

Speak English Fluently

How to express yourself and respond automatically, spontaneously, at length and without hesitation in 3 simple steps so you can have long, enjoyable conversations

by DREW BADGER

The World's #1 English Fluency Guide
& Co-Founder of EnglishAnyone.com

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Hi there. I'm Drew Badger, a language learner just like you, the co-founder of EnglishAnyone.com, and the world's #1 English Fluency Guide.

As a beginning learner of a second language, I didn't want to just say a few words and phrases. I wanted to communicate fluently and natively... to express myself automatically and carry on long, interesting conversations the way I could in my own language.

But for years, I struggled to achieve this goal, failing to learn Spanish and French before finally getting fluent in Japanese. What helped me finally go from being a shy, awkward beginning learner of Japanese to a confident, fluent speaker who could speak at length about topics even when I didn't know much about them was a simple, 3-step system that *trained me to speak fluently*.



Using this simple system that I developed as I learned – the very same system I'll share with you in these pages – I finally overcame the fear I had of opening my mouth in conversations. And I've since had confident conversations in Japanese with everyone from athletes to business and government leaders.

If you'd also like to enter a conversation about any topic, and express yourself in English like you do in your native language, follow the 3 steps I share in **Speak English Fluently**.

Success won't come overnight, but with time and practice, you'll notice yourself speaking for longer periods of time, and with much more confidence.

Let's get started! :)

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Why English Learners Struggle to Speak Fluently

Many learners *know* a lot of English words and phrases. They also understand grammar, and can read and write quite well. But for those who aren't yet fluent, when they begin to speak, it's like all of their knowledge disappears.

If they can say something, it's often in short, disconnected phrases and simple sentences. This leaves them feeling stuck and frustrated, wondering why they can't speak normally.

The problem is that most English learners struggle to speak at length, without hesitation, because of how they learn:

Most learners study English through their native language, so they're forced to pause and translate words and phrases in their heads before speaking.

They learn grammar rules, but aren't trained to use grammar without hesitation when they speak.

They memorize lists of words and phrases – typically the language of textbooks, rather what's found in actual conversations – but never learn how to weave them together naturally in conversations.

Basically, the traditional language education system, which is designed to prepare learners for tests, didn't help you become a confident speaker. So now you have to “re-train” yourself by replacing the old habits you developed in school with the habits of a fluent English speaker.

The good news is that learning to speak fluent English spontaneously and continuously is actually a simple process. It just takes a bit of time, and the willingness to follow the 3 steps below...

1. Think *Like* a Native

The first step to speaking fluently is learning to *think like* a native speaker.

Now, *thinking like* a native English speaker is different from *thinking in* English – thinking and talking to yourself in your head in English – although this is part of it.

Thinking like a native speaker means being able to “play with” language the way a native speaker does.

You see, while English students LEARN language, native speakers CREATE language.

So, the more you can play with a language in your head as you speak, the more fluently and continuously you'll be able to speak because you'll always have something to say for the situation...

When I was in Vietnam a while ago visiting with some great learners at a cafe, many people were asking me

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how to say certain words in English - or how to describe certain situations in a native way.

But instead of answering all of their questions individually, I explained that they need to think more like native speakers.

Since we were at a cafe, I demonstrated a few actions with some of the drinks on our table and asked everyone to explain what was happening in English.

Every action I performed was explainable with a two or three word phrasal verb – one of the most important parts of conversational English – so I asked the learners to just tell me what I was doing in just two or three words.

Even if they didn't know what the "correct" phrasal verb was, they just had to explain what was happening using a very simple phrase or sentence.

My first action was pouring water from a pitcher into a glass until there was too much water for the glass to hold. (The water overflowing the glass was caught by a bowl I'd placed under the glass.)

I pointed to the water coming back out of the top of the glass, descending down the side of the glass and into the bowl the glass was sitting on and asked everyone to explain what was happening.

They found this difficult, saying they either hadn't learned – or had forgotten – what the phrasal verbs for these actions were.

Again, *the learners were still trying to think of what was "correct"* instead of **just telling me what was happening (using English in their own words) like native speakers.**

So, I reminded them that they *already knew how to explain what was happening*, and said that they just needed a little guidance to do so...

I began by saying that when there was too much water in the glass, the water **went over** the top of the glass.

Instead of saying "flow" or "transfer," you can just say "go."

The water was flowing – or **going over** – the side of the glass.

I then asked the students to explain the movement of the water as it descended the glass and reached the bowl.

The students replied that the water **went down** the side of the glass and then **went into** the bowl.

"Perfect!" I said! "Now you're thinking like native speakers!"

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For even further practice, I returned to the water **going down** the side of the glass and asked the students to think about *how fast* the water was moving.

When they said that it moved very quickly, I said that the water was **running down** the side of the glass.

If the speed of the water had been *slow*, they could have said it was **creeping down** the side of the glass.

Many of the students were astonished that they could actually express themselves fluently, and without thinking in their own language, just by using the simple words they already knew to express more complicated ideas.

And they had some big smiles on their faces. :)

Once you stop looking outside of yourself for things you already have – or you stop waiting for others to tell you what’s “correct” – you’ll realize that fluency is nothing more than the ability to create language by playing with it.

This is exactly how native speakers who don’t know about science talk about science... or who don’t know about politics talk about politics. After all, where do you think all of the English we use every day came from? Someone created it! :)

The more you try to use what you know in conversations to explain what you don’t, the more you’ll also develop a sense for what’s correct... and will sound more like a native speaker.

*** Extra Note:** The last thing I’ll mention about thinking like a native speaker is to use filler words like “um” and “uh” instead of what you might use in your native language. Using native English filler words and sounds will give you more time to think of what to say, and give the impression that you’re much more fluent (because the use of filler words demonstrates an understanding of culture, and indicates you know how English conversations flow).

2. Learn English Fluency Bits

The second step to speaking fluently is to learn a special kind of phrase that will help you sound much more native, natural and conversational.

English Fluency Bits are specific phrases used by native speakers, similar to idioms. Unlike idioms, though, English Fluency Bits usually have literal meanings that can be understood without much explanation.

As an example, the idiom “kick the bucket” means “to die.” But this meaning has no obvious connection to the words making up the idiom, so it’s hard to understand without someone telling you what it means.

The English Fluency Bit “when it comes to,” however, is just a more colorful and educated way of saying

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“concerning”:

“When it comes to politics, I can’t speak intelligently.”

In this example, we’re thinking about something like a conversation “coming to,” or arriving at, a certain topic:

“When the conversation comes to the topic of politics, I can’t speak intelligently.”

These kind of **English Fluency Bits** will help you sound more native, conversational and “colorful,” but won’t really change anything important about the meaning of a sentence.

The second function of English Fluency Bits is as advanced sentence connectors. Sentence connectors are used to connect multiple sentences and/or create more complex sentences. English sentences usually contain of these three types: basic, one-word sentence connectors, more advanced, multiple-word sentence connectors, and English Fluency Bits.

A basic sentence connector is a word like “and”:

“I like beef **and** chicken.”

A more advanced sentence connector would be something like “even though.” notice that we’re still just connecting ideas... but with multiple words:

Even though I’m on a diet, I ate bar-b-que.

The English Fluency Bit sentence connector is the most advanced. These can be fairly complex phrases, often used in more academic and professional environments, and should be learned – and remembered – as single units.

Here are two English Fluency Bits that are used to connect two ideas together, but in a more native-sounding way:

In terms of means “about” - “**In terms of** his ability to act, he’s excellent. But he’s a terrible director.”

Be that as it may means “even though” – “Did he say it’s raining? Well, **be that as it may**, we’ll still go to the fair.”

In this second set of examples, you’ll see how English Fluency Bits can be used to make sentences sound more complex and impressive. Remember that English Fluency Bits used in this way will help you sound more intelligent and native, but they won’t really change anything about the meaning of your sentences:

“**This may be a dumb question, but** are mammoths and elephants related?”

“This may be a dumb question” is added to show that you know something may sound weird or dumb, but

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you'd like confirmation about it anyway. It's a way of protecting you from potential embarrassment when you ask something that others might think is an easy or simple question.

"I used to play baseball. I also used to play the bagpipes, **but that's a story for another time.**"

"But that's a story for another time" is a great way to give additional information which may be interesting or surprising, but not immediately helpful or related to what you're talking about. This is often used by native speakers to introduce something else which could become a conversation topic either in that conversation, or on another occasion.

I don't want to give you too many English Fluency Bits to remember here, but listen for them in spoken English. When you notice a phrase that's connecting two ideas in a more interesting-sounding way, or that someone just "speaks well," it's most likely because you're hearing English Fluency Bits.

If you'd like to learn more about English Fluency Bits, you can learn many of them through videos on our YouTube channel, and in our Master English Conversation 2.0 fluency program.

3. Always Say Something New

The final step to developing fluency is to add something new to your sentences each time you speak.

This step takes a bit more time to develop, but it will train you to carry on longer and longer conversations with every conversation.

There are thousands of words, phrases and conversation topics, but only a fraction of these appear in everyday conversations. This means that you will encounter the same topics, questions, phrases and words many, many times.

A big reason many learners never develop the ability to speak fluency, or for long periods of time, is because they never try saying anything different – or saying more – when they encounter something they've heard before in conversations. It's almost like they go on auto-pilot, just using – or responding with – what they've used since they began studying the language.

If they hear "What's your name?" they usually just respond with "My name is X."

What you need to be doing is saying something new!

Each conversation gives you the chance to test different things, or to say a bit more. And saying something new is exactly what trains you to express yourself fluently:

Nice weather, isn't it?
Yes, it is.

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Nice weather, isn't it?
It sure is.

Nice weather, isn't it?
It sure is. I hear it's gonna (going to) be rainy tomorrow, though.
Nice weather, isn't it?
It sure is. Perfect weather for a picnic.

Nice weather, isn't it?
It sure is. It reminds me of the day I graduated college. That was a really gorgeous day.

Nice weather, isn't it?
It sure is. Do you have anything special planned?

By saying something new or different each time, you're stretching yourself and connecting ideas. Think about where you can take the conversation. What can you add? What can you recall? What can you ask?

Each time you hear the same question, or find yourself in a conversation about a topic you've discussed before, you have a chance to build on your previous experience by saying something new. This is how you stretch yourself and build fluency.

*** Bonus Training Technique * - Respond to Native Content**

If you don't have someone to practice with, the following technique will help you develop your fluency. This will also help you train your listening and focus.

Begin by selecting a TV show, movie or video of a real conversation with some dialogue in it. (You need at least two people speaking.)

Have the remote in your hand if you're watching a movie on TV – or your hand on your mouse if you're watching on a computer – and then pretend to be one of the characters. You can begin by choosing a movie you've already seen so that you're already familiar with the dialogue. If you want to challenge yourself, however, watch something you haven't seen.

Select a scene and listen to the first person speaking. Then pause the video as soon as they are done and give your own response. After you've given your response, unpause the video to see what your character really says. This will allow you to check your response against the native one, and give you some great, native material you can use in your own conversations.

By watching this way, you become an active part of the movie. You're enjoying it more and remember more of what you learn as well. Over time, you'll actually know what most people will say in movies because, as I mentioned earlier, most conversations feature the same words and phrases over and over. So, look for

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patterns.

With everything you've learned in this guide, you now have a much better understanding of how to become a fluent English speaker. Train yourself with these techniques over time and you will notice yourself connecting words, phrases and ideas faster, responding more quickly, speaking without hesitation and communicating continuously. Keep training, and building your vocabulary, and you'll become a confident speaker in no time!

Ready to take the next step?

What you've learned in this valuable guide is just one piece of the complete fluency puzzle. Besides developing fluency, you also need to be understood, learn to use grammar without thinking and build a large vocabulary of conversational words and expressions like English Fluency Bits. To help you master all of these things so you can finally speak fluent English successfully, I've created a unique English fluency training and speaking confidence program called Master English Conversation 2.0.

Master English Conversation 2.0 is a complete video course that guides you step-by-step from your current level of English all the way to fluency so you can enjoy English movies, TV shows, music and conversations, and express yourself confidently in English the way you can in your native language – no matter where you live, or how old you are.

If you'd like to learn more about how Master English Conversation 2.0 can help you quickly achieve your English fluency goals, click on the link below...

[CLICK HERE to Start Speaking English Fluently, Confidently and Automatically](#)