

## Phrases, expressions, and sentence structures to use when you have absolutely nothing meaningful to say!

*Recognising and then avoiding empty filler helps you write stronger texts. Here's a list of **phrases, expressions, and sentence structures** that students could use (or mock) when they have absolutely nothing meaningful to say—all suitable for B2–C1 learners. You can use them to pad a composition without actually saying much.*

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### Generic Openers

- It is a well-known fact that...
  - In today's world, one cannot deny that...
  - People have always wondered about...
  - There are many aspects to consider when discussing this topic.
  - Throughout history, this has been a matter of debate.
  - In many ways, it all comes down to personal opinion.
  - Needless to say, this is a topic of great importance.
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### Empty Middle Fillers

- This issue has both advantages and disadvantages.
  - While some people may disagree, others may agree.
  - There is no easy answer to this question.
  - Everything depends on how you look at it.
  - One should take into account that things are not always black and white.
  - It is crucial to remember that things can change.
  - In some cases, this may be true, but in others, it may not.
  - It all depends on the situation and the people involved.
  - We must strike a balance between extremes.
  - As with many things, moderation is key.
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### Vague Reflection & Philosophical Padding

- Life is full of difficult choices.
  - Nothing is ever truly certain.
  - Sometimes, we have to look deeper to find the truth.
  - The future is always unknown, but we must keep going.
  - In the end, what really matters is how we feel about it.
  - It is important to ask the right questions, even if we don't have the answers.
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## Pseudo-Conclusion and Empty Wrap-Ups

- All in all, this topic remains open for discussion.
  - To sum up, the issue is complex and should not be underestimated.
  - In conclusion, we must all think carefully about what we believe.
  - Ultimately, it is up to each individual to decide.
  - Whether right or wrong, it is a matter that deserves attention.
  - Only time will tell what the outcome will be.
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## Useful Connectors That Add Nothing

- In a way...
  - To some extent...
  - It could be said that...
  - In certain situations...
  - From a certain point of view...
  - One might argue that...
  - As mentioned earlier...
  - For better or worse...
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## Soft Opinion Phrases (Saying Nothing with Feeling)

- I personally believe that this might be true to some degree.
  - From my own perspective, it is something that can be seen in different ways.
  - It would not be fair to make a general statement.
  - It is something that everyone should reflect on in their own way.
  - Of course, everyone is entitled to their own opinion.
  - There are many different sides to every story.
  - It's not as simple as it may first appear.
  - More research and thinking are clearly needed.
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## Ambiguity Builders (Foggy Language for All Occasions)

- Some say this is important, while others might not agree.
  - The reality of the situation can be both clear and unclear at the same time.
  - What seems obvious might not be so obvious after all.
  - There are many layers to this topic that need to be peeled back slowly.
  - The truth lies somewhere in the middle.
  - One must consider the broader picture.
  - The issue is not as black and white as it may seem.
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## **Delaying and Stalling Tactics (Play for Time)**

- Before answering that, it is important to understand the background.
  - Let us take a moment to consider what this really means.
  - First, we need to ask ourselves some key questions.
  - It might be useful to look at this from a wider angle.
  - There are more important questions behind this question.
  - One should not rush into conclusions without thinking carefully.
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## **Vague “Deep Thought” Fillers**

- What does it truly mean to understand something?
  - How can we ever be sure of anything?
  - These are not just facts, but feelings too.
  - Human experience cannot always be put into words.
  - We live in a world full of uncertainty.
  - The answer is often hidden in plain sight.
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## **Light-Weight Language Disguised as Insight**

- At the end of the day, we must ask ourselves what truly matters.
  - Perhaps the most important thing is to keep an open mind.
  - The more we think about it, the less clear it becomes.
  - Sometimes, not having an answer is an answer in itself.
  - Understanding is a journey, not a destination.
  - Simplicity can often be found in complexity.
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## **Overgeneralizing to Oblivion**

- Everything happens for a reason.
  - Everyone sees the world in their own way.
  - What works for one person might not work for another.
  - Every coin has two sides.
  - Change is the only constant.
  - The only thing we know for sure is that we know nothing for sure.
  - At the heart of it all lies something we cannot quite define.
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## Meaningless Movement (Sounds like Progress)

- Steps must be taken to ensure that something is done.
  - More attention should be paid to these important matters.
  - We should strive toward something better.
  - Society must continue to develop in the right direction.
  - People need to come together and find solutions.
  - Discussions must be had, and ideas exchanged.
  - We must continue to move forward, even when we don't know where we're going.
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## Pretending to Go Global

- In many countries, this issue plays a major role.
  - Across the world, people are affected by this.
  - This is something seen on both a local and global scale.
  - No matter where you go, this is a problem people face.
  - Cultures may differ, but this concern remains universal.
  - It is a global challenge that must be dealt with globally.
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## Buzzword Buzzkill

- This calls for a holistic approach.
  - We need more dialogue and inclusion.
  - It's all about raising awareness.
  - Sustainability and innovation must go hand in hand.
  - There should be room for flexibility and growth.
  - Digitalization has changed everything.
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## Corporate-Flavored Emptiness

- Efficiency must be improved through cooperation.
  - There needs to be a focus on key areas of development.
  - Strategic decisions should reflect long-term goals.
  - Stakeholders must be heard and respected.
  - We must leverage our resources in meaningful ways.
  - Let us align our values with our actions.
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That gives you roughly **100+ ready-made filler phrases**, all sounding smart but *saying nothing*.

Here's a **fake student essay**, crafted entirely from the filler fluff and vague nonsense we've collected. It sticks to the typical **700–1300 character** length for Finnish senior high school English finals. It sounds “deep,” stays on topic just enough to seem legit, and says... absolutely nothing. 😊

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## **Title: The Importance of Change in Modern Society**

It is a well-known fact that change plays a crucial role in today's fast-paced world. Throughout history, humanity has faced numerous challenges, and in many ways, this has helped people grow. While some may argue that stability is key, others believe that change is the only constant. There are many aspects to consider when thinking about this topic.

From a certain point of view, everything depends on how you look at it. People everywhere are affected in different ways, and every coin has two sides. In the end, what really matters is how individuals feel about it. Society must continue to develop in the right direction, and steps must be taken to ensure something is done.

To some extent, the truth lies somewhere in the middle. At the end of the day, we must all think carefully about what truly matters. More research and dialogue are clearly needed. In conclusion, it is up to each individual to decide how they respond to the ever-changing nature of life.

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## **Fluffy Thinking – A Parody Essay Worksheet**

### **Topic: *The Importance of Change in Modern Society***

(A “model” essay written entirely in vague, empty language)

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### **Student Essay (with annotations in the margins)**

Essay	Annotations
It is a well-known fact that change plays a crucial role in today's fast-paced world.	✅ Sounds important... says nothing specific.
Throughout history, humanity has faced numerous challenges, and in many ways, this has helped people grow.	❓ Vague reference to history—no examples or argument.
While some may argue that stability is key, others believe that change is the only constant.	⚖️ Classic filler structure: “on the one hand... on the other hand.”
There are many aspects to consider when thinking about this topic.	👉 Adds no content, just delays the point.
From a certain point of view, everything depends on how you look at it.	🔄 Circular logic: says nothing, just repeats uncertainty.

## Essay

People everywhere are affected in different ways, and every coin has two sides.

In the end, what really matters is how individuals feel about it.

Society must continue to develop in the right direction, and steps must be taken to ensure something is done.

To some extent, the truth lies somewhere in the middle.

At the end of the day, we must all think carefully about what truly matters.

More research and dialogue are clearly needed.

In conclusion, it is up to each individual to decide how they respond to the ever-changing nature of life.

## Annotations

 Global-sounding nonsense + cliché.

 Slippery sentimentality with no position or analysis.

 Concrete verbs (“develop,” “steps,” “done”) used vaguely.

 Neutrality filler = useful when stalling.

 Inspirational-sounding fluff.

 Pseudo-academic filler.

 Safe-sounding final sentence that avoids stating anything.

## Student Task: Find & Fix the Fluff

### Instructions:

Below are **10 vague sentences** from the essay. Rewrite each one to be **clearer, more specific**, or **actually say something**. Be bold. Add real content, examples, or opinion.

#	Original Sentence	Your Clearer Version
1	It is a well-known fact that change plays a crucial role in today's fast-paced world.	
2	Throughout history, humanity has faced numerous challenges...	
3	While some may argue that stability is key...	
4	There are many aspects to consider...	
5	Everything depends on how you look at it.	
6	People are affected in different ways.	
7	What really matters is how individuals feel.	
8	Steps must be taken to ensure something is done.	
9	The truth lies somewhere in the middle.	
10	It is up to each individual to decide...	