

How to Think in English

Stop translating — take the direct road

EPISODE 3 • LEVEL B1-B2

Episode summary

- The translation trap: you hear English, translate it, build your answer, translate it back, then speak. Four steps for every sentence — no wonder you freeze.
- Label your world: single words, no sentences. Chair. Window. Light. Cup. Cut out the middle step.
- Narrate your day out loud in simple present tense. Ask and answer questions in your head — your inner voice starts switching to English.
- Go around missing words. Don't know "umbrella"? Say "the thing you use when it rains." Never take the detour.
- Learn phrases, not just words. We speak in chunks — ready-made pieces your brain doesn't rebuild each time. And allow imperfect thinking.
- In a live conversation, use pause fillers — "Well..." "Let me think..." — they buy your brain five seconds, and you never leave English.

What's inside this PDF

20 key words • 6 steps to the direct road • Say It Better upgrades • 3 practice exercises

Key Vocabulary

20 words from this episode — learn them, then use them this week

1. translate

to change words from one language to another.

> I stopped trying to translate every sentence. > The translation trap is why you freeze.

2. fluent

able to speak smoothly and easily.

> She speaks fluent English because she practices daily.

3. freeze

to suddenly stop because you feel nervous or stuck.

> I always freeze when someone asks me a difficult question.

4. inner voice

the voice inside your head when you think.

> My inner voice is slowly switching to English.

5. surround

the things around you.

> Describe your surroundings in English every day.

6. phrase

a small group of words used together.

> Learn phrases, not just single words.

7. continuous

going without stopping.

> Keep your English continuous — don't stop to translate.

8. detour

a longer way to reach somewhere.

> Translating is a detour — think directly instead.

9. label

to give a name to something you see.

> Label twenty things in your home today.

10. narrate

to describe what is happening, out loud.

> Narrate your morning in simple English.

11. translation trap

the slow four-step route through your first language.

> The translation trap is why you freeze.

12. direct road

thinking straight in English, with no detour.

> Build the direct road, one day at a time.

13. training wheels

easy first steps that help you learn.

> Naming objects is the training wheels of thinking in English.

14. filler

a short phrase that fills a silence naturally.

> “Well...” and “let me think...” are useful fillers.

15. chunk

a group of words learned as one piece.

> Learn phrases as chunks, not single words.

16. rewire

to change the way your brain works, slowly.

> Seven days to start rewiring your brain.

17. awkward

uncomfortable, embarrassing.

> There was an awkward pause before I answered.

18. victory

a win, even a small one.

> Imperfect English thinking is still a victory.

19. rehearsal

practicing for the real thing.

> Questions in your head are a rehearsal for conversation.

20. bridge

something that connects two sides.

> Fillers are bridges over the moments your brain wants the detour.

Take the Direct Road

the 6 steps that move English to the main office

1. Label your world

Single words, no sentences. Chair. Window. Light. Cup.

2. Narrate your day

Out loud, in simple present tense. "I am making coffee."

3. Question yourself

Ask and answer in English, in your head. Rehearse real conversation.

4. Go around missing words

Describe it, don't translate it. "The cold box for food."

5. Learn phrases

Chunks, not single words. "I have an appointment at three."

6. Allow imperfection

Imperfect English thinking still counts. Progress opens the trap.

Say It Better — 10 upgrades

☐ "How do you say X in English?"
(mid-sentence)

☐ Describe it instead: "the thing you use
when it rains."

☐ "First my language, then English."

☐ "What is the simplest English I know for
this?"

☐ "Wait, let me translate."

☐ "Let me think how to say this..." — and
stay in English.

☐ "My English is not good enough to think in."

☐ "I'm training my brain — imperfect English
still counts."

☐ Memorizing single words alone.

☐ Memorize full phrases you can use
immediately.

☐ "I need to be perfect before I speak."

☐ "I'll speak now and improve as I go."

☐ "What is the grammar rule here?" (in
conversation)

☐ "What would a simple sentence sound
like?"

☐ "I forgot the word, I give up."

☐ "It's like... it's similar to..." and keep going.

☐ Silently reading vocabulary lists.

☐ Describe your room out loud for two
minutes.

☐ "Thinking in English is too hard for me."

☐ "My brain is learning the direct road — one
day at a time."

Practice Time

3 exercises — do them today, not “someday”

Exercise 1 — Fill in the blank

Word bank: inner voice • detour • filler • chunk • label

1. When you see a cup, _____ it in English: “cup.” No sentences.
2. Translating is a _____ — a longer way to reach your English.
3. “Well...” and “Let me think...” are _____s that buy your brain five seconds.
4. Learn “in my opinion” as one _____, not three words.
5. The day your _____ speaks English, you have won.

Exercise 2 — Stay in English

What do you do when... (answers below):

1. You forget the word “umbrella” mid-sentence? > What should you say?
2. You need five seconds to think in a live conversation? > What should you say?
3. Your sentence in your head feels wrong and simple? > What should you do?

Exercise 3 — The two-minute drill

Pick one object near you — your phone, your breakfast, your shoes — and talk about it in English for two full minutes. No stopping, no translating, no perfect grammar. Fluency is continuous sentences, not perfect ones.

- My shoes.
- My morning routine.
- My room.

Answer key

Ex 1: 1 label • 2 detour • 3 filler • 4 chunk • 5 inner voice

Ex 2: 1 “the thing you use when it rains.” 2 “Well... that’s a good question...” 3 Keep going — imperfect English thinking still counts.