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With No Grammar and No Textbooks!

Episode #345

**Stop Apologizing
So Much in English!**

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Hi! I'm Georgiana, and I'm back with a new episode of the *Speak English Now* podcast—the podcast that helps you speak English fluently, with no grammar and no textbooks.

Before we start, get the transcript at [SpeakEnglishPodcast.com/podcast](https://speakenglishpodcast.com/podcast)

And if you like this episode, please share it with your friends. Thank you!

Great! Let's start!

Today's episode is about something many English learners do too often:

Saying “sorry” all the time—even when they don't need to.

Let me give you some examples:

- “Sorry, can I ask a question?”
- “Sorry, my English is bad.”
- “Sorry for bothering you.”
- “Sorry for my pronunciation.”

Maybe you've said these before. Maybe you say them often.

That's okay! It's a common habit, especially for people who want to be polite.

But here's the truth:

Saying “sorry” too much makes you sound nervous—even when you're doing nothing wrong.

It makes your voice sound small.

It makes you feel weak inside.

And it teaches other people not to take you seriously.

Why Do People Say “Sorry” Too Much?

There are a few reasons:

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- You're learning English, so you feel insecure.
- You don't want to seem rude.
- You're afraid of making mistakes.
- You want to be "extra polite."

But being polite **does not** mean apologizing for speaking.

And it definitely doesn't mean apologizing for your English.

When Should You Say "Sorry"?

Yes, it's okay to say "sorry" when:

- You interrupt someone
- You are late
- You do something that causes a problem for others

But don't apologize just for speaking.

Don't say "sorry" before every question.

Don't say "sorry" because you're not perfect.

You don't need permission to talk.

You're learning. You're trying. And that's something to feel **proud** of—not ashamed.

Say This Instead

Let's look at some better ways to express yourself with confidence and respect.

 Instead of:

"Sorry for my English."

 Say:

"Thanks for your patience. I'm still learning."

✗ Instead of:
“Sorry to bother you...”

✓ Say:
“Do you have a moment?”

Or:
“I appreciate your time.”

✗ Instead of:
“Sorry for the question.”

✓ Say:
“Can I ask something quickly?”

These are respectful, but they don't make you sound small or afraid.

They say, “I value your time—but I also value myself.”

Don't Undervalue What You Say

Here's another important thing:

Stop putting yourself down before you even speak.

Many learners start their sentences like this:

- “This is probably a dumb question...”
- “I don't know if this is right, but...”
- “My English is bad, but I'll try...”

Please don't do this.

When you speak like this, people stop listening.
Even if your idea is great, your words sound weak.
And your brain starts to believe that what you say is not important.

So instead of saying:

“This might be a stupid question...”

Try this:

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- ✓ “Can I build on that idea?”
- ✓ “Here’s what I’m thinking.”
- ✓ “I’d like to share a thought.”

These phrases are strong. They’re polite. And they show confidence—even if your English isn’t perfect.

The Message Is Simple

You don’t need to say “sorry” for learning English. You don’t need to apologize for asking something. You don’t need to speak like a native speaker to deserve respect.

You just need to breathe... stay calm... and speak with honesty and confidence.

Now, let’s practice with a **point of view story**.

Point of View-Story

(Learn Grammar)

PAST TENSE

Nate was a kind man who loved meeting his friends at a small café near his apartment. Every Saturday, they gathered to talk about life, sports, music—anything.

But Nate had a habit. Before he said anything, he always apologized.

He would say things like:
“Sorry, maybe this sounds dumb...”

“Sorry, I talk too much.”

“Sorry, my English isn’t great.”

Even when he had something interesting to say, he made it sound weak.

His voice got quiet. He looked down.

His friends smiled and listened—but they didn’t really pay attention.

One day, someone new joined the group—Sarah, a friend of a friend.

After Nate said “sorry” for the third time, she asked, kindly,

“Why do you keep apologizing? You haven’t done anything wrong.”

Nate laughed nervously and shrugged.

“I don’t know... I guess I just don’t want to sound silly.”

Sarah replied, “You don’t sound silly. But when you say ‘sorry’ first, it’s like you don’t believe in what you’re saying.”

That night, Nate thought a lot about her words.

She was right. He had made “sorry” a habit. A shield.

But it wasn’t protecting him—it was making him small.

So he decided to stop.

The next Saturday, when his friends met again, Nate said,

“I’ve been thinking about that movie you mentioned—can I share my opinion?”

No apology. No excuse. Just calm, clear words.

Everyone listened. He didn't speak loudly or perfectly.

But for the first time, Nate felt that his voice mattered.

He didn't feel afraid.

He felt present.

He felt like himself—without “sorry” at the beginning.

✨ **FIRST PERSON PRESENT**

I meet my friends at the café almost every weekend.

We sit outside, order coffee, and talk about everything—news, movies, funny stories.

I enjoy these moments... but I have a habit I can't ignore.

I keep saying “sorry.”

I say:

“Sorry, this is probably stupid...”

“Sorry, my English is bad...”

“Sorry, I talk too much...”

I don't even think about it. The words just come out.

And when they do, I feel smaller.

My friends smile. They're kind. But I know they don't really listen.

They hear my words—but not my voice.

Then one weekend, a new person joins us. Her name is Sarah.

After I say “sorry” for something small, she looks at me and asks:

“Why do you keep apologizing? You don't need to.”

I feel surprised. I laugh. I try to change the topic.

But later that night, I remember her question. She's right. I'm not doing anything wrong. I'm just afraid.

Afraid of sounding wrong.
Afraid of not being perfect.
Afraid of being seen.

So the next time we meet, I try something different.

I don't say "sorry."
I say: "Hey, I've been thinking about what you said last time—can I add something?"

That's all. No apology. No fear. Just me—speaking.

And the result?
They listen. Really listen.
I don't speak louder or smarter. I just stop hiding.

And for the first time, I believe my words matter.



Great work!

You've just practiced the same story in two tenses—**past** and **first-person present**—to help you learn grammar and confidence naturally.

Remember:

You don't need to say "sorry" just to be polite.
You don't need to start every sentence with doubt.

Speak clearly. Speak calmly. You are enough.

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Premium Courses:

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Georgiana

founder of
SpeakEnglishPodcast.com

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