



THE GET PLAYBOOK

MODULE 8

Talking Like a Native

The Slang Native Speakers Use Without Thinking

1. CORE IDEA

Every fluent speaker has a small set of expressions they reach for automatically — not textbook English, but the phrases that make you sound like a real person having a real conversation.

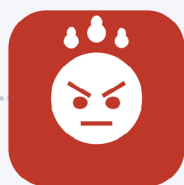
This module collects six of the most common ones built on *get*. They're emotional, immediate, and conversational: amazement, irritation, reassurance, encouragement, gratitude, and boundaries. Master these, and casual conversation stops feeling like a translation exercise.

2. TOOLBOX

Feeling It



can't get over how...
amazement



it gets to me when...
annoyance



get off me!
wanting space

Supporting Each Other



I got you / I got it
reassurance



you got this!
encouragement



I get to...
privilege, gratitude

Expression	Used when...	Example
I just can't get over how...	You're incredulous / amazed	I just can't get over how happy she is despite the bad weather.
It gets to me when...	Something irritates you	It gets to me when people speak loudly on the phone.

I got you / I got it / I've got you covered	Taking care of something delicate, personally	Don't worry about the bill – I got it.
You got this!	Encouraging someone	Don't be nervous about the interview – you got this!
I get to (do something)	Privileged, grateful, or permitted	I get to travel a lot for my job.
Get off me!	You want to be left alone	Stop tickling me – get off me!

More on "get to" (privilege)

I get to sleep in on Sundays. • I get to have dinner with my closest friends every week. • I got to attend a great university. • I get to walk in my neighbourhood at night without fear.

3. GUIDED PRACTICE

The "Natural Speaker" Challenge

Fill in the gaps with the natural expressions from the toolbox.

1. "Don't be nervous about the interview. You've prepared for weeks. _____!"
2. "It really _____ when my neighbours play loud music at midnight."
3. "_____ meet my favorite author at the signing tonight – I'm so excited!"
4. "Stop tickling me! _____!"
5. "_____ how quickly the kids grew up this year."
6. "Don't worry about picking up the kids, _____ – I'll go."

Answer Key

1. You got this (encouragement) 2. gets to me (annoyance) 3. I get to (privilege) 4. Get off me (physical pressure) 5. I can't get over (amazement) 6. I got you / I've got you covered (reassurance)

4. QUICK CHECK

1. What's one thing that "gets to you" in daily life?

2. Name something you "get to" do that you're genuinely grateful for.

3. What's the difference in tone between "get off me" and a more formal request to stop?

5. SPEAKING CHALLENGE

Here are a few different situations. Use get.

Situation 1 – Before a big exam

Encourage a friend who is nervous about a test tomorrow.

Simulate

Situation 2 – A noisy office

Complain, lightly, about something that irritates you at work.

Simulate

Situation 3 – Splitting a restaurant bill

Offer to pay for a friend's dinner.

Simulate

Situation 4 – A rare opportunity

Tell a friend about a privilege you're grateful for this year.

Simulate

Situation 5 – An overly touchy relative

Politely but firmly ask someone to stop pinching your cheeks.

Simulate

6. RECAP CHEAT SHEET

I can't get over how...

amazement

It gets to me when...

annoyance

I got you / I got it

reassurance

You got this!

encouragement

I get to...

privilege / gratitude

Get off me!

physical/emotional boundary

7. PROGRESS TRACKER

SELF CHECK

- ☐ I can express amazement using "I can't get over how..."
- ☐ I can express annoyance using "it gets to me."
- ☐ I can reassure someone using "I got you" / "I got it."
- ☐ I can express gratitude/privilege using "I get to."
- ☐ I feel comfortable using all six expressions in conversation.

★ Confidence

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

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