



# Plateau Diagnosis Matrix

WHAT →  WHY ↓	1/ <b>Vocabulary - not enough and/or not active</b>	2/ <b>Grammar - not enough and/or not active</b>	3/ <b>Pronunciation - too many doubts and/or mistakes</b>	4/ <b>Passive knowledge that I cannot use</b>	5/ <b>Skills imbalance</b>	6/ <b>Pragmatic competence</b>
<b>1/ Unclear goals and/or plan</b>	Identify the words you need in the language to do the things you want to do, and create a realistic plan to learn these words so you can actively use them.	Identify the structures you need in the language to do the things you want to do, and a realistic plan to learn these structures so you can actively use them.	Identify the pronunciation issues that are stopping you from communicating clearly to do the things you want to do in the language, and create a plan to improve them.	Identify the passive language knowledge you have that, if you could actively use, it would allow you to do the things you want in the language. Create a plan to activate this knowledge.	Identify the skills you need to do the things you want to do in the language (e.g., mainly listening and speaking), and come up with a realistic plan to reinforce these skills.	Identify situations where you want to use the language, and come up with a plan to fully understand how natives use the language in those specific contexts.
<b>2/ Learning fatigue and/or lack of motivation</b>	a) You don't know enough words → you need to find a way to learn words that is adapted to your brain.  b) You know them but cannot use them → see column 4	a) You don't know enough grammar → you need to find a way to learn grammar that your brain enjoys.  b) You know the rules but cannot use them → see column 4	You need a way to learn the correct pronunciation of words that is both enjoyable and effective for how your brain processes and remembers sounds.	You need to find activities that excite you + make you activate all the passive knowledge you have in the language → use my <a href="#">3-Stage Fluency Tracker</a> to move knowledge from passive to active.	You need to find the best way to develop the skills that are going to get you closer to your fluency goals - a way that is enjoyable and adapted to how your brain enjoys learning.	Go beyond learning just words and expressions, focus on how they are used in real-life contexts and how natives use different similar structures depending on the context.
<b>3/ Insufficient and/or inadequate feedback</b>	Find someone who can correct and refine your word choice, teaching you new relevant words for each situation.	Find someone who can correct and explain your grammar mistakes, teaching you new relevant structures for each situation.	Find someone who can correct your pronunciation and explain how to articulate the sounds you struggle with in the other language.	Find someone who can help you remember and practice the language knowledge that you want to activate.	Find someone to practice and correct you in the skills that you need to reinforce.	Find someone who can explain cultural nuances and advice on the best expressions and structures to use in different situations.
<b>4/ Anxiety and/or fear of mistakes</b>	Learn more ACTIVE words, with correct pronunciation, so you can express yourself with more accuracy and confidence.	Learn how to use more advanced structures, with real-life exercises to activate and automate their use, so you can express yourself with more confidence.	Practice words that you struggle with until they become so natural that you don't have to think about their pronunciation anymore when you are speaking.	Activate all language knowledge (with my <a href="#">3-Stage Fluency Tracker</a> ) + Follow anxiety-reducing exercises to improve your mindset	Concentrate on practicing the skills that you fear the most, in a safe environment with someone you trust, until you feel more confident.	Warn other speakers that you are unsure about the suitability of the language you are using for that specific situation, and incorporate any feedback they provide.
<b>5/ Unconscious contempt for your current level</b>	Ask yourself: Is my vocabulary really enough? How much faster/better I could communicate if I had more precise words to express my ideas?	Ask yourself: Is your grammar really enough? What expressions do you always get stuck with or wish you could use fluently that you currently can't?	Ask yourself: Is my pronunciation slowing down my communication? Think about the words that always cause confusion when communicating.	Understanding may seem enough now but how will people perceive you when you express yourself with basic language?	You may not need certain skills today but if you anticipate you may need them in the future, start working on them today.	Your language knowledge may be enough to get by but it's important to understand the full power of our words across different contexts.
<b>6/ Lack of belonging &amp; identity in the language</b>	Focus on the words you need to learn to blend in with the group of people who speaks the target language around you.	Focus on the structures you need to master to integrate with other speakers of the target language.	Focus on the pronunciation issues stopping you from integrating with other speakers of the target language.	Focus on activating the passive language knowledge you need to be able to create personal connections with speakers of your target language.	Focus on the skills you need to master to be able to integrate with speakers of your target language.	Focus not just on the language but also on the specific expressions that speakers of your target language use across different situations.



@dr\_languages

Check the video for full instructions:

[https://www.youtube.com/watch?v=xRj\\_onVgIWQ](https://www.youtube.com/watch?v=xRj_onVgIWQ)



**DR LANGUAGES**  
BY DR ESTHER GUTIERREZ EUGENIO

# Plateau Diagnosis Matrix

## How to Use

This tool is designed to diagnose language learning plateaus. **It's particularly useful when you feel that you are stuck and not progressing** - but you cannot quite tell why or how to get out of this situation.

As with any diagnosis, the first step is to identify the roadblocks and the reasons behind them. Only then can we focus on the actions that we should take to overcome our current challenges.

Follow these steps, in this order:

### 1/ Identify the WHAT

What are the elements that are making you sound still at intermediate level (or not at the level that you want to be)?

Look at the headers of the columns and try to identify those elements that you think apply specifically to you. Circle or highlight them.

### 2/ Identify the WHY

What are the reasons why those elements are problematic and not where you would like them to be?

Look at the first column with the headers of the rows and try to identify the reasons that you feel apply to you. Circle or highlight them too.

### 3/ Identify the corrective ACTIONS

These are the actions you can take to start changing your current situation. Each action will be at the intersection of each column and row header that you circled/highlighted.

Please note **learning a foreign language is an extremely complex task and each student is different and presents a unique combination of challenges**. These actions are intended as guidance only, to help you start asking yourself the right questions and point you in the right direction to unblock your language fluency.

A comprehensive plan can only be designed after a comprehensive assessment. I am currently only offering these to my private clients (who are international CEOs and founders learning English), but in view of the demand I may offer similar services in the future for students of other languages.

If you would be interested to be considered for the first potential cohort of this programme, make sure to sign up for my FREE WhatsApp Community and you will be the first to know if/when I decide to launch it:

<https://www.drlanguages.com/joinfreewacomunity>