

When You Forget What to Say Next

(How to keep talking naturally — even when your mind goes blank)

1. Why This Happens

It happens to everyone — you start speaking, and suddenly your mind goes empty. You know what you *want* to say, but the words disappear.

Don't panic.

Even fluent speakers pause, think, and search for words.

The difference is that they use **time-saving phrases** to stay calm and keep the conversation moving.

Fluency isn't about speaking fast — it's about **continuing smoothly**, even when you need a second to think.

2. Useful “Rescue” Phrases

Say each one three times aloud.

Focus on sounding relaxed — not robotic or nervous.

Simple pauses:

- “Hmm, let me think...”
- “Just a second...”
- “What’s the word...?”

Natural fillers (used by natives):

- “That’s a good question.”
- “Let me see how to say this...”
- “Well, actually...”
- “You know...”
- “So basically...”

Re-starting your sentence:

- “What I mean is...”
- “Another way to say it is...”
- “Let me put it this way...”

👉 *Tip:* Don't rush. A short pause with a calm tone sounds thoughtful, not weak.

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3. How to Stay Calm When You Go Blank

When your brain freezes, your goal is simple: **stay in control of the moment**. Try this quick technique — Lucas calls it **The 3-Second Trick**.

The 3-Second Trick:

- 1 Pause — breathe in slowly.
- 2 Use a rescue phrase (“Let me think...”).
- 3 Continue naturally — or ask a question back.

Example:

“I think the best place I’ve visited is... hmm, let me think... oh! Italy.”

The pause keeps you calm, and your phrase shows confidence — not confusion.

4. Quick Role Play

Partner A: asks a question — for example, “What do you usually do on weekends?”

Partner B: answers, but must pause and use one rescue phrase naturally before finishing.

Then switch roles.

Example:

A: “What’s your favorite food?”

B: “Hmm, let me see... probably noodles!”

Try 5–6 topics: travel, hobbies, daily routine, movies, or goals.

5. Challenge for You

This week, try using **one rescue phrase** every day in conversation.

It doesn’t matter if you forget words — what matters is **how you handle it**.

Write down:

- Which phrase you used
- What situation you were in
- How the other person reacted

Then share one example in the Online English Café to inspire others.

6. Final Reminder

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Everyone forgets words.

Fluent speakers just **stay calm, fill the gap, and continue.**

Don't hide from pauses — learn to own them.

That's real fluency:

calm, natural, and confident — even in silence.

 **Printable Tip:**

Highlight three rescue phrases you like most.

Stick them on your mirror or notebook.

Use them every time you feel “stuck” — and you'll never freeze again.