

# Speak Naturally in Conversations — How to Stop Sounding Rehearsed

(Sound spontaneous, not memorized.)

## 1. Why Spontaneity Feels So Hard

Learners prepare sentences in their head — then freeze when plans don't match reality.

Real English is not perfect — it's flexible.

You sound more confident when you *adapt*, not when you memorize.

## 2. Signs You Sound Rehearsed

- ✗ You always start with “In my opinion...”
- ✗ You pause too long after every sentence.
- ✗ You sound serious even in casual chats.
- ✓ Real conversation = short, reactive sentences.

## 3. The “React First” Trick

When someone speaks to you, react *before* you plan.

Examples:

- “Oh, really?”
- “No way!”
- “That’s interesting.”
- “Me too.”

These micro-reactions make you sound alive, not scripted.

## 4. Real-Life Examples

Rehearsed: “I went to the supermarket yesterday to buy some groceries.”

Natural: “Went to the store yesterday — needed a few things.”

Rehearsed: “I was extremely tired.”

Natural: “I was so tired.”

## 5. Mini Practice

Take one simple question: “What did you do today?”

Say it three ways:

1 Full answer (planned)

2 Short natural version

3 With reaction words (“Oh, nothing much — just worked a bit.”)

## 6. Conversation Builder

Mix and match from these starter + reaction combos:

- “Guess what...” + “Oh really?”
- “You know what I mean?” + “Yeah, totally.”
- “It was kind of weird.” + “Haha, sounds like it.”

## 7. Final Reminder

You don’t need perfect grammar — you need real rhythm.

Real speakers sound natural because they *respond*, not recite.

Confidence = comfort, not complexity.

### **Printable Tip:**

Record a short conversation (30 sec) with a friend or AI tool.

Circle the phrases that felt rehearsed.

Next time, replace them with reactions or short connectors.