

## Lesson 2

# How to Keep Speaking When Your Mind Goes Blank

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### What This Lesson Is About

This lesson is about what to do when your mind suddenly goes blank while speaking English.

Not how to think faster.

Not how to find better words.

Just how to **stay in the conversation** instead of freezing or stopping.

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### Key Idea

When your mind goes blank, your job is not to think.

Your job is to **continue calmly**.

Blank moments are normal.

What matters is what you do *after* the blank.

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### Why This Matters

When your mind goes blank, many learners:

- stop speaking completely
- judge themselves
- feel embarrassed
- try to restart perfectly

This creates pressure.

Pressure makes speaking harder.

This is not a vocabulary problem.

It is a **reaction problem**.

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### **Actionable Tip (Use This Today)**

When your mind goes blank:

1. Don't panic
2. Don't restart the sentence
3. Say one short continuation phrase
4. Stop

You don't need to solve the thought.

You just need to stay present.

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### **Listen & Repeat (Practice Phrases)**

Say these out loud. Slowly.

1. "Let me think for a second."
2. "I lost my thought."
3. "I'm thinking."
4. "How can I say this..."
5. "It's hard to explain, but..."

These phrases:

- sound natural
- buy you time
- keep you speaking

You don't need a full sentence after them.

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## How to Use This in Real Life

Imagine someone asks:

“What do you think about learning English?”

You start:

“I think learning English is... let me think for a second.”

You didn't finish the idea.

You didn't panic.

You stayed in the conversation.

That is good speaking.

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## Short Example Dialogues (A / B)

### Example 1

A: “What do you do for work?”

B: “I work in... let me think for a second.”

A: “Take your time.”

B: “Yeah, in marketing.”

### Example 2

A: “Why do you like learning English?”

B: “Because it helps me... I lost my thought.”

A: “That happens.”

B: “Yeah. It helps me communicate.”

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## Speaking Practice (In Class)

1. Start one sentence about anything  
Example: “I think English is...”
2. Pause when the thought disappears
3. Use one continuation phrase
4. Stop

No restarting.

No fixing.

No explaining.

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### **Key Idea (Reminder)**

Blank moments are part of speaking.

You don't need to escape them.

You can stay.

That is speaking.

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