

## FILLER WORDS

absolutely	maybe	seriously
actually	now	simply
almost	okay	slightly
basically	only	so
clearly	perhaps	somehow
even	quite	still
exactly	rather	sudden(ly)
fairly	really	that
feel/felt	reasonably	then
highly	relatively	though
hopefully	right	totally
just	seems/ed/	very
literally	ing	well

## FILLER PHRASES

a little/bit/lot  
and then  
at the end of the day  
believe me  
by the way  
I guess  
I mean  
I suppose  
in my humble opinion  
for what it's worth

kind of  
like I said  
needless to say  
okay, so  
or something  
pretty much  
sort of  
you know?  
you know what I mean?  
you see

## HESITATION WORDS

ah

like

uh huh

er

okay

um

hey

right

well

hm

uh

you know