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# BBC LEARNING ENGLISH

## The English We Speak

### Not gonna lie



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

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**Neil**

Welcome to The English We Speak. I'm Neil.

**Feifei**

And I'm Feifei.

**Neil**

You're a pretty polite person, aren't you, Feifei?

**Feifei**

Well, thanks. I don't know. I try to be!

**Neil**

That was a very polite answer! But sometimes we want to say things that are very honest, or that others might not want to hear.

**Feifei**

For example, I ask you: "Do I look tired today?"

**Neil**

Well, I could directly say: "Yes, you do look a bit tired."

**Feifei**

Or you could start with this slang expression: 'not gonna lie'.

**Neil**

Not gonna lie Feifei, you do look a little tired.

**Feifei**

I know, I need to get to bed earlier! 'Gonna' of course, is short for 'going to'. Using this phrase indicates that you're choosing to be honest rather than polite.

**Neil**

It's not only used for honest criticism, we might also use it before something we're very proud of, or something we boast about. For example: I love recording these programmes. Though I'm not gonna lie, I'm the best presenter in the team.

**Feifei**

Whoah, that's enough. I'm sure everyone listening agrees that I'm the best presenter.

**Neil**

Of course you're a fantastic presenter, Feifei. Just an example!

**Feifei**

Talking of examples, let's hear a few more.

**Examples**

A: Fancy coming round for dinner tomorrow?

B: Absolutely. If you're making your famous roast?

A: Oh yes. Not gonna lie, it's the best roast in town!

Slow down! You really are a terrible driver Mark, not gonna lie.

Not gonna lie, I absolutely love my job. I feel so happy when I walk through the office door every day.

**Neil**

That last example sounds just like me. Especially as I'm the best presenter.

**Feifei**

OK, OK, that joke is getting old now.

**Neil**

You're right. OK, one more thing. This phrase 'not gonna lie'...

**Feifei**

Yes?

**Neil**

Not gonna lie, I think some people use it too much!

**Feifei**

Yes, it's become a popular phrase on social media. Usually accompanied by a photo of someone on holiday at the beach with a post saying "Not gonna lie, it's stunning here!"

**Neil**

The kind of post that makes me feel jealous when I'm stuck in the office.

**Feifei**

But I thought you loved your job?!

**Neil**

Oh, I do.

**Feifei**

And yes, you are a very good presenter, Neil.

**Neil**

That makes me feel much better, not gonna lie.

**Neil and Feifei**

Bye.