Expressions for Agreeing and Disagreeing

This page is about words and phrases that we use when we agree or disagree with someone in English.

**Stating an opinion**

- In my opinion...
- The way I see it...
- If you want my honest opinion....
- According to Lisa...
- As far as I'm concerned...
- If you ask me...
- Personally
- I think,
- I believe,
- I reckon

**Asking for an opinion**

- What's your idea?
- What are your thoughts on all of this?
- How do you feel about that?
- Do you have anything to say about this?
- What do you think?
- Do you agree?
- Wouldn't you say?

**Expressing agreement**

- I agree with you 100 percent.
- I couldn't agree with you more.
- That's so true.
- That's for sure.
- You're absolutely right.
- Absolutely.
- Definitely.
- That's exactly how I feel.
• Exactly.
• I'm afraid I agree with James.
• No doubt about it.
• (weak) I suppose so./I guess so.
• You have a point there.
• I was just going to say that.
• I see what you mean.

Expressing disagreement

• I don't think so.
• I'm afraid I disagree.
• I beg to differ.
• Not necessarily.
• That's not always true.
• That's not always the case.
• No, I'm not so sure about that.
• Without wanting to criticise.
• (strong) No way.
• (strong) I totally disagree.

Interruptions

• Can I add something here?
• Is it okay if I jump in for a second?
• If I might add something...
• Sorry to interrupt, but...
• (after accidentally interrupting someone) Sorry, go ahead. OR Sorry, you were saying...
• (after being interrupted) You didn't let me finish.