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How to Think in English | 6 Minute English Podcast Conversation Practice | Episode 03

Hello and welcome to 6 Minute English, the podcast that helps you improve your English listening and speaking in a short time.

>> Hello everyone, I'm Maya

>> and I'm Daniel.

>> In today's episode, we are going to talk about something that many English learners struggle with.

>> Yes, many learners translate every sentence in their head before they speak English.

>> First, they think in their native language, then they translate into English. And this process makes speaking slow and sometimes stressful.

>> But fluent speakers usually do something different.

>> They think directly in English.

>> So today we will explore an important question.

>> How can English learners stop translating and start thinking in English? Maya, do you remember when you

first tried to speak English without translating?

>> Yes, I remember it very well.

At the beginning it felt very difficult.

Why was it difficult?

>> Because my brain was used to thinking in my native language first.

>> That happens to many learners.

>> Exactly. When I wanted to say something simple, my mind started translating word by word

>> and that makes speaking slower.

>> Yes. Sometimes I knew the words but I could not speak quickly.

>> So what changed for you?

>> I started using simple English sentences in my daily life.

>> What kind of sentences? For example, when I woke up, I said, I am tired or I need coffee.

>> So, you were describing your life in English.

>> Yes. Small sentences about real situations.

>> That is actually a powerful method

>> because your brain slowly learns to connect ideas directly with English words

>> without translating.

>> Exactly.

>> But there is also a common mistake

learners make.

>> What mistake is that? They try to think in complex English too early.

>> Yes. And that can make them feel frustrated.

>> Instead, it is better to start with very simple thoughts.

>> Short sentences, simple vocabulary, and everyday ideas.

>> For example, I am walking. The weather is nice. I am hungry.

>> When you practice like this everyday, your brain becomes faster

>> and slowly thinking in English becomes natural. Maya, let's talk about

something important. Why does translating in your head slow you down?

>> Well, when you translate, your brain has to do two jobs.

>> Two jobs?

>> Yes. First, you think of the idea in your native language

>> and then

>> then you try to change that idea into English.

>> So, your brain is moving between two languages.

>> Exactly. And that takes time.

>> That is why many learners pause a lot when they speak.

>> Yes. They are searching for the correct

translation.

>> But English does not always work the same way as other languages.

>> That is a very good point.

>> Sometimes a sentence that sounds natural in one language does not work in English.

>> Right? That is why direct translation can be confusing.

>> So what should learners do instead?

>> They should try to connect ideas directly with English words. For example,

>> instead of thinking about the word in your native language, try to imagine the situation

>> like a small picture in your mind.

>> Yes. When you see a cup of coffee, just think coffee,

>> not the translation.

>> Exactly.

>> This helps your brain build a direct connection with English.

>> And over time, speaking becomes much faster.

>> Many fluent speakers actually think this way.

>> Yes. They do not translate anymore.

>> Their brain simply understands the idea in English. And that is the goal for every learner.

>> So Maya, how can learners start thinking in English?

>> A very simple way is to start with small moments during the day.

>> Small moments.

>> Yes. For example, when you wake up in the morning,

>> what can you say in English?

>> You can say simple sentences like today is going to be a busy day.

>> Or maybe I need coffee.

>> Exactly. Short and simple sentences are perfect. You do not need complicated grammar.

>> Not at all. The goal is to train your brain to stay in English.

>> Another useful trick is describing what you see.

>> Yes, that is a great exercise.

>> For example, if you are in a cafe, you can look around and think in English.

>> You might say, "The cafe is quiet today."

>> Or, "Two people are talking near the window."

>> This helps you build vocabulary naturally. and you are also practicing sentence structure.

>> Another helpful idea is asking yourself questions

>> like what

>> simple questions such as what am I doing

today

>> and then answer in English.

>> Yes, for example, today I am working and studying English.

This kind of self-t talk is very

powerful

>> because it creates a small English

conversation in your mind

>> and the best part is you can do it

anywhere

>> on the bus, while walking or even while

cooking.

>> No partner needed.

>> Exactly.

>> Another trick is using English when you plan something.

>> Yes, planning in English is excellent

practice. For example, you can think

after work I will watch an English video

>> or tonight I will review new vocabulary.

>> Little by little your brain becomes

comfortable with English

>> and after some time you will notice

something surprising.

>> What is that?

>> You will start thinking in English

automatically

>> without forcing it. Yes, it will feel

natural

>> and that is when speaking becomes much

easier. Okay, now before we finish,
let's do a quick challenge for our
listeners.

>> Great idea.

>> Here is the question. What is the best
way to start thinking in English?

>> Is it A. Translate every sentence in
your head? B. Practice small thoughts in
English during your day. C. Memorize
long grammar rules.

>> Think about it for a moment.

The correct answer is B.

>> Yes, practicing small thoughts during
your day helps your brain get used to
English.

>> And remember, you do not need perfect
sentences.

>> Simple English is enough.

>> Today, we talked about how to think in
English and stop translating all the
time.

>> We learned that translating can slow
down your speaking,

>> but using small daily thoughts in
English can help your brain become
faster.

>> Try describing what you see. asking
yourself questions and planning your day
in English.

>> And with practice, thinking in English
will start to feel natural.

>> If you want to practice again, you can

read the full script on our website,

speakdom.com

>> or download the PDF version and practice

the conversation anytime.

>> Thank you for listening

>> and we will see you in the next episode

of EasyEnglish Podcast.

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