

Stop Saying “I’m Bad at English” — Speak Without Apologizing

A2–B2 Confidence Lesson — By Lucas

1. Why It Matters

Many learners start conversations by saying things like:

- “My English is bad.”
- “Sorry for my mistakes.”
- “My grammar is terrible.”

These sentences make you sound **less confident than you really are**.

They don’t help communication — they only increase stress.

You don’t need perfect grammar to sound confident.

You need **calm energy, simple phrases, and a friendly tone**.

2. Common Apology Mistakes

- ✗ “My English is bad.”
- ✗ “Sorry for my English.”
- ✗ “I can’t speak well.”
- ✗ “I know my grammar is terrible.”
- ✗ Starting every conversation with an apology.

These phrases make conversations more awkward — not easier.

3. Better, Natural Alternatives

Use these friendly, confident sentences instead:

- “I’m still learning — thanks for your patience.”
- “Give me a second to find the right word.”
- “Let me try again.”
- “Could you repeat that for me?”
- “One moment — I want to say it clearly.”

These sound **natural, calm, and confident** — even with mistakes.

4. Confidence Mini-Drills (Say These Out Loud)

Repeat each line slowly:

- “I make mistakes, and that’s normal.”
- “I can express myself clearly.”
- “I’m improving every week.”
- “Let me try — one moment.”
- “My English doesn’t need to be perfect to be good.”

Say them with a relaxed voice and simple rhythm.

5. Quick Practice Challenge

Today’s task:

 **Start one conversation without apologizing for your English.**

Use one confident line instead — even if your grammar isn’t perfect.

This builds real confidence and better speaking habits.

6. Outro / Next Lesson

You don’t need perfect English to speak confidently.

You need:

- friendly energy
- short, clear phrases
- natural rhythm
- and practice

Next time, we’ll build on this with more speaking confidence strategies and short, real-life phrases you can use anywhere.