



Trust

I've seen many Gaelic learners turn on themselves when they get frustrated. They blame themselves for a lack of progress or understanding. When they see themselves as a problem or an enemy, they *do* end up stopping their progress, in that moment if not for longer. Sometimes they give up entirely and miss out on the richness that Gàidhlig can bring to their lives.

But, it doesn't have to be this way.

A simple way to calm your frustration is **trust**:

- **Trust** that every time you read/hear something you understand, it makes your Gaelic a little bit stronger and quicker in your mind.
- **Trust** that language acquisition is still happening, even though it takes years for Gaelic to become as natural as breathing.
- **Trust** that by having a human brain, you already have all the tools you need to master Gaelic, little-by-little. (You proved this when you acquired your first language effortlessly)
- **Trust** that you're still moving forward every time you practice, even if it doesn't feel like it.

If it's helpful, write these down and hang them somewhere where you'll see them often. Or, perhaps put them in your Gaelic notebook or folder. **Have these 4 reminders ready the next time you feel frustrated.**

Feeling frustrated is unavoidable. Suffering because of it is optional.

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





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