



STRUCTURES

THE MOST USED



Fillers are **words and phrases** used to **buy time, show hesitation, or keep the conversation flowing** when speaking. Here's an **extensive list** of English fillers, categorized by usage:

1. General Hesitation Fillers (Buying Time)

- Well...
 - So...
 - You know...
 - You see...
 - I mean...
 - Like...
 - Sort of...
 - Kind of...
 - Anyway...
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2. Fillers for Starting a Thought

- Actually
 - To be honest...
 - To tell you the truth...
 - As a matter of fact...
 - The thing is...
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3. Fillers for Agreement or Reacting

- Yeah...
 - Right...
 - I see...
 - Exactly...
 - Totally...
 - Uh-huh...
 - Sure, sure...
 - Absolutely...
 - That makes sense...
 - Fair enough...
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4. Fillers to Show Uncertainty

- **Maybe...**
 - **I guess...**
 - **I suppose...**
 - **Probably...**
 - **I think...**
 - **It depends...**
 - **Not really sure, but...**
 - **I'm not 100% sure, but...**
 - **I could be wrong, but...**
 - **If I remember correctly...**
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5. Fillers for Changing the Topic

- **Anyway...**
 - **By the way...**
 - **Speaking of (holidays)...**
 - **That reminds me...**
 - **Oh, before I forget...**
 - **On a different note...**
 - **This is unrelated, but...**
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6. Fillers for Adding More Information

- **Also...**
 - **Besides...**
 - **Plus...**
 - **In addition...**
 - **What's more...**
 - **Another thing is...**
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7. Fillers for Softening Statements

- **I think...**
 - **I believe...**
 - **As far as I know...**
 - **It seems like...**
 - **To some extent...**
 - **Sort of...**
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- More or less...
 - Kind of...
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- **8. Fillers for Checking Understanding**
 - Do you see what I mean?
 - You know what I mean?
 - Does that make sense?
 - Right?
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9. Fillers for Showing Surprise or Thinking Out Loud

- Wow...
 - Oh...
 - Huh...
 - Oh, really?
 - Interesting...
 - No way!
 - Seriously?
 - Wait a second...
 - That's a good question...
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10. Fillers for Ending a Thought or Wrapping Up

- So yeah...
 - Anyway, that's that...
 - So, yeah, basically...
 - And that's pretty much it...
 - Long story short...
 - At the end of the day...
 - All in all...
 - To sum up...
 - So, in conclusion...
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These fillers help **sound more natural** and keep the conversation **flowing smoothly**. Do you want **specific fillers for formal vs. informal conversations?** 😊