"I feel uncomfortable"

Madainn mhath!

One of my students shared something profound recently: "I feel uncomfortable." Then he said "my mind feels full" and made a gesture like his head was exploding. Like this:

This was at a 3 day Gaelic retreat in Tennessee with live lessons. He had been in my beginner class that morning and joined the intermediate class too.

He shared more: "It's ok though. If I'm not uncomfortable, I'm not growing. I gotta get out of my comfort zone to grow." (I was relieved to hear him say this. I don't want any of my students to suffer!)

This is an excellent reminder to all of us, no matter where we are with our Gaelic. Maybe we feel uncomfortable speaking or writing. Maybe putting thoughts together feels uncomfortable, or hearing different accents. Maybe it's the dreaded Genitive or the super mysterious Lenition.

Whatever we feel uncomfortable about, we can look at it as a chance to grow stronger and more skillful. If I remember correctly, Brené Brown said that her biggest achievements came from being out of her comfort zone. The same is true with Gaelic. Feeling uncomfortable means that you're at the edge of your next achievement.

The next time you feel uncomfortable in your Gaelic learning, take a few breaths and remember what my student said: "It's ok though. If I'm not uncomfortable, I'm not growing."

Important Note: Be kind to yourself as well. If a break would be useful, take some time to do something else. Balance is so important and it's ok not to push yourself all the time. Sustainable learning beats intense learning every time.

I hope your weekend will be a good one. It's quite rainy here in Maine today - the garden is very happy.

Thanks for reading and take care!

Le gach deagh dhùrachd (with every good wish),

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