

Lesson 5

Letting Strength Settle

January – Beginning to Speak Without Pressure

What This Lesson Is About

This lesson is about what happens after a few weeks of speaking.

Not pushing forward.

Not adding new techniques.

Not improving anything.

It is about letting the changes that already happened stay.

Key Idea

Strength in speaking does not come from trying harder.

It often comes from doing less.

When you stop pushing:

- sentences settle
- your voice feels steadier
- speaking feels lighter

Nothing needs to be added for this to happen.

Why This Matters

After a few weeks of practice, many learners:

- start pushing again
- try to “use” what they learned
- add effort to keep progress

This often brings pressure back.

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Letting things settle allows:

- calmer speech
- more natural pacing
- less self-monitoring

Stability comes from allowing, not forcing.

Actionable Tip (Use This Today)

When you speak:

Say the sentence once.

Then stop.

Do not:

- add extra words
- explain it
- improve it

Let the sentence stand on its own.

Listen & Repeat (Practice Phrases)

Say these out loud. Once.

1. "That's it."
2. "I'll leave it there."
3. "This is enough."
4. "I'm done."
5. "I'll stop."

These phrases help you end without effort.

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How to Use This in Real Life

Imagine someone asks:

“How is your English going?”

You say:

“It feels calmer.”

Stop.

No explanation.

No improvement.

No summary.

That is enough.

Short Example Dialogues (A / B)

Example 1

A: “How do you feel about speaking now?”

B: “It feels calmer.”

A: “That’s good.”

B: “Yeah.”

Example 2

A: “Are you practicing a lot?”

B: “Not really.”

A: “Okay.”

B: “That’s fine.”

Speaking Practice (In Class)

1. Say one short sentence about how speaking feels
2. Stop after the sentence
3. Do nothing after

No fixing.

No explaining.

No adding more.

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Key Idea (Reminder)

You don't need to push to keep progress.

Strength often stays when you stop trying to hold it.

That is speaking.

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