

Sound clearer in three habits

More practice. Same idea, applied.

THE CORE RULE

Slow down. One idea per sentence. Pause before the next. That is all clarity needs.

A2 — Building Confidence

At this level, the most powerful thing you can do is slow down. Not because your vocabulary is limited, but because slowing down gives your mouth time to catch up with your thoughts. One habit. That is enough.

Questions to think about

1. When you speak English, do you feel like you rush? What are you rushing toward?
2. Say this sentence slowly, with a pause in the middle: 'I want to say something. But I need a moment.' How did that feel?
3. What is one sentence you say often in English? Say it slower than usual. Does it sound clearer?
4. Which feels harder: slowing down, or finishing a sentence without trailing off?

Key phrases to use

'I want to say...'

'What I mean is...'

'Let me think for a second.'

'One thing at a time.'

'Can I start again?'

B1 — Intermediate Practice

At this level, you have the words. The challenge is delivery. One idea per sentence is harder than it sounds when you are translating complex thoughts. Practise breaking your ideas into shorter pieces.

Questions to think about

1. Say something complicated about your day. Now break it into three separate sentences. Which version is clearer?
2. When you give an explanation in English, do you put everything into one long sentence? What would happen if you split it?
3. Where do you pause in English? Before key words, between ideas, or not at all?
4. Say a sentence out loud. Now say it again with a one-second pause before the most important word. What changed?

Key phrases to use

'There are two things. First...'

'The main point is...'

'To put it simply...'

'Let me say that differently.'

'The short version is...'

B2 — Advanced Application

At this level, clarity is about precision and rhythm, not just pace. The goal is to make every sentence land. That means knowing which word carries the meaning and giving it space.

Questions to think about

1. In your last important conversation, did you speak too fast, or did you give your words space to land?
2. What is the difference between pausing because you are uncertain and pausing because you are deliberate?
3. Take a sentence you find difficult to say clearly. Break it into two. Say both. Which sounds better?
4. When you are nervous, how does your speaking change? Faster, quieter, more filler words? What is your pattern?

Key phrases to use

'What I want you to understand is...'

'The key point here is...'

'I will say this simply: ...'

'One sentence: ...'

'Let me be precise about this.'

SELF-CHECK QUESTIONS

- Why does speaking faster make you sound less clear, not more fluent?
- What does 'one idea per sentence' mean in practice?
- Why is a pause before a key word a sign of confidence?
- Which of the three habits is hardest for you right now?
- What will you change in your next conversation in English?

TODAY'S SMALL ACTION

In your next conversation, pick one habit: slow down, one idea per sentence, or pause before the key word. Use it once. Notice what changes.