

---

# BBC LEARNING ENGLISH

## English Expressions

### A bitter pill to swallow



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

---

#### **Tejali**

नामस्कार मित्रांनो... English Expressions मध्ये तुमचं स्वागत. हा आहे तुम्हाला इंग्रजीतले नवनवीन वाक्यप्रचार शिकवणारा शो.

आपल्याला अनेकदा अप्रिय, दुःखी प्रसंगांना तोंड द्यावं लागतं, आणि त्यातून सावरावही लागतं. अशा वेळेच वर्णन करतात, कडू गोळी गिळणे. यासाठी इंग्रजीत वापरतात 'A bitter pill to swallow'. याचा वापर कसा करायचा ते शिकू आज.

#### **Rob**

Hi... errr, Feifei are you OK? You don't sound as cheerful as normal.

#### **Feifei**

I feel terrible today – I've got a headache, feel really tired... I think I'm developing flu. I'm going to take these paracetamol tablets.

#### **Rob**

Hold on Feifei. Are you sure you're getting flu? This hasn't got anything to do with that job promotion you didn't get?

#### **Feifei**

Of course not... well maybe a little.

#### **Tejali**

फिफी नेहेमीसारख नाही बोलली, फिफीला बरं वाटत नाहीये, तिला ताप येईल असं वाटतंय. पण रॉबचा यावर विश्वास बसला का? नाही! ती दुःखी आहे असं त्याला वाटतंय. पण का?

#### **Rob**

Hmm, I know you wanted that promotion so much but Daisy got it instead didn't she?

#### **Feifei**

Exactly – and I've been working here much longer than her and I have loads more experience. It's so unfair!

**Rob**

I know... it's a bitter pill to swallow.

**Feifei**

Thanks for the advice but even if these tablets – or pills – are bitter, they'll make me feel better – now can you show me some more sympathy about my promotion please?

**Rob**

I was Feifei! When I said 'it's a bitter pill to swallow' I really meant it's a situation that is unpleasant and difficult to accept.

**Feifei**

OK, I see! You're saying I'm finding Daisy's promotion hard to accept?

**Rob**

It's tough Feifei but that's the way things are.

**Tejali**

रॉब म्हणाला, फिफीऐवजी डेसीला बढती मिळतीये; हे स्वीकारणं फिफीसाठी कठीण आहे म्हणजे 'bitter pill for her to swallow'. 'Bitter' म्हणजे कडवट, 'pill' म्हणजे गोळी आणि 'swallow' म्हणजे गिळणे. जेव्हा आपण निराश होतो, नको असलेल्या परिस्थितीशी तडजोड करावी लागते, त्या घटनेतून सावरावं लागतं तेव्हा हा वाक्प्रचार वापरला जातो, आपण म्हणतो ही कडू गोळी घ्यावीच लागणार. आता फिफी ला प्रमोशन नाही मिळालं, ही घटना पचवणं तिच्यासाठी कठीण आहे; ही तिच्यासाठी 'bitter pill' आहे. या वाक्प्रचारात it म्हणजे ती घटना, परिस्थिती: pill म्हणजे गोळी, आणि गोळी एकच असते; त्यामुळे त्यासोबत नेहेमीच 'a' वापरायचं. 'A bitter pill to swallow'... a pill. ही आहेत काही उदाहरणं.

**Examples**

When John found out about his wife's affair with his best friend, it was a bitter pill to swallow. It took him a long time to move on.

My younger sister finishing the race quicker than me was a bitter pill to swallow. She's much smaller than me, so I thought I could beat her easily.

My friend and I are going to Hawaii together in the summer. She has booked the same flights as me for only half the price – it's a bitter pill to swallow!

**Feifei**

So 'a bitter pill to swallow' means I don't like what's happened but I will have to accept it? Hmm, I like the phrase but it doesn't make me feel any better.

**Rob**

You'll just have to swallow the decision Feifei! Daisy is going to be your boss now.

**Feifei**

Oh dear... I think my flu might be getting worse now... I'm definitely going to take these paracetamol now... Yuk, that really was bitter!

**Rob**

I think two tablets are enough for now Feifei. Maybe you should take tomorrow off work.

**Feifei**

What a great idea Rob. See you later.

**Rob**

Bye!

**Tejali**

डेसीचं प्रमोशन फिफीसाठी 'a bitter pill to swallow' होती. असं तुमच्याबाबतीत घडलं आहे का कधी की तुम्हाला 'bitter pill' swallow करावी लागली? कशामुळे ते कठीण गेलं? आणि मग कसं सावरलात? आमच्या BBC Learning English Marathi या फेसबुक ग्रूप वर आम्हाला नक्की सांगा. पुन्हा भेटू पुढच्या भागात...Bye.