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hello and welcome to EP learning English
podcast where we help
you unlock the secrets to speaking
English fluently and
confidently I'm Jason your host for
today and as always I'm joined by my
wonderful co-host Julia how are you
doing today Julia hi Jason I'm doing
great and I'm super excited about
today's topic hi to all our listeners
out there whether you're a beginner or
someone looking to improve your English
you're in the right place that's right
Julia today we're diving into something
that can truly transform the way you
speak English thinking in English yes
you heard that right if you've been
translating in your head before speaking
this episode is for you absolutely
thinking in English is a game Changer
because it helps you speak more
naturally and fluently in this episode
we'll talk about why it's important the
challenges you might face and some
simple effective tips to start thinking
in English right away plus we've got a
fun little activity later in the episode

to help you practice so grab your notebook sit back and let's get started so let's Jump Right In Julia let's start with the big question why does thinking in English matter so much when it comes to improving your speaking skills great question Jason thinking in English is like building a bridge between your thoughts and your words when you think in your native language and then translate into English it slows you down and sometimes the meaning Gets Lost in Translation but when you think directly in English your responses are quicker more natural and you sound more confident exactly it's also worth mentioning that thinking in English helps you develop a stronger vocabulary and better sentence structures because you're training your brain to process the language directly it's almost like immersing yourself in an English-speaking environment even if you're not physically there that's a great point and it's not just about fluency it's also about accuracy when you think in English you're practicing forming sentences correctly in your mind before speaking over time this makes your speech more grammatically accurate even without realizing it right I also

think that thinking in English builds confidence for example imagine you're at a restaurant and you need to order in English if you're translating in your head you might hesitate or stumble but if you've trained yourself to think in English it feels much easier and more natural exactly and another benefit is that it reduces mental fatigue translation takes a lot of effort and it can make speaking feel exhausting but when you think in English you're cutting out that extra step which makes communication smoother and less tiring that's so true and here's something interesting when you start thinking in English you'll notice that it spills over into your everyday life you'll begin to notice English words phrases and expressions more naturally whether it's in movies songs or conversations yes it's like your brain gets into English mode and everything becomes a learning opportunity and the best part you don't need to be perfect to start even if your sentences are simple or have mistakes the key is to begin practicing absolutely Ely thinking in English is a skill that grows with time and effort don't worry if it feels awkward or difficult at first we'll

share some tips later in the episode to make it easier for you stick with us now that we've talked about why thinking in English is so important let's address the elephant in the room the challenges Julia why do you think it's so hard for people to start thinking in English well Jason one big reason is habit most people are used to thinking in their native language because that's what they've done their entire lives switching to English can feel unnatural at first almost like trying to write with your non-dominant hand that's a great comparison Julia and another challenge I've noticed is vocabulary if someone doesn't know enough English words they might feel stuck when trying to form thoughts in English it can be frustrating when you can't find the words you need absolutely and let's not forget confidence many Learners are afraid of making mistakes even in their own minds they worry that their sentences might not be grammatically correct so they avoid thinking in English altogether that's so true fear of mistakes can hold people back I think another issue is translation many Learners are stuck in the habit of translating from their native language

to English it's hard to break out of that cycle because it's how they've been taught to learn a new language exactly Jason and speaking of Cycles another challenge is consistency even if someone starts thinking in English they might not stick with it because it feels tiring or awkward at first it's easy to slip back into Old Habits when things get tough right and let's not ignore the environment if someone is surrounded by their native language all the time and doesn't have much exposure to English it's even harder to practice thinking in English that's a big one Jason and I think there's also the challenge of overthinking sometimes Learners try too hard to make their thoughts perfect in English and that just adds pressure it's okay to start with simple sentences and build from there exactly Julia the key is to embrace the process and not aim for Perfection right away overcoming these challenges might take time but it's absolutely worth the effort and remember these are common struggles you're not alone that's such an important message Jason and don't worry listeners we've got some practical tips coming up next to help you overcome

these challenges and start thinking in English more easily stay tuned now that we've talked about why thinking in English is so important let's address the elephant in the room the challenges Julia why do you think it's so hard for people to start thinking in English well Jason one big reason is habit most people are used to thinking in their native language because that's what they've done their entire lives switching to English can feel unnatural at first almost like trying to write with your non-dominant hand that's a great comparison Julia and another challenge I've noticed is vocabulary if someone doesn't know enough English words they might feel stuck when trying to form thoughts in English it can be frustrating when you can't find the words you need absolutely and let's not forget confidence many Learners are afraid of making mistakes even in their own minds they worry that their sentences might not be grammatically correct so they avoid thinking in English altogether that's so true fear of mistakes can hold people back I think another issue is translation many Learners are stuck in the habit of translating from their

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practical tips coming up next to help you overcome these challenges and start thinking in English more easily stay tuned all right it's time for the exciting part how to actually start thinking in

English Julia let's dive into some practical tips that our listeners can use right away absolutely Jason let's start with a simple one labeling look around you and start labeling objects in English for example if you see a chair think this is a chair if you see a book think this is a book it's an easy way to get your brain used to associating objects with English words that's a great tip Julia and to take it a step further try describing those objects for instance instead of just thinking this is a chair you could say this is a brown wooden chair it looks comfortable adding more detail helps you practice forming longer sentences in your mind yes another effective method is self-talk talk to yourself in English about what you're doing or planning for example if you're cooking think I'm chopping vegetables next I will boil some water it might feel funny at first but it's a fantastic way to practice that's so true Julia self talk is one

of my favorite techniques and here's another tip narrate your day as you go through your day think about your activities in English for example I'm going to the store I need to buy some milk and bread this helps you stay in English mode throughout the day absolutely and if you're not sure how to describe something make it a learning opportunity use a dictionary or translator app to look up the words you need over time you'll build a stronger vocabulary and it will get easier great advice

Julia another tip is to think in questions and answers for example if you're walking to work ask yourself what do I see around me then answer in English I see cars trees and people walking it's like having having a mini conversation with yourself that's a creative one Jason another technique I love is setting small challenges for yourself for example pick a specific time of day like breakfast or your commute and commit to only thinking in English during that time gradually you can increase the duration as you get more comfortable that's a great idea Julia and let's not forget about using technology apps like language learning

tools or even the notes app on your phone can help you practice write down your thoughts in English or try voice to text features to see how well your sentences come out that's a powerful strategy Jason and here's another fun one dream in English okay I know you can't force yourself to dream in a specific language but before you go to sleep think about something in English maybe plan your next day or imagine a conversation over time you might start dreaming in English too that's a great suggestion Julia another practical tip is to surround yourself with English as much as possible listen to English podcasts watch movies or read books the more input you get in English the easier it will be to think in English absolutely Jason and don't forget to be patient with yourself thinking in English is a habit and like any habit it takes time to develop start small stay consistent and celebrate your progress exactly Julia the key is to keep practicing and not give up even if it feels hard at first thinking in English is like exercising a muscle the more you do it the stronger it gets and we're here to cheer you on every step of the way up

next next we'll do a quick role play to show you how to practice some of these tips in real life stay with us all right let's move on to a quick role play to help you understand how to think in English Julia let's act out a simple example so our listeners can follow along and try it themselves great idea Jason so what's the scenario for today let's imagine we're planning a day out I'll start by asking you a question and you'll respond in English while thinking about your plans then we'll switch roles okay perfect let's do it Julia what are your plans for tomorrow hm tomorrow I'll wake up at 7 a.m. I'll make some coffee and have breakfast after that I plan to go to the gym for an hour in the afternoon I'll work on my project and in the evening I might watch a movie or read a book that sounds like a productive day what kind of movie are you planning to watch I think I'll watch a comedy movie I need something light and funny after a busy day great choice all right now let's switch roles you ask me about my plans Jason what are your plans for the weekend this weekend I'm planning to go hiking with some friends we'll leave early in the morning around 6:00 a.m.

and head to the mountains
after the hike we'll probably have lunch
at a nearby cafe in the evening I'll
relax at home and maybe catch up on some
reading wow hiking sounds amazing do you
hike often not as often as I'd like to
but I try to go at least once a month
it's a great way to stay active and
enjoy nature all right listeners that's
a simple role play you can practice
think about your own day or plans and
try to describe them in English
even if you're just talking to yourself
this is a great way to start thinking in
English exactly you can also mix it up
by imagining conversations like asking
yourself what will I do today or what's
my favorite food then answer in English
the key is to make it a habit practice
this for just a few minutes a day and
you'll see a big improvement in how
naturally you think and speak in English
and don't forget to have fun with it
coming up next we'll wrap up with some
final thoughts and takeaways from
today's episode stay tuned wow Julia
today's episode was packed with tips and
strategies but before we wrap up we want
to hear from you our listeners Julia why
is listener engagement so important it's
because learning English is a two-way

street J

sharing your thoughts questions and experiences helps create a community where everyone can grow and learn together exactly so here's your challenge for today think about one of the tips we shared like self talk or describing your day in English try it out and let us know how it went in the comments section yes and don't worry if it feels awkward at first remember practice makes progress you can also share any challenges you're facing when trying to think in English and we'll do our best to help you in future episodes Absolutely and if you enjoyed today's podcast don't forget to like subscribe and share it with someone who's also learning English your support helps us create more content like this and if you want more practice check out our other episodes or playlists for beginner English learners there's plenty of material to keep you motivated and learning all right listeners thanks for joining us today remember the journey to thinking in English starts with small consistent steps keep practicing stay patient and most importantly have fun until next time

keep speaking keep thinking and keep
learning you've got this see you in the
next episode everyone