

Understatement (3) – quite (part 2): how to use “quite” to mean “very” and “yes” in a conversation?

- Kitty:** Hey, Douglas. I haven't seen any films for **quite a long time** (= a very long time) and **fancy** seeing one. Have you seen any lately?
- Douglas:** Well, I saw an action film last weekend. There are **quite a lot of** (= a large amount) high-speed car chases and fighting with visual and sound effects. The story itself isn't really that interesting. You know, it's just another typical action film. For me, it's a bit boring.
- Kitty:** I see. Action films **aren't really my thing** either. If there aren't any good films on at the cinema now, I'd rather watch some old classic films. Even though I have seen them before, I never feel bored watching them again. Maybe they make me feel **quite nostalgic**.
- Douglas:** Yeah. They're **quite different** (=very different), aren't they? We all have an attachment to the time when we were young. Those old films can **jog our memory**, take us back to the past and let us experience the moment we love most once again.
- Kitty:** **Quite** (= Yes, I agree.!) Every time I watch them, the **sheer bliss** and satisfaction I get are indescribable. It seems like I can find some comfort in them, feeling calm and at peace the whole day. How about you? Do you like old films?
- Douglas:** I do, and something else I enjoy is watching football matches. It's **quite a popular activity** (= very popular) here. I like sitting in front of the TV and having a beer when watching it. I think it's one of the most economical activities. I hardly spend anything, but **I'm hooked** for hours.
- Kitty:** Right. Compared with going to the cinema, it's much cheaper.
- Douglas:** Yeah. Besides, it's fun no matter whether you watch it on your own or with friends. Um... **come to think of it**, watching football games is a good way to **bond with** friends at home or in a pub.
- Kitty:** Well, I reckon it's an excellent way to widen your circle of friends and **sustain** a healthy social life. Do you gain a lot of satisfaction after watching a football game?
- Douglas:** It depends. If my favourite team win, I feel **elated**. But if they lose, I feel a bit **depressed**.
- Kitty:** Well, it's just **swings and roundabouts**. **You can't win them all**, can you?
- Douglas:** No. Even so, I think a **staunch** supporter like myself should **rally** behind their favourite team. Plus, watching football matches can bring a great deal of excitement to me.
- Kitty:** I've heard men like the excitement of watching them. How **thrilled** are you usually?
- Douglas:** They always have me **on the edge of my seat** particularly when my favourite team **lead an attack** and are about to score, or when their **rival team** almost **destroy their defence**. **Come to that**, sometimes I **literally break out in a sweat**.
- Kitty:** Haha... but you **can't resist the temptation** of watching it, can you?

Douglas: I suppose that's **quite normal** (=fairly normal). We like to do something exciting to **cheer ourselves up**. Who wants to be **down in the mouth** all day?

Kitty: True. It'd be **tedious** if we do the exact same thing every day. If I did, I'm afraid I'd **be drained** mentally. **That said**, I think some people prefer to do routine things. They feel happier with a simple lifestyle. Perhaps that can ease the burden on their busy life.

Douglas: Right. **Quite honestly** (=totally honestly), I sometimes like to do some regular things especially when I **have too much on my plate**.

Kitty: Um... I **don't quite follow you** (=can't understand your meaning at all)! What do you mean by that?

Douglas: Oh, I mean when I have to deal with a lot of things, I'd rather **let my hair down** and do something routine or simple in my free time. You know, I'm mentally exhausted after loads of work.

Kitty: Oh, I see. I believe I do the same. **To my mind**, doing effortless tasks can help us **unwind** and give us **peace of mind** to face new challenges. Sometimes we just need to find ways to **recharge our batteries**.

Douglas: **I quite agree**. (= completely agree) Well, we've talked a great deal about football matches. I hope I haven't bored you.

Kitty: No, you haven't! **Quite the contrary** (=the exact opposite), it's very interesting to know more about them. Thanks very much for chatting with me.

Douglas: You're very welcome. Actually, I'm **quite happy** (=very happy) to chat with you.

Kitty: Me too!