

The Fluency Phrase Bank

Start clearly. Give yourself time. Build your answer.



Starting an Answer

"I think..."

"For me..."

"In my experience..."

"The main point is..."

"The first thing that comes to mind is..."

"It depends, but..."

Choose one opening. Then give your main point.



Giving Your Opinion

"I think that..."

"From my point of view..."

"The way I see it..."

"I believe..."

"Personally, I would say..."

"Based on my experience..."

Choose the phrase that sounds natural to you.



Creating Thinking Time

"That's a good question."

"Let me think about that."

"I haven't thought about that before."

"Give me a moment to think."

"There are two parts to this."

"If I had to choose, I'd say..."

Use one phrase. Then pause.



Adding a Reason or Example

REASONS

"The main reason is..."

"This is because..."

"One reason for this is..."

EXAMPLES

"For example..."

"A good example is..."

"To give you an example..."

A reason explains. An example makes it real.

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Connect your ideas. Recover. Keep speaking.

Connecting Your Ideas

“Another point is...”

“At the same time...”

“On the other hand...”

“Because of that...”

“As a result...”

“What I have learned is...”

Use phrases to show how your ideas connect.

Joining or Disagreeing

“Can I add something?”

“I agree with part of that.”

“I understand your point, but...”

“I see it slightly differently.”

“I’m not sure I agree.”

“From my point of view...”

Be clear without sounding aggressive.

When a Word Disappears

“It’s something you use to...”

“It’s a type of...”

“It’s similar to...”

“You normally find it...”

“I can’t remember the exact word, but...”

“What I mean is...”

“Let me say that another way.”

Explain the idea and keep going.

✓ Finishing Your Answer

“That is why...”

“So, the main point is...”

“Overall, I would say...”

“What I have learned is...”

“That is how I see it.”

Finish when your message is complete.

? Asking for Clarity

“Could you explain what you mean?”

“Could you give me an example?”

“Could you say that again?”

“Could you say that more slowly?”

“If I understand correctly...”

“Are you saying that...?”

Asking for clarity keeps the conversation moving.

You do not need to memorise every phrase.
Choose five that feel natural. Use them until they
become automatic.