

Stop comparing your English to others

What to track instead — and why it changes everything

WHAT THIS LESSON IS ABOUT

Not a motivational speech.

Just an honest look at why comparison stops progress — and three specific things to track instead.

THE REAL PROBLEM

You watch someone else speak English and think: they are so much better than me. And then you speak less.

That is the damage comparison does. It does not measure where you are. It just makes you feel behind.

The problem with comparing your English to someone else's is that you are comparing the wrong things. You do not know how long they have been learning. You do not know what they practise. You are watching their output and measuring it against your effort — and that is never a fair comparison. More importantly, comparison gives you no information about what to do next. It only tells you that someone else is ahead. That is useless data.

KEY IDEA

Comparison measures distance from someone else. Progress measures distance from your past self. Only one of those is useful.

THREE THINGS TO TRACK INSTEAD

1. Track what you can say now that you could not say six weeks ago

Pick a topic. Any topic. Talk about it for 60 seconds. Record it.

In six weeks, do the same topic. Same 60 seconds. Listen to both.

That difference is your actual progress. It is specific, it is yours, and it is real.

2. Track the moments you did not switch back to your own language

Every time you stayed in English when you wanted to switch — that is progress. Every time you found a simpler word instead of giving up — that is progress.

These moments are invisible if you are comparing yourself to others. They only show up when you are watching yourself.

3. Track one phrase you used this week that you could not use last week

One phrase. That is the whole metric. Not fluency. Not accent. Not how fast you speak.

If you used one new phrase in a real situation this week, you are moving forward. That is the only comparison that matters.

PRACTICE

Read each comparison thought. Then write or say the progress version instead.

#	Situation	Response
1	'My colleague speaks much better English than me.'	<i>'What can I say now that I could not say three months ago?'</i>
2	'That person learned in six months and I have been going for two years.'	<i>'Am I using more English in real situations than I was before?'</i>
3	'I make so many mistakes compared to native speakers.'	<i>'Am I making fewer mistakes than I did six months ago?'</i>
4	'I will never sound as natural as they do.'	<i>'Did I stay in English longer today than I did last week?'</i>
5	'Everyone else in my class is improving faster.'	<i>'What is one thing I did in English this week that I did not do last month?'</i>

TODAY'S SMALL ACTION

Record yourself speaking for 60 seconds today. Save it. In six weeks, record the same topic. That recording is your real progress tracker.

Want to go deeper? The members edition has 20 comparison-to-progress reframes and a self-check quiz.