



FRENCH PARROT - PRONUNCIATION CHEAT SHEET

From Textbook "Je ne sais pas" to Spoken "Chais pas"

1. THE 3 BREAKDOWN STAGES

1

Stage 1: Drop the "NE"

Informal speech removes formal negation.
"Je ne sais pas" -> Je sais pas

2

Stage 2: Drop the Soft "E"

The 'E' vanishes, attaching 'J' directly to 'S'.
"Je sais pas" -> J'sais pas

3

Stage 3: "CH" Assimilation

Voiced 'J' blends with unvoiced 'S' sound.
"J'sais pas" -> Chais pas

2. CONTEXT & USAGE RULES

FORMAL

Je ne sais pas



EVERYDAY

J'sais pas



FAST

Chais pas

WHEN TO USE WHICH VERSION?



J'sais pas: everyday conversations and friends.



Chais pas: fast casual; avoid formal writing.



Je ne sais pas: interviews, exams and writing.



MOUTH POSITION HACK:

Do not break airflow between 'J' and 'S'.

Blend them seamlessly without opening your jaw further between sounds.

3. QUICK REFERENCE GUIDE

REGISTER	SPOKEN FORM	PHONETIC / PRONUNCIATION
1 FORMAL	Je ne sais pas	Zheh nuh say pah
2 EVERYDAY	J'sais pas	Zh-say-pah
3 FAST CASUAL	Chais pas	Shay-pah