

Lesson 9

Using What You Already Know

February – Speaking Without Extra Pressure

What This Lesson Is About

This lesson is about speaking without trying to add more English.

Not more words.

Not better sentences.

Not new structures.

Many learners already know enough to speak.

The pressure comes from trying to *expand* while speaking.

Key Idea

You don't need new English to keep a conversation going.

Most blocks happen because you try to:

- add extra details
- sound more advanced
- say something “better”
- go beyond what you already know

Using familiar language keeps speaking stable.

Why This Matters

When you try to add more while speaking, you often:

- lose your sentence halfway
- translate in your head
- hesitate or restart
- feel pressure to perform

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When you stay with what you already know:

- sentences come out faster
- your body relaxes
- speaking feels more natural
- conversations last longer

Fluency grows from reuse, not expansion.

Actionable Tip (Use This Today)

When you speak:

- use the first words that come
- don't upgrade the sentence
- don't add details unless they're easy

Simple is not lazy.

Simple is stable.

Listen & Repeat (Practice Phrases)

Say these out loud. Normally.

1. "I think so."
2. "For me, it's okay."
3. "I like it."
4. "I don't know yet."
5. "That's all."

These phrases are familiar.

They already work.

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How to Use This in Real Life

Imagine someone asks:

“What do you think about your English?”

You answer:

“For me, it’s okay.”

You don’t explain more.

You don’t improve the sentence.

You let it end.

The conversation can continue.

That is good speaking.

Short Example Dialogues (A / B)

Example 1

A: “How is your English going lately?”

B: “For me, it’s okay.”

A: “Just okay?”

B: “Yeah. It’s okay.”

Example 2

A: “Did you enjoy the class today?”

B: “I liked it.”

A: “What part?”

B: “The speaking part.”

Speaking Practice (In Class)

1. Answer using words you already know

Example: “I like it.”

2. Don’t add more

3. Let the sentence end

No upgrading.

No explaining.

No expanding.

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Key Idea (Reminder)

You don't need new English to speak.

Reusing familiar language keeps you moving.

That is speaking.

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