

Tools to build self-expression

What do you do right now?		Para mantenerse en forma = to stay fit Para mantenerme en forma = to stay fit MYSELF	la salud = health	
ahora = now	hoy = today	suele = usually*	Body parts	
Me encanta = I love		Me gusta = I like	(NOTE: el / la = the, mi = my, tu = your, su = his / her. Add -s for more than one)	
Me da igual = I don't mind		No me gusta = I don't like	Me duele = it hurts me	
Odio = I hate		Prefiero = I prefer	Me duelen = they hurt me	
Puedo = I can		Debo = I should	¿Tienes...? = do you have...?	
Se puede = you (people) can		Se debe = you (people) should	el ojo = the eye	
Hacer falta = you (people) must*		Es importante de = it's important to	el nariz = the nose	
Es = it is		Tengo que = I have to	el cuello = the neck	
Infinitives		reducir = to reduce	el pecho = the breast / chest	
fumar = to smoke		tomar drogas = to take drugs	el estómago = the stomach	
beber = to drink		comer = to eat	el brazo = the arm	
evitar = to avoid		comprar = to buy	el pie = the foot	
arriesgar = to risk		legalizar = to legalise	el corazón = the heart	
prohibir = to ban		anunciar = to advertise	Health problems	
probar = to try		rechazar = to reject	¿Tienes...? = Do you have...?	
- alcohol = alcohol		decir = to say	Tengo tos = I have a cough	
- un cigarrillo = a cigarette		hacer ejercicio = to do exercise	¿Estás...? = are you...?	
- drogas duras = hard drugs		dejar de = to stop (doing something)	Estoy enfermo / a = I'm ill	
- drogas blandas = soft drugs		dormir = to sleep	Opinions- (mucho = lots, muy = very, bastante = quite, a veces = at times)	
		Quería = I used to want	el uso = the use	
What you used to do in the past		ayer = yesterday	el sabor = the taste	
hace dos años = two years ago		últimamente = recently	el olor = the smell	
cuando era joven = when I was young		me gustaba = I used to like	aburrido = boring	
era = it was		I used to = infinitive MINUS ar PLUS iba	asqueroso = boring	
I...ed = infinitive MINUS ar PLUS e		OR infinitive MINUS yo / i PLUS a	sano = healthy	
OR infinitive MINUS er / e PLUS y		Si fuera posible* = if it was possible	nocivo = harmful	
What you want to do in the future		Si pudiera* = if I could	peligroso = dangerous	
Me gustaría = I would like to		Inf + ia = I would...	causa = it causes	
Quiero = I want		Inf + é = I will...	depression = depression	
Voy a = I am going to		+íamos = we would*	enfermedad mental = mental illness	
Si tuviera el dinero* = if I had the money		+emos = we will*	ningún / ninguna* = none (not any)	
Si tuviera el dinero* = if I had the money		¿Vas a...? = are you going to?		
Si tuviera el dinero* = if I had the money		Nadie me había contado que* =		
Si tuviera el dinero* = if I had the money		Nobody had ever told me that		