Expressions for Agreeing, Disagreeing, Suggesting Alternatives, and Interrupting

Below are some useful expressions for agreeing, disagreeing, suggesting alternatives, and interrupting.

Giving an Opinion

In my opinion...
I think...

The way I see it...
According to...

As far as I'm concerned...(strong)

Asking for an Opinion

What do you think? Do you agree?

What are your thoughts on this?

Agreeing

I completely agree.

You're absolutely right.

I couldn't agree more.

Exactly.

You're right.

I agree.

I guess so. (weak)

You could be right. (weak)

You may have a point there. (weak)

Disagreeing

I completely

disagree. (strong)

I totally disagree. (strong)

I disagree. (strong)

That's not always true.

That's not always the case.

I'm not so sure about

that. (weak)

I don't know if I agree with

you. (weak)

Acknowledging someone's argument and presenting yours

I agree with you, but...

That may be true, but...
I see your point, but...

I guess so, but...

That's not necessarily true because...

Not necessarily because...

Countering Directly

But...

But why...?

But if...

But what about...

Interrupting

Sorry to interrupt, but...

Can I add something?

Sorry, you were saying... (after interrupting

someone)

Please let me finish. (after being interrupted)

Redirecting

Let's get back to...

Getting back to...

You were saying that...