



Korean Ladder Study Note

현타 / 노잼 / 극혐

Slang for Burnout, Boredom, and Disgust

Level	Topic	Focus
B1 · Intermediate TOPIK 3	Colloquial Slang	현타 / 노잼 / 극혐 Slang for Burnout, Boredom, and Disgust

Study Links

Open this lesson on Korean Ladder

<https://www.koreanladder.com/lesson.html?id=KOR-B1-COLLOQ-SLG-002>

Watch the full video on YouTube

<https://www.youtube.com/watch?v=SoFA9doKkMA>

Visit koreanladder.com for all free lessons

<https://www.koreanladder.com>

Core Idea

Okay, real talk. My Korean friends keep texting me 현타, 노잼, and 극혐 — and I honestly don't know if I'm allowed to say these to my boss.

좋은 질문이에요. 이 단어들은 친구 사이에서는 자주 쓰지만, 회사나 어른한테는 조심해야 해요. In English — great with friends, but careful with your boss.

오늘의 핵심은 '리액션 슬랭'이에요. 감정을 짧게 표현하는 신조어죠. These are reaction slang — short, new words for a feeling.

먼저 '현타'예요. 현실 자각 타임의 줄임말이에요. In English, it's short for 현실 자각 타임 — 'reality-check time.'

Conversation Snapshot

Speaker	Korean	Meaning
Hana	주말에 뭐 했어? —	What did you do this weekend?



Speaker	Korean	Meaning
Junho	집에서 드라마 봤는데 완전 꿀잼이었어. —	I watched a drama at home — total blast.
Hana	좋았겠다. 나는 밀린 일 하다가 현타 왔어. —	Sounds nice. I did piled-up work and hit a reality-check crash.
Junho	아, 그건 진짜 노잼이지. 다음엔 같이 바다 가서 힐링하자. —	Ah, that's really no fun. Next time let's go to the sea and unwind.

Vocabulary & Useful Expressions

Word	Meaning	Example
리액션 슬랭 ri-aek-syeon seul-laeng	reaction slang — quick words for a feeling	오늘의 핵심은 '리액션 슬랭'이에요. 감정을 짧게 표현하는 신조어죠. These are reaction slang — short, new words for a feeling.
현타 hyeon-ta	a sudden letdown when reality hits	먼저 '현타'예요. 현실 자각 타임의 줄임말이에요. In English, it's short for 현실 자각 타임 — 'reality-check time.'
월급 들어왔는데 카드값 보고 현타 왔어 wol-geup deu-reo-w an-neun-de ka-deu-gap bo-go hyeon-ta wa-sseo	My paycheck came in, but seeing the card bill... reality crashed down.	예문을 들어볼게요. 월급 들어왔는데 카드값 보고 현타 왔어.
현타 왔어 hyeon-ta wa-sseo	reality just hit me — I got a reality-check letdown	'현타 왔어'는 좋았던 기분이 현실 때문에 확식은 거예요. The good mood crashes the moment reality shows up.
노잼 ↔ 꿀잼 no-jaem / kkul-jaem	boring ↔ super fun	다음은 '노잼'과 '꿀잼'이에요. 잼은 재미예요. 노잼은 재미없다, 꿀잼은 정말 재미있다는 뜻이에요. 잼 comes from 재미, 'fun.'
그 영화 완전 노잼이었어 geu yeong-hwa wan-jeon no-jaem-i-eo-sseo	That movie was totally boring.	그 영화 완전 노잼이었어.
이 드라마 진짜 꿀잼이야 i deu-ra-ma jin-jja kkul-jaem-i-ya	This drama is seriously so much fun.	반대로 말하면, 이 드라마 진짜 꿀잼이야.
극혐 geuk-hyeom	extreme disgust — I can't stand it	이제 '극혐'이에요. 극은 극도로, 혐은 혐오예요. In English, it's 극 'extreme' plus 혐오 'disgust' — 'I really can't stand it.'



Grammar / Structure Notes

리액션 슬랭

리액션 슬랭 — reaction slang — quick words for a feeling

Casual register only

현타

현타 — a sudden letdown when reality hits

= 현실 자각 타임

월급 들어왔는데 카드값 보고 현타 왔어

월급 + 들어왔는데 + 카드값 + 보고 + 현타 + 왔어 — My paycheck came in, but seeing the card bill... reality crashed down.

예문을 들어볼게요. 월급 들어왔는데 카드값 보고 현타 왔어.

현타 왔어

현타 왔어 — reality just hit me — I got a reality-check letdown

'현타 왔어'는 좋았던 기분이 현실 때문에 확 식은 거예요. The good mood crashes the moment reality shows up.

노잼 ↔ 꿀잼

노잼 ↔ 꿀잼 — boring ↔ super fun

잼 = 재미 (fun)

Pronunciation Loop

Phrase	How to practice
현타 왔어	hyeon-ta wa-sseo
극혐이야	i-geo wan-jeon geuk-hyeom-i-ya

Self-Check

- 1 Say 현타 / 노잼 / 극혐 three times: slow, natural, then inside a short sentence.
- 2 Write one original sentence that was not in the video.
- 3 Rewatch the YouTube lesson and pause when the same pattern appears.

Related / Subsequent Studies



Lesson	Why study it next	Link
멘붕 / 핵 / 짱 / 꿀팁 Everyday Casual Slang	B1 Colloquial: compare 멘붕 / 핵 / 짱 / 꿀팁 with this lesson so the boundary becomes clearer.	Open lesson https://www.koreanladder.com/lesson.html?id=KOR-B1-COLLOQ-SLG-001
가성비 / 가심비 / 플렉스 / 득템 소비 세대의 신조어	B2 Colloquial: compare 가성비 / 가심비 / 플렉스 / 득템 with this lesson so the boundary becomes clearer.	Open lesson https://www.koreanladder.com/lesson.html?id=KOR-B2-COLLOQ-SLG-003
꼰대 / 라떼는 말이야 / 갑질 Slang About Generations and Power	C1 Colloquial: compare 꼰대 / 라떼는 말이야 / 갑질 with this lesson so the boundary becomes clearer.	Open lesson https://www.koreanladder.com/lesson.html?id=KOR-C1-COLLOQ-SLG-003
손절 / 사바사 / Slang About Relationships and Oversharing	B2 Colloquial: compare 손절 / 사바사 / with this lesson so the boundary becomes clearer.	Open lesson https://www.koreanladder.com/lesson.html?id=KOR-B2-COLLOQ-SLG-004

My Notes

Your ladder to fluent Korean. This PDF, the website, and the video lessons are free for personal study.