



Take the Leap!

I've seen many Gaelic learners stop themselves from using their Gaelic, even if they really want to.

It's normal to feel less than 100% confident.

It's normal to be worried about making mistakes.

It's normal to just freeze in a moment, even though you've practiced and practiced.

Everyone has at some point - I know I have!

These reactions are all completely normal - but they can hold you back as well. They can keep you from bringing your Gaelic to life, beyond all your study materials.

They don't have to, though.

When you notice that a feeling is holding you back - like nervousness, fear, anxiety, worry, or anything else - try this:

1. Take a deep breath and give that emotion some space for 20 seconds. Pet your dog, rub your cat's ears, look out the window, take a sip of coffee and really taste it. Do something small that is immediately available. Maybe count to 20 if it helps.
2. Take 3 more deep breaths to ground yourself.
3. Take the leap by doing whatever triggered the emotion in the first place - but now with more calm and groundedness.

Here's something that's helped me through difficult moments, in any situation: **what's in our minds is usually much, much scarier than the situation itself!**

Think about how much more practice you'll get by 'taking the leap' after grounding and calming yourself.

Working with challenging feelings in this way can take some practice but it's absolutely worth it.

Just try it.

Please, just try it.

The Gaelic world needs you.

Like any bump in the road of your Gaelic journey, feeling nervous is unavoidable. Suffering because of it, though, is optional.

I don't want you to suffer.

Want more learning tips? See all my past tips [here](#)



Le gach deagh dhùrachd (with every good wish),
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Immersive conversational lessons that make it easy to think
more in Gaelic, use it more naturally, and help it reach future
generations

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