

## LESSON NOTES

# Absolute Beginner S3 #25

## Asking About

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# # 25

## INFORMAL SPANISH

1. ASHLEY: ¡Hola Alex! Te ves cansado.
2. ALEJANDRO: Sí, me siento mal.
3. ASHLEY: ¿Qué pasa?
4. ALEJANDRO: Me duele la cabeza.

## ENGLISH

1. ASHLEY: Hi, Alex! You look tired.
2. ALEJANDRO: Yes, I don't feel good.
3. ASHLEY: What's the matter?
4. ALEJANDRO: I have a headache.

## VOCABULARY

Spanish	English	Class	Gender
sentirse	to feel	reflexive verb	
mal	bad	adjective	neuter
cansado	tired	adjective	
te	you	pronoun	
doler	to hurt, to cause pain	verb	
verse	to look at oneself	verb	

tener	to have	verb	
cabeza	head	noun	feminine

## SAMPLE SENTENCES

<p>Hoy no voy a ir a trabajar, me siento enfermo.</p> <p>"I'm not going to work today: I feel sick."</p>	<p>Me siento muy mal.</p> <p>"I feel very bad."</p>
<p>Cuando estoy cansado, duermo como un tronco.</p> <p>"When I'm tired, I sleep like a log."</p>	<p>La mujer te está sonriendo.</p> <p>"The woman is smiling at you."</p>
<p>Las inyecciones por lo general duelen poco.</p> <p>"Generally, injections cause little pain."</p>	<p>Te ves muy bonita.</p> <p>"You look beautiful."</p>
<p>Tengo sueño.</p> <p>"I'm sleepy."</p>	<p>Tengo dos hermanos.</p> <p>"I have two brothers."</p>
<p>Me duele la cabeza.</p> <p>"I have a headache."</p>	

## VOCABULARY PHRASE USAGE

### ***estoy cansado/cansada* ("to be tired")**

*Estoy cansado/cansada* is a phrase that we use very often to explain why we don't look so

good or why we are in a bad mood.

### For Example:

1. *Estoy agotado/agotada.*  
"I'm exhausted."
2. *Estoy fatigado/fatigada.*  
"I'm fatigued."
3. *Estoy estresado/estresada.*  
"I'm stressed."

It is often followed by an explanation.

### ***me siento mal* ("I feel bad")**

*Me siento mal* is better translated in English as "I don't feel good." It normally refers to a physical or emotional condition, in the latter case referring to something we did that was not right and that makes us feel regret.

### ***me duele* ("[something] hurts")**

While not part of our grammar review in this lesson, we can learn this useful expression in and of itself: *me duele* must be followed by the part of our body that hurts, such as *me duele el dedo* ("my finger") and *me duele la cabeza* ("my head"), etc.

## GRAMMAR

**The Focus of This Lesson Is to Teach You the Use of Reflexive Verbs to Express Feelings: "I Feel Good," "I Feel Bad," etc.**

***¡Hola Alex! Te ves cansado. Sí, me siento mal.***

**"Hi, Alex! You look tired. Yes, I don't feel good."**

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In reflexive verbs, the subject acts upon himself (going to sleep, taking a bath, etc.), which makes them the verbs of choice for expressing feelings or talking about someone's physical condition. We call these reflexive verbs. Even though the infinitive form of reflexive

verbs is a single word (*verse, sentirse*, etc.), it breaks up into two when conjugated: *me veo, me siento...* etc. Study the following table:

## Reflexive Verbs

<i>Infinitive</i>	<i>Conjugation</i>	<i>Adjective</i>	<b>"English"</b>
<i>Verse</i>	<i>Me veo</i>	<i>bien</i>	"I look fine"
	<i>Te ves</i>	<i>mal</i>	"you look bad"
	<i>Se ve</i>	<i>contento</i>	"he/she looks happy"
<i>Sentirse</i>	<i>Me siento</i>	<i>bien</i>	"I feel fine"
	<i>Te sientes</i>	<i>mal</i>	"you feel bad"
	<i>Se siente</i>	<i>contento</i>	"he/she feels happy"
<i>Ponerse</i>	<i>Me pongo</i>	<i>bien</i>	"I get well"
	<i>Te pones</i>	<i>mal</i>	"you get sick"
	<i>Se pone</i>	<i>contento</i>	"he/she gets happy"

In all these cases, we use personal pronouns *me, te, se...* to indicate who the action of the reflexive verb falls upon: "**I** feel bad," "**you** feel bad," "**he/she** feels bad." Accordingly, the conjugation of the verb must change to adapt to this person.

In this dialogue, we have two reflexive verbs and one intransitive verb: *te ves* (reflexive), *me siento* (reflexive), and *me duele* (intransitive). In the case of reflexive verbs, they can be followed by adjectives or adverbs, as in this case *cansado* ("tired") and *mal* ("not good"). In the case of intransitive verbs, they don't need a direct object. When Alejandro said *me duele la cabeza* (literally, "my head hurts me"), the verb *doler, me duele*, is intransitive and *la cabeza* is not the direct object: it is the subject. For that reason, we can also say it inversely: *La cabeza me duele*.

## For Example:

1. *¡Te pones roja!*  
"You get red!"
2. *Te vas temprano.*  
"You leave early."

## Examples From This Dialogue

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1. *Me duele la cabeza.*  
"I have a headache."

## CULTURAL INSIGHT

### Are You Feeling Well in Mexico?

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In Mexico, people are not exactly hypochondriacs. In fact, far from that, they tend to disregard sickness, often going to the doctor only when the situation is out of control. However, grandmothers and aunts take it as a hobby to find home remedies for all kinds of maladies and won't stop asking how you feel, even if you've been healthy for months. Some critics say that Mexicans have a cultural addiction to pathos and talk about their tragedies too much, as if suffering meant some kind of honor. Contemporary society has changed a lot in this regard, but still, when you feel bad, just go to the doctor and don't make a fuss about it, or you'll end up being the talk of the town.