

Speaking fluidly and concisely without catch breathes

(Section 5, Lecture 19)

Catch breathes are when we take a quick inhale of air in the middle of our thought or sentence. Catch breathes cause our ideas to sound disconnected. Catch breathes also cause run-on sentences. Both of these tendencies make us sound insecure in our ideas. Catch breathes also cause low-grade hyperventilation which causes anxiety. When we eliminate catch breathes we eliminate sounding (and feeling) insecure and anxious about what we're saying.

Instructions

1. In order to practice speaking without any catch breathes, say the alphabet in one breath. Speak the alphabet as if you are communicating an important point.
2. Now that you know what it feels like to speak on one long exhale, introduce yourself using one long exhale as opposed to a series of short inhales.
3. Notice the difference?

Homework

Every morning practice your ABC'S. Take a deep inhale and then on your exhale say the alphabet. If you get to the end, begin again! See how far you get and try to extend your length each time. Using the same structure, practice any content that you will be speaking about or presenting that day without any catch breathes.