



FRENCH PARROT - SPOKEN REDUCTIONS **CHEAT SHEET**

From careful French to fast, natural conversation

1

JE NE SAIS PAS

/ʒə nə sɛ pa/

CAREFUL OR FORMAL

2

JE SAIS PAS

/ʒə sɛ pa/

EVERYDAY SPOKEN FRENCH

3

J'SAIS PAS

/ʒsɛ pa/

CASUAL

4

CHAI PAS

/ʃɛ pa/

VERY CASUAL

THE KEY IDEA

The meaning stays the same. Only the **rhythm**, **speed** and level of **formality** change.

RECOGNITION COMES BEFORE IMITATION

First learn to hear each form. Then practise producing the reduced versions clearly.



FRENCH PARROT - HOW THE REDUCTION HAPPENS

Three sound changes - one natural rhythm

DROP NE

1

In everyday spoken French, speakers commonly omit *ne*. The word *pas* still carries the negative meaning.

Je ne sais pas -> Je sais pas

REDUCE THE WEAK VOWEL

2

As speech becomes faster, the vowel in *je* may weaken or disappear. The words begin to sound like one rhythmic unit.

Je sais pas -> J'sais pas

ASSIMILATE THE CONSONANTS

3

In very rapid speech, the sounds at the boundary of *je* and *sais* influence each other, producing a sound close to /ʃ/.

J'sais pas -> Chais pas

REAL-LIFE EXAMPLES

NEUTRAL

- Tu sais où est Paul ?
- **Je sais pas. Il est peut-être au café.**

RELAXED

- Tu viens ce soir ?
- **J'sais pas encore. Je te confirme plus tard.**

VERY FAST

- Pourquoi il est parti ?
- **Chais pas, moi !**



FRENCH PARROT - 30-SECOND SHADOWING ROUTINE

Say each form three times. Keep the meaning identical while gradually increasing your speed. Aim for smooth sound connections, not exaggerated speed.

ROUND	SAY	FOCUS
1	Je ne sais pas.	Clear syllables
2	Je sais pas.	Drop ne naturally
3	J'sais pas.	Link the words
4	Chais pas.	One smooth unit

COMMON MISTAKES TO AVOID

ENGLISH VOWEL

French sais uses /ɛ/, not the English diphthong in say.

WORD-BY-WORD RHYTHM

Connect the sounds instead of pronouncing every word as an isolated unit.

WRONG REGISTER

Use Je ne sais pas in formal writing. Reduced forms represent informal speech.

FORCED CASUALNESS

Do not rush into Chais pas. Clear pronunciation matters more than sounding extremely casual.

YOUR MINI CHALLENGE

Record the four forms in order. Listen again and check: Is the meaning stable? Does the rhythm become smoother? Can you still hear the contrast between careful and casual speech?

KEEP LEARNING WITH FRENCH PARROT

Audio guide, reduction quiz and real-life explanations

frenchparrot.com/je-sais-pas-french-reduction/