

## Lesson 6

# What to Say When You Don't Understand (Without Panic)

Speak English With Confidence (Without Pressure)

---

### What This Lesson Is About

This lesson is about what to do **when you don't understand something in English.**

Not how to guess.

Not how to hide it.

Not how to pretend.

It's about staying **in the conversation** without panic, silence, or shame.

---

### The Real Problem

When someone speaks and you don't understand, many learners think:

- "I should understand this"
- "If I ask, I look stupid"
- "I'll just stay quiet"

Because of that, you often:

- panic
- stop listening
- disappear from the conversation

Not understanding starts to feel like failure — even though it's completely normal.

**Learn with Lucas**

Learning to speak English without pressure  
Free community: <https://learnwithlucas.com/>

---

## Key Idea

**Not understanding is normal. Panic is the real problem.**

Good speakers don't understand everything.

They don't guess.

They don't freeze.

They say **one simple phrase**  
and stay in the conversation.

Staying calm matters more than understanding fast.

---

## Why This Matters

When you panic because you don't understand, you:

- stop listening
- miss the next sentence too
- fall further behind

One simple phrase does three things at once:

- it buys you time
- it lowers pressure
- it keeps you connected

That's why this is a speaking skill, not a listening test.

---

## Actionable Tip (Use This Today)

When you don't understand:

1. Don't explain
2. Don't apologize twice
3. Don't guess

Choose **one phrase**, say it calmly, and stop.

That is enough.

## Learn with Lucas

Learning to speak English without pressure

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

---

## Listen & Repeat (Practice Phrases)

Say these out loud. Slowly.

1. "Sorry, can you say that again?"
2. "I didn't catch that."
3. "Can you repeat that?"
4. "What do you mean?"
5. "One more time, please."

These phrases are:

- normal
- polite
- very common

You are not doing anything wrong by using them.

---

## How to Use This in Real Life

Someone says:

"I'll send it over once I hear back from them."

You don't understand.

You say:

"Sorry, can you say that again?"

Then you stop.

You listen again.

No explanation needed.

**Learn with Lucas**

Learning to speak English without pressure

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

---

## Short Example Dialogues (A / B)

### Example 1

A: "We might need to push the deadline."

B: "Sorry, can you say that again?"

A: "We may need more time."

B: "Ah, okay."

---

### Example 2

A: "I'll loop you in after the sync."

B: "What do you mean?"

A: "I'll include you in the email."

B: "Got it. Thanks."

---

## Speaking Practice (In Class)

1. Listen to one sentence
2. If you don't understand, choose one phrase
3. Say it once
4. Stop and listen again

No guessing.

No explaining.

No extra words.

---

## Key Idea (Reminder)

Not understanding is part of speaking.

You don't need perfect listening  
to stay in the conversation.

Staying calm is already good English.

## Learn with Lucas

Learning to speak English without pressure

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