

Lesson 8

Speaking Without Checking How It Sounds

February – Speaking Without Extra Pressure

What This Lesson Is About

This lesson is about what happens when you listen to yourself while speaking.

Not how to sound better.

Not how to control your voice.

Just how to stop monitoring yourself in real time.

Many learners speak and listen to themselves at the same time.

That extra layer often creates tension.

Key Idea

You don't need to check how your English sounds while you're speaking.

When you monitor your voice, you often:

- adjust mid-sentence
- change tone
- slow down unnaturally
- lose your train of thought

Letting your voice be ordinary makes speaking easier.

Why This Matters

When you listen to yourself too closely, you often:

- lose focus on the conversation
- feel self-conscious
- interrupt your own sentences
- sound less natural

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When you stop checking how you sound:

- speaking flows more easily
 - your attention stays outward
 - pressure drops
 - confidence grows naturally
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Actionable Tip (Use This Today)

When you speak:

- say the sentence
- don't evaluate it
- don't adjust your voice
- don't replay it in your head

Let the sound pass.

Move on.

Listen & Repeat (Practice Phrases)

Say these out loud. Normally.

1. "I think so."
2. "That's fine."
3. "I don't know."
4. "Maybe."
5. "It's okay."

Say them once.

No adjusting.

No improving.

These phrases work even with an ordinary voice.

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How to Use This in Real Life

Imagine someone asks:

“Do you agree with this?”

You answer:

“I think so.”

You don't check how it sounded.

You don't add more.

You let the sentence end.

The message is clear.

That is good speaking.

Short Example Dialogues (A / B)

Example 1

A: “Do you like working remotely?”

B: “Yeah. I think so.”

A: “Why?”

B: “It works for me.”

Example 2

A: “Are you coming to the meeting later?”

B: “Maybe.”

A: “Not sure yet?”

B: “Yeah. Not yet.”

Speaking Practice (In Class)

1. Answer with one short sentence
Example: “I think so.”
2. Say it once
3. Don't adjust your voice
4. Stop

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No replaying.

No fixing.

No judging.

Key Idea (Reminder)

You don't need to monitor how you sound.

Ordinary sound is enough.

Speaking without checking is still speaking.

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