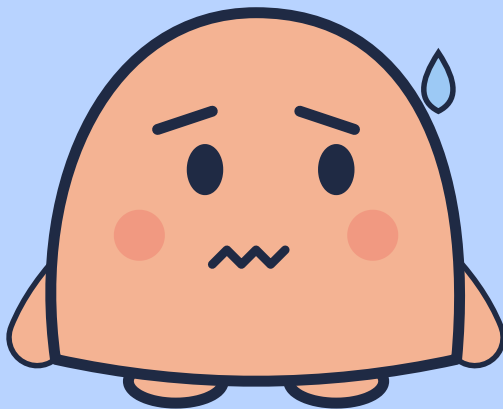


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10 lines for when your mind goes blank

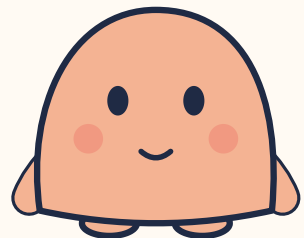
From Ehm, who knows the feeling.



Everyone freezes sometimes

Your mind goes blank, the silence lasts a beat too long, and all that comes out is “um”. It happens to everyone.

Learn these ten lines by heart so you always have something ready. Pick one today and try it this week.



When you're next to someone you don't know

✗ NOT

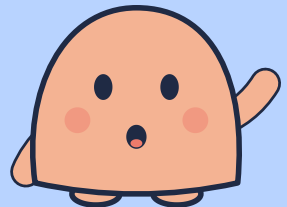
~~“So... nice party?”~~

✓ SAY

“How do you know the host?”

WHY IT WORKS

Everyone at a party has a story about how they got there, so they can start talking right away.



When they keep giving one-word answers

✗ NOT

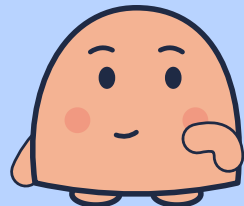
~~“So, was it good?”~~

✓ SAY

“What was the best part?”

WHY IT WORKS

An open question can't be answered with yes or no.



When they tell you something and you're stuck

✗ NOT

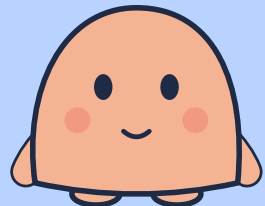
~~“Ah, nice.”~~

✓ SAY

“Tell me more, how did that happen?”

WHY IT WORKS

You don't have to think of anything clever:
they do the work.



When it goes quiet

✗ NOT

~~“So... the weather, huh?”~~

✓ SAY

“Got anything fun planned this weekend?”

WHY IT WORKS

Plans are easier to talk about than the weather, and you get a follow-up question for free.



When you know no one at an event

✗ NOT

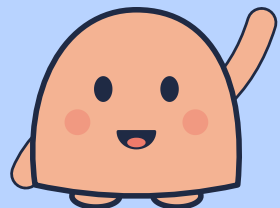
~~“Sorry to bother you, but...”~~

✓ SAY

“Mind if I join you? I don't know anyone here yet.”

WHY IT WORKS

Saying you don't know anyone makes it easy for them to say yes.



When you forgot their name

✗ NOT

~~“Um... hey, you!”~~

✓ SAY

“This is embarrassing, but your name just slipped my mind.”

WHY IT WORKS

Admitting it is less awkward than hiding it all night.



When your joke falls flat

× NOT

~~“No, what I meant was...”~~

✓ SAY

“Okay, that was funnier in my head.”

WHY IT WORKS

Laughing at yourself takes the tension out.



When a conversation won't end

× NOT

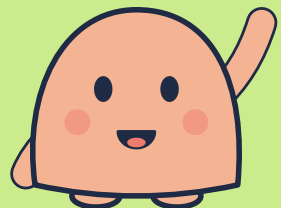
~~“Um, yeah... well... yeah.”~~

✓ SAY

“I’ll let you go in a sec, but first:
...”

WHY IT WORKS

You end on a warm note instead of slipping away.



When you can't get a word in during a meeting

✗ NOT

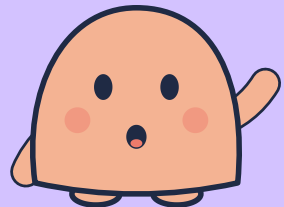
~~“Sorry, can I just... never mind.”~~

✓ SAY

“Can I add something here?”

WHY IT WORKS

A short question gets you the floor without cutting anyone off.



When you want to reconnect with an old friend

✗ NOT

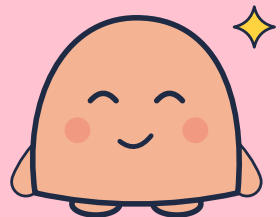
~~“Hey, long time haha”~~

✓ SAY

“Thought of you today because of [memory].”

WHY IT WORKS

A specific memory shows you mean it.

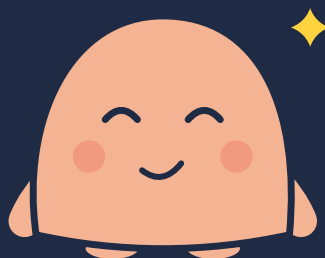


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Want this for 30 situations?

“What to say when...” gives you the words for each situation, plus a short practice plan. From parties to job interviews.

Coming soon at ehmclub.com.



This is practice material, not treatment. If anxiety limits your daily life, talk to your doctor.