Use an introductory phrase:
Would you mind…?//Could I ask you…?//Could you….?
Start with a small apology:
Sorry..//Just a second…//Sorry to interrupt…
Admit you missed something:
I did not catch that…//I did not get that…// I want be sure I understood…//I want to make sure I heard that right…
Phrases for clarifying what you heard…



Would you mind repeating that for me again?
Would you mind going over that one more time?
Sorry, could I ask you to tell me that(piece of information) again?
Could you clarify what you meant by (challenging word)?
Just a second, could I get a little more clarification on (X topic)? I just want to be sure I understood.
Sorry to interrupt, but I did not catch that. Could you run it by me more one more time?
Could you be more specific?
I do not think I got your meaning. Could you go over that again?
I do not think I quite understand what you meant. Would you mind repeating that?

Let me see if I understood correctly.
Can I just check what I got from that?
I'd just like to confirm that I got that right.
My impression of what you said was.. Is that what you meant?
So what you are saying is … Does that sound right?
You mean that we should do X action and Y action. Is that right?
Do I understand you to mean…
If I understand you correctly, you are saying
Am I reading your suggestion right, when you said…
You mean…?
I think you are saying…
In other words…

Thanks for clarifying. I understand better now.
Thank you for repeating that. It makes more sense to me.
Thanks for explaining your point of view again. That helps me see where you are coming from.
Thanks. We seem to be the same page now.
I appreciate the clarification. Glad we agree on that.

لینک گروه ویزای کانادا اپلای برگ

https://t.me/joinchat/CR8xXlfY4fPy32rMXIDN-w

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