What are your English level? How do you compare it with your Japanese?

I think I can communicate effectively using English at workplace both orally and in writing.

I have difficulty saying which language is more comfortable for me.

As I usually acquire new IT knowledge through English websites and online English courses, I may perform better in English in the technical context.

As I am currently living in Japan, I may feel more comfortable with Japanese for general conversations or non-technical context.

At my current workplace, I just recently started to use English to communicate with our inhouse Azure team. The new project I recently took on is supposed to be hosted in Azure cloud. This offered me opportunities using English at the workplace because most Azure team members speak English only. This recent short period have made me more confident with my English communication capability.