

Lesson 1

Speak English With Confidence (Without Pressure)

The Calm Way to Start Speaking English

What This Lesson Is About

This lesson is about starting to speak English without waiting to feel confident.

Not speaking better.

Not sounding advanced.

Just starting, calmly, with what you already have.

You don't need:

- perfect grammar
- fast speech
- confidence first

You only need to continue.

Key Idea

Confidence does not come before speaking.

Confidence comes from continuing to speak.

Many learners wait until they:

- feel ready
- feel calm
- feel confident

That waiting creates pressure.

Speaking calmly creates confidence.

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Why This Matters

When learners try to sound correct or impressive, they often:

- judge themselves while talking
- stop mid-sentence
- go quiet

That self-judging creates pressure.

Pressure makes speaking harder.

Calm speaking works because:

- you stay in the conversation
- you stop performing
- your body settles naturally

Actionable Tip (Use This Today)

When you start speaking English:

- say the simple version
- speak slowly
- let the sentence end

Do not:

- rush
- improve the sentence
- explain yourself

Continuing calmly is more important than sounding correct.

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Listen & Repeat (Practice Phrases)

Say these out loud. Slowly.

1. "Let me think for a second."
2. "I'm not sure, but I think..."
3. "It's simple, but..."
4. "I don't know the exact word, but..."

These phrases:

- reduce pressure
- give you time
- keep you speaking

One phrase is enough.

How to Use This in Real Life

Imagine someone asks:

"What are you working on right now?"

You say:

"I'm not sure how to explain it,
but it's a small project."

You continued.

You didn't fix it.

The message is clear.

That is good speaking.

Short Example Dialogues (A / B)

Example 1

A: "How is your English going lately?"

B: "It's simple, but... yeah, I'm practicing more."

A: "That's good."

B: "Yeah. I think so."

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Example 2

A: "Do you like speaking English?"

B: "I don't know the exact word, but... it's getting easier."

A: "That makes sense."

B: "Yeah."

Speaking Practice (In Class)

1. Say one sentence about your English

Example: "My English feels..."

2. Say it slowly

3. Stop

No restarting.

No correcting.

No explaining.

Key Idea (Reminder)

You don't need confidence to speak English.

You build confidence by speaking calmly.

That is enough.

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