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How to Think in English Naturally | Stop Translating in Your Head | English Fluency Podcast

Hello and welcome to EP Learning

English, 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 gamechanger 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.

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.

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>> 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-t 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 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 voicetoext 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, 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?

>> H Tomorrow I'll wake up at 700 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 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 roleplay 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, Jason. 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