

## Common Filler Words

A filler word is a word or phrase that doesn't add much meaning to a sentence but is often used in speech to fill pauses, give the speaker time to think, or make the conversation sound more natural.

### 1. Uh / Um

- **Definition:** Sounds people make when pausing to think or collect their thoughts.
- **Example:** "Uh, I think we should leave now."

### 2. Ah / Oh

- **Definition:** Used to express realization or to fill a pause in speech.
- **Example:** "Ah, that's where I left my keys."

### 3. Like

- **Definition:** Frequently used to introduce examples, comparisons, or as a hesitation marker.
- **Example:** "It was, like, the best day ever."

### 4. You Know

- **Definition:** Used to seek affirmation or to fill a pause while explaining something.
- **Example:** "She's so creative, you know?"

### 5. Well

- **Definition:** A word that buys time while thinking or introducing a statement.
- **Example:** "Well, I guess we could try that."

### 6. So

- **Definition:** Used to connect ideas or fill pauses, often as a transition word.
- **Example:** "So, what are we doing next?"

### 7. I Mean

- **Definition:** Used to clarify or emphasize a point.
- **Example:** "I mean, it's not like I didn't warn you."

### 8. Actually

- **Definition:** Often used to correct, clarify, or add emphasis.
- **Example:** "Actually, I think it's a great idea."

### 9. Basically

- **Definition:** Used to summarize or simplify a statement.

- **Example:** "Basically, we just need to follow the instructions."

#### 10. Literally

- **Definition:** Often used for emphasis, though sometimes incorrectly used figuratively.
- **Example:** "I was literally about to call you."

#### 11. Sort of / Kind of

- **Definition:** Used to soften a statement or convey approximation.
- **Example:** "I'm kind of nervous about the interview."

#### 12. Alright

- **Definition:** A transitional word to fill pauses or conclude a thought.
- **Example:** "Alright, let's get started."

#### 13. Yeah / Yep

- **Definition:** Informal affirmations often used to maintain the flow of conversation.
- **Example:** "Yeah, I agree with that."

#### 14. Totally

- **Definition:** Used for agreement or emphasis.
- **Example:** "That's totally what I was thinking!"

#### 15. Just

- **Definition:** Used to minimize or soften the impact of a statement.
- **Example:** "I just wanted to say thanks."

#### 16. Okay / OK

- **Definition:** Used to transition, acknowledge, or fill pauses.
- **Example:** "Okay, what's next?"

#### 17. Like I said

- **Definition:** A phrase that buys time or reiterates a point.
- **Example:** "Like I said, we'll need more supplies."

#### 18. Anyway

- **Definition:** A conversational pivot or filler when changing the subject.
- **Example:** "Anyway, let's get back to the topic."

#### 19. Right

- **Definition:** Used to seek agreement or to fill a pause.

- **Example:** "It was a great movie, right?"

## 20. Or Something

- **Definition:** Used to suggest a possible alternative or to sound less assertive.
- **Example:** "We could go to the park or something."

## 21. Stuff

- **Definition:** A vague term used when specifics are unclear or unnecessary.
- **Example:** "I've got to do some stuff before dinner."

## 22. Things Like That

- **Definition:** Used to generalize or imply other similar examples.
- **Example:** "She loves art, painting, and things like that."

## 23. Whatever

- **Definition:** A dismissive filler word or a way to imply indifference.
- **Example:** "You can choose the movie, whatever."

## 24. Okay So

- **Definition:** Used to start or transition a new idea, often for clarification.
- **Example:** "Okay so, here's what we're going to do."

## 25. Let's Say

- **Definition:** Used to introduce a hypothetical example or scenario.
- **Example:** "Let's say we arrive early—then what?"

## 26. To Be Honest (TBH)

- **Definition:** Used to preface honesty or an opinion, often unnecessary.
- **Example:** "To be honest, I didn't enjoy the meal."

## 27. At the End of the Day

- **Definition:** Used to summarize or emphasize a final point.
- **Example:** "At the end of the day, it's all about teamwork."

## 28. Like I Mean

- **Definition:** Combines hesitation and clarification phrases.
- **Example:** "Like I mean, it's not that complicated."

## 29. By the Way (BTW)

- **Definition:** Used to introduce a tangential or additional point.

- **Example:** "By the way, have you seen my notebook?"

### 30. Know What I Mean?

- **Definition:** A question to confirm understanding or agreement.
- **Example:** "It was a tough call, know what I mean?"