How to express your opinion?

I think.... I believe.... I feel.... I suppose....

I guess.... According to me.... In my view.... In my opinion.... In my eyes.... It seems to me that.... From my perspective.... From my point of view.... From my view point.... As far as I'm concerned.... Personally, I think.... I'd like to point out that.... What I mean is.... Generally it is thought that.... Some people say that.... Well, it is considered that.... It is generally accepted that.... My impression is that.... It goes without saying that.... I hold the view that....

I'm of the opinion that....

How to let others know that you agree with them?

I agree.... I totally agree....

Definitely.... I couldn't agree more....

Absolutely.... Precisely....

I see your point.... I see what you are getting at....

I'd go along with that view to a point... Sure, that's one way of looking at it....

I have to side with you on this one.... I suppose so....

I think so too.... I'd go along with that....

That's a good point.... I see exactly what you mean....
You're right, that's a good point.... Actually, I think you're right....
Well, I agree with you here....

You have my full agreement.... I second that....

Ok, that's convincing.... I take your word on it....

You took the words right out of my mouth...

How to let others know you disagree with them?

I see your point, but....

That's one way of looking at it, however....

Well, I see things rather differently....

I'm not sure I go along with that view....

I agree up to a point, but....

I wouldn't quite put it that way myself....

I can't/ couldn't go along with that....

You've got to be kidding....

I find that very difficult to accept....

Not necessarily....

There is no way I could agree with that....

No, I'm not sure about that because....

We don't seem to be in complete agreement....

I see what you are getting at, but....

I completely disagree....

Umm, I'm not sure about that....

I don't really agree with that idea....

You could say that, however....

I still have my doubts....

That's out of question....

Well, I don't quite agree with you....

We don't seem to agree here....

That's not always true....

I don't think so....

I'm afraid, I disagree....

How to interrupt others

Sorry to interrupt, but....

Is it ok if I jump in for a moment....

If I may interrupt....

Do you mind if I add something....

Excuse me, but in my opinion....

Excuse me for a second, but....

Let me finish what I have to say first....

Excuse me for interrupting, but....

Well, that reminds me that....

I don't mean to intrude, but....

Sorry, but can you let me finish....

Before you go on, I'd like to say something....

Before you move on, I'd like to say something....

Just a moment, I like to add something here....

Can I add something here....

If I might add something....

Can I throw my two cents in....

Umm, well not really....

Are you telling that....

Sorry, but I'm not done yet....

May I say something here....

Sorry to cut you off, but....

So, you're telling me....

Well, if that is the case....

Wait a minute....