



Why Your Mandarin Freezes

Unlock your voice with a simple 5-
minute method.

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Why You Freeze When Speaking Chinese

"If I already know this much Chinese, so why can't I actually use it?"

If you've ever asked yourself that... It's good. It means you're asking the **right question**. Because the answer isn't what *most* people expect.

I know what your actual answer probably sounds like:



"My **vocabulary** just isn't good enough *yet*."



"I'm too *shy*. I've never been a **natural talker**."



"Maybe I'm just *too old* for this."

I've heard all of these. And I understand why they *feel* true. But **none of them are actually the problem**.

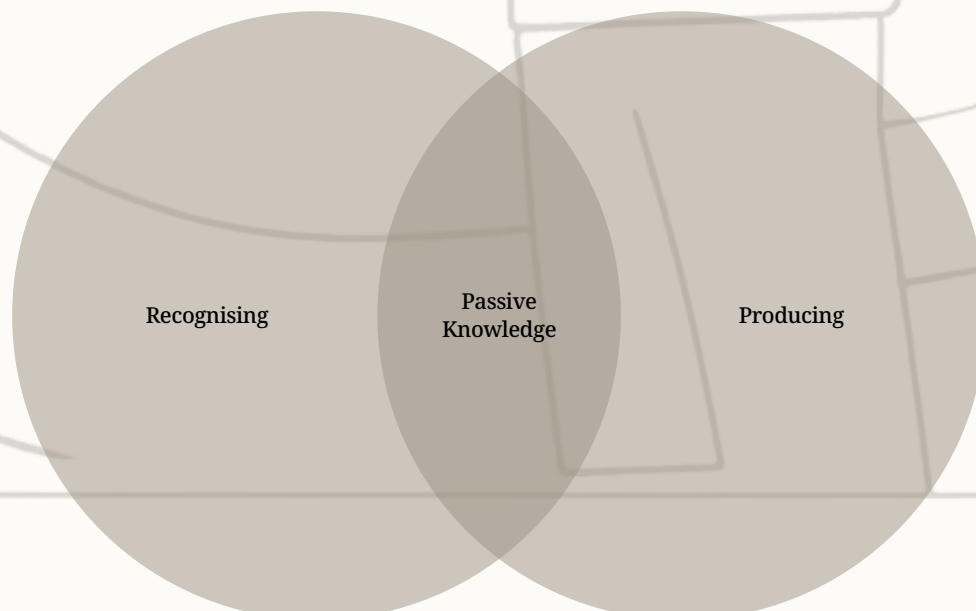
Recognising Chinese

Your brain has gotten very good at **recognising Chinese**. This is **passive knowledge**. It means your brain takes in words, patterns, and sounds and matches them to meaning. It's the skill you've been building through lessons, flashcards, and listening.

Producing Chinese

But **producing Chinese** is a *completely different* skill. It means **retrieving words under pressure**, forming grammar on the fly, and speaking *before you've had time to think*. Your brain simply hasn't been trained to do this — and *nobody told you* about it.

Let me explain what I mean.



Three Reasons Your Brain Shuts Down

When you try to speak Chinese and nothing comes out, it's **not random**. There are **three specific things** happening in your brain. Here's the first one.

😬 Mistake Fear

At some point, speaking Chinese started to *feel risky*. Maybe someone corrected you in front of others. Maybe you went blank mid-sentence and *felt the embarrassment* sitting heavy in your chest.

Your brain **remembered that**. And now, every time you try to speak, it hits the **panic button** before you even open your mouth. It **shuts your voice down** — but it's *not* to hurt you, but to **protect you**.

That's not *weakness*. That's a **survival response**. Your brain is doing *exactly* what it's designed to do.



Three Reasons Your Brain Shuts Down

Here's the second reason.

🌀 Overthinking

The moment you try to speak, your brain is suddenly doing **five things at once**: *searching for the word, checking the grammar, worrying about the tone, trying to translate from English, and somehow still sounding natural.*

That's **not a language problem**. That's an **impossible task**.

Your brain can't process all of that in real time, so it **stalls**. It chooses ***silence over chaos***. And you walk away thinking you've failed, when really you just *asked too much of yourself* at once.



Three Reasons Your Brain Shuts Down

And here's the third one. The one that keeps most learners stuck the longest.

👉 Perfect-Sentence Expectation

Somewhere along the way, you picked up a rule: ***don't speak until it's right.***

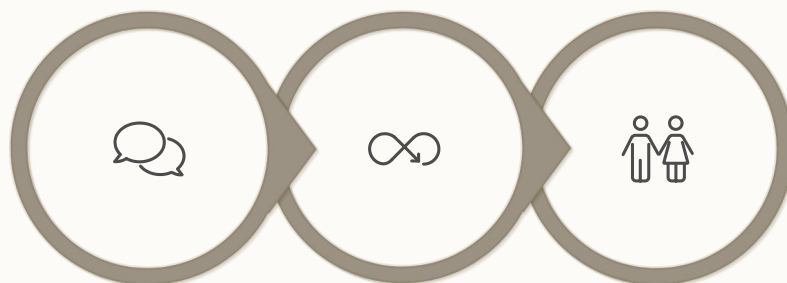
So you *wait*. You *rehearse* in your head. You *hesitate*. And by the time you've decided what to say, the **moment has already passed**.

But **fluency doesn't start clean**. Native speakers *stumble*. Kids say *broken things*. Everyone who speaks well today went through a long period of speaking *badly*.

You're **not waiting until you're ready**. You're waiting for a ***permission that will never come.***



The 5-Minute Speaking Fix



One-Sentence
Starter

Expansion
Loop

Real-Life
Transfer

Each step *builds* on the last — from a **single word** to a **full story** about your day. You'll be speaking *real* Chinese in **under five minutes**.



Your Three Steps to Speaking Now



STEP 1 — One-Sentence Starter

Pick **one prompt**. Say it **in Chinese**. Add just **one word or phrase** after it. Don't think. Just speak.

- 「Today I...」
- 「I feel...」
- 「Right now I...」
- 「Yesterday I...」

Example: "Today I 喝咖啡." That's it. *You just spoke Chinese. That counts.*



STEP 2 — Expansion Loop

Now say **three sentences** — one for each question. **Out loud.** *Messy is good.*

- **What happened?**
- **How did you feel?**
- **One tiny detail.**

Example mini story:

"Today I 喝咖啡. I felt 很 relaxed. The 咖啡 was hot." *You just told a story in Chinese.*



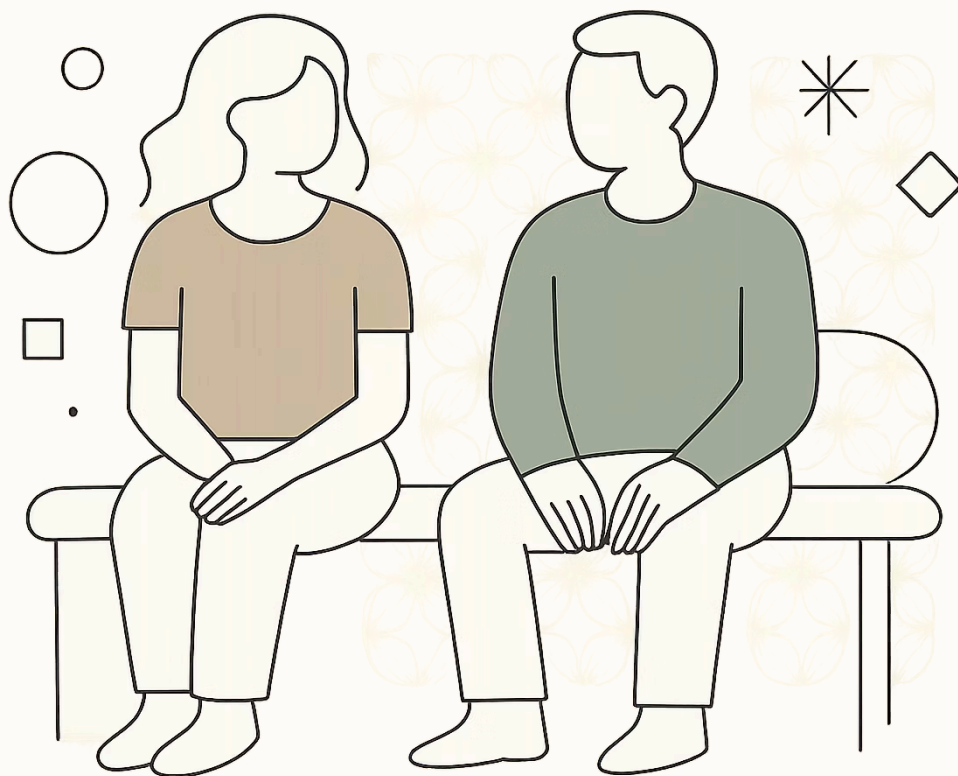
STEP 3 — Transfer to Real Life

Use this **same pattern** to describe **one tiny moment** from *your* day. Pick something *simple*:

- Making breakfast
- Looking out the window
- Checking your phone

Say it **out loud**: What happened? How did you feel? One detail. *That's it. That's a real Chinese speaking moment.*

This won't make you fluent overnight. But it gets you moving and that's what matters right now.



NEXT STEP

What Happens Next?

You've just taken the first step. The **Speaking Diagnosis session** is where we take it further together.

What Happens in Your Session

- We look at *your* specific situation, not a generic fix
- You get a clear, personalised next step
- You leave knowing exactly what to do

This Is For You If...

- You **understand Chinese** but *can't speak it*
- You **freeze** the moment someone speaks to you
- You've been "*almost ready*" for too long
- You want a **real conversation**, not just *drills*



[Book Your Free Speaking Diagnosis](#)