

RACHEL WITH AI - FREE BONUS PACK

150 Japanese Anime Phrases Cheat Sheet

Kana readings, simple meanings, scene labels, approximate JLPT levels, and real-life usage notes. Made for beginners who want to understand anime Japanese without copying awkward lines.

150 phrases

Kana first

By scene

Real-life use

Tip: Start with 10 phrases from one scene. Say them out loud, write one real-life sentence, then ask AI to quiz you tomorrow.

How to Use This Pack

This bonus pack is designed to support the blog post **Japanese Anime Phrases You Can Actually Understand and Use**. The blog explains the learning method. This PDF gives you more phrases to save, print, and review.

Important note: The JLPT level is approximate. Anime slang, casual speech, and dramatic lines do not always fit official JLPT lists. Use the level as a beginner-friendly guide, not as a strict test label.

Safe

Natural in daily life.

Casual

Use with friends or close people.

Dramatic

Good to understand, but sounds anime-like.

Avoid

Rude, aggressive, or awkward in real life.

What is inside

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No copyrighted anime quotes or character lines are included. These are common anime-style Japanese phrases and everyday expressions learners often hear in context.

1. Daily & Basic Reactions

Start here if you are a beginner. These phrases are short, common, and easy to notice while watching anime.

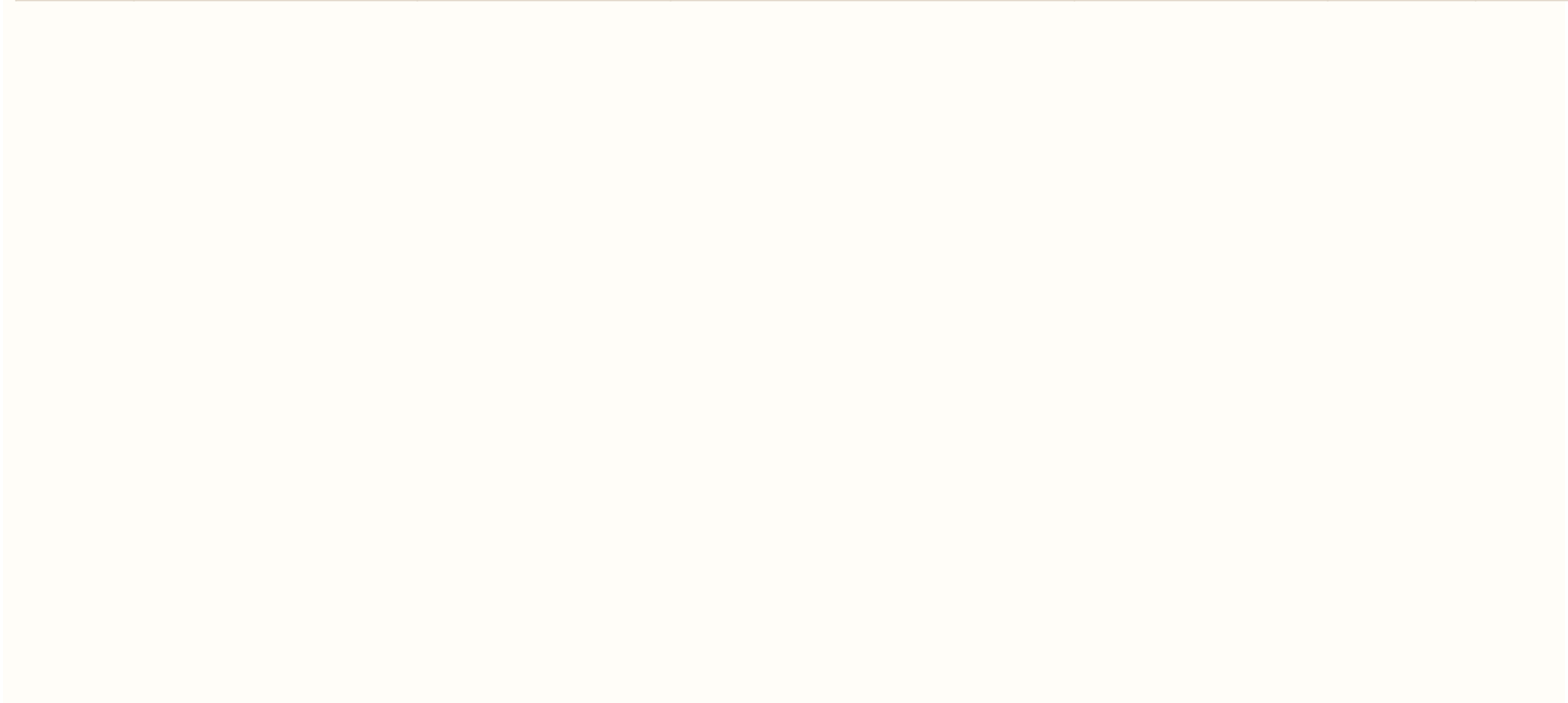
#	Japanese	Reading	Meaning	Scene	Level	Use
1	ありがとう	ありがとう	Thank you	Daily life	N5	Safe
2	ありがとうございます	ありがとうございます	Thank you very much	Daily life	N5	Safe
3	ごめん	ごめん	Sorry	Daily life	N5	Casual
4	ごめんなさい	ごめんなさい	I am sorry	Daily life	N5	Safe
5	大丈夫	だいじょうぶ	Are you okay? / It is okay	Care, worry	N5	Safe
6	うん	うん	Yeah	Daily reply	N5	Casual
7	ううん	ううん	No / nope	Daily reply	N5	Casual
8	はい	はい	Yes	Daily reply	N5	Safe
9	いいえ	いいえ	No	Daily reply	N5	Safe
10	ねえ	ねえ	Hey	Calling attention	N5	Casual
11	ちょっと	ちょっと	A little / wait	Pause, hesitation	N5	Casual
12	ちょっとまって	ちょっとまって	Wait a second	Urgent moment	N5-N4	Casual
13	まって	まって	Wait	Action, interruption	N5-N4	Casual
14	何？	なに？	What?	Shock	N5	Casual
15	誰？	だれ？	Who?	Question	N5	Casual

#	Japanese	Reading	Meaning	Scene	Level	Use
16	どこ？	どこ？	Where?	Question	N5	Casual
17	いつ？	いつ？	When?	Question	N5	Casual
18	どうして？	どうして？	Why?	Question	N5-N4	Casual
19	本当？	ほんとう？	Really?	Surprise	N5	Casual
20	なるほど	なるほど	I see	Understanding	N4	Safe

2. Surprise & Emotion

#	Japanese	Reading	Meaning	Scene	Level	Use
21	うそ！	うそ！	No way!	Shock	N5	Casual
22	まさか	まさか	It cannot be	Shock	N3-ish	Dramatic
23	すごい	すごい	Amazing / awesome	Admiration	N5	Safe
24	やばい	やばい	Crazy / amazing / bad	Strong reaction	N4-ish	Casual
25	びっくりした	びっくりした	That surprised me	Surprise	N4	Casual
26	信じられない	信じられない	I cannot believe it	Shock	N3-ish	Dramatic
27	なんで？	なんで？	Why?	Confusion	N5-N4	Casual
28	どういうこと？	どういうこと？	What does that mean?	Confusion	N4	Casual
29	ありえない	ありえない	Impossible / no way	Shock	N3-ish	Casual
30	すごくない？	すごくない？	Isn't that amazing?	Admiration	N4	Casual
31	えっ	えっ	Huh?	Reaction	N5	Casual
32	あれ？	あれ？	Huh? / That is odd	Confusion	N5	Casual
33	まじで？	まじで？	Seriously?	Shock	N4-ish	Casual
34	嘘でしょう	うそでしょう	You must be kidding	Shock	N4	Casual
35	何それ	なにそれ	What is that?	Reaction	N5	Casual

#	Japanese	Reading	Meaning	Scene	Level	Use
36	どうしたの？	どうしたの？	What happened?	Concern	N4	Casual
37	なんでもない	なんでもない	It is nothing	Denial	N4	Casual
38	もう	もう	Come on / already	Complaint	N5	Casual
39	わかった	わかった	I understand	Agreement	N5	Casual
40	わからない	わからない	I do not understand	Confusion	N5	Safe



3. Friendship & Encouragement

#	Japanese	Reading	Meaning	Scene	Level	Use
41	頑張って	がんばって	Do your best	Encouragement	N5-N4	Safe
42	頑張る	がんばる	I will do my best	Resolve	N5-N4	Safe
43	大丈夫だよ	だいじょうぶだよ	It is okay	Reassurance	N5	Casual
44	心配しないで	しんぱいしないで	Do not worry	Comfort	N4	Casual
45	気にしないで	きにしないで	Do not worry about it	Comfort	N3-ish	Casual
46	任せて	まかせて	Leave it to me	Confidence	N4	Casual
47	手伝うよ	てつだうよ	I will help	Support	N4	Casual
48	一緒に行こう	いっしょにいこう	Let's go together	Friendship	N4	Casual
49	ありがとうね	ありがとうね	Thanks	Warm thanks	N5	Casual
50	よかった	よかった	I am glad	Relief	N4	Safe
51	よくやった	よくやった	Well done	Praise	N4	Casual
52	すごいね	すごいね	That is amazing	Praise	N5	Casual
53	無理しないで	むりしないで	Do not push yourself	Care	N4	Casual
54	休んで	やすんで	Rest	Care	N5-N4	Casual
55	諦めないで	あきらめないで	Do not give up	Encouragement	N3-ish	Casual

#	Japanese	Reading	Meaning	Scene	Level	Use
56	信じてる	しんじてる	I believe in you	Support	N4-N3	Personal
57	助かった	たすかった	You saved me	Relief	N4	Casual
58	またね	またね	See you later	Goodbye	N5	Casual
59	じゃあね	じゃあね	Bye	Goodbye	N5	Casual
60	迎えに行くよ	むかえにいくよ	I will come pick you up	Support	N4	Casual

4. Fight, Conflict & Action

Fight and conflict phrases are useful for listening, but many sound direct or dramatic. Check the Real-Life Use column before copying them.

#	Japanese	Reading	Meaning	Scene	Level	Use
61	行くぞ	いくぞ	Let's go / I am going in	Fight scene	N4	Dramatic
62	行こう	いこう	Let's go	Action	N5-N4	Casual
63	来い	こい	Come here	Challenge	N5-N4	Direct
64	来て	きて	Come	Request	N5-N4	Casual
65	やめろ	やめろ	Stop it	Conflict	N4-ish	Direct
66	やめて	やめて	Stop it	Conflict	N5-N4	Direct
67	離せ	はなせ	Let go	Conflict	N3-ish	Direct
68	逃げて	にげて	Run away	Danger	N4	Emergency
69	助けて	たすけて	Help me	Danger	N5-N4	Emergency
70	危ない	あぶない	Dangerous / watch out	Danger	N5	Safe
71	早く	はやく	Hurry	Urgency	N5	Direct
72	走って	はしって	Run	Urgency	N5-N4	Direct
73	負けない	まけない	I will not lose	Resolve	N4-N3	Dramatic
74	勝つ	かつ	I will win	Resolve	N5-N4	Dramatic
75	守る	まもる	I will protect	Resolve	N3-ish	Dramatic

#	Japanese	Reading	Meaning	Scene	Level	Use
76	許さない	ゆるさない	I will not forgive you	Conflict	N3-ish	Dramatic
77	覚悟しろ	かくごしろ	Prepare yourself	Threat	N3-ish	Avoid
78	何してるんだ	なにしてるんだ	What are you doing?	Conflict	N4	Direct
79	もういい	もういい	Enough / forget it	Conflict	N4	Direct
80	うるさい	うるさい	Noisy / shut up	Argument	N5-ish	Risky



5. Cute, Funny & Comedy

#	Japanese	Reading	Meaning	Scene	Level	Use
81	かわいい	かわいい	Cute	Reaction	N5	Safe
82	だめ	だめ	No / not allowed	Comedy, warning	N5	Direct
83	ばか	ばか	Idiot / stupid	Comedy, insult	N5-ish	Risky
84	もう一回	もういっかい	One more time	Request	N5	Safe
85	おいしい	おいしい	Delicious	Food scene	N5	Safe
86	おなかすいた	おなかすいた	I am hungry	Daily comedy	N5	Casual
87	眠い	ねむい	I am sleepy	Daily comedy	N5	Safe
88	面白い	おもしろい	Funny / interesting	Reaction	N5	Safe
89	変だね	へんだね	That is strange	Reaction	N5	Casual
90	変なの	へんなの	That is weird	Reaction	N5	Casual
91	ひどい	ひどい	That is mean / awful	Complaint	N4	Casual
92	めんどくさい	めんどくさい	What a pain	Complaint	N4-ish	Casual
93	まあいいか	まあいいか	Oh well	Acceptance	N4	Casual
94	しょうがない	しょうがない	It cannot be helped	Acceptance	N4	Casual
95	なんとかなる	なんとかなる	It will work out	Optimism	N3-ish	Casual

#	Japanese	Reading	Meaning	Scene	Level	Use
96	こわい	こわい	Scary	Reaction	N5	Safe
97	きもい	きもい	Gross / creepy	Reaction	N4-ish	Risky
98	へえ	へえ	Oh really?	Reaction	N5	Casual



6. Romance & Confession

Romance phrases depend heavily on relationship and tone. Treat them as personal expressions, not generic pickup lines.

#	Japanese	Reading	Meaning	Scene	Level	Use
99	好き	すき	I like you / I like it	Confession	N5	Personal
100	大好き	だいすき	I really like you / I love it	Confession	N5	Personal
101	会いたい	あいたい	I want to see you	Longing	N5-N4	Personal
102	一緒にいたい	いっしょにいたい	I want to be with you	Romance	N4-N3	Personal
103	そばにいて	そばにいて	Stay by my side	Romance	N3-ish	Personal
104	寂しい	さびしい	I am lonely	Emotion	N4	Personal
105	恥ずかしい	はづかしい	I am embarrassed	Romance, comedy	N4	Safe
106	かわいいね	かわいいね	You are cute	Compliment	N5	Personal
107	きれいだね	きれいだね	You are beautiful	Compliment	N5	Personal
108	守りたい	まもりたい	I want to protect you	Romance, drama	N3-ish	Dramatic
109	約束する	やくそくする	I promise	Drama	N4	Context
110	離れたくない	はなれたくない	I do not want to be apart	Romance, drama	N3-ish	Personal
111	ずっと一緒に	ずっといっしょに	Together forever	Romance	N4	Personal
112	本気だよ	ほんきだよ	I am serious	Confession	N4	Personal
113	付き合ってください	つきあってください	Please go out with me	Confession	N4	Personal

#	Japanese	Reading	Meaning	Scene	Level	Use
114	気になる	きになる	I am interested / curious	Crush	N4	Personal
115	好きになった	すきになった	I fell for you	Confession	N4	Personal
116	大切な人	たいせつなひと	Someone important	Romance, drama	N4	Personal

7. Sad, Emotional & Drama

#	Japanese	Reading	Meaning	Scene	Level	Use
117	悲しい	かなしい	Sad	Emotional scene	N5	Safe
118	辛い	つらい	Painful / hard	Emotional scene	N3-ish	Safe
119	苦しい	くるしい	Painful / hard to bear	Drama	N3-ish	Dramatic
120	泣かないで	なかないで	Do not cry	Comfort	N4	Casual
121	もう遅い	もうおそい	It is too late	Drama	N4	Dramatic
122	さよなら	さよなら	Goodbye	Farewell	N5	Safe
123	忘れない	わすれない	I will not forget	Drama	N4	Safe
124	会えてよかった	あえてよかった	I am glad I met you	Farewell	N4	Personal
125	大切だよ	たいせつだよ	You are important to me	Drama	N4	Personal
126	私のせい	わたしのせい	It is my fault	Regret	N4	Casual
127	どうすればいい	どうすればいい	What should I do?	Confusion	N4-N3	Casual
128	戻りたい	もどりたい	I want to go back	Regret	N4	Personal
129	もう無理	もうむり	I cannot do this anymore	Breakdown	N4	Casual
130	一人にしないで	ひとりにしないで	Do not leave me alone	Drama	N4-N3	Personal
131	夢じゃない	ゆめじゃない	It is not a dream	Drama	N4	Dramatic

#	Japanese	Reading	Meaning	Scene	Level	Use
132	生きて	いきて	Live	Drama, danger	N4	Dramatic
133	最後まで	さいごまで	Until the end	Resolve	N4	Dramatic
134	泣いてない	ないてない	I am not crying	Comedy, emotion	N4	Casual



8. School, Team & Everyday Anime Life

These phrases appear often in school, home, club, and sports scenes.

#	Japanese	Reading	Meaning	Scene	Level	Use
135	おはよう	おはよう	Good morning	School, daily life	N5	Safe
136	こんにちは	こんにちは	Hello	Daily life	N5	Safe
137	お疲れさま	おつかれさま	Good work / thanks for your effort	Team, work	N4	Safe
138	いってきます	いってきます	I am leaving	Home scene	N5	Safe
139	ただいま	ただいま	I am home	Home scene	N5	Safe
140	おかえり	おかえり	Welcome back	Home scene	N5	Safe
141	いただきます	いただきます	Said before eating	Food scene	N5	Safe
142	ごちそうさま	ごちそうさま	Thanks for the meal	Food scene	N5	Safe
143	遅刻する	ちこくする	I will be late	School	N4	Safe
144	宿題やった？	しゅくだいやった？	Did you do the homework?	School	N5-N4	Casual
145	勉強しよう	べんきょうしよう	Let's study	School	N5-N4	Casual
146	先生	せんせい	Teacher	School	N5	Safe
147	先輩	せんぱい	Senior	School, club	N4	Safe
148	後輩	こうはい	Junior	School, club	N4	Safe
149	部活	ぶかつ	Club activity	School	N4	Safe

#	Japanese	Reading	Meaning	Scene	Level	Use
150	試合	しあい	Match / game	Sports, club	N4	Safe

AI Practice Prompts

Use these prompts after you choose 10 phrases from the table. They work best when you paste only a small set at a time.

Speak this prompt: Explain the phrase at my level

Best for: Beginners who want meaning, reading, tone, and real-life usage.

I heard this Japanese phrase in anime: [PHRASE].

Explain it for a JLPT N5/N4/N3 learner. Include the kana reading, literal meaning, natural English meaning, common anime scene, and whether I can use it in real life.

Also give me one safer version if the phrase sounds too casual, rude, or dramatic.

Speak this prompt: Rewrite anime Japanese into natural Japanese

Best for: Learners who want to turn dramatic anime lines into natural speech.

Turn this anime-style Japanese phrase into natural real-life Japanese: [PHRASE].

Give me three versions: casual, polite, and very polite.

Explain who I can say each version to, and give one short example sentence for each version.

Say this prompt: Quiz me by scene

Best for: Learners who want active recall instead of reading a list.

Quiz me on 10 Japanese anime phrases.

Give me one scene in English, then ask me which Japanese phrase fits best. After I answer, correct me gently and explain the nuance.

Include a mix of safe, casual, dramatic, direct, risky, and avoid phrases.

Speak this prompt: Make flashcards from this list

Best for: Learners who want to review phrases in Quizlet, Anki, Notion, or a simple table.

Turn these Japanese anime phrases into flashcards: [PASTE PHRASES].

Each flashcard should include: Japanese phrase, kana reading, English meaning, common scene, approximate JLPT level, and real-life usage label.

Use short, beginner-friendly explanations.

7-Day Review Plan

Day	Task	Goal
Day 1	Choose 10 phrases from one scene.	Keep the first set small.
Day 2	Say each phrase out loud and cover the meaning column.	Build recognition.
Day 3	Write one real-life sentence for 5 safe or casual phrases.	Move from listening to use.
Day 4	Ask AI to quiz you by scene.	Practice active recall.
Day 5	Mark phrases as Safe, Casual, Dramatic, or Avoid.	Learn usage safety.
Day 6	Rewrite 3 dramatic phrases into natural Japanese.	Improve real-life speech.
Day 7	Pick 10 new phrases and repeat.	Build a weekly loop.

Remember: Anime can make phrases memorable, but real Japanese depends on relationship, tone, and situation. Learn the line, then learn when not to say it.