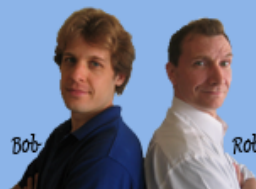


The Bob and Rob Show

Weekly English Lessons from a Yankee and a Brit.



The Bob and Rob Show Study Guide
Lesson 153: Anger
August 29, 2008

SHOW NOTES

Calm down now! Bob and Rob discuss the topic of anger this week 😊.

PHRASAL VERBS & IDIOMS

"to go off"

- 1) To explode in the literal sense e.g.: *The bomb could **go off** any second.*
- 2) To become angry at someone or something e.g.: *My boss **went off** at me yesterday when I was late again.*
- 3) To begin or start, which is often used with alarms or warning sirens e.g.: *The fire alarm accidentally **went off**.*
- 4) It can mean a machine that stops e.g.: *My old VCR is broken, it keeps **going off** without me even touching it, so I can't watch any movies.*
- 5) To leave or to wander away e.g.: *I don't know exactly where John and Mary are, they just **went off** somewhere together.*

EXTRA: 6) *"to go off"* can also refer to certain foods or drinks that are no longer good enough to eat because they have become too old or rotten e.g.: *I wouldn't touch that milk if I were you, I think it's **gone off**.*

IDIOM: 1) "all the rage"

to be at the height of fashion or to be very popular in fashion e.g.:

*Back in the 70's, long hair and perms (curly hair), were **all the rage**.*

BONUS IDIOM: "goofy"

This means odd looking or strange e.g.:

*When I see old photos of myself in flares, I think I look **goofy**.*

Note: in snowboarding terminology, *goofy* means to ride your board the opposite way to that which is natural to you.

GRAMMAR BLUES

We discuss the importance of echo questions in this segment. Understand? Understand? 😊

These are used when you haven't understood what has been said, or, when you want to make sure that what you heard was in fact correct. In other words, it is a useful way for the listener to clarify or confirm what the speaker has said. They may also be used when you find some news surprising. Look at these examples:

A: Bush lost his job.

B: Bush lost his job? Really?

A: I'm voting for Schwarzenegger.

B: You're voting for who?

A: She paid \$200,000 for that car.

B: She paid how much? / How much did she pay?

A: John cheated on his test.

B: He did what? / He what?

So, try to use this technique when you're not sure what the speaker has said. It will also help you to sound more natural and fluent.

BOTH SIDES OF THE POND

We look at some hodgepodge words loosely connected with anger or angry people.

(US) a line up (UK) an identification parade
(US) lost-and- found (UK) (the) lost property
(US) a mailbox (UK) a pillar box
(US) kerosene (UK) paraffin

EXTRA (US) mad (UK) angry
EXTRA (US) crazy (UK) mad

JOKE

This joke is funny because of what a young boy says about his mother. The boy is playing with his toy trains and is using his imagination as he's pretending to be the station guard talking to the passengers, but he is using rather rude language. The mother was naturally cross (angry) and told her son to go to his room for two hours as a form of punishment. After two hours the boy starts playing with the trains again and he now uses very polite and formal language. However, the punchline comes when the boy says something like this: "to the passengers that are still angry about the two hour delay, please see the grumpy lady in the kitchen." This refers to the 2 hours that the boy had to spend in his room and the lady in the kitchen is his mother. So, the boy simply started playing the same imaginary game again after his punishment and in his imaginary conversation he complains about his mother 😊

QUOTATIONS

"How much more grievous are the consequences of anger than the causes of it" Marcus Aurelius

"He who angers you, conquers you" Elizabeth Kinney

SONG

"Thousands Lives" by Angry Panda. See more at <http://www.podshow.com>

SHOW TRANSCRIPT

BOB: Hi, it's the Bob and Rob Show. This is Bob.

ROB: And this is Rob. Hey, hey, hey, Bob. Are we recording?

BOB: Yeah, we're recording. What do you think?

ROB: Is the red light on, then?

BOB: It's on.

ROB: You gotta **double check**¹.

BOB: Sometimes you just **piss me off**².

ROB: Oh, good phrasal verb.

BOB: Piss off. It's a good idiom. I have to act angry with you, don't I?

ROB: I guess so.

BOB: 'Cause isn't that the topic of our show today?

ROB: It is, yeah. We're going to look at "anger" today a little bit. Frustration. Rage. So, apart from me, Bob, obviously, what makes you angry? Anything in your life - little pet peeves you've got?

BOB: What makes me angry. Ah, um ... oh, boy what makes me angry? I think greed, waste. I mean, do you want me to be philosophical?

ROB: That's cool, yeah. That's philosophical ... yeah, yeah, yeah, it's up to you. If ... yeah, that's a good answer.

BOB: You don't seem like a very angry person, I mean, you seem pretty coolheaded.

ROB: Well, no, yeah, I'm angry with the world because there's a lot of injustice in the world. You know, there's a lot of inequality.

¹ **double check** = a phrase that means you recheck something because you are not sure about it.

² **piss me off** = to make you sick and tired or frustrated and angry with something or someone.

BOB: But you don't walk around being pissed-off. "**Pissed-off**"³ means "angry."

ROB: Well, ... I'm angry with the establishment. Angry with the establishment and the system, because there are so many needy people out there that are worse off than ourselves. But again, that's going back to perhaps capitalism - yeah, I'm angry with capitalism, man.

BOB: Rob, you've benefited so much from capitalism.

ROB: In everyday life ... I mean, people spitting on the street.

BOB: Yeah, that's kind of **gross**⁴. That makes me mad, I don't like it when people spit.

ROB: People pushing - rude people.

BOB: Rob, you're getting angry calm down.

ROB: I might have to go into **anger management**⁵.

BOB: But, you know, some people are ... tend to get angrier easier than other people. I mean, some people walk around pissed-off. Maybe it's because they're bitter. Maybe, I mean, they've had a hard life, or maybe it's a personality type. Some people are just- tend to get angry easier.

ROB: True, true, yeah, so what would you recommend to these people?

BOB: Oh, you mean, people that walk around angry, or get angry, easily?

ROB: Yeah.

BOB: Well, I think, I'd probably recommend some sort of anger management. Maybe **cognitive**⁶ behavior therapy, which is a psychological term for just rethinking what makes them angry and trying to switch and maybe think of something different. I don't know. I mean, it's - anger's a tough one to deal with.

ROB: It is.

BOB: Maybe just some practical things, like, exercising and trying to find ways to release that anger.

ROB: Yeah, good points.

BOB: **Kicking the dog**⁷.

ROB: I think exercising, is a good way, to get to release that.

BOB: Yeah, I mean, it's one part ... probably of the solution. You know, I don't know. Maybe there's ... if it's really bad enough ... I'm not sure - a lobotomy? A lobotomy is a psychological ... or a ... medical procedure, where they actually scrape the front part of your brain with a wire.

ROB: Yeah, so they actually take-off ... they open up your skull, don't they?

BOB: Take the frontal lobe off, don't they? They shave it off. It's kind of a barbaric ...

ROB: Procedure.

BOB: I don't think they do it anymore, not the traditional lobotomies. We're getting off topic but ...

ROB: Well, yeah, I mean, so why are some people more angry than others? Apparently, according to Jerry Deffenbacher, whose got a PhD, and he is a psychologist who specialized in anger management. He says, "That some people are really more **hotheaded**"⁸ than others are; they get angry more easily, and more intensely than the average person does."

BOB: So, it does sound like there is a personality type.

ROB: Yeah, yeah. They just become chronically irritable and grumpy. Easily angered people don't always curse and throw things; sometimes they withdraw socially, and they sulk, or get physically ill.

BOB: Really?

ROB: Yeah, some angry people do that.

BOB: I guess, you know, these people who are easily angered, have a low tolerance for frustration; meaning that they get frustrated easily, like, maybe if they're waiting in line at a store to buy something, they might just get really mad or annoyed.

ROB: Something minor ... yeah, it could be stress - just perhaps living in a fast paced society?

BOB: Some people just take things in stride. "Take things in stride" just means "that whatever comes their way, they just deal with it, without getting upset." But what makes people angry, what makes people more relaxed, I mean, it doesn't seem very fair, does it? Some people are born with better genes.

ROB: Right. It could be genetic or physiological.

BOB: I mean, I know life's not fair but it's, you know, it's ...

⁴ **Gross** = slang term that means *disgusting*.

⁵ **anger management** = a fairly new term that refers to a form of counseling in which therapists try to help the 'patients' control their anger.

⁶ **Cognitive** = this refers to the workings and functioning of the brain.

⁷ **Kicking the dog** = Sarcasm yet again, so don't be too offended. Bob believes that cruelty to animals is wrong and needs to be stopped.

⁸ **Hotheaded** = an idiomatic adjective that describes someone who gets angry easily. Just try to think of an angry red face to help you remember this phrase.

ROB: You've got to make the most of what you've got I guess, and **try to get on**⁹.

BOB: I mean, anger can be good sometimes if there's injustice. But it can also can, you know, if you've got chronic - "chronic" which means "long-term anger" - it could give you a heart attack or a stroke.

ROB: Another cause may be social-cultural, because anger's often regarded as negative. You know, we're taught that's it's alright to express anxiety, depression, or other emotions, but not to express anger. So because of that we don't really learn how to handle it or channel it constructively.

BOB: Oh bullshit, Rob!

ROB: What the fuck you talking ... ! Yeah, that's precisely the point.

BOB: And also I think family background plays a role.

ROB: Sure, yeah.

BOB: Your parents, how they deal with anger, you can model that - **mimic**¹⁰ it. And typically, people who are easily angered come from families that are disruptive, chaotic, are not skilled at emotional communication.

ROB: Good points-good points.

BOB: So, could we just move along?

ROB: Damn it! Sure. Oops! Sorry. I shouldn't blaspheme.

BOB: This is not a show about bad language, Rob.

ROB: Yes, I apologize.

BOB: This is about anger. We can get angry without **cussing**¹¹.

ROB: Shut the fuck up! Sorry.

BOB: Speaking of "to go off" ... no. Yeah, so the phrasal verb today is ... phrasal verbs? No, the phrasal verb.

ROB: Phrasal verb, yeah.

BOB: Can you just let me finish? All right?

ROB: Go ahead, Bob.

BOB: No, why don't you go. You go. You're always cutting me off.

ROB: The phrasal verb today is "to go off," and it has a number of meanings.

BOB: Like I just went off on Rob.

ROB: Yeah, you did. "To explode" - the literal sense is "to explode." So "The bomb could go off any second." But also, yeah, as you just said, Bob. "To become angry."

BOB: Like, for example, "My boss went off at me yesterday when I was late again." Also, "to begin or start," and it's often used with alarms or warning sirens. So, for example, "The fire alarm accidentally went off."

ROB: Or someone actually smashed it on purpose. You never know. "To go off" can also mean "a machine that stops."

BOB: True.

ROB: Again, it's a literal sense. So, for example, "My old VCR is broken, it keeps going off without me even touching it, so I can't watch any movies really."

BOB: Finally, it can also mean "to leave," or "to wander away." For example, "I don't know exactly where John and Mary are, they just went off somewhere together." They went off and got married.

ROB: Yeah, maybe.

BOB: Our idiom today is, "all the rage." What does that mean?

ROB:
That means ...

BOB: Now, "rage" obviously means "anger."

ROB: Right. Yes, true, true. So, yeah, in that sense it's kind of a strange idiom ... this one, because it actually means "to be at the height of fashion," or, you know, "to be very popular in fashion."

BOB: So you could say the Bob and Rob Show is all the rage. Well, maybe a less bias, a more **objective**¹² example, "Back in the 70's, long hair and perms (curly hair), were all the rage." Perms, I think permanent ... when you get your hair curled.

ROB: So, yeah, they were "all the rage." And today's bonus idiom is: goofy. Has nothing to do with rage or anger, but it's a bonus idiom, and it means "goofy." I'll give you a quick example, "When I see old photos of myself in **flares**¹³, I think I look goofy."

BOB: Not just old photos, Rob.

ROB: Thanks, Bob.

⁹ **try to get on** = one meaning of this phrasal verb (in this context) is to try to live as best as possible with the means that are available to you.

¹⁰ **Mimic** = this means to copy something or someone. Children often learn languages and social skills through mimicking grown ups.

¹¹ **Cussing** = This is American English. The British equivalent is 'cursing'.

¹² **Objective** = being impartial or unaffected by one's feelings or beliefs. The opposite is subjective e.g.: 1) *It is essential that scientists remain objective in their work.* 2) *Art is so subjective.*

¹³ **Flares** = the trousers / pants (UK / USA respectively) and jeans that were all the rage in the late 60's and early 1970's. The bottom parts were very wide and looked like bells. Hence they are also known as *bell-bottoms*.

BOB: Okay, well ...

ROB: The answer to that will be in the study guide.

BOB: Well, let's move on.

ROB: Doing some Grammar Blues next, Bob.

BOB: Feeling mad, pissed off!

ROB: Mad, bad, and dangerous to know.

BOB: Can't take it anymore.

ROB: I thought today we could look at some *echo questions*.

BOB: What?, what?, what? Where you going? where you going?

ROB: Very good, very good.

BOB: Okay, Rob, thank you that was **real helpful**¹⁴. Let's move on.

ROB: These are used, when we haven't understood what has been said, or, we want to make sure that what we heard was in fact correct. Maybe we found the news surprising or something like that. So it's possible to repeat the whole of what was said.

BOB: So it's like confirmation - using an echo question for confirmation - to confirm something.

ROB: Using a rising intonation. So, for example, "Bush lost his job."

BOB: Bush lost his job? Really?

ROB: Good one.

BOB: Also, we can focus on just a part of the sentence, either using a "how" phrase, or a stressed "wh" word. So, for example, "I'm voting for **Schwarzenegger**"¹⁵."

ROB: You're voting for who? or Who are you voting for? Another example, "She paid \$200,000 for that car."

BOB: "She paid how much?" "How much did she pay?"

ROB: Good one.

BOB: Also, we can focus on the verb, or verb part of the sentence, by using *what*, or *do what*. So, for example, "John cheated on his test."

ROB: "He did what?" or "He what?"

BOB: That's good. That's very useful, Rob, these echo questions.

ROB: Yeah, you know, it makes you sound very natural and it's very common.

BOB: It's a good conversation strategy. Once again only on the Bob and Rob Show.

ROB: But, I mean, it's a conversation strategy-it's a conversation strategy, but it's also - it's in the Grammar Blues section because it's also grammatical. It's good to know how the construction of the echo is actually made. For example, "She paid how much," or "How much did she pay?"

BOB: And if you're mad or pissed off you could - What? You did what? You went where?

ROB: Yeah, very good to know.

BOB: See how it all ties in.

ROB: Cool.

BOB: All right.

ROB: Okay, let's move along to a joke with Bubba.

BOB: A joke?

ROB: This is a funny joke about a grumpy lady. He says, "a crabby lady."

BOB: Crabby.

ROB: "Crabby" means "grumpy." And he also mentions SOB's.

BOB: A son-of-a-bitch?

ROB: Yes, which is quite rude.

BOB: That's a rude word, yeah. A bitch is a ...

ROB: Female dog.

BOB: In heat. That's the actual term for it - a female dog, right?

ROB: Yeah.

BOB: That's crude ... and rude.

ROB: But it's a nice funny joke. And he refers to the holidays which also means the Christmas holidays. Another word you might not be familiar with is "teed off, I think.

BOB: Teed off ... well ...

ROB: Ticked off.

BOB: That connects with the theme of the show. If you're teed off - you're mad, you're angry.

ROB: Yeah, ticked off.

BOB: Ticked off, yeah. Good one, Rob.

ROB: So let's listen to Bubba.

BUBBA'S JOKE: Howdy, friends. Bubba Bohacks with the "Joke of the Day" from bubbaboacks.com; visit me there in the Fun Barn, at b-u-b-b-a-b-o-h-a-c-k-s.com. Here's the joke: A few days after the holiday a mother's working in the kitchen. She's listening to her son play with his brand new train in the other room

¹⁴ **real helpful** = note the dropping of 'ly' on the adjective in American English. Rob, being from Britain, would say *really helpful*.

¹⁵ **Schwarzenegger** = just in case you haven't heard of him: This refers to the former Hollywood action star Arnold Schwarzenegger who is currently the governor of California.

there in **yonder**¹⁶. And she hears the train stop. She hears her son say, "Oh, you SOB's get off this train, get the **heck**¹⁷ out of here, because this is your last stop. Those of you who are getting on, get your **butts**¹⁸ in the train 'cause you're leaving real soon." The mother went in and told her son, "Look I want you to go to your room for two hours, and come out after two hours and maybe you can play with your train then. But when you do, you better use nice language." So the boy goes off to his room and he sits there for two hours, and he's kind of sad. The two hours pass and the son returns playing with the train. Soon the train stops and the mother heard the son say, "All passengers who are disembarking the train, please remember to take your belongings with you. We thank you for riding with us today. And for those of you who are just boarding the train, we hope you have a pleasant and relaxing journey with us today. And for those of you who are still teed off about the two hour delay, see the crabby lady in the kitchen."

ROB: Ole Bubba.

BOB: So, you think our listeners got that?

ROB: I hope so. Yeah, yeah, I think so.

BOB: Well, we've got such a smart audience.

ROB: We do. Definitely.

BOB: Best students in the world.

ROB: Well, best teachers in the world.

BOB: Yes, yes. Okay, well, what should we do next?

ROB: Let's move along to some Both Sides of the Pond.

BOB: Okay, what-a we got here? "Lineup." What does this have to do with anger... these words, Rob? Rob, Both Sides of the Pond should connect with the topic!

ROB: I'm afraid I, uh ...

BOB: Rob, I mean, we've talked about this.

ROB: Well, you'll have to get angry, Bob. You'll have to go off at me ...

BOB: That's all right. Hold on. It's fine, you know, should I go and find a word?

ROB: Yeah, if you want to.

BOB: I mean, it doesn't connect with the topic. Okay, that's fine.

ROB: But, yeah, they're a bit of a hodgepodge ... I'm afraid.

BOB: So to "lineup." Queue up? Oh, a lineup, like, a police lineup. Criminals stand in line and you choose the criminal.

ROB: Hey, criminals are often angry.

BOB: That's true, yes. So, what do you say in the UK?

ROB: We would say, "an identification parade."

BOB: I see. You know, I get mad sometimes if I lose things, then I go to the "lost-and- found" to see if it's been found.

ROB: In the UK we call that "the lost property." But very often you'll never find it because people don't really **hand stuff in**¹⁹.

BOB: They don't? In Japan it's quite common. Japanese are pretty honest.

ROB: Very honest, yeah. Hey, disconnect, Bob, what're you getting so angry for?

BOB: I know. I shouldn't have got mad for no reason at all. I'm sorry, Rob.

ROB: Mind you this next one doesn't connect.

BOB: Oh, yeah, it does. I can connect it. Someone blew my mailbox up once.

ROB: Wow! That's not very nice.

BOB: They blew it up with a big firecracker. Do you say, "mailbox"? I was mad by the way.

ROB: We would say, "a pillar box."

BOB: Pillar box.

ROB: Like where the postman puts ... picks up the letters. Did you catch the guy who did that?

BOB: Yeah, and I was so mad, I poured kerosene on him and lit him on fire. "Kerosene," which is a heating oil.

ROB: Right. We'd better point out that Bob's actually joking, he didn't really do that.

BOB: No, I did not do that.

ROB: Kerosene. In the UK, we call that "paraffin."

BOB: Paraffin. I thought that was wax.

ROB: No, no, it's kerosene in American.

BOB: In American? Oh, yeah, that's right. Do we have any angry quotes?

¹⁶ **Yonder** = an olden way to say 'over there'. Not many people use it anymore, but we guess Bubba and people from where he is from still use it ☺

¹⁷ **Heck** = a mild cuss word. It can often be substituted with 'hell', or indeed the much stronger 'fuck'.

¹⁸ **Butts** = slang term for bottoms, or *derrieres* or *behinds* or *bums* or *arses* or *asses*.

¹⁹ **hand stuff in** = *to hand (something) in* means to give something to someone officially, for example, a student handing in some homework to her teacher, or someone handing in a wallet that she found on the street to the police, or someone handing in their tax papers to the government.

ROB: We do, yeah. I'm going to read one by Marcus Aurelius. And he said, "How much more **grievous**²⁰ are the consequences of anger than the causes of it."

BOB: That's good.

ROB: It's kind of deep.

BOB: This is another good one I think. It's by Elizabeth Kinney: "He who angers you, conquers you." Sounds like a Chinese proverb, or something.

ROB: So that means I'm your conquerer, Bob.

BOB: You got me. All right I'm going to go an' kick Rob's ass ... no.

ROB: We've got a song today as well. It's by the Angry Panda.

BOB: The Angry Panda. And the name of the song is "Thousands Lives." No, "Thousands Lives."

ROB: Yeah, "Thousands Lives." I believe.

BOB: Something like that.

ROB: It's an alternative Rock song. It's pretty cool. We got this from ... where did we get this, Bob?

BOB: We got it from podshow.com, and if you want to learn more about the artist; go to, music.podshow.com

ROB: All right. Cool.

BOB: And this show has made me so angry that I've gotta go out and jog around the park a little bit. To work off some of the steam.

ROB: I'm going to go out and smash something up.

BOB: Yeah, I want to let loose some steam. Okay, well, anyway we'll see you back here next week. And remember ... anger management.

ROB: Good luck with all your studies. Don't make it ... I hope it doesn't get to stressful.

BOB: Okay, Rob, that's enough. Bye.

ROB: Bye.

SONG: "Thousands Lives" by Angry Panda

Note: sorry but some of these lyrics were difficult to get. Maybe you can catch them?

I am going to see the ?

From a night you saw a ?

But you ? not ?

The thing between us went ?

Now, I cross myself and stare Into my mind and ? and so ...

EXTENSION AND REVIEW STUDY

*note: we encourage you to respond to the questions and readings by posting on the **discussion board** (Login using your Bob and Rob Show membership *username* and *password*)
<http://thebobandrobshow.com/discussionboard/>

1/ Do you believe in the effectiveness of anger management? How do you think people can best control their anger? Have you ever gone off at anyone? Describe why you got so mad and how you dealt with the situation. Try to use this week's phrasal verb (*go off*) in all its various meanings in sentences of your own.

2/ What is currently all the rage in your country? Is this phenomenon a fad or do you think it will last for a long time? What fashion items did you use to wear that you think you now look goofy in?

²⁰ **Grievous** = synonymous with dangerous, harmful or risky.