

How to Deal With Embarrassment

(And keep it from stopping you!)



Change how you think: Embarrassment shouldn't stop you, instead let it help you focus on what you need to learn and practice next!

Let embarrassment be your teacher! You'll never forget the word you made a mistake with if you find out what the correct word you needed was, and use it as many times as you can during the day. Goal: 7 times! The more you use it, the more that word will become YOURS.



Don't let embarrassment keep you from trying again! Get back out there and try again - soon! Don't avoid taking risks with your English just because you made an embarrassing mistake. Learn from it, and keep going!



Shut up your negative self-talk! We all have that nasty inner critic that loves to make you feel terrible about your mistake. Shut it down by agreeing that you made a mistake, but then change your script: "**Yes, I made a mistake, but that just means I'm learning! I'm taking risks - and that's how you learn. I will keep going!**"

Remember: it feels horrible to be embarrassed, but in reality it means you're taking risks. You're trying something new. This is the only path to developing your fluency!