

## Эффективный разговор с самим собой

Hello everyone! Guys in this article I'd like to talk about the conversation with yourself. I bet you do it all the time in Russian. Why I'm so sure about it? So it's clear that all we talk with yourself from time to time. It's absolutely normal for a human.

And what about talking in English? Do you do it? I remember myself in the very beginning of my learning English...I spoke English to my self a lot! I mean I just tried doing it. In fact, it's pretty difficult in the beginning to speak English to yourself on a good level. But anyway it's very useful! Now when my English is pretty good, I keep talking with myself as well!

In fact, it's one of the ways to improve our speaking skill. But there are some points which could make such a conversation more powerful. I'm going to tell you about them today.

First of all, why do you think we usually speak to yourself better than with a real conversation partner? So the very first reason is that we feel very confident in this case. We know that nobody is going to hear our mistakes, bad pronunciation and poor vocabulary. It makes us feel free. The second reason is that we're ready for any questions, because in fact we already know what kind of questions they're going to be. So we have appropriate answers for them. And finally the last reason is good comprehension of ourselves. I mean we don't need to have a well-improved listening skill to talk to yourself. You'll understand what our partner is saying anyways, because this partner is actually you!

So how can we make the conversation with yourself more powerful? I'll give you some tips on this point:

1) Try to do it in a quiet place, ideally at home.

In this case you'll be more concentrated and nothing will bother you. You won't worry that someone could hear you and make you feel embarrassed. It's very important.

2) The best variant is to speak when you're alone and to do it out loud!

Believe me it's much more productive my friends. In this case you're getting used to talking. And then when you'll have to speak with real people you'll do it better! It's a fact. More over this way you improve your pronunciation.

3) Make up some situation and try to discuss it with yourself.

For example, imagine that you're at the shop and you met a friend you've not seen for a long time. Try to make a dialog with him (yourself).

4) Write down each phrase you don't know how to say. And next time ask your tutor about it or just look into a dictionary.

So these are three peaces of advise I'd like you to keep in mind. Of course I'm not saying that you're going to do it only this way, no. Every time you want to speak with yourself, do it. But try to do the exercise I put above at least two times a week. It's very useful.

So remember my friends that talking to yourself is very powerful! Do it and don't think that it's wrong. Don't listen to anybody who speaks you're crazy!

But don't forget to practise your English with real people as well. Don't talk to yourself too much. Every time you have a chance to talk with real people, don't be shy and do it. This way you'll get rid of your fears of speaking much sooner!

Keep learning English and take care!