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# BBC LEARNING ENGLISH

## The English We Speak

### Bottle



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*This is not a word-for-word transcript*

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**Neil**

So, big presentation today, Feifei! How are you feeling?

**Feifei**

Yeah, I'm OK, Neil. All prepared. I do feel a bit nervous... I just need to remind myself to slow down and take a sip of water when I feel anxious!

**Neil**

Good plan! OK, I'll see you later. Good luck... Hey! So how did it go?

**Feifei**

Not great.

**Neil**

What happened? You lost your bottle?

**Feifei**

Actually, I took a glass of water.

**Neil**

Oh right. You know the phrase 'to lose your bottle' means 'to lose your confidence and fail to do something, or decide not to do it'.

**Feifei**

Thanks for teaching me this phrase when I'm feeling awful.

**Neil**

Yes, sorry. You can also simply say 'to bottle it' which also means 'to lose your courage and fail to do something'. Err, examples time?

#### **Examples**

He was going to ask his girlfriend to marry him but lost his bottle at the last minute. She asked him instead.

I thought about painting my front door bright green but I bottled it. I went for a conservative grey instead.

**Feifei**

Anyway Neil, aren't you giving a presentation this afternoon?

**Neil**

Err... I was going to.

**Feifei**

Oh? You mean, you're not going to do it now?

**Neil**

Well, you see, I just had so much work on this week, and I've not really had time at all...

**Feifei**

Yeah, yeah, I get it. You bottled it.

**Neil**

You got me. I just hate presentations!

**Feifei**

Well, that makes two of us! Bye.

**Neil**

Bye.