Talking

Some people experience difficulty expressing thoughts or ideas, remembering what they wanted to say, or finding their words.

Ways to improve your verbal expression:

- Communication is important. Getting your message across is the point, not getting it across perfectly.
- Can’t think of the word? Pause and see if the word comes to you. If not, try another similar word, use a gesture, or describe what you are trying to say.
- Plan ahead the key points of what you would like to say, write it out if necessary.
- Tell others if you want them to help out or give you more time to figure it out yourself.
- If you lose your train of thought, ask your listener for a reminder.
- Take your time.