

AI-00493 IELTS Speech Distraction and Filler Words

👤 Owner	© Rigel Arcayan
⋮ Tags	life
🕒 Created time	@October 27, 2023 5:42 PM

What are speech distractions? What are filler words? List 20 guidelines to avoid filler words. List 50 common filler words.

ChatGPT

Speech distractions are elements or habits that can disrupt the flow and clarity of one's speech. Filler words, in particular, are words or sounds used in conversation that do not add meaning but instead fill gaps in speech while the speaker thinks.

Here are 20 guidelines to help avoid using filler words:

1. Practice pausing instead of using fillers.
2. Slow down your speech.
3. Use silent pauses to gather your thoughts.
4. Prepare and organize your thoughts before speaking.
5. Focus on active listening to reduce nervousness.
6. Replace fillers with specific words or phrases.
7. Eliminate distractions when speaking.
8. Use gestures and body language to enhance communication.
9. Record and review your speech to identify fillers.
10. Enunciate your words clearly.
11. Practice breathing techniques for better control.
12. Engage in public speaking training or courses.

13. Visualize what you want to say.
14. Be mindful of your audience.
15. Maintain eye contact to stay connected.
16. Practice with a speech coach.
17. Know your subject well.
18. Avoid overusing buzzwords or jargon.
19. Encourage feedback from others.
20. Relax and stay confident while speaking.

Here are 50 common filler words:

1. Um
2. Uh
3. Like
4. So
5. You know
6. Well
7. Actually
8. Basically
9. Literally
10. Honestly
11. Anyway
12. Right
13. Okay
14. Ah
15. Err
16. I mean
17. In terms of

18. To be honest
19. As I was saying
20. For instance
21. To start with
22. And then
23. In a way
24. In other words
25. That being said
26. So to speak
27. All in all
28. At the end of the day
29. To sum up
30. As a matter of fact
31. By the way
32. On the other hand
33. Such as
34. Like I said
35. Right now
36. As you can see
37. To be fair
38. I think that
39. To tell you the truth
40. The thing is
41. Believe me
42. As far as I know
43. To put it simply

- 44. At this point
- 45. Needless to say
- 46. The fact of the matter is
- 47. To be clear
- 48. In my opinion
- 49. It's important to note
- 50. Keep in mind