



## Remember How

Madainn mhath!

I hope you and yours are well and still in the holiday spirit. I've still got some molasses cookies that I'm putting an end to, one-by-one. ☐

As Gaelic learners, we're guaranteed to feel discouraged from time to time. Frustrated and fed-up too. It feels awful to feel this way about something you care about (Gaelic).

But, these feelings don't have to be so intense.

You can cool the fire of frustration and discouragement any time - **by remembering how it felt to be amazed/intrigued by Gaelic.**

'Remembering How' will do two things:

1. Balance out the challenging emotions, reducing their power.
2. Reconnect you with the feeling of why you're learning Gaelic - a far stronger mental place to be in than 'I hate this' or 'I can't do this.'

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A Tip: Be specific! The more vivid and clear your 'How' is, the stronger it'll be.

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An Example: for me, the sound of Gaelic amazed me. I was quietly awestruck by the songs. That's how I fell in love with Gaelic and how it got into my blood (maybe it was already there - I don't know). Whenever learning got rough, and believe me it often did, **recalling that feeling of wonder** (my 'How') helped me to be more grounded and to keep going. At the very least, it calmed me down.

So, if this is something that would be useful to you, here's your homework:

1. Recall a moment when Gaelic amazed/intrigued/felt magical to you.
2. Describe how that moment felt to you in a powerful way, ie: through writing, art, movement/dance, music, etc. If you write, use as specific words as possible.

3. Keep your 'How' somewhere easy to access, like a notebook, folder, on a wall, as a recording, etc.

4. The next time you feel frustrated, take 3 deep breaths and then go get your 'How'.

Give it a try - it could change things in a big way for you. ☐

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



Le gach deagh dhùrachd (with every good wish),  
Jason Bond Gaelic teacher  
✉ [bond.jasonmbond@gmail.com](mailto:bond.jasonmbond@gmail.com)



Gaelic with Jason

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generations

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