

How to Disagree in Meetings

You do not need to stay quiet. One calm phrase keeps the conversation open.

WHAT THIS LESSON IS ABOUT

- Not how to argue or defend your opinion.
- Not a list of formal phrases.
- Just one technique: softener first, then your idea.

You do not need advanced English to disagree. You only need to know **which words to put first**.

THE REAL PROBLEM

Someone says something you do not agree with. You have two choices: say something, or stay quiet. Most B1 learners choose quiet. Not because they have nothing to say, but because they are afraid of sounding rude.

So you agree when you do not. Or you say nothing and feel frustrated. The more you do it, the more you avoid conversations where opinions come up.

That silence is not calm. It is pressure. And it builds.

KEY IDEA

A softener first, then your opinion.

The same idea lands very differently depending on your first word.

"No, that is wrong" closes the conversation.

"I see it a little differently" keeps it open.

Calm language does not hide your opinion. It delivers it in a way the other person can actually hear.

SEE IT IN ACTION

Disagreeing gently

x *No, I disagree with that.*

v *I see it a little differently.*

Why: The second version invites a response. The first one closes the conversation.

x *That is not right.*

v *I am not sure I fully agree, but...*

Why: The softener signals respect before you share your view.

A real example

Someone says: "I think working from home is always better."

You disagree, but not completely.

You say: "That is true for some people. I think it depends."

Then you stop. No argument. No silence. The conversation continues without tension.

More softeners to try

- "Maybe, though I think..."
- "That is a good point. I am not sure I fully agree, but..."
- "Hmm, I am not sure about that."
- "I see it a little differently."

TODAY'S SMALL ACTION

Today, when someone shares an opinion you disagree with, use one softener from this lesson. Add one sentence after it. Then stop. **That is confident speaking.**

Want more practice? The members edition has more phrases, real dialogue examples, and a self-check exercise.