



TOP 100 GEN Z EXPRESSIONS



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WHAT THEY MEAN & HOW THEY'RE ACTUALLY USED

1. Slay

Meaning: To do something exceptionally well.

Example: "You slayed that presentation."

2. Ate

Meaning: Performed amazingly.

Example: "She ate that performance."

3. Left No Crumbs

Meaning: Did something perfectly.

Example: "That singer left no crumbs on stage."

4. Bet

Meaning: Okay, agreed.

Example: "Want to meet at 8?" "Bet."

5. No Cap

Meaning: No lie, seriously.

Example: "That was the best pizza ever, no cap."

6. Cap

Meaning: A lie or exaggeration.

Example: "You're saying you met a celebrity? That's cap."

7. Fire

Meaning: Excellent or amazing.

Example: "That new song is fire."

8. Sus

Meaning: Suspicious.

Example: "He's acting kind of sus."

9. Main Character Energy

Meaning: Confident, star-of-the-show attitude.

Example: "She walked into the room with main character energy."

10. Glow Up

Meaning: A major improvement in appearance or confidence.

Example: "His glow up was incredible."

11. Built Different

Meaning: Uniquely talented or exceptional.

Example: "She works 12 hours and still has energy. She's built different."

12. Periodt

Meaning: End of discussion.

Example: "I'm taking a vacation. Periodt."

13. Low-Key

Meaning: Secretly or somewhat.

Example: "I low-key want dessert."

14. High-Key

Meaning: Definitely or obviously.

Example: "I high-key need coffee."

15. Vibe

Meaning: Feeling or atmosphere.

Example: "This café has a great vibe."

16. Vibe Check

Meaning: Checking someone's mood or energy.

Example: "Vibe check—how's everyone feeling today?"

17. Drip

Meaning: Fashionable style.

Example: "His drip is impressive."

18. Fit

Meaning: Outfit.

Example: "Your fit looks amazing."

19. W

Meaning: A win or success.

Example: "Getting promoted is a huge W."

20. L

Meaning: A loss or failure.

Example: "Missing the flight was an L."

21. Ghosted

Meaning: Suddenly stopped communicating.

Example: "After two dates, she ghosted him."

22. Situationship

Meaning: Undefined romantic relationship.

Example: "They're more than friends but less than dating—a situationship."

23. Delulu

Meaning: Delusional in a funny or playful way.

Example: "I'm delulu enough to think I'll win the lottery."

24. Red Flag

Meaning: Warning sign.

Example: "Being rude to servers is a red flag."

25. Green Flag

Meaning: Positive sign.

Example: "Good communication is a green flag."

26. Beige Flag

Meaning: A harmless but quirky trait.

Example: "He names all his houseplants—that's a beige flag."

27. The Ick

Meaning: Sudden loss of attraction.

Example: "Watching him chew with his mouth open gave me the ick."

28. Soft Launch

Meaning: Hinting at a relationship online.

Example: "She soft launched her boyfriend by posting his hand."

29. Hard Launch

Meaning: Publicly revealing a relationship.

Example: "They hard launched with a couple's photo."

30. Caught Feelings

Meaning: Developed romantic emotions.

Example: "What started casually turned serious—I caught feelings."

31. Down Bad

Meaning: Desperate for romance.

Example: "He's down bad after the breakup."

32. Sneaky Link

Meaning: Secret romantic connection.

Example: "That's not her boyfriend—just a sneaky link."

33. Rizz

Meaning: Charisma, especially in flirting.

Example: "His rizz is unmatched."

34. NPC

Meaning: Someone acting robotic or lacking originality.

Example: "He's walking around like an NPC."

35. POV

Meaning: Point of view.

Example: "POV: You forgot your homework."

36. Viral

Meaning: Extremely popular online.

Example: "The video went viral overnight."

37. Trending

Meaning: Popular right now.

Example: "That dance is trending."

38. Aesthetic

Meaning: Visual style or appearance.

Example: "I love her vintage aesthetic."

39. Era

Meaning: Current phase of life.

Example: "I'm in my travel era."

40. Lock In

Meaning: Focus intensely.

Example: "We have exams tomorrow—time to lock in."

41. Level Up

Meaning: Improve significantly.

Example: "This course helped me level up."

42. Secure the Bag

Meaning: Earn money or seize an opportunity.

Example: "She got the contract and secured the bag."

43. Soft Life

Meaning: Comfortable, stress-free lifestyle.

Example: "I'm choosing the soft life."

44. Manifesting

Meaning: Focusing on desired outcomes.

Example: "Manifesting success in 2026."

45. Chronically Online

Meaning: Spending too much time online.

Example: "You know too many internet jokes—you're chronically online."

46. Receipts

Meaning: Proof or evidence.

Example: "I have receipts if you don't believe me."

47. Cancelled

Meaning: Publicly criticized or rejected.

Example: "That celebrity got cancelled."

48. DM

Meaning: Direct message.

Example: "Send me a DM."

49. Sending Me

Meaning: Making me laugh hard.

Example: "That meme is sending me."

50. Cook

Meaning: Perform exceptionally well.

Example: "She cooked during that interview."

51. I'm Weak — Something is very funny.

Example: "That joke has me weak."

52. Crying — Laughing hard.

Example: "I'm crying at these comments."

53. I Can't — Overwhelmed or amused.

Example: "I can't with this show."

54. Out of Pocket — Inappropriate or wild.

Example: "That comment was out of pocket."

55. Say Less — I understand.

Example: "Say less, I'll be there."

56. For Real — Seriously.

Example: "For real, that's impressive."

57. Be So For Real — Be serious.

Example: "Be so for real right now."

58. It's Giving... — It reminds me of...

Example: "It's giving luxury."

59. Extra — Overly dramatic.

Example: "You're being extra."

60. Savage — Brutally honest.

Example: "That comeback was savage."

61. Shade — Subtle insult.

Example: "She threw shade."

62. Tea — Gossip or news.

Example: "What's the tea?"

63. Spill the Tea — Share gossip.

Example: "Spill the tea."

64. Salty — Bitter or upset.

Example: "He's salty about losing."

65. Pressed — Annoyed.

Example: "Why are you so pressed?"

66. Mid — Average.

Example: "The movie was mid."

67. Bussin' — Extremely delicious.

Example: "This food is bussin'."

68. Flex — Show off.

Example: "Stop flexing."

69. Clout — Fame or influence.

Example: "He's chasing clout."

70. Stan — Dedicated fan.

Example: "I stan that artist."

71. Fan Behavior — Obsessive admiration.

Example: "That's fan behavior."

72. Touch Grass — Go outside and disconnect.

Example: "You need to touch grass."

73. Rent Free — Constantly on your mind.

Example: "That song lives rent free in my head."

74. Delusional Confidence — Extreme self-belief.

Example: "Sometimes delusional confidence works."

75. Plot Twist — Unexpected event.

Example: "Plot twist—she got the job."

76. Core Memory — Memorable life moment.

Example: "That trip became a core memory."

77. Unhinged — Wild or chaotic.

Example: "That idea is completely unhinged."

78. Side Quest — Unexpected activity.

Example: "Going to the store became a side quest."

79. Canon Event — Important life lesson.

Example: "Getting rejected was a canon event."

80. Villain Era — Prioritizing yourself.

Example: "I'm entering my villain era."

81. Healing Era — Personal growth phase.

Example: "I'm in my healing era."

82. Hot Take — Controversial opinion.

Example: "Hot take: Mondays aren't that bad."

83. Living Rent Free — Constantly occupying your thoughts.

Example: "That conversation is living rent free in my head."

84. Energy — Vibe or attitude.

Example: "I love her energy."

85. Energy Shift — Change in atmosphere.

Example: "There was an energy shift in the room."

86. Real One — Loyal person.

Example: "You're a real one."

87. Ride or Die — Extremely loyal friend.

Example: "She's my ride or die."

88. That's Wild — That's crazy.

Example: "You met him? That's wild."

89. Not Me... — Self-aware humor.

Example: "Not me forgetting my keys again."

90. It's the ___ for Me — That's what stands out.

Example: "It's the confidence for me."

91. This Ain't It — Not acceptable.

Example: "This ain't it."

92. Whole Mood — Completely relatable.

Example: "Sleeping all day is a whole mood."

93. Mood — Relatable feeling.

Example: "That's a mood."

94. Living My Best Life — Enjoying life fully.

Example: "I'm living my best life."

95. Full Circle Moment — Meaningful return to the beginning.

Example: "Coming back here is a full circle moment."

96. Glow Different — Improved confidence and appearance.

Example: "You glow different lately."

97. Reset — Start over.

Example: "I need a weekend reset."

98. Growth — Personal development.

Example: "That's growth."

99. Alignment — Being on the right path.

Example: "Everything feels in alignment."

100. That's the Assignment — Exactly what should be done.

Example: "Showing up confidently? That's the assignment."

