

5.2 – Video: Talking to yourself

I remember seeing an **ad for a digital gadget** a long time ago. The slogan read, “**When walking on the street talking to yourself, there’s a fine line between being important and being crazy.**” The ad made fun of the fact that **some people constantly talk into their Bluetooth headset or voice recorder** walking down the street because they have so many supposedly supremely important things to manage and organise. Other people, of course, really do talk to themselves, without any electronic devices.

What I’d like to tell you now may come as a bit of a surprise, but I think it’s true: **Talking to yourself is actually a very good way to improve your language skills! The more often you speak** a language, any language, **the more fluent** you will become in it. And this includes talking to yourself. **Quantity often leads to quality.** So, **talk to yourself as often as possible.** Nobody will laugh at you if you get stuck. And if you do this regularly, you will get **much more comfortable speaking in front of others.**

The safest place to talk to yourself is **your room**, of course. But the possibilities don’t end there. You can take a **walk in the forest**, for example, and speak freely to yourself there. Any time spent **on your bike** is normally also a good opportunity to say a few words – to yourself. Talking to other people in English, such as your classmates, siblings, parents, cousins, etc., is just as important, of course. Still, there’s one person who always understands you, who will always be there for you, no matter what: You yourself.

The book describes a fun activity in the fifth chapter: **Faking a phone call.** You just **make up a situation** that you need to discuss with an **imaginary business partner.** Then simply **hold your phone to your ear and talk to them while you’re strolling down High Street.** They will most likely not talk back to you – that’s not what imaginary people normally do – but if you sound convincing, no one around you will be any the wiser. You can **agree or disagree with your fictitious friend**, and passers-by will assume you’re talking to a real person. Of course, you can do this exercise at home as well; but it’s fun to try it in town.

