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The ease framework

A kinder way to think about English – and yourself

Created by Meneesha Govender

7 language shifts

Instead of...	Try...
native / non-native speaker	everyone / English users / multilingual professionals / people who use English as an additional language
fluency (as a binary)	ease / confidence / natural flow
correcting errors	expanding choices / adding tools
accent reduction	accent comfort / clarity without erasure
struggling with English	navigating English / stretching your English
non-native mistakes	patterns / transfers (from other languages you know)
sounding like a native	sounding like you – but clearer and more comfortable

3 reflection questions

Use these on your own, with a partner, or in a classroom.

1. What's one word from the "Instead of..." column that has followed you around? What would change if you replaced it with the "Try..." version today?
2. Think of a recent moment when you felt stuck or heavy while using English. Was it about fluency (speed, correctness) or about ease (comfort, flow)? What did you need in that moment?
3. If you gave yourself permission to sound like you – not a textbook, not a newsreader, not someone from London or New York – what would you do differently this week?

A closing thought

You are not running late to English. You are already using it. This framework is just permission to feel lighter while you do.