



SpeakEnglishPodcast.com

The **Podcast** That Will Help You **Speak** English Fluently.
With No Grammar and No Textbooks!

Episode #223

How to avoid frustration
while learning English

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Today:

- I'm going to reflect on the frustration that some English learners may experience.
- In part 2, you'll practice with a point of view story: you'll meet James and Jane and their adventures!

Welcome to Speak English Now podcast, with your host, Georgiana. The podcast that will help you speak English fluently with no grammar and no textbooks.

Hi, I am Georgiana, your English teacher and founder of [SpeakEnglishPodcast.com](https://speakenglishpodcast.com). My mission is to help you speak English fluently.

Do you know how you can help me? You can share the podcast with your friends and family. Tell them to go to [SpeakEnglishPodcast.com](https://speakenglishpodcast.com) and get my free mini-course.

That would mean a lot to me. Thanks.

Oh, by the way, remember that you can check out the transcript, on my website:

speakenglishpodcast.com/podcast

Okay, let's get started!

Learning to speak English is not as simple as studying for a couple of days. Can you imagine? In one month, we could learn 15 new languages, or 14 if we are lazy :)

If your goal is to become fluent, it takes some time. For example, my **Fluency course** has 20 units. And you have to dedicate a minimum of one week per unit. However, I assure you that if you follow the instructions, your fluency will improve dramatically by the end of the course.

During the learning process, some **students** lose patience and **become frustrated**. They all have an initial phase of high motivation due to the novelty and transition to a **plateau phase** that leads to frustration when they do not see steady improvement.

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It is common for **frustrated learners** to blame themselves, saying things like:

"I am not good at learning languages",

"As an adult it is almost impossible to learn",

"I don't have the memory to remember all this vocabulary",

"I make a fool of myself when I speak."

This kind of mindset is dangerous because it **affects motivation**, and the chances of giving up are very high.

Other students blame the method. For example, they say to themselves, "This method is useless", or "I am wasting my time", "This is pointless", etc.

They buy many courses in the hope that the latest one will be the definitive one, the one that works.

And I am not against discontinuing an English course if the method is not effective. I don't want to give away names, but large companies are more concerned about perceived value than real value, and some of these systems are very superficial. In other words, they do not allow you to learn in an effective and lasting way.

You may already know this, but **my system** is specifically focused on **speech development**.

My **premium courses** are based on repeated listening to audios. To give the brain time to assimilate and consolidate the lessons, you must repeat the audios on different days.

In addition, the [courses](#) feature question-and-answer exercises that help the student to speak from day one.

So, I believe the key to avoiding frustration is not to focus on results but on learning time.

Imagine you are in Unit 8 of the [Fluency Course](#). Instead of evaluating your progress because you haven't finished yet, which is also very subjective,

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simply **keep track of the number of hours** you spend. You can, for example, use a spreadsheet and **write down the time you are listening** on a weekly basis.

This way, you take the pressure off yourself and **focus on** what really matters and what you can control: **the time spent**.

And if you are not convinced of your progress, you can listen to an earlier lesson, for example, unit 2 or 3. You'll find that they seem easier than before. This means you are making progress, but as I said, the most important thing is to **accumulate hours of listening**.

Also, keep in mind that our brain needs quite a few days to assimilate new patterns, sounds, words and expressions.

Think about how you learned your native language. Studies indicate that when we are young, we spend about two years listening to our parents before we can articulate sentences. This is called the "silent period" because the brain is learning and assimilating. Imagine a young child thinking, "Wow, I can't articulate words, so I will cover my ears so I won't listen."

And finally, don't forget to **enjoy yourself!** Take listening to the lessons more as a game than an obligation. I try to make the content fun, entertaining, and a bit absurd in the course lessons. I do this so that it won't be boring and you can remember better.

In short, focus more on what you can control: **the time you spend listening** to the lessons, and try to enjoy the stories with slightly crazy characters.

I hope this helps you on your way to fluency in English.

If you want to know how to **speak English** using the proper techniques, visit SpeakEnglishPodcast.com and [subscribe](#) to my mailing list. I will send you my **5-day video course**, so you can **learn how to speak**

English fluently once and for all! And it's completely free.

GET MY FREE 5-DAY VIDEO COURSE:



LEARN THROUGH STORIES

How To Accumulate Vocabulary?

DAY #1

Now it's time for you to learn grammar in context with a point of view story.

POV-Story

(Learn grammar in context)

I'll tell you a short story more than one time. Every time, I'll change a grammar point. I can change the tense or the person. This way, you'll notice the changes in context.

Come on, let's get started!

I'll tell you the story first from my point of view:

James started learning English motivated and hoping to speak fluently. Jane began studying English with enthusiasm and the desire of speaking effortlessly.

Halfway through the course, James became frustrated and stopped learning English.

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Similarly, halfway through the course, Jane also became frustrated and stopped studying English.

Because he did not finish the course, James could only start sentences in English but could not finish them. On the other hand, Jane could only finish sentences in English but could not start them.

One day James and Jane met in a coffee shop. As they waited in line to order coffee, they began to speak English.

James would start the sentences, and Jane would finish them. So, they fell in love, got married, and had seven children. Although they eventually finished the English course, James would continue to start the sentences, and Jane would finish them. Just because she always liked to have the last word.

Now James tells us the same story from his point of view.

I started learning English motivated and hoping to become fluent. A girl named Jane started studying English with enthusiasm and the desire of speaking effortlessly, like me.

Halfway through the course, I got frustrated and stopped learning English. Halfway through the course, Jane also got frustrated and stopped studying English. I guess we were very impatient and didn't see much progress.

Since I didn't finish the course, I could only start English sentences, but I didn't know how to finish them. On the other hand, Jane could only finish sentences in English but could not start them.

One day I met Jane in a coffee shop. As we waited in line to order coffee, we started talking in English. I would start the sentences, and Jane would finish them - how great she

was! So, we fell in love, got married, and had seven children. Even though we finally finished the English course, I kept starting the sentences, and Jane always finished them. Just because she always liked to have the last word.

Ok! That's the end of this short exercise. Notice that the changes between grammar points are subtle but important.

My suggestion is that you **avoid memorizing grammar rules**. It's better to see the changes in the proper context. And with a story, it is much easier to remember all this.

It is one of the techniques that I use in my [premium courses](#).

I recommend you to you take a look at:
SpeakEnglishPodcast.com/courses

Ok! We have reached the end of this episode.

Repetition will help you improve your English fluency. So make sure you listen to my podcast episodes several times.

See you soon! Bye! Bye!



Georgiana

founder of
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