

JAPANESE HEART · ENGLISH WORDS

WOW.

Simple Ways to Make Your English Sound Amazing

英語を、もっと自然に。もっと、生き生きと。

A COMPANION GUIDE · 16 CHAPTERS · 7 PARTS · BONUS SECTIONS

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Seven toolkits for natural English.

Each part is one colour and one skill. Read a chapter a day; try one technique a week.

各パートは「色」と「スキル」が一つずつ。1日1章、1週間に1テクニック。

1

Words That Wow

生き生きとした言葉

Vivid Adjectives · Strong Verbs · Adverb Power · Collocation · Idioms

2

Sound More Natural

より自然に聞こえる

Filler Words · Reaction Words · Softeners · Thinking Out Loud

3

Build Better Sentences

より良い文を作る

Add a Reason · Add a Story · Add Contrast · The Handoff Question

4

Your Tools

あなたのツール

Using AI as Coach · The Thesaurus · Your Personal Wow List

5

30-Day Practice Course

30日間練習コース

One technique a day · Chapters 1–16 · A daily calendar

6

Topic Phrase Libraries

トピック別フレーズ集

12 topics · Wow adjectives · Strong verbs · Idioms · Model answers

7

The Japanese Learner Mistakes Guide

日本人学習者のよくある間違いガイド

The 25 most common mistakes — fixed one by one

How to use this guide · 使い方

01

Read one chapter a day

Short and steady beats long and rare. 1日1章で十分です。

03

Follow the colours

Each part has its own colour so you can flip straight to it.



Words That Wow



Build Better Sentences



30-Day Practice Course



The Japanese Learner Mistakes Guide

02

Try one technique a week

Pick what feels like you and use it in real talk. 自分に合うものを実際に使う。

04

Practise out loud

These habits live in conversation, not on the page. 声に出して。



Sound More Natural



Your Tools



Topic Phrase Libraries

A Note from Your Teacher

先生からのメッセージ

Hello — and thank you for being here.

If you've been working through the Japanese Heart, English Words series, you've already done something remarkable. You built a system. You built a habit. You showed up — day after day — and put your real thoughts into English. That takes courage. And it works.

The gap this guide fills:

"They know English — but it doesn't feel natural."

Many students reach a point where their English is correct — but it still doesn't feel quite like them.

The grammar is fine. The vocabulary is there. And yet something is slightly flat.

This guide is for that gap.

Not more grammar. Not more vocabulary lists.

These sixteen chapters are about the small choices — the kind that native speakers make without even thinking — that make your English sound warmer, richer, and more alive.

Read one chapter a day. Try one technique a week. Steady is exactly right here too.

このガイドはシリーズを続けてきたあなたへの贈り物です。1日1章。1週間に1テクニック。それだけで十分です。

Three Things to Try This Week

今週試す3つのこと

- 1 Replace one flat adjective every day 毎日1つ、形容詞をアップグレード

Instead of "good" → try "brilliant" or "wonderful."

Instead of "bad" → try "disappointing" or "awful."

Instead of "nice" → try "lovely" or "delightful."

One swap per day is enough. 一日一つ、それだけ。

- 2 Start every answer with "Well..." 英語の答えは「Well...」で始める

This tiny habit signals confidence and gives you a moment to think.

"Well, I think it depends on the situation."

It is the single most natural filler in English. 最も自然な英語の間の取り方です。

- 3 End every answer with "What about you?" 「What about you?」で締める

Throwing the ball back keeps every conversation alive.

It shows genuine interest.

ボールを返すことで会話が生き続けます。

PART 1

Words That Wow

生き生きとした言葉

The fastest way to polish your English is to upgrade your word choices. You already know the basic words — now let's find their more interesting, more expressive cousins.

英語を磨く最も早い方法は語彙の選択をアップグレードすること。

In this part

Vivid Adjectives · Strong Verbs · Adverb Power · Collocation · Idioms



From Flat to Vivid — Upgrade Your Adjectives

「good」「nice」ばかり使っていませんか？この章では、あなたの気持ちをもっと豊かに表す形容詞を増やしていきます。難しく考えなくて大丈夫。一つずつ、自分の生活に合った言葉を見つけていきましょう。

The most common mistake intermediate learners make: using the same five adjectives for everything. Good, bad, nice, hot, cold. Your feelings are richer than this.

よくある間違い：同じ5つの形容詞を何にでも使ってしまう。

Adjective Upgrade Table

good	→ brilliant / wonderful / outstanding / superb
bad	→ disappointing / awful / dreadful / frustrating
nice	→ lovely / delightful / charming / pleasant
hot	→ sweltering / scorching / boiling / stifling
cold	→ freezing / bitter / icy / crisp / brisk
tired	→ exhausted / drained / shattered / worn out / burnt out
interesting	→ fascinating / captivating / thought-provoking / compelling
surprised	→ stunned / speechless / blown away / astonished
happy	→ thrilled / overjoyed / delighted / ecstatic / over the moon
sad	→ heartbroken / devastated / gutted / downcast
busy	→ hectic / frantic / overwhelmed / flat out / non-stop
beautiful	→ stunning / breathtaking / gorgeous / magnificent

FOOD & DRINK ADJECTIVES

good (food)	→ delicious / mouth-watering / incredible / heavenly
bad (food)	→ tasteless / bland / awful / inedible
sweet	→ rich / decadent / luscious / indulgent

strong (coffee)

→ bold / intense / powerful / full-bodied

BEFORE & AFTER

BEFORE The ramen was good.

AFTER The ramen was absolutely incredible — the richest broth I've ever had.

BEFORE It was a nice day.

AFTER It was a beautiful day — warm and bright without being too hot.

BEFORE The hotel room was bad.

AFTER The hotel room was disappointing — tiny, dark, and overpriced.

BEFORE The view was nice.

AFTER The view was breathtaking — I completely forgot to take a photo.

BEFORE I was surprised.

AFTER I was completely blown away. I honestly didn't expect it at all.

TIP

Make It Personal 自分の生活で使う

When you learn a new adjective, write a sentence about your own life.

"I was exhausted after the long meeting on Friday. "

Personal sentences stay in memory far better than textbook examples.

AI AI Practice Prompt

"I'll write five sentences using basic adjectives (good, bad, hot, tired, interesting).

Suggest two more vivid options for each and explain the nuance difference. "

Strong Verbs — Stop Using "is" for Everything

「walked slowly」のように動詞＋副詞で説明していませんか？この章では、一つの強い動詞で同じことを伝えるコツを学びます。少ない言葉で、もっと自然に、もっと自信を持って話せるようになりますよ。

Many learners describe actions with a weak verb + adverb: "walked slowly. " Native speakers often use one precise verb: "shuffled. " One word carries more meaning and sounds far more confident.

弱い動詞＋副詞ではなく、一つの正確な動詞を使おう。

Strong Verb Reference

walked slowly	→ shuffled / trudged / crept / tiptoed
walked quickly	→ strode / marched / dashed / bolted
ate very fast	→ devoured / wolfed down / gulped
ate slowly	→ savoured / picked at / nibbled
talked quietly	→ whispered / murmured / breathed
talked loudly	→ shouted / bellowed / exclaimed
said suddenly	→ blurted out / burst out
laughed a lot	→ roared / burst out laughing
looked carefully	→ studied / examined / scrutinised
thought hard	→ wrestled with / mulled over / pondered

Before & After

BEFORE She walked slowly down the hall.

AFTER She shuffled down the hall, clearly not wanting to arrive.

BEFORE He ate very fast.

AFTER He devoured his lunch in three minutes flat.

BEFORE They talked quietly.

AFTER They whispered in the corner, trying not to be heard.

BEFORE She looked carefully at the map.

AFTER She studied the map, tracing her finger along the route.

BEFORE He laughed a lot.

AFTER He burst out laughing — the kind that makes other people laugh too.

BEFORE I thought about it.

AFTER I wrestled with the decision all week.

TIP

The One-Verb Rule 「一つの動詞」ルール

When you write "verb + slowly / carefully / quickly..."

Ask: Is there one verb that does this job alone?

"walked carefully" → crept. "looked carefully" → studied.

一つの動詞でできないか？自問しよう。

AI AI Practice Prompt

"I'll describe an action using basic verb + adverb.

Suggest one stronger verb and use it in a natural example sentence.

1. walked slowly 2. ate very fast 3. talked quietly 4. laughed a lot 5. looked carefully"

Adverb Power — One Word Changes Everything

たった一つの副詞が、シンプルな文に個性や感情を加えてくれます。この章では、そんな「ひと言で印象が変わる」副詞を集めました。気軽に使ってみてください。あなたの英語がぐっと生き生きとしてきます。

The right adverb adds personality, emotion, and nuance to even the simplest sentence.

正しい副詞は最も単純な文にも個性、感情、ニュアンスを加える。

absolutely / completely / totally — 100% — makes agreement or feeling very strong

完全に・全く

"I absolutely loved it. " · "I was completely exhausted. " · "I totally agree. "

honestly / to be honest — signals you're about to share your real opinion

正直に言うと

"Honestly, I was a bit nervous. " · "To be honest, I prefer tea. "

definitely / certainly / for sure — shows confidence and certainty

絶対に・確実に

"I would definitely go back. " · "That's for sure the best ramen I've had. "

surprisingly / unexpectedly / funnily enough — tells the listener something wasn't expected

意外にも

"Surprisingly, the hotel was quite cheap. " · "Funnily enough, I was just thinking that. "

personally / for me / in my experience — makes your opinion sound like an opinion, not a fact

個人的に

"Personally, I prefer working from home. "

genuinely / truly / deeply — emphasises that something was sincere and real

心から・本当に

"I was genuinely moved by that. " · "I'm deeply grateful. "

barely / hardly / scarcely — near zero — great for expressing something extreme

ほとんど〜ない

"I barely slept last night. " · "I could hardly believe it. "

remarkably / incredibly / extraordinarily — far beyond what was expected

驚くほど

"She was remarkably calm under pressure. "

occasionally / from time to time — sometimes, but not often

たまに

"I occasionally work late, but I try not to. "

TIP

Stack Carefully 副詞の重ねすぎに注意

One well-placed adverb is powerful. Two or three start to sound unnatural.

BEFORE I was absolutely, completely, totally exhausted.

AFTER I was absolutely exhausted.

AI AI Practice Prompt

"Give me five flat sentences one at a time.

I will rewrite each using an adverb from: [absolutely / honestly / surprisingly / genuinely / barely].

Tell me if it sounds natural. "

Collocation — Words That Go Together

英語には「自然に組み合わせる言葉」があります。「make a mistake」は正しく、「do a mistake」は不自然——これがコロケーションです。これが身につくと、英語が驚くほどなめらかになります。一緒に見ていきましょう。

Collocation means: which words naturally go together? The difference between "make a mistake" and "do a mistake" is collocation. Get this right and your English feels effortlessly natural.

コロケーション：どの言葉がセットで使われるか。これを知ると英語が一気に自然になる。

make: make a mistake, make a decision, make progress, make an effort, make plans

have: have a meeting, have breakfast, have fun, have a break, have an opinion

take: take a photo, take a risk, take a break, take your time, take responsibility

do: do research, do exercise, do your best, do a favour, do the dishes

keep: keep in touch, keep quiet, keep a promise, keep going, keep an eye on

pay: pay attention, pay a compliment, pay a visit, pay the bill

catch: catch a cold, catch someone's eye, catch the train, catch up

break: break a habit, break the ice, break a record, break trust

come: come to a conclusion, come to terms with, come up with an idea

run: run out of time, run late, run a meeting, run into someone

Common Mistakes

BEFORE I did a mistake.

AFTER I made a mistake.

BEFORE She did a decision.

AFTER She made a decision.

BEFORE He made a research.

AFTER He did some research.

BEFORE Please make attention.

AFTER Please pay attention.

TIP

The "Sounds Right" Test 「聞こえ方」テスト

When unsure, ask: have I heard this before?

"Make a decision" — yes. "Do a decision" — something feels wrong.

Trust your ear. The more you listen, the faster this becomes natural.

AI AI Practice Prompt

"Give me 5 sentences with blanks where a collocation verb should go.

I choose from: make, have, take, do, keep, pay, catch, break.

Tell me if I'm correct — and explain why if not. "

Idioms Made Easy — Natural Phrases (16 Idioms)

イディオムは、単語の意味だけでは分からない表現です。たくさん覚える必要はありません。いくつか知っているだけで聞き取りが楽になり、上手に使えばネイティブも感心します。肩の力を抜いて、楽しみましょ う。

Idioms are fixed expressions that mean something different from the individual words.
You don't need to use

many — but knowing them makes you a much better listener, and using a few well will impress any native speaker.

イディオムは言葉の組み合わせで生まれる表現。自分に合う3～5つを選んで使おう。

under the weather

体調が優れない

= feeling a bit unwell, not 100%

"I was a bit under the weather last week, so I stayed home and rested. "

on the same page

同じ認識を持っている

= everyone agrees and understands the same thing

"Before we start, let's make sure we're all on the same page. "

sleep on it

一晩考える

= wait before deciding — think it over overnight

"It's a big decision. Let me sleep on it and get back to you tomorrow. "

once in a blue moon

めったにない

= very rarely; almost never

"I eat fast food once in a blue moon — maybe twice a year. "

not my cup of tea

私の好みではない

= not something I enjoy — said politely

"Horror films aren't really my cup of tea — I prefer something lighter. "

hit the nail on the head

ずばりの的を射る

= say or identify something exactly right

"That's exactly it — you've really hit the nail on the head. "

get the ball rolling

物事を始める

= start something; make a start

"Shall we get the ball rolling? I'll start with a quick introduction. "

the tip of the iceberg

氷山の一角

= only a small visible part of a much bigger situation

"That was just the tip of the iceberg — there were many more problems. "

bring something to the table

貢献できるものを持つ

= offer useful skills or qualities to a group

"Everyone brings something different to the table — that's what makes a great team. "

see eye to eye

意見が合う

= to agree with someone; share the same view

"We don't always see eye to eye, but we respect each other's opinions. "

break the ice

最初の緊張をほぐす

= make people feel comfortable at the start

"He told a funny story to break the ice — after that, everyone relaxed. "

put your foot in it

まずいことを言う

= accidentally say something awkward or embarrassing

"I really put my foot in it — I asked about her old job and apparently she was just let go. "

the ball is in your court

次はあなたの番

= it's your turn to act or make a decision

"I've explained my position. The ball is in your court — it's your decision. "

read between the lines

行間を読む

= understand a meaning that isn't directly stated

"He didn't say he was unhappy, but reading between the lines, I could tell something was wrong. "

bite off more than you can chew

手に負えないほど多くを引き受ける

= take on more than you can handle

"I think I've bitten off more than I can chew this month — three big projects at once. "

speak your mind

思っていることをはっきり言う

= say honestly what you think, even if difficult

"I appreciate that she always speaks her mind. You always know where you stand with her. "

Choose Three — Not All Sixteen 3つを選ぼう

Don't try to memorise all 16 at once.

Choose three that feel natural for your personality.

Use those three in real conversation this week.

3つ選んで今週使おう。使わない言葉は覚えられません。

AI Practice Prompt

"Give me five short situations one at a time.

I will try to use an appropriate idiom from:

[under the weather / on the same page / sleep on it / break the ice / speak your mind].

Tell me if I used it correctly. "

PART 2

Sound More Natural

より自然に聞こえる

In this part

Filler Words · Reaction Words · Softeners · Thinking Out Loud



Filler Words — Well, Let Me See...

考える時間が必要なとき、黙ってしまっていないですか？ネイティブは小さなひと言で間をつなぎます。実はこれ、流暢さのいちばん分かりやすいサインで、すぐに身につきます。自然な「つなぎの言葉」を覚えましょう。

When native speakers need time to think, they don't go silent. They use small, natural phrases to hold the space.

These are one of the clearest signs of fluency — and very easy to learn immediately.

ネイティブスピーカーは考える時間が必要なとき、黙りません。小さなフレーズでスペースを保ちます。

Well... — the most natural English filler — works before any answer

ええと・そうですね

"Well, I think it depends on the situation, to be honest. "

Let me see... / Let me think... — natural pause phrase — shows you're thinking, not stuck

そうですねえ・ちょっと考えさせて

"Let me see... I think the best trip I've taken was in Kyoto. "

That's a good question. — shows you're engaged, buys thinking time gracefully

いい質問ですね

"That's a good question. I've never really thought about it before. "

How can I put this... — used when the idea is complex or hard to describe

何て言えばいいかな

"How can I put this... it's like a feeling you only get in autumn. "

I mean... / What I mean is... — clarifies or corrects what you just said

つまり・というか

"It was fine. I mean, not perfect, but better than I expected. "

Come to think of it... — used when something triggers a new related thought

そう言えば・言われてみれば

"Come to think of it, I did visit once — about three years ago. "

It depends... / That depends on... — a brilliant response to complex questions

場合によりますね

"It depends — if it's a weekend, I love staying in. "

Actually... / To be honest... — introduces a more honest or unexpected answer

実は・正直に言うと

"To be honest, I find big parties a bit exhausting. "

You know... — informal connector — signals shared understanding

わかるでしょ・まあ

"You know how it is — some days everything just clicks. "

Hmm... — the simplest filler — one syllable, completely natural

ん～

"Hmm... that's a hard one. Give me a moment. "

Natural conversation with fillers 自然な会話

A: "What's your favourite season?"

B: "Hmm... that's a good question. Let me see... I think, honestly, I love autumn best.

You know, there's something about the light in October. What about you?"

Notice: B used four fillers naturally. The conversation felt relaxed, not hesitant.

TIP

The Well + Pause Trick 「Well...+ポーズ」

When you don't know how to start, say "Well... " and take a half-second pause.

This one habit will immediately make you sound more fluent.

「Well…」と言って半秒間を置く。この習慣だけで流暢に聞こえます。

AI AI Practice Prompt

"Ask me five questions one at a time.

I will answer each starting with: Well / Let me see / Hmm / That's a good question.

Tell me if my filler sounds natural. "

Reaction Words — Wow , Really , That Makes Sense

会話は、答えるだけのものではありません。相手の話にどう反応するかも、同じくらい大切です。この章では「へえ！」「本当に？」にあたる自然なリアクションを学びます。会話がもっと温かくなりますよ。

In a real conversation, you're not just answering — you're reacting. How you respond to what the other person says is just as important as your own answer.

会話では答えるだけでなく、反応することが大切。

Oh wow! / No way! / Seriously? — strong surprise or positive disbelief

マジで！

A: "I've been to thirty countries. " → B: "No way! That's incredible. "

That makes sense. / That makes total sense. — "I understand your reasoning"
なるほど

A: "I prefer mornings because it's quiet. " → B: "That makes total sense. "

I can imagine. / I can totally see that. — empathy — you understand how it felt
想像できます

A: "The commute was exhausting. " → B: "I can imagine. Two hours is a lot. "

Same here! / Me too! / Exactly! — strong agreement and shared feeling
私もそうです！

A: "I always feel better after a walk. " → B: "Same here! Even ten minutes helps. "

Fair enough. / Fair point. — "I accept your reasoning"
なるほど・もつともです

A: "I don't enjoy crowded places. " → B: "Fair enough. That's completely understandable. "

Oh, that's lovely! / How wonderful! — warm, positive reaction to good news
それは素敵ですね！

A: "We're expecting a baby in March. " → B: "Oh, that's wonderful! Congratulations!"

What a shame. / That's a shame. — sympathetic reaction to disappointing news
それは残念ですね

A: "The restaurant was closed. " → B: "Oh, what a shame. Did you find somewhere else?"

That's reassuring. / What a relief. — reaction to good news after worry
それは安心しました

A: "The doctor said everything is fine. " → B: "Oh, that's such a relief. "

I know exactly what you mean. — deep empathy — you've felt the same
おっしゃる通りです

A: "Sometimes I feel like my English is going backwards. " → B: "I know exactly what you mean. "

Tell me more about that. — shows genuine curiosity, keeps conversation moving
もっと教えてください

A: "I spent a year in Canada. " → B: "Really? Tell me more — what was it like?"

TIP

The React + Ask Pattern 「反応+質問」パターン

React: Show you heard and felt something. "Oh wow! No way!"

Ask: Show you want to know more. "What was it like?"

React + Ask = You sound genuinely interested.

反応する+質問する。これが本当の興味を示す方法です。

Softeners — Sound Polite, Not Robotic

思ったことをそのまま言うと、英語ではきつく聞こえることがあります。そんなとき役立つのが、言葉をやわらげる「クッション表現」です。反対するときやお願いするときに使える、ていねいな言い方を学びましょう。

Sometimes saying exactly what you think can sound blunt in English. Small "cushion" phrases soften your words — especially when disagreeing, making requests, or sharing critical opinions.

直接すぎる表現が失礼に聞こえることがある。クッション言葉で意見を柔らかく伝えよう。

I see what you mean, but... — polite disagreement — shows you listened first

「おっしゃる通りですが…」

"I see what you mean, but I'm not sure I fully agree on this one. "

I appreciate the thought, but... — gentle rejection of an idea or offer

「ありがとうございます…」

"I appreciate the thought, but I wonder if there might be some challenges. "

I'm not sure I fully agree on this one. — softer than "you're wrong"

「この点については同意できないかもしれません」

"Hmm, I'm not sure I fully agree on this one — let me explain why. "

I wonder if... — a very gentle way to suggest something or express doubt

「～かと思ひまして」

"I wonder if there might be a better approach here. "

I might be wrong, but... — softens your opinion before stating it

「間違っているかもしれませんが」

"I might be wrong, but I don't think that's quite right. "

Would it be possible to... — soft request — more polite than "I need you to"

「～していただけませんか」

"Would it be possible to send me the report this afternoon?"

I'm afraid... — politely delivers bad news

「恐れ入りますが」

"I'm afraid I can't make it to the meeting tomorrow. "

If you don't mind me saying... — signals you're about to say something sensitive

「おせっかいかもしれませんが」

"If you don't mind me saying, the introduction could be a bit clearer. "

It's just that... — explains a problem gently, without blaming

「実は～なんです」

"It's just that I'm not entirely convinced the timing is right. "

To be fair... — balances a critical comment with something positive

「公平に言って」

"To be fair, the first half of the presentation was very strong. "

Before & After

BEFORE You're wrong.

AFTER I see what you mean, but I'm not sure I agree on this one.

BEFORE That's a bad idea.

AFTER I appreciate the thought, but I wonder if there might be some challenges with that.

BEFORE I can't do that.

AFTER I'm afraid that's not something I'm able to do right now.

BEFORE You need to be clearer.

AFTER If you don't mind me saying, it might help to add a bit more detail.

BEFORE I don't like your plan.

AFTER It's just that I'm not entirely convinced the timing is right for this.

TIP

Memorise One 一つ覚えて、どこでも使う

"I see what you mean, but... " is the most useful phrase for polite disagreement.

It shows you listened. It keeps conversations respectful.

Memorise it. Use it this week.

「I see what you mean, but…」を覚えて今週使おう。

Thinking Out Loud — Sound Confident While You Think

英語で考えようとするとうまってしまう——そんな経験はありませんか？大切なのは速く考えることではなく、「声に出して考える」ことです。この章のフレーズを使えば、考える時間も自然に、むしろ知的に聞こえます。安心してください。

Many learners freeze when they need to think in English. The answer is not to think faster — it's to think out loud.

These phrases let you share your thinking process, which actually sounds more intelligent, not less.

英語で考えるときうまってしまう。答えは速く考えることではなく、考えを声に出すこと。

I suppose... / I guess... — informal way to give a tentative opinion

〜だと思う

"I suppose the main thing is that you feel comfortable. "

It's hard to say exactly, but... — honest opener for complex questions

正確には言いにくいけど

"It's hard to say exactly, but I think I'd choose the mountains. "

Off the top of my head... — "without preparing, this is my first thought"

とっさに言うと

"Off the top of my head, I'd say my favourite book is Norwegian Wood. "

Thinking about it... — shows you're actively processing

考えてみると

"Thinking about it, I actually spend more time outside in winter. "

In a way... / To some extent... — nuanced answers — you can see multiple sides

ある意味では

"In a way, I think it's a good thing. But to some extent, it depends. "

The more I think about it... — signals you're going deeper

考えれば考えるほど

"The more I think about it, the more I think working from home suits me. "

That's an interesting way to put it... — buys thinking time while sounding engaged

面白い言い方ですね

"That's an interesting way to put it. Let me think about whether I agree... "

I'd have to think about it more, but... — honest and humble

もっと考えないといけないけど

"I'd have to think about it more, but my gut feeling is experience over money. "

Sample dialogue 実際の会話

A: "If you could live anywhere, where would it be?"

B: "Hmm. That's a good question. Off the top of my head, I'd probably say Portugal.

Though, thinking about it more, I'd miss Japan — the food, the seasons.

I suppose it's hard to say exactly. In a way, I'd want the best of both. "

5 thinking-out-loud phrases. Sounds thoughtful — not hesitant.

Never go silent 沈黙を避けよう

Start speaking immediately with a bridge phrase.

"Hmm... let me think about that for a moment. " Then take your time.

You're not stalling. You're processing. That's what good thinkers do.

すぐにブリッジフレーズで話し始めて、その後ゆっくり考えよう。

PART 3

Build Better Sentences

より良い文を作る

In this part

Add a Reason · Add a Story · Add Contrast · The Handoff Question



Add a Reason — Because Makes Everything Better

「I like coffee」だけでも大丈夫。でも理由を一つ添えるだけで、ぐっと面白くなります。「because」とい

うたった一語が、その魔法を起こしてくれます。あなたの答えに「自分らしさ」を加えていきましょう。

"I like coffee" is okay. "I like coffee because it helps me focus and I love the ritual of making it in the morning" is interesting. One word — because — does all of that. どんな答えも最も強力にアップグレードするのは理由を加えること。

Before & After

BEFORE I like coffee.

AFTER I like coffee because it helps me focus and I love the ritual of making it in the morning.

BEFORE I enjoy cooking.

AFTER I enjoy cooking because it forces me to slow down — and I love the creativity.

BEFORE I prefer summer.

AFTER I prefer summer because everything feels more alive — the light, the energy.

BEFORE I like working from home.

AFTER I like working from home because I focus much better without the office noise.

BEFORE I enjoy reading.

AFTER I enjoy reading because it's the only time my mind completely quiets down.

Reason Extenders

…and also… I like tea because it's calming — and also because it gives me a reason to pause.

…what's more… I prefer walking because it clears my head. What's more, I discover things I'd never find by car.

…on top of that… I love Fukuoka because the food is incredible. On top of that, it never feels too crowded.

…especially because… I enjoy autumn especially because the light in October is like nothing else.

…not to mention… I find languages rewarding — not to mention useful for travel.

TIP

The "Why?" Habit 「なぜ？」の習慣

After any simple statement, ask yourself: "Why?"

Then add the answer.

"I like Fukuoka. " → Why? → " …because it has the perfect combination of city and coast. "

シンプルな文を言ったら、自分に「なぜ？」と聞こう。

Add a Story — One Sentence of Experience

小さな実体験ほど、会話を魅力的にするものではありません。たった一文の経験談が、ありきたりな答えを忘 れられないものに変えます。人は事実より物語を覚えているもの。「ひと言エピソード」の加え方を学びま しょう。

Nothing makes a conversation more interesting than a small personal story. One sentence of real experience transforms a flat answer into something memorable. People remember stories long after they've forgotten facts.

会話を最も面白くするのは、小さな個人的なストーリー。一文加えるだけで忘れられないものになる。

The Story Formula ストーリー文の公式

Your story sentence needs only 3 things:

1. When / Where — "Actually, last year in Nagasaki..."
2. What happened — "...I completely lost track of time at the top."
3. How it felt — "...I felt more alive than I had in years."

Story Starters

Actually, last year... introducing a recent memory

I'll never forget... a particularly strong memory

That reminds me of... a memory triggered by the conversation

Funny story — something unexpected or amusing

It's funny because just last week... a very recent, relevant experience

Before & After

BEFORE I like hiking.

AFTER I like hiking — actually, last year I climbed a mountain in Nagasaki and completely lost track of time at the top. I felt so alive.

BEFORE I love Japanese food.

AFTER I'll never forget the first time I had real tonkotsu ramen in Hakata — I sat at the counter and thought: this changes everything.

BEFORE I enjoy travelling.

AFTER Funny story — once in Kyoto I got completely lost and ended up in the most beautiful bamboo grove I'd ever seen.

BEFORE I find my job rewarding.

AFTER I remember once a student wrote to me a year later to say they'd had their first real English conversation abroad. That one message made everything worth it.

TIP

It Doesn't Have to Be Amazing すごい話じゃなくていい

Your story doesn't need to be dramatic.

"I was late because a cat sat on my bag and I couldn't move it. "

That's a story. People connect with that.

小さな普通の瞬間が最も共感を呼ぶ。

Add Contrast — But, Though, Even So

一方的な答えは、どこか予想がつきます。そこに「対比」を加えると、答えは奥行きを持ち、正直で、ずっと面白くなります。「but」「though」などを使って、いろいろな角度から話すコツを学びましょう。

One-sided answers are predictable. When you add contrast, your answer becomes nuanced, honest, and much more interesting. Contrast shows you can think from multiple angles.

一方的な答えは予測可能。対比を加えると答えが奥深くなる。

Contrast Phrase Bank

...but... simple contrast — the most common and natural

...though... slightly softer — often at end of sentence

...even so... despite what was said, this is still true

...having said that... "after saying all that, here's the other side"

...that said... similar to "having said that" — slightly formal

...mind you... British English — friendly, informal qualification

...all the same... "despite that" — something remains true regardless ...on the other hand... introduces a clearly opposing view ...to be fair... balances a critical comment with something positive

...nevertheless... formal — strong contrast for writing or prepared speech

Before & After

BEFORE I enjoy my job.

AFTER I enjoy my job — though I'll admit the commute can be exhausting. That said, the work itself is genuinely rewarding.

BEFORE I like Tokyo.

AFTER I love Tokyo — it's endlessly fascinating. Even so, sometimes I miss the quiet of the countryside.

BEFORE I love summer.

AFTER I love summer — the energy, the light, the festivals. Having said that, the humidity in July is really something else.

BEFORE I prefer working alone.

AFTER I prefer working alone — I think more clearly without noise. On the other hand, I do miss the energy of a good team.

TIP

Contrast = Intelligence 対比 = 知性の証明

When you add contrast, you're not being negative — you're being honest.

It shows you can see more than one side of something.

Native speakers find this far more interesting than a simple "I love it!"

対比を加えることは誠実さと多角的な視点の証明です。

The Handoff Question — Keep the Conversation Alive

会話でいちばん大切なのは、上手に答えることよりも、会話を相手に返すことかもしれません。上手な「問い返し」は、あなたの関心を伝え、一方的なインタビューになるのを防ぎます。その渡し方を一緒に練習しましょう。

One of the most important skills in conversation is not answering well — it's handing the conversation back. A good handoff shows genuine interest and stops conversation feeling like a one-sided interview.

会話で最も大切なスキルの一つは、会話を相手に返すこと。

Handoff Question Bank

General (always works): What about you?

General (always works): Do you feel the same way?

Specific to topic: Have you ever been / tried / seen the same thing?

Feeling-based: How did that make you feel? / What was that like for you?

Opinion-based: What's your take on that? / What do you think?

Experience-based: Has something like that ever happened to you?

Preference-based: Which would you choose? / What would you prefer?

Follow-up curiosity: What made you decide that? / How did it start?

Simple & warm: And you? / How about you?

Before & After

BEFORE What about you? (after talking for 5 minutes)

AFTER I've told you all about my experience — I'd love to hear yours. What about you?

BEFORE You? (one word, too abrupt)

AFTER Does that match your experience? / Have you ever felt the same way?

BEFORE OK. (not a question at all)

AFTER That's really interesting — what made you start doing that?

Full handoff sample ハンドオフ会話例

A: "What do you like to do on weekends?"

B: "Well, I usually try to get outside — it resets my brain after a busy week.

Actually, last Saturday I walked along the river for an hour and felt completely different.

What about you? Do you have a routine, or does it change each week?"

Reason + story + specific handoff = perfect flow.

The simplest handoff in the world 世界一シンプルなハンドオフ

"What about you?"

Works after any answer, in any situation, at any level.

If you forget everything else in this chapter — remember this.

PART 4

Your Tools

あなたのツール

In this part

Using AI as Coach · The Thesaurus · Your Personal Wow List

Using AI as Your Language Coach

ChatGPTやClaudeなどのAIは、これまでで最も心強い学習パートナーです。無料で、いつでも使えて、どこまでも辛抱強く、決してあなたを否定しません。AIを「あなた専属の英語コーチ」として使う方法をご紹介します。

AI tools like ChatGPT, Claude, and Gemini are the most powerful language learning tools that have ever existed.

Free, always available, endlessly patient, and they never judge you.

ChatGPT、Claude、GeminiなどのAIは今まで存在した中で最も強力な言語学習ツール。

10 Ways to Use AI

1. Upgrade sentences: "Make this more natural and vivid — explain each change. "
2. Grammar check: "Check this for grammar errors and explain each one. "
3. Vocabulary alternatives: "Give me 5 more interesting ways to say 'good' in conversation. "
4. Conversation practice: "Let's have a conversation about travel. Ask me questions. "
5. Wow word hunting: "I said 'it was hot. ' Give me 3 more vivid alternatives. "
6. Idiom practice: "Use the idiom 'break the ice' in three natural sentences. "
7. Collocation check: "Is it natural to say 'do a mistake'? What's correct?"
8. Story feedback: "Does this sound natural? How can I make it more engaging?"
9. Softener practice: "How would a native speaker politely disagree with: [statement]?"
10. Full review: "What sounds unnatural? How would a native speaker say it?"

The 3-Step Loop in Action

Step 1 — You write first まず自分で書く

Question: "What do you like to do on weekends?"

Your answer: "I like to go to cafe on weekend. The coffee is good.

I like reading book there. It is quiet and I feel relax. "

Key: Your own voice. Imperfect — and that is completely fine.

AI Step 2 — Send this prompt AIに送るプロンプト

"Here is my English answer. Make it more natural and vivid. Keep my ideas — just improve vocabulary and flow. After the improved version, explain EACH change you made and why.
My answer: [paste your answer here]"

Step 3 — What AI returns and what to notice AIの返答と学ぶポイント

AI improved version:

"Well, I'm a huge fan of spending weekend mornings at a local café.

The coffee is always wonderful — rich and warming.

I love settling in with a good book; there's something about the quiet hum of a café that helps me completely switch off. "

What to save to your Wow List:

"I'm a huge fan of spending" — vivid, personal opener

"wonderful — rich and warming" — vivid adjective + reason

"settling in with" — strong, natural verb phrase

"completely switch off" — natural English idiom for relaxing

TIP

The Golden Rule 黄金ルール

Never ask AI to write your answer for you.

Ask it to IMPROVE your answer.

Your ideas. Your life. Your voice — just polished.

AIに答えを書かせない。あなたの答えを改善してもらうこと。それが本当の学習。

Using a Thesaurus Without Sounding Weird

類語辞典は新しい言葉を教えてくれます。でも「見栄えがいいから」だけで選ぶと、かえって不自然になります。実際の会話で自然に使える言葉の選び方を学びましょう。背伸びしすぎず、自分に合った言葉を見つけてください。

A thesaurus gives you alternative words. But the biggest mistake is choosing a word because it looks impressive — without knowing how it's actually used in real conversation.

最大の間違いは、実際の使い方を知らずに印象的に見える言葉を選ぶこと。

The Thesaurus Trap 類語辞典の罠

Student looks up "good" → uses it.
→ sees "magnificent"

"The ramen was magnificent." — technically fine. But nobody says this about ramen.

The problem: register — the formality level.

"Magnificent" belongs in formal writing, not casual conversation.

The 3-Step Safety Check 3ステップ安全確認

Step 1: Find alternatives (Thesaurus.com / Power Thesaurus / ask AI)

Step 2: Context test — search "[word] in a sentence" — read 3 examples

Step 3: Register check — formal word? Skip in conversation.

When in doubt: always choose the shorter, simpler option.

Worked Example — Upgrading "tired" 実例

Thesaurus gives: exhausted / drained / weary / fatigued / enervated / shattered

"exhausted" → everyday, casual ✓

"drained" → casual, emotional ✓

"shattered" → British informal ✓

"weary" → slightly literary!

"fatigued" → medical/formal ✗

"enervated" → literary — almost nobody says thisX

Best: "I was absolutely exhausted after work — barely made it home. "

Good Choice vs. Bad Choice

BEFORE The weather was magnificent. (too formal)

AFTER The weather was gorgeous. / Absolutely beautiful day.

BEFORE I was famished. (slightly formal)

AFTER I was absolutely starving. (universal, safe)

BEFORE She has an ebullient personality. (nobody says this)

AFTER She has such a warm, bubbly personality.

BEFORE He was taciturn. (literary)

AFTER He was very quiet — barely said a word.

The Sweet Spot

good	→ ✓ brilliant / wonderful / excellent X Too far: magnificent
tired	→ ✓ exhausted / drained / shattered X Too far: fatigued / enervated
happy	→ ✓ thrilled / delighted / over the moon X Too far: euphoric
surprised	→ ✓ blown away / astonished / stunned X Too far: flabbergasted
interesting	→ ✓ fascinating / captivating / compelling X Too far: enthralling

TIP

The One-Sentence Test 一文テスト

Before using any new word: write one sentence about your own life.

Read it aloud. Does it sound like something you would actually say?

If you hesitate — go simpler.

Your Personal Wow List — Build Your Collection

人にはそれぞれの「声」があります。すべてのWow wordがあなたに合うわけではありません。あなたらしさを大切にしながら、自分だけの言葉のリストを作っていきます。少し洗練された、でも紛れもなく「あなた」の英語を育てましょう。

Every person has their own voice. Not every Wow word is right for every person. Build a personalised collection

that feels like you — just a more polished, natural version of you.

誰もが自分の声を持っている。自分らしい言葉のコレクションを作ろう。

The 4-Step System

1. Collect (one week): Carry a notes app. Every time you notice English that catches your attention — write it down.
2. Example sentence: For each word, write one sentence about your own real life. Not from a textbook.
3. Saturday review: Review your list on Saturdays. Choose 3 words to use in real conversation next week.
4. Delete freely: If a word doesn't feel like you — delete it. Your list should feel natural.

Categories for Your List

Vivid adjectives: breathtaking, exhausted, delightful, captivating, crisp

Strong verbs: devoured, shuffled, whispered, savoured, wrestled with

Adverbs I love: genuinely, remarkably, barely, honestly, occasionally

Filler phrases: come to think of it... / that's a good question / how can I put this...

Reaction words: that makes total sense / I can totally see that / what a relief

Idioms that fit me: not my cup of tea / sleep on it / speak your mind

Story starters: I'll never forget... / funny story — / that reminds me of...

Sample Wow List

見本リスト

breathtaking — "The view from the top was breathtaking."

savoured — "I savoured every sip of that coffee."

genuinely — "I was genuinely moved by that."

how can I put this... — great filler for complex ideas

that makes total sense — my go-to reaction phrase

not my cup of tea — polite, natural way to decline

I'll never forget... — best story starter for strong memories

Short, personal, and immediately usable. That is the goal.

Moving from Passive to Active

受動語彙から能動語彙へ

Stage 1 — Recognition: You notice it when someone else uses it.

Stage 2 — Recall: You remember it during conversations and try it.

Stage 3 — Natural: It comes out without thinking. You own it.

The Saturday review moves words from Stage 1 to Stage 3.

PART 5

30-Day Practice Course

30日間練習コース

Reading this guide once is a start. Using it every day is where the change happens.

このガイドを一度読むことは始まり。毎日使うことで変化が起きる。

In this part

One technique a day · Chapters 1–16 · A daily calendar



Vivid Adjectives

Focus: Replace flat adjectives with vivid ones

Today's Exercise

Write 5 sentences about your week using basic adjectives. Rewrite each one with a vivid upgrade.

Conversation Prompts

1. Describe your last meal without using "good" , "nice" , or "delicious. "
2. Tell me about a place you love — without using "beautiful" or "nice. "
3. Describe your week using at least 3 vivid adjectives from Chapter 1.

✓ Self-Check

- ☐ I used at least one vivid adjective in every sentence
- ☐ I avoided "good" , "nice" , and "bad"
- ☐ I wrote a personal example for each new word I learned

Strong Verbs

Focus: Replace weak verb + adverb with one strong verb

Today's Exercise

Write 5 sentences describing people in action. Use weak verbs first, then replace each with one strong verb.

Conversation Prompts

1. Describe your morning routine using at least 3 strong verbs from Chapter 2.
2. Tell me about a time you were in a hurry — use strong movement verbs.
3. Describe how someone you know eats, speaks, or moves.

✓ Self-Check

- ☐ I replaced at least 3 "verb + adverb" combinations
- ☐ I used a verb from the movement, eating, or speaking categories
- ☐ My sentences sound more confident than before

Adverb Power

Focus: Add an adverb to deepen your meaning

Today's Exercise

Take 5 simple opinions and add a powerful adverb to each.

Conversation Prompts

1. Give your opinion on 3 things using adverbs from Chapter 3.
2. Tell me about something that surprised you — use "surprisingly" or "unexpectedly. "
3. Describe something you genuinely care about using "genuinely" or "deeply. "

✓ Self-Check

- ☐ I used at least one new adverb
- ☐ My opinions sound more personal and confident
- ☐ I did not stack more than one adverb per sentence

Collocation

Focus: Use natural verb-noun pairs

Today's Exercise

Write 8 sentences — 2 each using collocations with: make, have, take, keep.

Conversation Prompts

1. Describe your typical workday using at least 4 different collocations.
2. Describe a decision you made — use "make a decision" and "take responsibility. "
3. What do you do to relax? Use "take a break" and at least one more collocation.

✓ Self-Check

- ☐ I used make / have / take / keep with the correct nouns
- ☐ I did not say "do a mistake" or "make a research"
- ☐ I tested myself on at least 3 collocations I was unsure about

Idioms

Focus: Use 3 idioms naturally in context

Today's Exercise

Choose your 3 favourite idioms from Chapter 5. Write one natural example sentence for each.

Conversation Prompts

1. Tell me about something you rarely do — use "once in a blue moon. "
2. Describe something that is not your preference — use "not my cup of tea. "
3. Talk about starting a project — use "get the ball rolling" or "break the ice. "

✓ Self-Check

- ☐ I used at least 3 idioms from Chapter 5 this week
- ☐ Each idiom felt natural — not forced
- ☐ I chose idioms that match my personality

Filler Words

Focus: Start every answer with a natural filler

Today's Exercise

Answer 5 questions OUT LOUD using a different filler each time.

Conversation Prompts

1. Every answer must start with: Well / Let me see / That's a good question / Hmm / Honestly.
2. Use "How can I put this..." at least once when describing something complex.
3. Answer a difficult question using "It depends..." and explain what it depends on.

✓ Self-Check

- ☐ I started every answer with a filler — not silence
- ☐ I used at least 3 different filler phrases
- ☐ I did not go silent for more than 1 second

Reaction Words

Focus: React before you answer — every time

Today's Exercise

Write your reaction + a follow-up question for 5 statements.

Conversation Prompts

1. React to 5 surprising facts using Chapter 7 phrases.
2. Use the React + Ask pattern — react first, then ask a follow-up, every time.
3. Practice 5 different reaction phrases in one conversation.

✓ Self-Check

- ☐ I reacted before answering — every single time
- ☐ I used at least 5 different reaction phrases this week
- ☐ My reactions felt genuine, not mechanical

Softeners

Focus: Disagree or decline without sounding blunt

Today's Exercise

Rewrite 5 blunt sentences using softeners from Chapter 8.

Conversation Prompts

1. Give your honest opinion on something — use a softener to open your point.
2. Practise politely declining 3 requests using Chapter 8 phrases.
3. Disagree with a statement using "I see what you mean, but... "

✓ Self-Check

- ☐ I used at least one softener in a real conversation
- ☐ My disagreements felt respectful, not weak
- ☐ I memorised "I see what you mean, but... " and used it

Thinking Out Loud

Focus: Bridge every moment of hesitation

Today's Exercise

Answer 5 deep questions OUT LOUD — use a thinking-out-loud phrase to start each.

Conversation Prompts

1. Every answer must start with: "Off the top of my head..." , "I suppose..." , or "The more I think about it..."
2. Have a conversation where you never go silent for more than 1 second.
3. Use "In a way..." and "To some extent..." in one answer.

✓ Self-Check

- ☐ I never went silent for more than one second
- ☐ I used at least 4 different thinking-out-loud phrases
- ☐ My answers sounded thoughtful, not uncertain

Add a Reason

Focus: Follow every statement with "because"

Today's Exercise

Write 6 statements. After each, add "because" and a reason extender.

Conversation Prompts

1. Every opinion must include a "because" and a reason extender.
2. Describe why you live where you live using because + what's more + on top of that.
3. Explain a choice you made using at least 3 "because" extensions.

✓ Self-Check

- ☐ Every opinion I gave had a "because" attached
- ☐ I used at least one reason extender (what's more / on top of that)
- ☐ My answers feel more interesting and honest than before

Add a Story

Focus: Add one personal sentence to every answer

Today's Exercise

Take 5 simple statements and add a one-sentence story to each.

Conversation Prompts

1. Tell me something you enjoy — I want a statement, a because, AND a story.
2. Use "I'll never forget the time I..." to start a story about something surprising.
3. Tell me about a place — include one specific moment you experienced there.

✓ Self-Check

- ☐ Every main answer had at least one story sentence
- ☐ My story had all 3 parts: when/where + what + how it felt
- ☐ My story was specific — not vague

Add Contrast

Focus: Show two sides in every answer

Today's Exercise

Write 6 opinions — then challenge each with a different contrast phrase.

Conversation Prompts

1. Tell me about a place you love — add contrast using "having said that" or "even so. "
2. Give your opinion on remote work — include contrast from both sides.
3. Describe something you enjoy but that has a downside — use "mind you" or "to be fair. "

✓ Self-Check

- ☐ Every opinion included a contrast phrase
- ☐ I used at least 4 different contrast words / phrases
- ☐ My answers felt honest and nuanced, not one-sided

Handoff Questions

Focus: End every answer with a question back

Today's Exercise

Answer 5 questions and end each with a specific handoff question.

Conversation Prompts

1. The rule: every answer must end with a handoff question.
2. Practice 5 different types: general / specific / feeling / experience / preference.
3. Have a conversation where you ask at least one follow-up question per turn.

✓ Self-Check

- ☐ Every answer this week ended with a handoff question
- ☐ I used at least 3 different types of handoff question
- ☐ The conversation felt like a genuine exchange, not an interview

AI as Coach

Focus: Run the 3-step loop every day this week

Today's Exercise

Pick one topic each day. Write your answer first. Send to AI. Save 2 phrases. Repeat for 5 days.

Conversation Prompts

1. Use AI to improve 3 answers — paste them and ask for natural, vivid alternatives.
2. Ask AI to have a conversation with you on a topic from the 90-day series.
3. Paste 3 sentences you're unsure about. Ask: "Does this sound natural?"

✓ Self-Check

- ☐ I ran the 3-step loop at least 3 times this week
- ☐ I saved at least 6 new phrases from AI feedback
- ☐ I never asked AI to write my answer — only to improve it

The Thesaurus

Focus: Upgrade one word per day — safely

Today's Exercise

Choose 5 overused words. For each: find 3 alternatives, run the 3-step check, write a personal sentence.

Conversation Prompts

1. Describe your favourite restaurant using zero basic adjectives.
2. Describe someone you admire using 3 thesaurus-checked words.
3. Write a short paragraph, then replace every basic adjective with a natural upgrade.

✓ Self-Check

- ☐ I ran the 3-step check on every new word before using it
- ☐ I chose natural conversation-level words, not formal or literary ones
- ☐ I used the one-sentence test to check each new word felt right

Personal Wow List

Focus: Build, review, and use your list

Today's Exercise

Start your Wow List today. Write at least 8 entries across 4 categories with example sentences.

Conversation Prompts

1. Show me your Wow List — I'll check that each entry sounds natural.
2. Use 5 words from your Wow List in one flowing answer.
3. Tell me about your week using only words from your Wow List.

✓ Self-Check

- ☐ My Wow List has at least 8 entries across 3+ categories
- ☐ Every entry has a personal example sentence
- ☐ I reviewed my list on Saturday and chose 3 words for next week

Your 30-Day Practice Calendar 30日間カレンダー

- ☐ Day 1-2 — Ch.1 — Vivid Adjectives Replace one flat adjective every conversation
- ☐ Day 3-4 — Ch.2 — Strong Verbs Use one strong verb instead of verb + adverb
- ☐ Day 5-6 — Ch.3 — Adverb Power Add "honestly" , "genuinely" , or "absolutely" once per answer
- ☐ Day 7-8 — Ch.4 — Collocation Use make / have / take / keep correctly all day
- ☐ Day 9-10 — Ch.5 — Idioms Use one idiom from Chapter 5 naturally today
- ☐ Day 11-12 — Ch.6 — Filler Words Start every English answer with "Well… "
- ☐ Day 13-14 — Ch.7 — Reactions React out loud before answering — every time
- ☐ Day 15-16 — Ch.8 — Softeners Use "I see what you mean, but… " at least once
- ☐ Day 17-18 — Ch.9 — Thinking Out Loud Bridge every gap — never silent more than 1 second
- ☐ Day 19-20 — Ch.10 — Add a Reason Every opinion gets a "because" + reason extender
- ☐ Day 21-22 — Ch.11 — Add a Story Add one story sentence to every answer
- ☐ Day 23-24 — Ch.12 — Add Contrast Every opinion has "though" or "having said that"
- ☐ Day 25-26 — Ch.13 — Handoff Questions End every answer with a specific handoff question
- ☐ Day 27 — Ch.14 — AI Coach Run the 3-step AI loop on 3 of today's answers
- ☐ Day 28 — Ch.15 — Thesaurus Upgrade 3 words — run the safety check on each
- ☐ Day 29 — Ch.16 — Wow List Review your list. Choose 3 words. Use them today.
- ☐ Day 30 — Full Wow Formula Filler + vivid word + because + story + contrast + handoff

PART 6

Topic Phrase Libraries

トピック別フレーズ集

Before your practice session each day, open the library for that day's topic. Find the Wow Adjectives, Strong Verbs, and idioms — and use them in your answers.

毎日の練習前に、その日のトピックのライブラリを開こう。Books 1・2・3のトピックと直接連動しています。

In this part

12 topics · Wow adjectives · Strong verbs · Idioms · Model answers

Work & Career

仕事・キャリア

WOW ADJECTIVES

rewarding demands your best every day

hectic non-stop, very busy

fulfilling deeply satisfying

stimulating mentally engaging

collaborative working well with others

demanding requires a lot of effort

STRONG VERBS

thrive in do very well in this environment

juggle manage multiple things at once

tackle take on and deal with

navigate find your way through something difficult

IDIOMS FOR THIS TOPIC

get the ball rolling start a project 物事を始める

bring something to the table offer useful skills 貢献できる

burn the midnight oil work very late 深夜まで働く

Model Wow Answer — Work & Career

"Well, honestly, I find my job genuinely rewarding — though I'll admit the pace can be absolutely hectic. Last month I took on three projects at once and I think I bit off more than I could chew. Having said that, when it all came together, the feeling was incredibly fulfilling. What about you — do you find your work stimulating, or are you looking for something different?"

Food & Restaurants

食べ物・レストラン

WOW ADJECTIVES

mouth-watering makes you want to eat immediately

exquisite very fine and delicate

indulgent rich and satisfying — a real treat

crispy pleasantly crunchy

bold strong, full of flavour

heavenly absolutely delicious — like nothing else

STRONG VERBS

savour enjoy slowly and fully

devour eat quickly and hungrily

sample try a small amount

feast on eat a lot of something delicious

IDIOMS FOR THIS TOPIC

a hidden gem a fantastic but little-known place 穴場

to die for so delicious it's unforgettable 最高においしい

have a sweet tooth love sweet food 甘いものが大好き

Model Wow Answer — Food & Restaurants

"I'm an absolute food lover — I genuinely think Fukuoka has some of the best food in Japan. The tonkotsu ramen here is honestly to die for. I'll never forget the first time I had it — I sat at a tiny counter shop and completely lost track of time. Having said that, I have a real sweet tooth too, so the dessert spots are just as important. What about you — do you prefer going out to eat, or do you love cooking at home?"

Travel & Transport

旅行・交通

WOW ADJECTIVES

brehtaking so beautiful it takes your breath away

vibrant full of life and energy

remote far from the usual places

tranquil peaceful and calm

bustling very busy and lively

off the beaten track away from tourist crowds

STRONG VERBS

wander walk slowly and enjoy exploring

venture go somewhere new, sometimes bravely

stumble upon find something by chance

soak in absorb the atmosphere fully

IDIOMS FOR THIS TOPIC

off the beaten track away from crowds 人混みを避けた場所

a stone's throw away very close すぐ近く

get off the beaten path choose unusual routes 定番を外れた場所へ

Model Wow Answer — Travel & Transport

"Honestly, travel is one of my absolute passions. I love wandering through a city without a plan — you stumble upon the most breathtaking places. Actually, last spring I got completely lost in a tiny village and it turned out to be the highlight of the whole trip. Even so, I'll admit I always panic a little when the last train is approaching. What about you — do you prefer to plan every detail, or do you like to wander?"

Health & Wellbeing

健康・ウェルネス

WOW ADJECTIVES

energised full of energy and ready to go

drained completely tired out

refreshed feeling renewed and rested

resilient able to recover from difficulties

burnt out exhausted from too much work

invigorated feeling strong and alive

STRONG VERBS

recharge restore your energy

unwind relax after stress

push through continue despite difficulty

bounce back recover quickly

IDIOMS FOR THIS TOPIC

under the weather feeling unwell 体調が優れない

burn the candle at both ends work too hard, rest too little 無理をする

get some headspace find mental calm 気持ちの余裕を作る

Model Wow Answer — Health & Wellbeing

"Well, I think looking after your wellbeing is genuinely one of the most important things. Though I'll admit I don't always get it right. There are weeks when I'm absolutely drained by Friday. I've learned that even a short walk completely recharges me. Having said that, sleep is probably the thing I prioritise most now. It changes everything. What about you — what do you do to unwind after a tough week?"

Relationships & Family

人間関係・家族

WOW ADJECTIVES

close-knit very close and connected

supportive always there to help

warm friendly and caring

cherished deeply valued and loved

complicated not simple — has many layers

distant not close emotionally or physically

STRONG VERBS

cherish love and value deeply

confide in trust someone with personal thoughts

rely on depend on someone

reconnect rebuild a relationship

IDIOMS FOR THIS TOPIC

see eye to eye agree with someone 意見が合う

be there for someone support someone そばにいてあげる

a shoulder to cry on someone to talk to in hard times 相談できる人

Model Wow Answer — Relationships & Family

"Well, family means everything to me — though relationships can be complicated. My closest friends are people I can completely confide in without being judged. I genuinely cherish those connections. They're rare. Actually, I drifted apart from a close friend a few years ago and we only recently reconnected. It reminded me not to take people for granted. What about you — do you have a tight-knit group, or do you prefer a few very close relationships?"

Hobbies & Free Time

趣味・自由時間

WOW ADJECTIVES

absorbing takes all your attention — very engaging

therapeutic healing and calming

invigorating fills you with energy

creative involves making or imagining something

meditative calming and focused

exhilarating exciting and thrilling

STRONG VERBS

immerse myself in give all my attention to

lose track of time not notice time passing

pick up start doing something new

dedicate time to give regular time to something

IDIOMS FOR THIS TOPIC

in my element doing what I love most 自分が最も生き生きとする

time flies time passes very quickly 時間が経つのが早い

take up a hobby start a new activity 趣味を始める

Model Wow Answer — Hobbies & Free Time

"Honestly, I'm a huge fan of photography — I find it completely absorbing. When I'm out with my camera, I lose track of time completely. Time just flies. I actually took it up during a difficult period and it became genuinely therapeutic. Even so, I don't always have the time I'd like — life gets in the way. What about you — do you have a hobby that completely takes you out of your head?"

Weather & Seasons

天気・季節

WOW ADJECTIVES

sweltering extremely hot and humid

crisp cool, fresh, and clear

overcast cloudy, grey sky

bitter very cold and cutting

refreshing pleasantly cool and reviving

breathhtaking so beautiful it stops you

STRONG VERBS

basking in enjoying warmth and light

shivering in trembling from cold

drenched by completely soaked

transformed by changed completely by something

IDIOMS FOR THIS TOPIC

every cloud has a silver lining something positive in every difficulty どんなことにも良い面がある

a breath of fresh air something refreshing and new 新鮮な風

come rain or shine whatever the weather brings 何があっても

Model Wow Answer — Weather & Seasons

"Well, I'm absolutely in love with autumn — there's something about that crisp October air. The light changes completely — everything looks breathtaking. I'll never forget last November, cycling through the park when the leaves were turning. Having said that, the summers here are absolutely sweltering — the humidity is something else. What about you — do you have a favourite season?"

Home & Daily Life

家・日常生活

WOW ADJECTIVES

cosy warm, comfortable, and inviting

minimalist simple, with nothing unnecessary

inviting makes you want to come in and stay

peaceful calm and quiet

cluttered full of too many things

welcoming warm and friendly atmosphere

STRONG VERBS

unwind relax after the day

settle into get comfortable in

carve out time make space in a busy schedule

establish a routine create a regular habit

IDIOMS FOR THIS TOPIC

home is where the heart is home is the most important place 家が一番大切

creature of habit someone who likes routine 習慣を大切にする人

nest make a home comfortable 居心地よく整える

Model Wow Answer — Home & Daily Life

"Honestly, I'm a real creature of habit — my morning routine is non-negotiable. Coffee first, always. Then about twenty minutes of quiet before the day begins. I genuinely think those twenty minutes set the tone for everything. Having said that, my apartment is far from minimalist — I have books absolutely everywhere. What about you — are you someone with a strong daily routine, or do you prefer to go with the flow?"

News & Opinions

ニュース・意見

WOW ADJECTIVES

thought-provoking makes you think deeply

controversial causes disagreement

nuanced complex, with many layers of meaning

alarming worrying or frightening

promising showing signs of being good

complex difficult, with many parts

STRONG VERBS

follow closely pay careful attention to

reflect on think carefully about

weigh up consider carefully before deciding

challenge question or test an idea

IDIOMS FOR THIS TOPIC

read between the lines understand the hidden meaning 行間を読む

sit on the fence avoid taking a side どちらにもつかない

speak your mind say what you truly think 思っていることをはっきり言う

Model Wow Answer — News & Opinions

"Well, I find it genuinely fascinating to follow international news. I try to read between the lines rather than just accepting the first headline. Personally, I think the most important skill today is knowing which sources to trust. Having said that, I sometimes have to step away from the news for my own wellbeing. What about you — do you follow the news closely, or do you try to limit it?"

Technology

テクノロジー

WOW ADJECTIVES

revolutionary completely changes the way things work

seamless smooth, with no interruptions

groundbreaking the first of its kind, very new

overwhelming too much to handle

indispensable impossible to do without

addictive hard to stop using

STRONG VERBS

rely on depend on

embrace accept and use with enthusiasm

adapt to change to suit something new

disconnect from stop using / step away

IDIOMS FOR THIS TOPIC

cutting edge the most modern and advanced 最先端

behind the times not keeping up 時代遅れ

tech-savvy comfortable using technology テクノロジーに詳しい

Model Wow Answer — Technology

"Well, I have a genuinely complicated relationship with technology. On one hand, I absolutely rely on it — my whole life is on my phone. On the other hand, I sometimes feel completely overwhelmed by the noise. Actually, last month I tried a weekend with no social media and honestly? It was breathtaking. That said, I'm not sure I could do it long-term — the convenience is too indispensable. What about you — do you think technology enriches your life, or complicates it?"

Learning & Study

学習・勉強

WOW ADJECTIVES

stimulating mentally engaging and exciting
rewarding gives a deep sense of satisfaction
challenging difficult but worth trying
methodical careful and systematic
persistent keeps going despite difficulty
fulfilling deeply satisfying

STRONG VERBS

grasp understand and hold on to something
absorb take in and learn
struggle with find something difficult
break through overcome a difficulty
push through continue despite the challenge

IDIOMS FOR THIS TOPIC

hit a wall reach a point of frustration 壁にぶつかる
light bulb moment a sudden moment of understanding ひらめきの瞬間
come a long way make significant progress ずいぶん上達した

Model Wow Answer — Learning & Study

"Honestly, learning English has been one of the most challenging and rewarding things I've ever done. There were weeks when I hit a complete wall — nothing seemed to stick. But then I'd have a light bulb moment and suddenly everything clicked. I've come a long way from where I started — though I still have a long way to go. What about you — what has been the hardest part of your learning journey?"

Future Dreams & Goals

夢・目標

WOW ADJECTIVES

ambitious aiming very high

determined very decided and focused

hopeful believing something good will happen

realistic based on what is actually possible

inspiring makes you want to try or achieve something

uncertain not sure what will happen

STRONG VERBS

strive for work hard towards

pursue chase after something you want

commit to decide firmly to do something

overcome successfully deal with difficulty

IDIOMS FOR THIS TOPIC

shoot for the stars aim very high 高い目標を目指す

take the plunge do something brave 思い切って踏み出す

the sky's the limit anything is possible 可能性は無限

Model Wow Answer — Future Dreams & Goals

"Well, I'm genuinely hopeful about the future — though I try to stay realistic too. One dream I've had for a long time is to have a real English conversation completely naturally. Actually, last week I had a moment — just for about thirty seconds — where that happened. I know I still have a long way to go. But I'm absolutely committed to getting there. What about you — what's something you're working towards right now?"

The Japanese Learner Mistakes Guide

日本人学習者のよくある間違いガイド

These are the 25 most common English mistakes Japanese learners make — not because of lack of ability, but because of direct translation patterns, cultural habits, and gaps that textbooks never address.

日本人学習者が最もよくする25の間違い。能力不足ではなく、直訳パターンや文化的習慣から生まれる間違いです。

In this part

The 25 most common mistakes — fixed one by one



#1 My English is poor

「私の英語は下手です」の罠

Why this happens: Japanese culture values humility (謙遜). But in English, this opener signals low confidence and makes listeners uncomfortable.

BEFORE "My English is poor — please be patient with me. "

AFTER "I'm still working on my English, but I'll do my best. "

→ "My English isn't perfect, but let's give it a go. "

→ "Please feel free to correct me if anything sounds unclear. "

Lead with willingness, not apology. Confidence invites connection. Apology creates distance.

#2 I studied English for ten years

期間と能力の混同

Why this happens: "I studied X for Y years" implies current strong ability. Listeners assume your English is very strong — then feel confused when it doesn't match.

BEFORE "I studied English for ten years but I can't speak well. "

AFTER "I've been learning English for a long time, but speaking is still challenging. "

→ "I have a good reading level, but conversation is something I'm still developing. "

→ "I know quite a lot of English — I just need more practice putting it into words. "

"I studied for ten years" and "I can't speak" don't connect naturally. Be specific about what you can and can't do.

#3 Very very + basic adjective

"very"の乱用

Why this happens: Japanese uses とても / すごく for emphasis. English speakers use stronger single words

instead of repeating "very. "

BEFORE "It was very very good. The food was very very delicious. "

AFTER "It was absolutely brilliant. "

→ "The food was incredible — honestly one of the best I've had. "

→ "I was completely blown away. "

Replace "very + adjective" with one vivid word. "Absolutely" , "genuinely" , "completely" add the same weight naturally.

#4 Do a mistake

コロケーションの間違い

Why this happens: In Japanese, する covers both "make" and "do. " In English, these are different verbs with

different collocations.

BEFORE "I did a mistake. / I did a research. / I did a decision. "

AFTER "I made a mistake. "

→ "I did some research. "

→ "I made a decision. "

Mistakes, plans,
decisions, progress,
effort

→ make. Research, exercise, homework → do.

#5 Missing the article — "a" and "the"

冠詞 (a/the) の省略

Why this happens: Japanese has no articles, so learners often leave them out. In English, missing "a" or "the"

sounds incomplete or robotic.

BEFORE "I bought car. / I had meeting. / She is teacher. "

AFTER "I bought a car. "

→ "I had a meeting this morning. "

→ "She is a teacher. "

First mention

→ a/an. Known/specific → the. General categories → no article.
When in doubt, add "a. "

#6 Sorry for everything

「すみません」の直訳

Why this happens: すみません works as apology, thanks, and greeting. In English, "I'm sorry" is only for genuine

apology. Overusing it sounds anxious.

BEFORE ""How are you?" → "Sorry, I'm fine. " / "Sorry, where is the station?""

AFTER "Excuse me — could I ask a question?"

→ "Excuse me — do you know where the station is?"

→ "Thank you so much for your patience. "

"Excuse me" = getting attention. "Sorry" = genuine apology. "Thank you" = acknowledging help.

#7 Yes to negative questions

否定疑問文への「Yes」

Why this happens: In Japanese, はい confirms the negative. In English, "yes" always means the positive is true.

BEFORE "Q: "Don't you like coffee?" A: "Yes. " (meaning: I don't like it)"

AFTER "Q: "Don't you like coffee?" → A: "No, I don't actually. ""

→ "Q: "Haven't you been there?" → A: "No, not yet. ""

→ "Q: "Isn't it cold today?" → A: "Yes, it's freezing!""

In English: "Yes" = the positive is true. "No" = the negative is true. Always answer based on reality.

#8 Please give me your name

「名前をください」の直訳

Why this happens: Direct translation produces "please give me your name" — which sounds like taking something, not asking politely.

BEFORE "Please give me your name. "

AFTER "Could I ask your name?"

→ "May I have your name, please?"

→ "I'm sorry — I don't think I caught your name. "

"Could I ask… " and "May I have… " are the natural, polite patterns in English.

#9 I don't have confidence

「自信がない」の直訳

Why this happens: A direct translation of 自信がない. "I don't have confidence" sounds strange — confidence is described differently.

BEFORE "I don't have confidence in my English. "

AFTER "I'm not very confident in my English yet. "

→ "I find speaking a bit nerve-wracking, honestly. "

→ "I'm still building my confidence — but I'm working on it. "

"Confident" is an adjective — use it with "be": "I'm not confident. " Using "have" with confidence sounds unnatural.

#10 I'm fine

「大丈夫」の直訳

Why this happens: "I'm fine" often sounds cold or like you're hiding something — especially as a response to

"How are you?"

BEFORE ""How are you?" → "I'm fine. " (every time, every day)"

AFTER "I'm doing really well, thanks!"

→ "Honestly, it's been a hectic week — but I'm good. "

→ "Not bad at all — better than yesterday, actually. "

"Fine" is correct but emotionally flat. Real English speakers vary their answers — and add a little detail.

#11 Tension = excitement

「テンション高い」の罨

Why this happens: テンション in Japanese means excitement. In English, "tension" means stress or conflict —

nearly the opposite.

BEFORE "I'm so high tension today! / My tension is very high. "

AFTER "I'm so excited today!"

→ "I'm in a great mood. "

→ "I've got so much energy today — I don't know why. "

"Tension" in English is never positive. For energy/excitement: "excited" , "pumped" , "in a great mood" .

#12 I was impressed

「感動した」の広すぎる使い方

Why this happens: English "impressed" specifically means someone exceeded expectations of skill. Japanese 感動 is much broader.

BEFORE "I was so impressed by the sunset. / I was impressed by the music. "

AFTER "I was completely moved by the music. "

→ "The sunset was absolutely breathtaking. "

→ "I was deeply touched by what she said. "

"Impressed" = skill/achievement exceeded expectation. For emotional impact: moved / touched / inspired / blown away.

#13 Running sentences together

接続詞のない長文

Why this happens: In English, running too many ideas together without connectors sounds breathless and hard to follow.

BEFORE "I like coffee it wakes me up in the morning it helps me focus at work I drink it every day. "

AFTER "I love coffee because it wakes me up and helps me focus. I drink it every single day. "

→ "Well, I love coffee — it wakes me up and I find it helps me focus at work. "

Use: because / and / but / so / though / — (dash). One connector every 1-2 clauses is enough.

#14 Very polite requests

過度に丁寧なリクエスト

Why this happens: Translating keigo too literally produces requests that sound stiff or even ironic in casual conversation.

BEFORE "Would you be so kind as to pass the salt?"

AFTER "Could you pass the salt, please?"

→ "Would you mind opening the window?"

→ "Can you help me with this for a second?"

"Could you...?" is the perfect level for almost every situation.

#15 Fun vs. Funny

funとfunnyの混同

Why this happens: Japanese 楽しい covers both "fun" (enjoyable) and "funny" (makes you laugh). In English they are completely different.

BEFORE "The party was very funny! / That comedian was so fun!"

AFTER "The party was so much fun!"

→ "That comedian was absolutely hilarious. "

→ "He's funny — he makes everyone laugh. "

"Fun" = enjoyable experience. "Funny" = makes you laugh. Never swap them.

#16 I will for everything future

未来表現の「will」への依存

Why this happens: Japanese uses one future form. English has multiple future forms with different meanings.

BEFORE "I will go to Osaka tomorrow. / I will meet her next week. "

AFTER "I'm going to Osaka tomorrow. (planned)"

→ "I'm meeting her next week. (arranged)"

→ "I'll help you with that. (spontaneous offer — will is correct here)"

"Going to" = plan. Present continuous = arrangement. "Will" = spontaneous decision, offers, predictions.

#17 Ending abruptly

突然の会話終了

Why this happens: In Japanese, conversations can end quite directly. In English, ending suddenly can feel rude or like you're rushing.

BEFORE ""OK, bye. " / "I go now. " (end of conversation)"

AFTER "It's been really lovely talking to you. "

→ "I should let you get on — it was great catching up. "

→ "I'll leave you to it — thanks so much for chatting. "

English conversation closings have a "warm-down" phase. Signal the end, say something warm, then close.

#18 Wasei-eigo (Japanese-English words)

和製英語に注意

Why this happens: Words like スキンシップ, マイペース, ナイーブ, テンション don't exist or mean something

completely different in real English.

BEFORE "We have a lot of skinship. / Please fight! / I am very naive about this. "

AFTER "We're very close / affectionate. "

→ "Good luck! / You've got this! / Keep going!"

→ "I'm quite sensitive about this topic. "

Check before using: スキンシップ→close/affectionate. ナイーブ→sensitive. ファイト→good luck.

#19 Since vs. Because

sinceとbecauseの混同

Why this happens: "Since" can mean both "from that time..." and "because," so using it for a reason is sometimes

ambiguous. "Because" only ever means reason — which makes it the clearer, safer choice in conversation.

BEFORE "Since I was tired, I went to bed. / Since it's raining, I stayed home. "

AFTER "Because I was tired, I went to bed. "

→ "I stayed home because it was raining. "

→ "I was late because the train was delayed. "

"Because" is always safe for reasons. Stick to "because" in conversation.

#20 One more please

「もう一杯」の直訳

Why this happens: もう一つ translates as "one more. " In English, "another" is the natural word here.

BEFORE "Please give me one more. / One more beer please. "

AFTER "Could I get another one, please?"

→ "I'd love another coffee, if that's okay. "

→ "Same again, please. "

"Another" is the natural English word. "One more" is understood but "another" always sounds more fluent.

#21 I'm boring

形容詞の能動・受動の混同

Why this happens: Japanese doesn't distinguish "I am boring" and "I am bored" the same way. This causes a very common and noticeable mistake.

BEFORE "I'm so boring today. / This is very exciting. "

AFTER "I'm so bored today. "

→ "I'm really excited about this. "

→ "I'm very interested in this topic. "

-ed endings describe YOUR feeling. -ing endings describe what CAUSES the feeling. Bored = you feel it. Boring = you cause it.

#22 Please give me advice

「アドバイスをください」の直訳

Why this happens: "Advice" is uncountable in English — you cannot say "an advice" or "advices. "

BEFORE "Please give me an advice. / Do you have any advices for me?"

AFTER "Do you have any advice for me?"

→ "Could you give me some advice?"

→ "I'd really appreciate your advice on this. "

Uncountable: advice / information / news / feedback / progress / furniture. Never use "an" or add "s. "

#23 Frankly speaking

「率直に言うと」の不自然な使い方

Why this happens: Learners often add "speaking" to adverbs as direct translations. "Frankly speaking" sounds very unnatural in English.

BEFORE "Frankly speaking, I don't agree. / Honestly speaking, it was difficult. "

AFTER "Frankly, I don't agree. "

→ "To be honest, it was quite difficult. "

→ "Honestly, I found it harder than I expected. "

"Frankly" and "honestly" stand alone — no "speaking" needed.

#24 How about you think...

「考えてみてください」の直訳

Why this happens: Japanese sentence structure places verbs at the end. Direct translation produces structures that don't exist in English.

BEFORE "How about you think about it? / What you think about this?"

AFTER "What do you think about this?"

→ "Would you like to think it over?"

→ "Does that make sense?"

English questions always invert subject and verb: "What do you think?" not "What you think?"

#25 My pace

「マイペース」は英語にない

Why this happens: マイペース means doing things at your own comfortable speed. But "my pace" doesn't exist as a phrase in English.

BEFORE "I am very my pace. / I like to do things at my pace. "

AFTER "I like to do things at my own pace. "

→ "I'm quite relaxed about deadlines — I prefer to work steadily. "

→ "I tend to take my time with things. "

"At my own pace" is the correct English phrase. "My pace" alone is not used.

How to use this section この章の使い方

Don't try to fix all 25 mistakes at once.

Read through and circle the 3 that feel most familiar.

Focus on those 3 for one week. Practise the correct version until it feels natural.

Then return and pick 3 more.

Twenty-five mistakes, corrected one by one. That is how real improvement works.

Bonus: 30 Instant Phrase Upgrades 30 の

フレーズアップグレード よく使う30のフレーズを、そのまま使えるワンランク上の表現に言い換えました。全部覚える必要はありません。気に入ったものから少しずつ。今日の会話で一つ使ってみるだけで、十分な一歩です。

Grouped by category. Pick two per week and use them in real conversation.

Feelings & Emotions 感情・気持ち

BEFORE I'm happy.

AFTER I'm absolutely delighted. / I'm over the moon. / I couldn't be more pleased.

BEFORE I was tired.

AFTER I was absolutely shattered. / I was completely drained by the end.

BEFORE I was surprised.

AFTER I was completely blown away. / I honestly didn't expect that.

BEFORE I was nervous.

AFTER I was genuinely on edge. / My heart was racing the whole time.

BEFORE I was sad.

AFTER I was honestly heartbroken. / I felt pretty low about it.

BEFORE I had fun.

AFTER I had an absolute blast. / I genuinely enjoyed every moment.

Opinions & Agreement 意見・同意

BEFORE I think so.

AFTER I'd say so, yes. / Personally, I think so — though it depends.

BEFORE I agree.

AFTER Absolutely. / I couldn't agree more. / That's exactly how I see it.

BEFORE I disagree.

AFTER I see where you're coming from, but I'm not sure I agree on this one.

BEFORE I understand.

AFTER I totally see what you mean. / That makes complete sense.

BEFORE I'm not sure.

AFTER It's hard to say exactly. / I'd have to think about that a bit more.

BEFORE I don't know.

AFTER That's a tough one. / I'd have to think about that.

Describing Experiences 経験を表す

BEFORE It was good.

AFTER It was brilliant. / Honestly one of the best I've ever had.

BEFORE It was bad.

AFTER It was genuinely disappointing. / A real let-down.

BEFORE It was interesting.

AFTER It was absolutely fascinating. / It really got me thinking.

BEFORE It was beautiful.

AFTER It was absolutely breathtaking. / I genuinely couldn't look away.

BEFORE It was delicious.

AFTER It was mouth-watering. / Honestly one of the best things I've eaten.

BEFORE It was memorable.

AFTER It was unforgettable. / One for the books.

Pace, Intensity & Conditions ペース・強度・状況

BEFORE It was fast.

AFTER It was incredibly quick. / Over before I knew it.

BEFORE It was slow.

AFTER It was painfully slow. / It felt like it would never end.

BEFORE I was busy.

AFTER I was completely flat out. / Non-stop from start to finish.

BEFORE It's cold.

AFTER It's absolutely freezing. / There's a bitter chill today.

BEFORE It's hot.

AFTER It's sweltering. / The heat today is something else.

BEFORE It's okay.

AFTER It's decent, honestly. / Not bad at all — I'd go back.

Likes, Reactions & Preferences 好み・反応

BEFORE I like it.

AFTER I'm a huge fan. / I absolutely love it. / It's one of my favourite things.

BEFORE That's nice.

AFTER Oh, that's lovely. / That sounds wonderful.

BEFORE I want to try.

AFTER I'd love to give it a go. / I'm definitely up for that.

BEFORE The view was good.

AFTER The view was breathtaking — I stood there for ten minutes just taking it in.

BEFORE I went to Osaka.

AFTER I actually made it to Osaka last month — the food scene is incredible.

BEFORE I like it a lot.

AFTER I'm genuinely passionate about it. / It's something I care deeply about.

TIP

How to use this list このリストの使い方

Don't try to memorise all 30.

Read through one category. Pick two upgrades that feel natural.

Use those two in a real conversation or AI practice this week.

Come back next week. Pick two more.

Thirty phrases, fifteen weeks. Your English will be unrecognisable.

Bonus: Full Conversation Makeovers 会

話全体のビフォー・アフター この本で学んだテクニックを、実際の会話の流れの中で見てみましょう。「変身前」と「変身後」を読み比べると、小さな工夫がどれほど大きな違いを生むかが分かります。声に出して読むのがおすすめです。

See every technique from this guide working together in one complete, natural answer.

"What do you do in your free time?"

BEFORE I like cooking. I cook Japanese food. It's nice. I like it.

AFTER Well, honestly, I'm a huge fan of cooking — Japanese food mostly, but I'll try anything. Actually, last weekend I attempted homemade ramen from scratch for the first time. It took four hours, but the broth was absolutely incredible. Do you cook much yourself, or do you prefer eating out?

"Tell me about where you live."

BEFORE I live in Fukuoka. It's good. The food is nice. I like it.

AFTER I live in Fukuoka — it's a genuinely wonderful city. The food scene alone is worth the move. Having said that, the summers are absolutely sweltering — the humidity is something else. But the autumns? Breathtaking. Have you ever been, or is it on your list?

"How was your weekend?"

BEFORE It was good. I went to a park. It was nice.

AFTER Well, it was a lovely one, actually. I went to a park near my place — one of those crisp, clear autumn days. I barely looked at my phone the whole time, which is rare for me. That said, I completely lost track of time and missed the last train home — my own fault entirely. How about you? Did you get out at all?

Quick Reference: The Wow Cheat Sheet

すぐ使えるまとめ 本書のエッセンスを1か所にまとめました。会話の前にさっと見返したり、迷ったときに戻ってくる場所として使ってください。このページがあなたの「お守り」になりますように。

The Full Wow Answer Formula 完全なWow答えの公式

1. Filler	→ "Well, honestly… " / "That's a good question… "
2. Vivid word	→ "I absolutely love / I find it fascinating / I was completely blown away… "
3. Because	→ " …because it makes me feel calm / it forces me to slow down. "
4. Story	→ "Actually, last year I… / I'll never forget the time I… "
5. Contrast	→ " …though I'll admit it's not always easy / having said that… "
6. Handoff	→ "What about you? / Does that match your experience at all?"

Sounds Natural Checklist 自然チェックリスト

- ☐ Did I use at least one vivid word?
- ☐ Did I start with a natural filler?
- ☐ Did I give a reason (because…)?
- ☐ Did I include one personal detail or feeling?
- ☐ Did I add contrast (though / having said that)?
- ☐ Did I end with a handoff question?

You Already Have More Than You Think.

あなたはすでに思っている以上のものを持っている。

Keep going. You don't need confidence to start.

You need to start to find your confidence.

That's what these chapters are for. ★

自信がなくていい。始めれば自信はついてくる。

— Guy Michael Ormiston

English Language Teacher, Fukuoka, Japan

Where to Go Next ・ 次のステップ

If WOW gave you a taste of what it feels like to sound more natural, the full journey is waiting for you. The Japanese Heart, English Words series is a 90-day speaking course built on the same idea you have just practised:

think in Japanese, build through the levels, say it aloud, and let your real voice come through.

WOWで「自然に聞こえる」感覚を少しでもつかめたなら、本当の旅はここから始まります。『Japanese Heart, English Words』シリーズは、いまあなたが練習したのと同じ考え方でできた、90日間のスピーキング・コースです。日本語で考え、レベルを積み上げ、声に出して、本当のあなたの声を届ける——その練習を、毎日続けていきます。

Book 1 — Daily Life in English (CEFR A2-B1)

Your first 30 days of speaking practice, built around everyday questions.

最初の30日間。毎日の身近な質問を通して、話す練習を始めます。

Book 2 — Real Life in English (CEFR B1-B2)

Days 31-60: longer, more personal answers, and learning to respond in the moment.

31～60日目。より長く、より自分らしい答えへ。そして、その場で「応える」力を育てます。

Book 3 — Deeper Conversations (CEFR B2-C1)

Days 61-90: opinions, nuance, and saying what you truly mean.

61～90日目。意見やニュアンスを表現し、本当に言いたいことを、英語で。

Thank you for letting me be part of your English. Whatever you read next, keep showing up, keep pressing record, and keep letting your real voice try. You are already on your way.

あなたの英語の一部になれたことを、心から感謝します。次に何を読むとしても、どうか姿を見せ続け、録音を続け、本当のあなたの声に挑戦させてあげてください。あなたはもう、その道の途中にいます。

Continue the journey学びを続けよう

This guide is the companion to the four-part Japanese Heart, English Words system.

本書は『Japanese Heart, English Words』シリーズのコンパニオンガイドです。

Book 1 — Daily Life in English A2→B1 · Days 1–30 日常を、英語で

Book 2 — Real Life in English B1→B2 · Days 31–60 本物の英語力を

Book 3 — Deeper Conversations B2→C1 · Days 61–90 もっと深く語る

WOW — Make Your English Shine all levels 「伝わる英語」へ

Each day builds on the last. When you finish one book, the next is waiting.

一日一日が積み重なります。一冊を終えたら、次の本が待っています。

If you'd like daily speaking practice with instant feedback, you'll find it at gogoperapera.com — the same system, brought to life one question a day.

毎日のスピーキング練習とフィードバックは gogoperapera.com で。1日1問、この本のシステムをそのまま。