

Lesson 2

Letting Slow Speech Sound Intentional

January – Beginning to Speak Without Pressure

What This Lesson Is About

This lesson is about what happens when you slow down while speaking.

Not slowing down on purpose.

Not performing calm.

But allowing your natural pace to appear without rushing past it.

Key Idea

Slow speech does not mean unsure speech.

Many learners rush because silence feels uncomfortable.

But rushing often makes sentences feel weaker, not stronger.

A calm pace lets words land.

That often sounds clearer and more intentional.

Why This Matters

When you rush your sentences, you often:

- speak before the words are ready
- add extra words to avoid silence
- sound less clear than you want
- feel pressure to keep going

When you allow a slower pace:

- sentences feel more controlled
- silence feels less threatening
- you stop explaining unnecessarily
- speaking feels steadier

Learn with Lucas

Learning to speak English without pressure

Free community: <https://learnwithlucas.com/>

Actionable Tip (Use This Today)

Let one sentence be slower than usual.

Do not explain the pause.

Do not add extra words.

Say the sentence.

Let it end.

Listen & Repeat (Practice Phrases)

Say these out loud. Slowly.

1. "Let me think."
2. "That's okay."
3. "I'll take a moment."
4. "It's fine."
5. "I don't need to rush."

Let the space between words exist.

Do not fill it.

How to Use This in Real Life

Imagine someone asks:

"What do you think about this?"

You say:

"Let me think."

Pause.

Then:

"I think it's okay."

You didn't rush.

You didn't explain the pause.

The silence helped the sentence feel intentional.

That is good speaking.

Learn with Lucas

Learning to speak English without pressure

Free community: <https://learnwithlucas.com/>

Short Example Dialogues (A / B)

Example 1

A: "Do you agree with the plan?"

B: "Let me think."

A: "Sure."

B: "Yeah. I do."

Example 2

A: "Is everything clear?"

B: "It's okay."

A: "Take your time."

B: "Yeah."

Speaking Practice (In Class)

1. Say one short sentence
2. Let it be slower than usual
3. Allow silence before or after
4. Stop

No rushing.

No explaining.

No filling.

Key Idea (Reminder)

Slow speech does not sound weak.

Rushing creates pressure.

Letting pace settle makes speaking clearer.

That is speaking.

Learn with Lucas

Learning to speak English without pressure

Free community: <https://learnwithlucas.com/>