

Speak English Now Podcast

Episode #373

Why You Freeze When Speaking English

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, you can get the transcript at SpeakEnglishPodcast.com/podcast.

And if you want to help me, please SHARE the podcast with your friends and family. That would make me very happy. Thank you!

Okay... let's start.

Have You Ever Had This Moment?

You start speaking English. At the beginning, it's okay. And then suddenly... your brain stops. You know the idea. You know the meaning. But the word doesn't come.

So what do you do? You speak faster. You try to push the words out. And then you feel frustrated.

Sometimes you even feel ashamed, like: "Why can't I say something so simple?"

If you've felt this way, listen carefully. Because this problem is super common. And the good news is: it's not a vocabulary problem.

The Real Problem: You're Rushing Your Brain

Let me explain it in a simple way.

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When you speak too fast, your brain has to do many jobs at the same time: choose the words, build the sentence, pronounce it, and manage your emotions. That's a lot.

And when you add stress... it becomes even harder. So you freeze. Not because you're bad at English. But because you're putting pressure on yourself.

Why Do Learners Speak Too Fast?

Usually for one reason: they want to sound fluent. They think: "If I speak fast, I will sound like a native speaker."

But fast is not fluent. Clear is fluent.

Even native speakers pause. They stop. They think. They say: "Let me see..." They say: "Wait a second..."

Pauses are normal. Pauses are part of speaking.

So the next time you freeze, don't fight it. Just slow down. Give your brain time.

What Can You Do in That Moment?

Here are three simple things you can do immediately: pause, take a breath, and use a rescue phrase.

For example: "Give me a second." "Let me think." "How do you say...?" "I mean..."

These phrases are not mistakes. They are tools.

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

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Point of View-Story

(Learn Grammar)

Now, let's practice with a **Point of View Story**.

I will tell you the same story, but in different points of view. This will help you practice grammar in a natural way.

Past – Third Person

Mark had the most important presentation of his life. At least, that's what he thought. In reality, it was just a normal Monday meeting. But in Mark's mind, it was like the Olympics of English.

He prepared for three days. He practiced in front of the mirror. He practiced in front of his cat. He even practiced in front of his refrigerator. He wanted to sound confident. He wanted to sound professional. He wanted to sound like a TED Talk speaker.

The meeting started. His boss smiled. His coworkers looked serious. One colleague was eating a sandwich. Mark stood up.

At first, he spoke slowly. But after two sentences, panic entered the room. Not real panic. Panic inside his brain. He started speaking faster. And faster. And faster.

He spoke so fast that even he didn't understand himself. He used long sentences. Very long sentences. Sentences with no oxygen.

Suddenly... he forgot the word "budget." Not a difficult word. "Budget." A simple word. His brain showed him a blank screen.

He tried to replace it. "Money... plan... financial... thing..." Nothing worked. His heart started beating like a drum in a rock concert.

He imagined everyone thinking: "Why is he speaking like an auctioneer?" He imagined losing his job. He imagined moving to

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a mountain and becoming a goat farmer. All because of the word “budget.”

Then something unexpected happened. His boss raised her hand. Mark thought: “This is it. I’m finished.” But she said: “Mark... you can slow down. We’re not running.”

The room laughed — kindly. Not in a mean way. Mark stopped. He took a deep breath. He said: “Sorry. Let me start that sentence again.”

He spoke more slowly. He used shorter sentences. He even paused. And something incredible happened. People started nodding. They understood him.

The presentation finished. No one lost their job. No goats were involved.

After the meeting, his colleague with the sandwich said: “Good presentation. You just talk like you’re chasing a bus.”

Mark realized something powerful: the problem wasn’t vocabulary. The problem was speed. From that day on, he decided: no more auctioneer mode. He would speak like a human.

Past – First Person

I had the most important presentation of my life. At least, that’s what I thought. In reality, it was just a normal Monday meeting. But in my mind, it was the Olympics of English.

I prepared for three days. I practiced in front of the mirror. I practiced in front of my cat. I even practiced in front of my refrigerator. I wanted to sound confident. I wanted to sound professional. I wanted to sound impressive.

The meeting started. My boss smiled. My coworkers looked serious. One colleague was eating a sandwich. I stood up.

At first, I spoke slowly. But after two sentences, panic entered my brain. I started speaking faster. And faster. And faster.

I spoke so fast that even I didn't understand myself. Then I forgot the word "budget." Just "budget." My mind went blank.

I tried to replace it. "Money... plan... financial... thing..." Nothing worked. My heart was beating like crazy.

I imagined losing my job. I imagined moving to a mountain and becoming a goat farmer. All because of one word.

Then my boss raised her hand. I thought: "This is the end." But she said: "You can slow down. We're not running."

People laughed — in a friendly way. I stopped. I took a deep breath. I said: "Sorry. Let me start that again."

I spoke more slowly. I used shorter sentences. I paused. And people understood me.

After the meeting, someone told me: "You speak well. Just slower."

That day I learned something important: the problem wasn't my English. The problem was my speed. And I decided to slow down. No more auctioneer mode.

Great! I love using stories like these—they're easy to remember and really helpful for learning English. A bit of humor also makes the process more fun and enjoyable. You can find more of this method in my [premium courses](#).

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