

**Here are some useful fillers, their meanings, and examples of how to use them in conversation:**

## **Thinking & Hesitation Fillers**

1. **Um** – Used when pausing to think.  
*"Um... I'm not sure."*  
*"Um, let me check."*
  2. **Uh** – Similar to "Um," used for hesitation.  
*"Uh, I think so."*  
*"Uh... what was I saying?"*
  3. **Er** – Another hesitation sound, common in British English.  
*"Er... I didn't expect that."*  
*"Er, maybe we should wait?"*
  4. **Well** – Used to introduce a response or hesitation.  
*"Well, I don't know about that."*  
*"Well, let's see how it goes."*
  5. **Let me think** – Used when pausing to recall information.  
*"Let me think... maybe 5 PM?"*  
*"Let me think about it for a second."*
  6. **Let's see** – Another thinking phrase.  
*"Let's see... I guess we can go now."*  
*"Let's see, I think it was last year."*
  7. **You know** – Filler while thinking or softening speech.  
*"It was, you know, really strange."*  
*"She's, you know, kind of shy."*
  8. **I mean** – Used to clarify or emphasize a point.  
*"I mean, we could try."*  
*"I mean, it's not that bad."*
  9. **How do I put this?** – Used before explaining something carefully.  
*"How do I put this? It's complicated."*  
*"How do I put this... I don't think it's a good idea."*
-

## Clarifying & Emphasizing Fillers

10. **Actually** – Introduces a correction or new thought.  
*"Actually, I don't mind."*  
*"Actually, I think it's a good idea."*
  11. **Basically** – Summarizes a point.  
*"Basically, we need more time."*  
*"Basically, it was a misunderstanding."*
  12. **To be honest (TBH)** – Adds a truthful opinion.  
*"To be honest, I didn't like it."*  
*"TBH, I think we should wait."*
  13. **Honestly** – Used before sharing an honest opinion.  
*"Honestly, it's not that bad."*  
*"Honestly, I don't know what to do."*
  14. **As far as I know** – Shows uncertainty or limited knowledge.  
*"As far as I know, she's coming."*  
*"As far as I know, they haven't decided yet."*
  15. **At the end of the day** – Summarizes the final thought.  
*"At the end of the day, it's your choice."*  
*"At the end of the day, we did our best."*
- 

## Softening & Politeness Fillers

16. **Sort of** – Softens a statement.  
*"It's sort of expensive."*  
*"I sort of agree with you."*
17. **Kind of** – Similar to "sort of," makes a statement less strong.  
*"He's kind of shy."*  
*"It's kind of hard to explain."*
18. **I guess** – Adds uncertainty or softens a suggestion.  
*"I guess we could try."*  
*"I guess she's right."*

19. **Maybe** – Adds uncertainty or suggests something politely.

*"Maybe we should ask first."*

*"Maybe later, I'm busy right now."*

20. **Probably** – Expresses likelihood.

*"It's probably fine."*

*"She's probably on her way."*

21. **More or less** – Means "almost" or "approximately."

*"It's more or less finished."*

*"The project is more or less complete."*

---

## Checking for Understanding or Agreement

22. **Right?** – Seeks agreement.

*"It's nice, right?"*

*"You're coming too, right?"*

23. **You see** – Introduces an explanation.

*"You see, it's not that easy."*

*"You see, I was really busy."*

24. **Know what I mean?** – Checks for understanding.

*"It was weird, know what I mean?"*

*"She looked kind of upset, know what I mean?"*

25. **If that makes sense** – Checks if something is clear.

*"It's like this, if that makes sense."*

*"He's acting strange, if that makes sense."*

26. **Does that make sense?** – Directly asks for confirmation.

*"We should leave early, does that make sense?"*

*"You have to finish step one first, does that make sense?"*

---

## Transition Fillers

27. **By the way (BTW)** – Introduces a new topic casually.

*"By the way, did you hear the news?"*

*"BTW, I found your book."*

28. **Anyway** – Used to return to a topic or move on.

*"Anyway, let's get back to work."*

*"Anyway, that's what happened."*

29. **Like I said** – Refers back to a previous point.

*"Like I said, we need more time."*

*"Like I said, she's really busy."*

30. **So, yeah** – Used to wrap up a point.

*"So, yeah, that's what happened."*

*"So, yeah, let me know if you need anything."*

---

Here are some **conversation exercises** to help practice fillers naturally.

---

## Exercise 1: Fill in the Blanks

Complete the dialogues using appropriate fillers.

**A:** \_\_\_\_\_, I think we should leave soon.

**B:** Yeah, I agree. \_\_\_\_\_, what time is the show?

**A:** The food was okay, but \_\_\_\_\_, I've had better.

**B:** Same. \_\_\_\_\_, did you see the dessert menu?

**A:** \_\_\_\_\_, I don't really like action movies.

**B:** Oh, really? Why not?

**A:** I don't know. \_\_\_\_\_, they all seem the same.

---

## Exercise 2: Rewrite with Fillers

Make the following sentences sound more natural by adding fillers.

1. "I don't know where I put my phone."
2. "She isn't coming to the party."
3. "We should try a different restaurant next time."
4. "This movie is not very interesting."

5. "I forgot to send the email."

(Example: "I forgot to send the email." → "Oh, um, I totally forgot to send the email.")

---

### Exercise 3: Role-Playing

Practice using fillers in a casual conversation.

#### Situation 1:

You and a friend are deciding where to eat. Use fillers like "Well," "I guess," "Maybe," and "You know."

**A:** So, where should we eat?

**B:** \_\_\_\_\_, I don't really feel like pizza.

**A:** Yeah, same. \_\_\_\_\_ we could try that new sushi place?

**B:** Hmm, \_\_\_\_\_, but I'm not sure if it's open.

#### Situation 2:

You're explaining why you were late to work. Use "Honestly," "Basically," "So," and "You see."

**A:** Hey, why are you late?

**B:** Oh man, \_\_\_\_\_, my alarm didn't go off.

**A:** Really? That sucks.

**B:** Yeah, and \_\_\_\_\_, there was so much traffic.

**A:** Oh, that explains it.

---

Here are the answers for the exercises:

---

### Exercise 1: Fill in the Blanks (Suggested answers, variations possible)

**A:** **Well**, I think we should leave soon.

**B:** Yeah, I agree. **By the way**, what time is the show?

**A:** The food was okay, but **honestly**, I've had better.

**B:** Same. **Anyway**, did you see the dessert menu?

**A:** **You know**, I don't really like action movies.

**B:** Oh, really? Why not?

**A:** I don't know. **I mean**, they all seem the same.

---

## Exercise 2: Rewrite with Fillers

1. "I don't know where I put my phone."  
→ "Um... I don't know where I put my phone."
  2. "She isn't coming to the party."  
→ "Well, she isn't coming to the party."
  3. "We should try a different restaurant next time."  
→ "I guess we should try a different restaurant next time."
  4. "This movie is not very interesting."  
→ "Honestly, this movie is not very interesting."
  5. "I forgot to send the email."  
→ "Oh, you see, I totally forgot to send the email."
- 

## Exercise 3: Role-Playing (Suggested answers, variations possible)

### Situation 1: Deciding Where to Eat

**A:** So, where should we eat?

**B:** **Well**, I don't really feel like pizza.

**A:** Yeah, same. **Maybe** we could try that new sushi place?

**B:** Hmm, **I guess**, but I'm not sure if it's open.

### Situation 2: Explaining Why You're Late

**A:** Hey, why are you late?

**B:** Oh man, **honestly**, my alarm didn't go off.

**A:** Really? That sucks.

**B:** Yeah, and **basically**, there was so much traffic.

**A:** Oh, that explains it.