner; expecting the baby together. vợ cũ của Ross và bạn gái của cô; đang cùng chờ đón em bé chào đời
Dr. Oberman	Carol's calm, witty OB-GYN doctor. nữ bác sĩ Sản Phụ khoa điềm tĩnh, hài hước của Carol
Chandler & Phoebe	Ross and Monica's close friends at Central Perk. hai người bạn thân chuyên pha trò ở quán cà phê Central Perk

2 Watch once — with subtitles

Just enjoy it. Then: What surprises Rachel at Barry's clinic, and what changes Ross's mind at the OB-GYN clinic?

A. Barry went to Aruba with Mindy and got hair plugs; Ross sees the baby's heartbeat on the sonogram.

B. Barry is crying alone in his office; Ross refuses to look at the ultrasound screen.

C. Barry refuses to take the ring back; Dr. Oberman cancels the appointment.

3 Bit by bit — where's the joke? — 9 short bits

1 Ruined lasagna & “Take the heat off me” (0:00–1:14)

Mì hỏng & “Đỡ đạn giúp em”

Jack and Judy Geller arrive for dinner. The lasagna is ruined from searching for Rachel's ring, so Monica makes spaghetti and begs Ross to tell them about Carol's baby. Ông bà Geller tới ăn tối. Khay lasagna đã nát bét vì vụ bới tìm nhẫn nên Monica đành luộc mì spaghetti, rồi kéo Ross vào bếp năn nỉ anh khui chuyện Carol có bầu.

Judy brags to friends that Monica owns a restaurant, then mocks her for serving simple spaghetti. Monica needs a bigger family scandal to distract her parents.

“I told her you had a restaurant”	=	**Mom lies to friends because being an employee isn't impressive enough**
“Oh, we're having spaghetti! That's easy.”	=	**Fake polite voice = a sharp criticism of Monica's cooking**
“take some of the heat off me”	=	**Use Ross's divorce & baby scandal as a human shield!**

Monica openly admits she is being selfish: she wants Ross to drop his lesbian-ex-wife-and-baby bombshell just to stop her mother criticising her!

Monica thú nhận mình ích kỷ: cô xúi anh trai tung tin vợ cũ đồng tính mang bầu chỉ để kéo bớt 'hỏa lực' soi mói của bố mẹ khỏi người mình.

> **Monica:** “Because I think it might take some of the heat off me.” — “Heat” = pressure and criticism from parents, bosses, or the media.

ruined **hỏng bét, nát bét**	completely spoiled or destroyed *“Well, this is still ruined, right?”* The lasagna is ruined because they dug through it for the ring.
have a thing for (someone) **mê mệt, thầm thương ai**	have a romantic crush on someone (informal) *“The big one had a thing for you, didn't she?”*
bring up (a topic) **khơi ra, nêu một chuyện ra bàn**	start talking about a subject *“were you planning on bringing up the whole baby, lesbian thing?”* Compare Oxford U24: bring somebody up (nuôi dạy con) vs bring something up (nêu vấn đề).
take some of the heat off **giảm bớt áp lực / đỡ đạn cho ai**	reduce the criticism or pressure on someone *“Because I think it might take some of the heat off me.”*
Ludwin / Ludwins **US culture**	family friends of the Gellers whose daughters all had a crush on Ross. gia đình hàng xóm thân thiết của ông bà Geller có mấy cô con gái đều mê Ross.

Check: Why does Monica want Ross to tell their parents about Carol's baby right now?

- **A.** To shift her parents' criticism away from her.
- **B.** Because Ross promised Carol he would tell them before dessert.
- **C.** Because Judy loves hearing stories about museum work.

2 “Shoot for the stars” & Ross drops the bomb (1:15–3:13)

“Vươn tới các vì sao” & Ross nổ bom

Judy and Jack insult Monica's love life, childhood weight, and career while praising Ross. Pushed by Monica, Ross finally reveals the truth about Carol and the baby. Ông bà Geller vừa chê Monica ế, béo từ nhỏ, không có tham vọng vừa tâng bốc Ross. Bị Monica thúc ép, Ross đành khai thật chuyện của Carol.

Every time Jack tries to defend Monica, he accidentally insults her worse — even calling her "our little harmonica". Then Ross confesses his huge secret.

Judy: "at least she had the chance to leave a man at the altar"	=	**Rachel ran away from a wedding; Monica doesn't even have a fiancé**
Jack: "when you were chubby and had no friends..."	=	**Dad thinks he is praising her independence!**
Ross tells the whole truth → Judy turns to Monica: "And you knew about this?"	=	**Even when Ross drops the bomb, Monica still gets blamed!**

Monica thought Ross's bombshell would take the heat off her. Instead, after five seconds of silence, Judy turns and blames Monica for knowing about it!

Monica tưởng quả bom của Ross sẽ cứu mình. Ai ngờ sau 5 giây đứng hình, bà mẹ quay ngoắt sang mắng Monica vì tội biết chuyện mà không báo cáo!

> **Judy:** "And you knew about this?" — Remember Part 1: "Ross can do no wrong." Even now, Monica takes the blame!

leave a man at the altar **bỏ rơi chú rể ngay tại lễ đường**	refuse to marry someone at the wedding ceremony itself *"Well, at least she had the chance to leave a man at the altar."*
chubby **mũm mĩm, béo tròn**	slightly fat in a round way (often used for children) *"Even when you were a kid and you were chubby and you had no friends, you were just fine."*
shoot for the stars **vươn tới những đỉnh cao lớn**	aim for a very high goal in your career or life *"Look, there are people like Ross who need to shoot for the stars with his museum"*
anecdote **giai thoại, mẩu chuyện ngắn đời thường**	a short, interesting story about a real person or event *"No news, no little anecdotes to share with the folks?"*
little harmonica **US culture**	Jack mixes up his daughter's name (Monica) with the musical instrument (harmonica). Ông bố gọi nhầm cả tên con gái Monica thành cây kèn Harmonica.

Check: Why does Judy's comment "At least she had the chance to leave a man at the altar" hurt Monica?

- **A.** Because Monica forgot to invite Rachel's parents.
- **B.** Because it implies Monica hasn't even found a man to marry.
- **C.** Because Monica paid forty thousand dollars for the wedding.

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3 Parents are "pros", Twin Waitress & Imaginary Friend (3:13–4:10)

Bố mẹ "chuyên nghiệp", Chị sinh đôi & Bạn tưởng tượng

Back at Central Perk, Ross and Monica recover from dinner. Phoebe talks about her twin sister Ursula, and Chandler shares an only-child memory. Về lại quán cà phê, hai anh em xả hơi sau bữa tối bão táp. Phoebe kể về người chị sinh đôi Ursula, còn Chandler kể nỗi buồn của con một.

Phoebe describes her twin sister with big corporate words (“high-powered, driven career type”) as if she were a CEO or hospital director.

Ross: “these people are pros”	=	**He describes his parents like professional hitmen**
Monica: “I'd want yours”	=	**She forgets she and Ross have the exact same parents!**
Phoebe: “high-powered, driven career type” → “She's a waitress”	=	**Big executive buildup → tiny everyday job**

To free-spirited Phoebe, even working steadily as a waitress looks like being a ruthless, high-powered corporate executive!

Trong mắt một người nghệ sĩ tâm hồn treo ngược cành cây như Phoebe thì chỉ cần đi bưng bê nhà hàng đều đặn đã là 'con người quyền lực cuồng sự nghiệp' rồi!

> **Chandler:** “Well, no, although I did have an imaginary friend who my parents actually preferred.” — Even as an only child with no siblings, Chandler still lost the favoritism contest!

pros (professionals) **dân chuyên nghiệp lão luyện**	experts who do a job with cold skill *“Well, you know, these people are pros.”*
high-powered, driven career type **mẫu người quyền lực, quyết liệt vì sự nghiệp**	an ambitious person focused on a demanding career *“She's like this high-powered, driven career type.”*
only child **con một**	a person who has no brothers or sisters *“Chandler, you're an only child, right?”*
imaginary friend **người bạn tưởng tượng thời thơ ấu**	a pretend friend that a child invents in their mind *“although I did have an imaginary friend who my parents actually preferred.”*

Check: Why is Phoebe's answer “She's a waitress” funny right after “She's a high-powered, driven career type”?

- **A.** Because waitresses earn more than museum scientists.
- **B.** Because Rachel also wants to have a twin sister.
- **C.** Because “high-powered career type” sounds like a top executive, not a waitress.

4 “Steer clear of the word ‘dumped’” & Trading clinics (4:15–5:57)

“Né chữ ‘bị đá’ ra nhé” & Đổi kèo đi phòng khám

Late at night after closing the café, Rachel asks Ross for advice on facing Barry tomorrow. They realize adulthood is much messier than they thought in high school. Đêm muộn sau khi quán đóng cửa, Rachel xin Ross lời khuyên cho buổi gặp lại Barry ngày mai. Cả hai chợt nhận ra tuổi trưởng thành phức tạp hơn thời cấp ba rất nhiều.

Rachel innocently asks Ross for breakup advice “as someone who's recently been dumped”. Ross winces at the brutal word, then tries to flatter her.

Rachel: “as someone who's recently been dumped”	=	**She calls Ross a 'dumped' husband to his face**
Ross: “steer clear of the word ‘dumped’”	=	**Rule #1 when talking to a heartbroken man: avoid that word!**
Ross: “try not to look too terrific, I know it'll be hard”	=	**Smoothly slips a compliment into his advice**

Ross predicts Barry will be “a broken shell of a man” — which sets up tomorrow's ironic surprise when Barry looks tanned and happy! Then Ross jokes about swapping their dreaded clinic visits.

Ross đoán chắc Barry đang 'tàn tạ như cái xác không hồn' — tạo đà cho cú trật lất ngày mai khi Barry rám nắng phơi phới! Rồi cả hai đòi đổi lịch: Ross đi trả nhẫn cho nha sĩ, còn Rachel đi khám phụ sản với Carol.

> **Ross:** “Well, you may wanna steer clear of the word 'dumped'.” — “Steer clear of” = stay away from a dangerous rock (or a painful word).

dumped **bị đá, bị bỏ rơi**	suddenly left by your romantic partner (informal) *“as someone who's recently been dumped?”*
steer clear of (something) **tránh xa, né tránh**	avoid a person, word, or topic carefully *“Well, you may wanna steer clear of the word 'dumped'.”*
broken shell of a man **người đàn ông suy sụp như cái xác không hồn**	a man who has lost all his spirit and confidence after a shock *“Chances are he's gonna be this, this broken shell of a man”*
OB-GYN **bác sĩ / phòng khám Sản Phụ khoa**	a doctor or clinic for pregnancy and women's health *“you can go with Carol and Susan to the OB-GYN...”*

Check: What does Ross advise Rachel to do when she meets Barry tomorrow?

- **A.** Avoid using the word “dumped” and try not to look too terrific.
- **B.** Tell Barry that he is a broken shell of a man.
- **C.** Bring Carol and Susan with her to Barry's office.

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5 Dual Clinics: “That opens my cervix” & “I dumped him” (5:57–7:46)

Hai phòng khám: Mở vịt cổ tử cung & “Chị đá ổng đấy”

Next day, Ross arrives at Dr. Oberman's OB-GYN clinic with Carol and Susan, while Rachel visits Dr. Barry Farber's orthodontic office while a boy is in the dental chair. Hôm sau, Ross tới phòng khám sản phụ khoa của BS Oberman cùng Carol và Susan; cùng lúc đó Rachel tới phòng khám chỉnh nha của BS Barry khi cậu bé Robbie đang nằm trên ghế khám.

Both scenes happen in medical exam rooms where Ross and Rachel are completely out of place. Nervous Ross picks up a metal instrument and clicks it like a toy duck.

Ross: “Dr. Oberman… And is he—” / Susan: “She.”	=	**Ross assumes the doctor is a man and immediately stumbles**
Ross clicks the metal speculum → Carol: “Ross, that opens my cervix.”	=	**He drops it in horror when he learns what the tool does!**
Barry gets called away (“Jason Greenstein's gagging”) → Rachel tells the kid: “I dumped him.”	=	**She immediately breaks Ross's rule #1 to impress a teenage patient!**

At the OB-GYN, Ross is terrified by a vaginal speculum; at the orthodontist's, Rachel sees Barry looking great (not a broken shell!) and whispers “I dumped him” to the kid in the chair to save face.

Ở phòng khám sản, Ross hồn vía lên mây vì cái mỏ vịt; còn ở phòng khám răng, thấy Barry phong độ quá (chẳng giống 'xác không hồn' chút nào), Rachel liền khoe với cậu nhóc bệnh nhân: 'Chị đá ổng đấy!'

> **Carol:** “Ross, that opens my cervix.” — The metal tool is a vaginal speculum — every doctor in the room will laugh at Ross's face here!

cervix **cổ tử cung**	the narrow entrance to a woman's womb (uterus) *“Ross, that opens my cervix.”*
gagging **mắc nghẹn, nôn khan (phản xạ hầu họng)**	choking or retching as if about to vomit (the gag reflex) *“Dr. Farber, Jason Greenstein's gagging.”*
be right there **tôi qua liền đây**	I am coming immediately (spoken) *“Be right there. Be back in a second.”*
Oberman / Robbie / Greenstein **US culture**	Dr. Oberman is Carol's OB-GYN; Robbie and Jason Greenstein are teenage orthodontic patients at Dr. Barry Farber's clinic. BS Oberman là bác sĩ sản của Carol; Robbie và Jason Greenstein là hai bệnh nhân thiếu niên đang niềng răng ở phòng khám của Barry.

Check: Why does Ross suddenly drop the metal instrument in the exam room?

- **A.** Because it is still boiling hot from the sterilizer.
- **B.** Because Carol tells him it is the speculum that opens her cervix.
- **C.** Because Dr. Oberman tells him not to touch hospital property.

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6 Minnie Mouse & “Roll with the punches” (7:46–8:26)

Đặt tên con là Chuột Minnie & “Lựa theo chiều gió”

While waiting for Dr. Oberman, Ross asks how they will make big decisions — starting with the baby's first name. Carol and Susan have already picked 'Minnie' for a girl. Trong lúc chờ bác sĩ, Ross hỏi cách cả ba sẽ quyết định những việc lớn — bắt đầu từ tên gọi của con. Carol và Susan đã chọn sẵn tên 'Minnie' nếu là bé gái.

Carol wants to name the baby 'Minnie' after her grandmother, and Susan firmly says: “We agreed on Minnie.” Ross uses their own divorce to win the argument.

Carol: “Minnie if it's a girl.” → Ross: “As in Mouse?”	=	**Everyone hears Disney's Minnie Mouse, not a grandmother**
Susan: “We agreed on Minnie.”	=	**She tries to shut Ross out of the decision**
Ross: “We agreed we'd spend the rest of our lives together. Things change, roll with the punches.”	=	**Uses Carol's broken marriage promise to put 'Julia' on the table!**

Susan says an agreement cannot be changed (“We agreed on Minnie”). Ross replies that he and Carol also “agreed” to stay married forever — so since agreements change, “Julia's on the table!”

Susan lấy lý do 'đã thỏa thuận rồi' để ép Ross. Ross bật lại cực gắt: ngày xưa tôi với cô ấy cũng 'thỏa thuận' sống bên nhau trọn đời đấy thôi! Mọi thứ đều đổi thay, tập thích nghi đi ('roll with the punches') — thế là tên Julia được lên bàn đàm phán!

> **Ross:** “Things change, roll with the punches.” — A boxing idiom: move your body with the blow so it doesn't knock you out.

As in ...? **giống như trong chữ ... đó hả?**	used to clarify a word or name by giving a famous example *“As in Mouse? — As in my grandmother.”*
roll with the punches **lựa theo chiều gió, uyển chuyển thích nghi với nghịch cảnh**	adapt to difficult changes instead of fighting them rigidly *“Things change, roll with the punches.”*
on the table **được đưa lên bàn đàm phán / xem xét**	officially up for discussion and consideration *“I believe Julia's on the table?”*
Marlon / Minnie / Julia **US culture**	The three baby names debated by Carol, Susan, and Ross (Minnie Mouse is Mickey Mouse's partner). Ba cái tên em bé được đưa ra bàn cãi (Minnie làm ai cũng liên tưởng ngay tới chuột Minnie Mouse của Disney).

Check: How does Ross get his suggested name “Julia” onto the table?

- **A.** He promises to pay for all the sonogram appointments.
- **B.** He claims that Julia was his grandmother's name too.
- **C.** He points out that he and Carol also 'agreed' to stay married forever, so agreements can change.

7 Aruba with Mindy, Hair Plugs & “I'm an orthodontist” (8:28–10:17)

Đi Aruba với phù dâu, Cấy tóc & “Anh là bác sĩ chỉnh nha”

Rachel discovers why Barry looks so tanned: he went on their Aruba honeymoon with her best friend Mindy, got hair plugs and contact lenses, and is actually happy now. Rachel phát hiện lý do Barry rám nắng tươi tỉnh: anh đã đi hưởng tuần trăng mật ở đảo Aruba cùng cô phù dâu Mindy, đi cấy tóc, đeo kính áp tròng và đang rất hạnh phúc.

Rachel came in feeling guilty, expecting Barry to be a “broken shell of a man”. Instead, he is dating her maid of honor — and poor Robbie in the dental chair keeps thinking Barry is talking to him!

Barry: “Now, this may hurt.” → Robbie: “Me?”	=	**Dentist cliché used for emotional news — the patient panics!**
Rachel touches Barry's forehead: “You've got plugs!” → “Careful! They haven't quite taken yet.”	=	**Hair transplant grafts need time to 'take' (take root)**
Barry: “I wanted to hurt you more than anyone in my life. And I'm an orthodontist.”	=	**Self-deprecating doctor joke: orthodontists cause pain for a living!**

Every romantic confession is undercut by dental-office reality: hair plugs that haven't taken yet, an orthodontist joking about causing pain, and Barry suddenly commanding “Spit!” in the middle of a tender speech.

Mọi câu thoại mùi mẫn đều bị phá đám bởi bối cảnh phòng nha: tóc mới cấy chưa bám rễ, bác sĩ chỉnh nha tự nhận mình chuyên làm người ta đau, và đang nói lời chia tay cảm động thì bác sĩ hô: 'Nhổ ra đi!'

> **Barry:** “More than I've ever wanted to hurt anyone in my life. And I'm an orthodontist.” — And right after saying “Now I'm happy”, he tells the boy: “Spit.” — Rachel says “What?!”

maid of honor **phù dâu chính (bạn thân nhất của cô dâu)**	the bride's main female attendant (usually her closest friend or sister) *“My maid of honor, Mindy?”*
kind of a thing **đang cặp với nhau / là một đôi**	in a romantic relationship now (casual spoken English) *“Yeah, well, uh, we're kind of a thing now.”*
plugs (hair plugs) **tóc cấy (cấy ghép nang tóc chữa hói)**	small pieces of scalp with hair transplanted to cover baldness *“You've got plugs! — Careful! They haven't quite taken yet.”*
orthodontist **bác sĩ chỉnh nha (niềng răng)**	a dentist who straightens teeth with braces *“And I'm an orthodontist.”*
Aruba / Mindy **US culture**	Aruba is a sunny Caribbean island popular for US honeymoons; Mindy is Rachel's best friend and maid of honor. Aruba là hòn đảo vùng Caribe nổi tiếng cho tuần trăng mật của người Mỹ; Mindy là bạn thân làm phù dâu của Rachel.

Check: Why does Barry add “And I'm an orthodontist” right after saying he wanted to hurt Rachel?

A. Because he wanted to charge her for braces.

B. Because orthodontists are famous for causing patients pain, so wanting to hurt her even more is saying a lot.

C. Because Mindy works as a nurse in his orthodontic clinic.

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8 “Helen Willick-Bunch” & The First Heartbeat (10:19–12:07)

Đại chiến họ con “Helen Willick-Bunch” & Nhịp tim thai đầu tiên

Ross learns that Carol and Susan plan to give the baby their surnames (Willick-Bunch) and leave out Geller. Overwhelmed, Ross is about to walk out — until the ultrasound image appears. Ross phát hiện Carol và Susan định đặt họ con là Willick-Bunch mà bỏ qua họ Geller của anh. Tức giận và tủi thân, Ross định bỏ về — đúng lúc hình ảnh siêu âm em bé hiện lên màn hình.

Carol says a three-surname hyphenated name ("Helen Willick-Bunch-Geller") "borders on child abuse". Ross immediately suggests putting his own name first: "Geller-Willick-Bunch!"

Carol: "That borders on child abuse." → Ross: "Of course not, I'm suggesting Geller-Willick-Bunch."	=	**Three names are only 'child abuse' if Geller is last!**
Susan: "He knows they'll wind up calling her Geller, then he gets his way."	=	**Susan exposes Ross's clever trick**
Dr. Oberman: "Any nausea?" → Ross & Susan both answer! → "I was just wondering about the mother-to-be…"	=	**The fighting ex-husband and girlfriend are more nauseous than the pregnant woman!**

Dr. Oberman walks into a tense war zone and asks a routine medical question ("Any nausea?"). Ross and Susan are so stressed from arguing that they answer instead of the pregnant mother!

BS Oberman bước vào giữa bãi chiến trường và hỏi câu khám thai quen thuộc: 'Có buồn nôn không?'. Cả ông chồng cũ lẫn cô bạn gái cãi nhau mệt quá nên đồng thanh trả lời thay luôn cho bà bầu!

> **Dr. Oberman:** "Well, I was just wondering about the mother-to-be, but thanks for sharing." — Dry clinical humor from the OB-GYN — followed immediately by the moving moment they see the baby.

borders on (something) **mấp mé, gần như chạm ranh giới (của điều gì quá đáng)**	comes very close to being something extreme or unacceptable *"'Cause I think that borders on child abuse."*
wind up (+ -ing) **rốt cuộc lại dẫn đến kết cục là**	end up doing something in the end, often without planning it *"He knows they'll wind up calling her Geller, then he gets his way."*
nausea **triệu chứng buồn nôn, nghén**	the feeling that you are about to vomit (morning sickness) *"How are we today? Any nausea?"*
mother-to-be **người mẹ tương lai, sản phụ**	a pregnant woman who is going to have a baby *"Well, I was just wondering about the mother-to-be, but thanks for sharing."*
Willick / Bunch / Willick-Bunch **US culture**	Carol's surname (Willick) and Susan's surname (Bunch) joined with a hyphen. Họ của Carol (Willick) ghép gạch nối với họ của Susan (Bunch).

Check: Why does Susan object when Ross suggests the surname "Geller-Willick-Bunch"?

- **A.** Because it sounds too much like a museum dinosaur.
- **B.** Because Dr. Oberman prefers short names on medical charts.
- **C.** Because nobody will say all three names, so people will wind up calling the baby just "Geller".

9 The Sonogram & Rachel's "Cheap Shot" (12:07–13:28)

Xem băng siêu âm & Đòn "chơi xấu" ngọt ngào của Rachel

At the apartment, the friends watch a video of the sonogram — Monica wells up with tears. Meanwhile, Rachel calls Mindy to congratulate her, then slips in a wicked parting wish. Về căn hộ, cả nhóm quây quần xem băng ghi hình siêu âm — Monica rưng rưng xúc động. Ngay sau đó, Rachel gọi điện chúc phúc cho Mindy rồi chốt hạ bằng một lời chúc đểu cực độc.

First, nobody can tell what the blurry ultrasound image looks like (a Star Trek spaceship? an old potato?). Then Rachel acts sweet on the phone to Mindy before striking where it hurts most.

Joey: "What are we supposed to be seein' here?" → Chandler: "It's about to attack the Enterprise."	=	**Ultrasound blobs look like a sci-fi space monster**
Ross: "Are you welling up?" → Monica: "I am not!"	=	**After a whole episode of fighting, big brother and little sister share a tender moment**
Rachel to Mindy: "I just hope they have his old hairline and your old nose."	=	**Barry had hair plugs + Mindy had a nose job — but DNA remembers the original!**

Surgery and hair plugs can fix how Barry and Mindy look today, but DNA will pass Barry's bald hairline and Mindy's old nose to their children! Rachel hangs up and admits it was a cheap shot.

Phẫu thuật thẩm mỹ và cấy tóc có thể sửa được ngoại hình hiện tại của Barry và Mindy, nhưng bộ gen di truyền (DNA) thì vẫn nhớ nguyên cái trán hói cũ của bố và cái mũi chưa sửa của mẹ! Rachel cúp máy rồi khoái chí thú nhận: 'Đòn vừa rồi hơi tiểu nhân thật, nhưng nói xong sướng cả người!'

> **Rachel:** "Okay, I know it was a cheap shot, but I feel so much better now." — "A cheap shot" = an unfair, below-the-belt remark aimed at someone's weak spot.

welling up **rưng rưng nước mắt, ngấn lệ xúc động**	having tears rise in your eyes because you are moved *"You are, you're welling up."*
end up (+ -ing) **rốt cuộc đi đến kết cục là**	finally reach a state or do something in the end *"if everything works out and you guys end up getting married"*
hairline **đường chân tóc trên trán**	the edge of a person's hair along the top of their forehead *"I just hope they have his old hairline and your old nose."*
a cheap shot **đòn chơi xấu, câu đá xéo dưới thắt lưng**	an unfair or cruel remark that hits an easy target *"Okay, I know it was a cheap shot, but I feel so much better now."*
Enterprise **US culture**	The famous spaceship USS Enterprise from the sci-fi series Star Trek. Tàu vũ trụ USS Enterprise nổi tiếng trong loạt phim khoa học viễn tưởng Star Trek.

Check: Why is Rachel's wish (“I hope your kids have his old hairline and your old nose”) such a clever “cheap shot”?

A. Because Barry got hair plugs and Mindy had a nose job, yet their children will inherit their original genes.

B. Because Barry and Mindy do not want to have any children.

C. Because Rachel wants Barry to give back his contact lenses.

4 Today's words — quick list to review

ruined	completely spoiled or destroyed	hỏng bét, nát bét
have a thing for (someone)	have a romantic crush on someone (informal)	mê mệt, thầm thương ai
bring up (a topic)	start talking about a subject	khơi ra, nêu một chuyện ra bàn
take some of the heat off	reduce the criticism or pressure on someone	giảm bớt áp lực / đỡ đạn cho ai
leave a man at the altar	refuse to marry someone at the wedding ceremony itself	bỏ rơi chú rể ngay tại lễ đường
chubby	slightly fat in a round way (often used for children)	mũm mĩm, béo tròn
shoot for the stars	aim for a very high goal in your career or life	vươn tới những đỉnh cao lớn
anecdote	a short, interesting story about a real person or event	giai thoại, mẩu chuyện ngắn đời thường
pros (professionals)	experts who do a job with cold skill	dân chuyên nghiệp lão luyện
high-powered, driven career type	an ambitious person focused on a demanding career	mẫu người quyền lực, quyết liệt vì sự nghiệp
only child	a person who has no brothers or sisters	con một
imaginary friend	a pretend friend that a child invents in their mind	người bạn tưởng tượng thời thơ ấu
dumped	suddenly left by your romantic partner (informal)	bị đá, bị bỏ rơi
steer clear of (something)	avoid a person, word, or topic carefully	tránh xa, né tránh
broken shell of a man	a man who has lost all his spirit and confidence after a shock	người đàn ông suy sụp như cái xác không hồn
OB-GYN	a doctor or clinic for pregnancy and women's health	bác sĩ / phòng khám Sản Phụ khoa
cervix	the narrow entrance to a woman's womb (uterus)	cổ tử cung
gagging	choking or retching as if about to vomit (the gag reflex)	mắc nghẹn, nôn khan (phản xạ hầu họng)
be right there	I am coming immediately (spoken)	tôi qua liền đây
As in ...?	used to clarify a word or name by giving a famous example	giống như trong chữ ... đó hả?

roll with the punches	adapt to difficult changes instead of fighting them rigidly	lựa theo chiều gió, uyển chuyển thích nghi với nghịch cảnh
on the table	officially up for discussion and consideration	được đưa lên bàn đàm phán / xem xét
maid of honor	the bride's main female attendant (usually her closest friend or sister)	phù dâu chính (bạn thân nhất của cô dâu)
kind of a thing	in a romantic relationship now (casual spoken English)	đang cặp với nhau / là một đôi
plugs (hair plugs)	small pieces of scalp with hair transplanted to cover baldness	tóc cấy (cấy ghép nang tóc chữa hói)
orthodontist	a dentist who straightens teeth with braces	bác sĩ chỉnh nha (niềng răng)
borders on (something)	comes very close to being something extreme or unacceptable	mấp mé, gần như chạm ranh giới (của điều gì quá đáng)
wind up (+ -ing)	end up doing something in the end, often without planning it	rốt cuộc lại dẫn đến kết cục là
nausea	the feeling that you are about to vomit (morning sickness)	triệu chứng buồn nôn, nghén
mother-to-be	a pregnant woman who is going to have a baby	người mẹ tương lai, sản phụ
welling up	having tears rise in your eyes because you are moved	rưng rưng nước mắt, ngấn lệ xúc động
end up (+ -ing)	finally reach a state or do something in the end	rốt cuộc đi đến kết cục là
hairline	the edge of a person's hair along the top of their forehead	đường chân tóc trên trán
a cheap shot	an unfair or cruel remark that hits an easy target	đòn chơi xấu, câu đá xéo dưới thắt lưng

6 Grammar Spotlight

Expectation vs. Reality — be supposed to vs. wind up / end up + V-ing

In real life (and sitcoms!), plans rarely match reality. Native speakers use 'be supposed to' to talk about what is expected or meant to happen, and 'wind up + V-ing' (or 'end up + V-ing') to show the unexpected final result.

Form: be supposed to + V (or be + V-ing) · wind up + V-ing · end up + V-ing

• *What's that supposed to mean? (Monica challenging her mother's hidden insult.)*

• *What are we supposed to be seein' here? (Joey looking at the blurry ultrasound.)*

• *He knows they'll wind up calling her Geller, then he gets his way. (Susan predicting the final result.)*

• *If everything works out and you guys end up getting married and having kids... (Rachel imagining the future outcome.)*

Compare:

• We were supposed to have lasagna for dinner. ↔ We wound up / ended up having spaghetti instead. (Expected plan (lasagna) versus actual outcome after the ring disaster (spaghetti).)

Watch out: Never say 'wind up to call' or 'end up to get married'. Always use the -ing form after wind up and end up: wind up calling, end up getting married.

Learn more: English Grammar in Use (Unit 45: be supposed to) & Oxford Word Skills Intermediate (wind up / end up + -ing)

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

Vocabulary in context

1. Which medical word from the clip means: choking or retching as if you are about to vomit?

A. cervix
B. gagging
C. hairline

2. Rachel touches Barry's forehead and says: “You've got plugs!” Barry replies: “Careful! They haven't quite taken yet.” What does 'taken' mean here?

A. Been paid for at the bank
B. Been photographed for his medical chart
C. Taken root and healed into the scalp successfully

Phrases in use

3. Monica wants Ross's baby news to “take some of the heat off me”. What does she want?

A. To shift her parents' criticism and pressure away from her.
B. To turn on the air conditioner in the kitchen.
C. To warm up the spaghetti faster.

4. Things change, _____ with the punches. I believe Julia's on the table?

(fight · roll · jump)

Grammar in use

5. When Judy makes a veiled insult at dinner, Monica snaps: “What's that supposed to mean?” When do you use this sentence?

A. When someone makes a comment with a hidden, critical meaning.
B. When you do not know how to spell an English word.
C. When you agree happily with someone's compliment.

6. He knows no one's gonna say all those names. He knows they'll wind up _____ her Geller.

(to call · call · calling)

7. Which sentence correctly contrasts the original plan with the actual result at Monica's dinner?

A. They were supposed to eat lasagna, but they wound up eating spaghetti.
B. They wound up to eat lasagna, but they were supposed eating spaghetti.
C. They were supposed eating lasagna, so they ended up to eat spaghetti.

Listening detail

8. Listen to Carol's warning when Ross suggests the surname 'Helen Willick-Bunch-Geller'. What exact phrase does she use?

A. I think that's a wonderful family tradition.
B. I think that orders a child's shoes.
C. I think that borders on child abuse.

Meaning and tone

9. When Dr. Oberman asks “How are we today? Any nausea?”, why does she reply “I was just wondering about the mother-to-be, but thanks for sharing”?

A. Because Carol forgot her medical insurance card.
B. Because Ross and Susan — not the pregnant woman — both answered that they feel nauseous.
C. Because Dr. Oberman does not treat pregnant patients.

8 Final listen — NO subtitles — prove what you remember

Subtitles are OFF. Listen for our key idioms, medical humor, and grammar patterns in real time.

Catch the line

- ☐ Because I think it might take some of the heat off me.
- ☐ Well, you may wanna steer clear of the word 'dumped'.
- ☐ Ross, that opens my cervix.
- ☐ Things change, roll with the punches.
- ☐ He knows they'll wind up calling her Geller, then he gets his way.
- ☐ Okay, I know it was a cheap shot, but I feel so much better now.

What did they say?

1. What profession does Barry mention to make a joke about wanting to hurt Rachel?

A. And I'm an orthodontist.
B. And I'm a paleontologist.
C. And I'm a cardiologist.

2. What does Rachel wish for Barry and Mindy's future children?

A. His new contact lenses and her wedding dress.
B. A trip to Aruba and a big restaurant.
C. His old hairline and your old nose.

Put the lines in order

____ Well, I was just wondering about the mother-to-be, but thanks for sharing.

____ You're not actually suggesting Helen Willick-Bunch-Geller? 'Cause I think that borders on child abuse.

____ How are we today? Any nausea?

____ He knows they'll wind up calling her Geller, then he gets his way.

Answer Key — check yourself after finishing

Gist: A

Bit by bit — checks: 1-A, 2-B, 3-C, 4-A, 5-B, 6-C, 7-B, 8-C, 9-A

Vocabulary in context: 1-B · 2-C

Phrases in use: 3-A · 4-roll

Grammar in use: 5-A · 6-calling · 7-A

Listening detail: 8-C

Meaning and tone: 9-B

Final — said what: 1-A · 2-C

Final — order: 1 → 3 → 2 → 0

1: Gagging = retching from the gag reflex in the throat (Jason Greenstein is gagging in the dental chair).

2: In medicine, when a transplant or hair graft 'takes', it attaches and grows successfully in the body.

3: Take the heat off someone = reduce the criticism or pressure directed at them.

4: Roll with the punches = adapt flexibly when things change.

5: 'What's that supposed to mean?' challenges a backhanded or passive-aggressive remark.

6: After 'wind up' and 'end up', always use the -ing form of the verb (wind up calling).

7: 'be supposed to + base verb' (original plan) vs. 'wind up / end up + V-ing' (actual final result).

8: Carol says: "'Cause I think that borders on child abuse" (comes very close to being child abuse).

9: Ross and Susan are so stressed from arguing that they answer the doctor's morning-sickness question instead of Carol!