

However, these insecurities are irrational. We've learned that making mistakes is an important part of a process. They in no way reflect your intelligence.

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AND this is a good problem. Why? Because it means you have a HUGE opportunity.

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Overcoming these insecurities will benefit you in every aspect of your life, beyond just speaking English fluently. So if this is you, then it's time to realize that it is in your hands to change.

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It is not important if someone laughs. Realize that it's not about you. You are doing something AMAZING just by speaking a foreign language!

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When people laugh at others, they are just projecting their own insecurities, for example, an inability to speak another language well themselves. They put you down by laughing at you because they are scared they will never speak another language as well as you.

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Plus, if someone laughs at you when you speak, this probably is not the type of person you want to be speaking to anyway.

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The more you speak and make mistakes, the less it will matter to you. You'll have more fun with the language and learn to laugh at yourself.

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3.Cultivating a deep motivation

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Before even practicing, you first must build a strong desire to gain fluency. - know that mistakes are the map and a passion to learn is the compass pointing them towards fluency.

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Your desire to learn must become stronger than fear of potential embarrassment. Then you'll be able to speak without problems, even when you're making lots of mistakes.

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Learning another language is difficult. However, as we've seen, you can be proud of all of your hard work and speak confidently. You don't need to be shy and quiet. You don't need to be scared of people laughing at you.

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Confidence is a choice we make. This doesn't mean it's always easy and that we never get nervous or anxious.

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Start taking small steps to be the fluent, confident English speaker that you want to be (Learn more in this video), and celebrate every small victory.

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