

Lesson 85 : ニュースを伝える①: 驚きとともに伝える

believe it or not ~

A: I heard you ran a marathon last weekend.

B: **Believe it or not**, I finished it in under four hours.

A: Seriously? You hated running before.

B: I actually enjoy it now.

You'll find this hard to believe, but ~

A: How did the math test go?

B: **You'll find this hard to believe, but** I got a perfect score.

A: No way! You were worried last week.

B: You know what? my math brain suddenly woke up.

Incredible as it may seem ~

A: **Incredible as it may seem**, my grandfather learned how to use a smartphone.

B: Seriously? That's impressive.

A: To my surprise, he now teaches me new apps.

B: Wow, I didn't expect that at all!

idiom

blow off steam

Meaning: to get rid of stress, anger, or strong emotions by doing something active or enjoyable.

Example: She went to the gym to **blow off steam** and clear her mind.

Yelling won't help—you should find a healthy way to **blow off steam**.

Lesson 86 :ニュースを伝える②: 言いづらい情報を伝える

I hate to say this, but ~

A: I hate to say this, but the report hasn't been finished yet.

B: I'm sorry. I thought I had more time.

A: I'm afraid we'll need to make some changes before submitting it.

B: Understood. I'll take care of it right away.

It pains me to say this, but ~

A: It pains me to say this, but the deadline has already passed.

B: I understand. I should have checked the schedule more carefully.

A: I know it's difficult, but we'll need to inform the client right away.

B: You're right. I'll contact them immediately.

I regret to tell you this, but ~

A: I regret to tell you this, but you don't meet the requirements for this course yet.

B: I understand. I was afraid that might be the case.

A: Let's focus on strengthening your basics so you can try again next year.

B: Thank you. I'll work harder and prepare for it.