

# HOW TO TALK IN ENGLISH

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**Today I want to talk to you about how to talk in English. Many people can understand English but find it hard to speak. Speaking English well takes practice, patience, and confidence. I will share some tips and stories to help you.**



**First, let me tell you a story about my friend, Alex. Alex moved to a new country where people spoke English.**

**He knew some English from school but felt nervous speaking it. He understood when people talked to him, but he struggled to reply. He felt embarrassed and shy.**

**One day, Alex decided to practice speaking English every day. He started by talking to himself in the mirror. He would say simple sentences like, "Hello, my name is Alex," and "Today, I will go to the store."**

**This helped him get used to hearing his own voice in English. It made him feel more comfortable and less nervous. Alex also watched English movies and TV shows. He listened to how the actors spoke and tried to copy them. He would repeat lines from the shows and practice saying them. This helped him learn new words and phrases. It also helped him understand how to use different tones and expressions.**

**Another thing Alex did was join an English conversation club.**

**This was a group of people who met once a week to practice speaking English. At first, Alex was very shy. He didn't want to make mistakes. But everyone in the club was friendly and supportive. They understood how he felt because they were learning too. Slowly, Alex started to participate in the conversations. He made mistakes, but no one laughed at him. They helped him and encouraged him to keep trying.**

**Alex also made friends with some English-speaking neighbors.**

**He told them about his struggles with speaking English. They were kind and offered to help him practice. They would invite him over for tea and chat with him. These friendly conversations made a big difference. Alex learned new words and phrases. He learned how to use different tones and expressions. He started to feel more confident. Now, let me tell you about another friend, Maria. Maria moved to an English-speaking country for her job.**

**She was very good at reading and writing in English, but like many others, she found speaking difficult. She understood everything her colleagues said, but when it was her turn to speak, she felt nervous and tongue-tied. Maria decided to improve her speaking skills. She started by practicing with a language partner. She found a native English speaker who wanted to learn her language. They would meet twice a week and practice speaking in both languages.**

**This exchange was very helpful for Maria. She learned new vocabulary and improved her pronunciation. Her language partner also learned a lot from her. Maria also took an online speaking course. The course had many speaking exercises and activities. She practiced speaking about different topics, like work, hobbies, and daily life. The course also had feedback from teachers. This feedback was very useful. It showed Maria where she needed to improve and gave her tips on how to speak more fluently.**

**Maria made a habit of speaking English every day. She would talk to herself in the mirror, record her voice, and listen to it. She also practiced speaking with her colleagues during lunch breaks. At first, she felt nervous, but her colleagues were supportive. They appreciated her efforts to speak English and helped her with difficult words.**

**Maria's speaking skills improved a lot over time. She became more confident in meetings and could express her ideas clearly.**



**Her colleagues noticed her improvement and praised her for her hard work. This made Maria feel proud and motivated her to keep practicing. From these stories, we can learn some important lessons. First, it's normal to feel nervous about speaking a new language. But we can overcome this fear by practicing regularly. Speaking to ourselves, joining conversation clubs, making friends with native speakers, and taking speaking courses are all effective ways to improve our speaking skills.**

**Second, it's important to be patient with ourselves. Learning to speak a new language takes time and effort. We will make mistakes, but that's okay. Mistakes are opportunities to learn and grow. We should not be afraid of making mistakes. Instead, we should see them as a natural part of the learning process.**

**Third, having a supportive environment is very helpful. Surrounding ourselves with people who encourage and help us can make a big difference.**

**They can give us the confidence to keep trying and not give up. Finally, we should find ways to make learning fun. Listening to music, watching movies, and engaging in activities we enjoy can make the learning process more enjoyable. When we enjoy what we are doing, we are more likely to stick with it and improve faster. I**

**hope these stories and tips inspire you. If you understand English but struggle to speak it, remember that you are not alone. Many people have faced the same challenge and overcome it.**

**With practice, patience, and support, you can improve your speaking skills too. Keep trying, and don't give up. You will see progress over time. Now, let me share another story about a man named John. John moved to an English-speaking country for work. He was very good at his job, but he struggled with speaking English. This made it hard for him to communicate with his colleagues. John understood everything in meetings, but when it was his turn to speak, he felt nervous and blanked out.**

**He worried that people would think he was not smart because of his speaking skills. John decided to take action. He started by practicing with a language partner. He found a native English speaker who wanted to learn his language. They would meet twice a week and practice speaking in both languages. This exchange was very helpful. John learned new vocabulary and improved his pronunciation. He also helped his partner learn his language, which made him feel good.**

**John also took an online speaking course. The course had many speaking exercises and activities. He practiced speaking about different topics, like work, hobbies, and daily life. The course also had feedback from teachers. This feedback was very useful. It showed John where he needed to improve and gave him tips on how to speak more fluently. John made a habit of speaking English every day. He would talk to himself in the mirror, record his voice, and listen to it.**

**He also practiced speaking with his colleagues during lunch breaks. At first, he felt nervous, but his colleagues were supportive. They appreciated his efforts to speak English and helped him with difficult words. John's speaking skills improved a lot over time. He became more confident in meetings. He could express his ideas clearly. His colleagues noticed his improvement and praised him for his hard work. This made John feel proud and motivated him to keep practicing.**

**From these stories, we can learn that regular practice, having a language partner, taking speaking courses, and being patient with ourselves are all important steps in improving our speaking skills. It's also important to find ways to make learning fun and enjoyable. This will keep us motivated and help us stick with it. Another important tip is to focus on speaking slowly and clearly. When we are nervous, we tend to speak quickly, which can make it harder for others to understand us.**



**By speaking slowly and clearly, we can make sure that our words are understood. This also gives us more time to think about what we want to say and choose the right words. It's also helpful to expand our vocabulary.**

**The more words we know, the easier it will be to express ourselves. We can do this by reading books, watching movies, and listening to music in English.**

**When we come across new words, we should write them down and try to use them in our conversations.**

**Practicing speaking in different situations is also very useful. We can practice ordering food at a restaurant, asking for directions, or talking about our day. The more we practice speaking in different situations, the more comfortable we will become.**

**Another tip is to find a speaking buddy. This can be a friend, family member, or language partner who we can practice speaking with regularly. Having someone to practice with can make learning more fun and less intimidating.**

**It's also important to set realistic goals for ourselves.**

**We should not expect to become fluent overnight.**

**Instead, we should focus on making small improvements every day. This can be as simple as learning a new word or practicing a new sentence. By setting small goals, we can see our progress and stay motivated.**

**Let me tell you about another friend, Sara. Sara moved to an English-speaking country for her studies.**

**She was very good at reading and writing in English, but she found speaking very difficult. In class, she understood everything the teacher said, and she could follow along with the lessons. But when it came time to participate in discussions or give presentations, she felt very nervous. Her heart would race, and she would forget the words she wanted to say.**

**Sara knew she had to improve her speaking skills to do well in her studies and make new friends.**

**She decided to take small steps to practice speaking. Every morning, she would stand in front of the mirror and talk about her plans for the day. She would practice introducing herself, asking questions, and talking about different topics. This helped her get used to speaking English and boosted her confidence.**

**Sara also joined a study group with some of her classmates. They would meet once a week to discuss their lessons and help each other with homework. At first, Sara was very quiet. She listened more than she spoke. But gradually, she started to participate more. She asked questions, shared her ideas, and helped her classmates with their questions. The study group was very supportive, and they encouraged Sara to speak more. This practice helped her a lot.**

**Sara loved sports, so she decided to join a local soccer team. This was a great way for her to practice speaking English while doing something she enjoyed. She made many friends on the team, and they would chat before and after games. Sara learned a lot of new words and phrases related to soccer, and her speaking skills improved quickly.**

**One of the most important things Sara did was to stop worrying about making mistakes.**

**She realized that everyone makes mistakes when learning a new language, and that's okay. She learned to laugh at her mistakes and learn from them. This change in attitude made a big difference. She felt more relaxed and confident when speaking English. Over time, Sara's speaking skills improved a lot. She became more confident in class discussions and presentations. She made many friends, both in her study group and on her soccer team. She felt proud of her progress and motivated to keep improving.**



**From Sara's story, we can learn that it's important to take small steps and practice regularly. Speaking to ourselves, joining study groups or clubs, and finding activities we enjoy can all help us practice speaking English. It's also important to be patient with ourselves and not be afraid of making mistakes. Remember that every mistake is an opportunity to learn and improve. Now, let's talk about another friend, Tom. Tom moved to an English-speaking country for work. He was very good at his job, but he struggled with speaking English.**

**This made it hard for him to communicate with his colleagues. Tom understood everything in meetings, but when it was his turn to speak, he felt nervous and blanked out. He worried that people would think he was not smart because of his speaking skills. Tom decided to take action. He started by practicing with a language partner. He found a native English speaker who wanted to learn his language.**

**They would meet twice a week and practice speaking in both languages. This exchange was very helpful.**

**Tom learned new vocabulary and improved his pronunciation. He also helped his partner learn his language, which made him feel good.**

**Tom also took an online speaking course. The course had many speaking exercises and activities. He practiced speaking about different topics, like work, hobbies, and daily life.**

**The course also had feedback from teachers. This feedback was very useful. It showed Tom where he needed to improve and gave him tips on how to speak more fluently. Tom made a habit of speaking English every day. He would talk to himself in the mirror, record his voice, and listen to it. He also practiced speaking with his colleagues during lunch breaks. At first, he felt nervous, but his colleagues were supportive. They appreciated his efforts to speak English and helped him with difficult words.**

**Tom's speaking skills improved a lot over time. He became more confident in meetings. He could express his ideas clearly. His colleagues noticed his improvement and praised him for his hard work. This made Tom feel proud and motivated him to keep practicing.**

**From Tom's story, we can learn that regular practice, having a language partner, taking speaking courses, and being patient with ourselves are all important steps in improving our speaking skills.**

**It's also important to find ways to make learning fun and enjoyable. This will keep us motivated and help us stick with it. Another important tip is to focus on speaking slowly and clearly. When we are nervous, we tend to speak quickly, which can make it harder for others to understand us. By speaking slowly and clearly, we can make sure that our words are understood. This also gives us more time to think about what we want to say and choose the right words.**

**It's also helpful to expand our vocabulary. The more words we know, the easier it will be to express ourselves. We can do this by reading books, watching movies, and listening to music in English. When we come across new words, we should write them down and try to use them in our conversations.**

**Practicing speaking in different situations is also very useful. We can practice ordering food at a restaurant, asking for directions, or talking about our day.**

**The more we practice speaking in different situations, the more comfortable we will become. Another tip is to find a speaking buddy. This can be a friend, family member, or language partner who we can practice speaking with regularly. Having someone to practice with can make learning more fun and less intimidating. It's also important to set realistic goals for ourselves. We should not expect to become fluent overnight.**



**Instead, we should focus on making small improvements every day. This can be as simple as learning a new word or practicing a new sentence. By setting small goals, we can see our progress and stay motivated. Let me tell you about another friend, Emily.**

**Emily moved to an English-speaking country for her studies. She was very good at reading and writing in English, but she found speaking very difficult. In class, she understood everything the teacher said, and she could follow along with the lessons.**

**But when it came time to participate in discussions or give presentations, she felt very nervous. Her heart would race, and she would forget the words she wanted to say. Emily knew she had to improve her speaking skills to do well in her studies and make new friends. She decided to take small steps to practice speaking. Every morning, she would stand in front of the mirror and talk about her plans for the day. She would practice introducing herself, asking questions, and talking about different topics.**

**This helped her get used to speaking English and boosted her confidence. Emily also joined a study group with some of her classmates. They would meet once a week to discuss their lessons and help each other with homework. At first, Emily was very quiet. She listened more than she spoke. But gradually, she started to participate more. She asked questions, shared her ideas, and helped her classmates with their questions.**

**The study group was very supportive, and they encouraged Emily to speak more. This practice helped her a lot. Emily loved sports, so she decided to join a local soccer team. This was a great way for her to practice speaking English while doing something she enjoyed. She made many friends on the team, and they would chat before and after games. Emily learned a lot of new words and phrases related to soccer, and her speaking skills improved quickly.**

**One of the most important things Emily did was to stop worrying about making mistakes. She realized that everyone makes mistakes when learning a new language, and that's okay. She learned to laugh at her mistakes and learn from them. This change in attitude made a big difference. She felt more relaxed and confident when speaking English.**

**Over time, Emily's speaking skills improved a lot. She became more confident in class discussions and presentations.**

**She made many friends, both in her study group and on her soccer team. She felt proud of her progress and motivated to keep improving. From Emily's story, we can learn that it's important to take small steps and practice regularly. Speaking to ourselves, joining study groups or clubs, and finding activities we enjoy can all help us practice speaking English. It's also important to be patient with ourselves and not be afraid of making mistakes. Remember that every mistake is an opportunity to learn and improve.**

**Another tip is to practice speaking English in everyday situations. For example, when we go to a store, we can practice asking the salesperson for help. We can say things like, "Excuse me, can you help me find this item?" or "How much does this cost?" Practicing in real-life situations helps us become more comfortable and confident in speaking English.**

**It's also helpful to listen to English as much as possible.**

**We can listen to English songs, podcasts, and audiobooks. This helps us get used to the sounds of English and improves our listening skills. It also helps us learn new words and phrases that we can use in our conversations.**

**Another important tip is to practice speaking English with different people. Each person has a different way of speaking, and practicing with different people helps us become more adaptable.**



**We can practice speaking with friends, family members, classmates, colleagues, and even strangers. It's also helpful to set aside a specific time each day to practice speaking English. This can be as little as 10 minutes a day. Consistency is key. The more we practice, the better we will become.**

**Another tip is to practice speaking about different topics. We can practice talking about our hobbies, our favorite movies, our daily routines, and more.**

**This helps us expand our vocabulary and become more comfortable talking about different subjects.**

**It's also important to relax and not put too much pressure on ourselves. Learning to speak a new language is a process, and it's okay to take our time.**

**We should focus on enjoying the process and celebrating our progress.**

**Let me tell you about another friend, Leo. Leo moved to an English-speaking country for work. He was very good at his job, but he struggled with speaking English. This made it hard for him to communicate with his colleagues. Leo understood everything in meetings, but when it was his turn to speak, he felt nervous and blanked out. He worried that people would think he was not smart because of his speaking skills.**

**Leo decided to take action. He started by practicing with a language partner. He found a native English speaker who wanted to learn his language. They would meet twice a week and practice speaking in both languages. This exchange was very helpful. Leo learned new vocabulary and improved his pronunciation. He also helped his partner learn his language, which made him feel good.**

**Leo also took an online speaking course. The course had many speaking exercises and activities. He practiced speaking about different topics, like work, hobbies, and daily life. The course also had feedback from teachers. This feedback was very useful. It showed Leo where he needed to improve and gave him tips on how to speak more fluently.**

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**Leo's speaking skills improved a lot over time. He became more confident in meetings.**

**He could express his ideas clearly. His colleagues noticed his improvement and praised him for his hard work. This made Leo feel proud and motivated him to keep practicing. From Leo's story, we can learn that regular practice, having a language partner, taking speaking courses, and being patient with ourselves are all important steps in improving our speaking skills. It's also important to find ways to make learning fun and enjoyable. This will keep us motivated and help us stick with it.**

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**Leo's speaking skills improved a lot over time. He became more confident in meetings.**

**He could express his ideas clearly. His colleagues noticed his improvement and praised him for his hard work. This made Leo feel proud and motivated him to keep practicing. From Leo's story, we can learn that regular practice, having a language partner, taking speaking courses, and being patient with ourselves are all important steps in improving our speaking skills. It's also important to find ways to make learning fun and enjoyable. This will keep us motivated and help us stick with it.**

**Another important tip is to focus on speaking slowly and clearly. When we are nervous, we tend to speak quickly, which can make it harder for others to understand us. By speaking slowly and clearly, we can make sure that our words are understood. This also gives us more time to think about what we want to say and choose the right words.**

**It's also helpful to expand our vocabulary. The more words we know, the easier it will be to express ourselves. We can do this by reading books, watching movies, and listening to music in English. When we come across new words, we should write them down and try to use them in our conversations. Practicing speaking in different situations is also very useful.**

**We can practice ordering food at a restaurant, asking for directions, or talking about our day. The more we practice speaking in different situations, the more comfortable we will become. Another tip is to find a speaking buddy. This can be a friend, family member, or language partner who we can practice speaking with regularly. Having someone to practice with can make learning more fun and less intimidating.**

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improvements every day. This can be as simple as  
learning a new word or practicing a new sentence. By  
setting small goals, we can see our progress and stay  
motivated.**

**In conclusion, talking in English can be challenging, but with regular practice, patience, and support, we can improve our speaking skills. Speaking to ourselves, joining conversation clubs, making friends with native speakers, taking speaking courses, and finding ways to make learning fun are all effective ways to practice speaking English.**



**Remember that every mistake is a learning opportunity,  
and every practice session brings us one step closer to  
fluency. Keep trying, stay motivated, and believe in  
yourself. You can do it. Thank you for listening.**

*Thank You*

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