

Identify and Acknowledge the Source of the Block

Reflect on Your Fears:

1. Fear of Making Mistakes
2. Fear of Being Judged
3. Fear of Not Understanding
4. Fear of Forgetting Words or Freezing
5. Fear of Cultural Missteps
6. Fear of Being Misunderstood
7. Fear of Comparison
8. Fear of Being Unable to Respond Quickly
9. Fear of Negative Feedback
10. Fear of Not Being Taken Seriously

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Challenge your Negative Beliefs:

1. I'm Too Old to Learn a Language
2. I Don't Have a Language Learning Talent
3. I'll Never Be Fluent
4. I'll Always Have an Accent
5. I'm Too Busy to Learn a Language
6. I'll Embarrass Myself When I Speak
7. Languages Are Too Hard to Learn
8. I Need to Be in the Country to Learn a Language
9. I'm Bad at Memorizing Vocabulary
10. I Have to Be Perfect to Speak

How to Break the Block

Have a positive Mindset and Take Action

1. Develop a New Persona
2. Visualize yourself speaking confidently
3. Practice Speaking Aloud Alone
4. Record Yourself and Listen Back
5. Find a Speaking Buddy
6. Begin with Short and Easy Conversations
7. Focus on the Message, Not Perfection
8. Think of Language as a means to connect with others
9. Learn to Laugh at Mistakes
10. Practice Self-Compassion (Be Kind to Yourself)