



Spanish Filler
Words &
Natural
Expressions –
Sound Like a
Native Speaker

In real conversations, native Spanish speakers use filler words & natural expressions to:

- ✓ Sound more fluent & natural
- ✓ Give themselves time to think while speaking
- ✓ Make their speech more engaging & expressive

What You'll Learn in This Guide:

- ✓ Most common Spanish filler words & expressions
- ✓ How & when to use them correctly
- ✓ Examples from real-life conversations

Common Spanish Filler Words & Their Meanings

Most Common Spanish Filler Words:

Spanish Word	Meaning	Usage	Example
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Pues...	Well...	Pues, no estoy seguro...	(Well, I'm not sure...)
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O sea...	I mean...	O sea, fue un día increíble.	(I mean, it was an amazing day.)
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Eh...	Umm...	Eh... no sé qué decir.	(Umm... I don't know what to say.)
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Bueno...	So / Okay...	Bueno, vamos a empezar.	(Okay, let's get started.)
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A ver...	Let's see...	A ver, ¿qué tenemos aquí?	(Let's see, what do we have here?)
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🎯 Practice:

✓ Try using "Pues", "O sea", and "Bueno" in sentences!

Natural Spanish Expressions for Casual Conversations

Spanish Expressions Used Daily:

Expression	Literal Meaning	Actual Meaning
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¡Qué fuerte!		
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How strong!		
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That's crazy! / Unbelievable!		
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¡Anda ya!		
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Go now!		
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No way! / You must be joking!		
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Ni de coña		
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Not even as a joke		
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No way! (Very informal)		
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No pasa nada		
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Nothing happens		
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Don't worry about it		
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Déjame pensar		
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Let me think		
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I need a moment to think		
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🎯 Practice:

✓ How would you react if someone said: "Me encontré con un famoso en Madrid."

(Try saying: ¡Qué fuerte! or ¡Anda ya!).

How to Use Filler Words & Expressions Like a Native

Adding Flow & Personality to Speech:

✓ Instead of saying:

✗ "No sé qué hacer." (I don't know what to do.)

✓ Try: "Pues... no sé, la verdad." (Well... I don't know, to be honest.)

✓ Instead of saying:

✗ "No me gustó la película." (I didn't like the movie.)

✓ Try: "O sea, no sé... la historia no me convenció." (I mean, I don't know... the story didn't convince me.)

🎯 Practice:

✓ Replace simple Spanish phrases with filler words & expressions to sound more natural!

🌱 Want to improve? Download our Free Spanish Natural Expressions Cheat Sheet!