

how to stop overusing words and phrases.



Here are the most important things to do to stop overusing words and phrases and improve your CELPIP score:

1. Notice Them!

- Record yourself using a cell phone or voice memo app.
- Create a transcript of your recording to identify repeatedly used phrases or words.
- Write down these comfort words or phrases.

2. Find Alternatives to Overused Words and Phrases:

- Seek out different ways to express the same idea by asking someone more advanced or consulting your English teacher.
- Listen to conversations around you to discover (and steal!) alternative expressions.
- Purposefully replace overused statements with new phrases during practice.

3. Get Supportive Feedback:

- Find someone who can give immediate, kind feedback when you overuse certain words or phrases.
- If working alone, pay attention to the words you use. As soon as you notice yourself using that comfort word, stop and gently correct yourself by using an alternative way to say what you need to say.
- Be kind and patient with yourself, avoiding negative self-talk as you work on improving.