

MODULE 1 - NATURE VS NURTURE

LISTENING COMPREHENSION - TRANSCRIPT

Can learning languages change you? Part 1: Elisa Spigariol

<https://www.youtube.com/watch?v=gRzjR4hROQg>

I can speak two languages and I can speak both of them decently well. I don't know if I can speak one better than the other, probably so, but still, there is a thing that happens in my brain, and I discovered is not that weird. If you've seen *Arrival*, there was a moment in which the main characters say that "languages can shape the way you think and I find that film so interesting also because it shows how much something can mean something different in different languages compared to the one that you are speaking, and also it depends on the way people are.

At the same time, working in a second language technically slows down your thinking so that's why, for example, when I'm speaking my own language I feel bit more witty, more... I don't know just funnier or more confident or I just seem like a completely different person. If I'm speaking in English I very rarely seem as funny and sort of like self-critical in a funny way that I am in Italian. So that makes sense as well 'cause obviously that's that the one I've been speaking, and that I've been raised with since I was 0 years old.

I'm, normally, instead, a lot shyer when I'm speaking in English, I'm more polite... I feel like I'm being more controlled... and less loud, in a way, when I'm Italian I'm a lot more intrusive, I'm very loud and you can hear me, I'm moving a lot, I'm different. Also, I realize that I can argument things differently like the way I argue in topics comes out differently and also my reaction to things is different when I'm speaking in English and in Italian. I feel like my emotions are just generally stronger when I'm speaking and thinking in Italian, while English is more contained and also I feel like I contain my struggles and my stresses a lot more when I'm speaking in English and thinking in English. I do things while when I'm speaking in English I feel like I'm thinking more because maybe I need to think more, but I feel like I am just thinking more when I'm saying things and when I'm doing things while when I'm considering and thinking and talking in Italian I think more after I've done things after I said things. Maybe because my flux of thoughts is quicker. I feel like English slows down my thinking which is a good thing in a way because considering that I've got anxiety they tend to overlap a lot. In English I think this happens less. Also I think I can be more rational and I think I can be more pleasant in a way 'cause I tend to be very ...there's a word in Italian it's like *irruento* and I feel that really explains what I mean and I don't think the translation in English can explain it in the same way, which is a really weird thing maybe it does... it's just I feel like sometimes also my anxiety changes compared to the language I'm speaking in but I do feel like a different person, I do feel like a calmer, more logical, more polite and more clever and contained self when I'm speaking in English. When I'm Italian I feel like I'm thinking less sometimes, or maybe just because I do it less and I'm just more emotional maybe it's because it's more natural. Honestly, I don't know... just emotional, more intense, which is weird but it changes the way I see the world, it changes the way I react to things it changes the way I speak to people, and it changes the way I think .