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

I think I can communicate effectively using English in the 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 now live in Japan, I would often feel more comfortable with Japanese for general conversations or non-technical contexts.

I am competent communicating in English at work, and in my current workplace, I have 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 in the workplace because most Azure team members speak English only. This recent short period has made me more confident with my English communication capability.

I am competent and confident in using written English for purposes such as report-writing or emails. I am fairly confident in communicating orally in English at work, and in my current workplace, I have just recently started to use English to communicate with our inhouse Azure team.