

# Instrumental depression

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سلام و درود دوست من!

فایل پیشرو درباره افسردگی هست که برای بعضی از افرادی که ساز می زنند ممکن هست به وجود آید. شما در ابتدا خود متن را دارید که می توانید به آن گوش دهید. عبارات مهم را براتون مشخص کردم که در دفترچه لغاتان یادداشت کنید و یاد بگیرید. در قسمت بعدی تمرینهای را براتون در نظر گرفتم که بتوانید مهارت انگلیسیتان را قویتر کنید. اگر عبارت یا کلمه ای را نمی دانید حتما چک کنید تا بتوانید آن را یاد بگیرید. امیدوارم دوست داشته باشید و به دیگران هم پیشنهاد کنید.

## Instrumental Depression

Learning how to play the guitar or another instrument is **a nice skill**. Daily practices are important when it comes to learning **how to play an instrument** like the guitar or the violin. Some people **spend half an hour every day** to learn different songs, and some others may spend more than one hour. Many beginners or young musicians start with 30 minutes a day because it's the beginning and they don't **have a strong commitment**. There is no **fixed time**, but we know that we will learn faster if we spend more time.

Some players may spend two or three hours practicing their instrument. This is a good activity, but they **run the risk of** instrumental depression. It is a negative feeling that can happen to musicians who practice a lot, perhaps more than enough. When a musician doesn't want to play or even touch their instrument we can say he or she is **suffering from this special depression**. The problem is that the person often doesn't notice this at first. If people can't notice this depression, they may avoid practicing for months which is obviously bad for a player.

I experienced instrumental depression last year. It was **an awful experience**. I always loved playing setar, but one day I **had a really sad feeling**. I didn't want to practice or even touch my instrument. I didn't play that day, and unfortunately it continued for the next five months. I couldn't believe it. I **had a lot of negative feelings**. I **blamed myself a lot** and I was angry. I talked to some friends and they told me it's natural. It might happen to anyone and I shouldn't **be hard on myself**. After that, I **had a talk with my teacher** and she comforted me a lot. She told me this negative feeling will go away and I need to relax.

I **listened to their advice**. I calmed myself and stopped talking negatively to myself. One week after that, I found myself playing one of my favorite songs. I absolutely loved the notes and melody. The feeling was awesome. I enjoyed moving my fingers over the strings. No more instrumental depression. Great news indeed. Since that time, I've played about half an hour every day because my life is kind of busy. I've also learned two new songs which **give me positive energy**.

## Exercise 1

### Listen to the podcast and fill the gaps.

Learning how to play the guitar or another 1) \_\_\_\_\_ is a nice skill. Daily practices are important when it comes to learning how to play an instrument like the guitar or the violin. Some people spend half an hour every day to learn 2) \_\_\_\_\_ songs, and some others may spend more than one hour. Many beginners or young musicians start with 30 minutes a day because it's the 3) \_\_\_\_\_ and they don't have a strong commitment. There is no fixed time, but we know that we will learn 4) \_\_\_\_\_ if we spend more time.

Some players may spend two or three hours practicing their instrument. This is a good activity, but they run the risk of instrumental 5) \_\_\_\_\_. It is a negative feeling that can happen to musicians who practice a lot, perhaps more than enough. When a musician doesn't want to play or even 6) \_\_\_\_\_ their instrument we can say he or she is suffering from this special depression. The problem is that the person often doesn't notice this at first. If people can't 7) \_\_\_\_\_ this depression, they may avoid practicing for months which is obviously bad for a player.

I experienced instrumental depression last year. It was an awful 8) \_\_\_\_\_. I always loved playing setar, but one day I had a really sad feeling. I didn't want to practice or even touch my instrument. I didn't play that day, and unfortunately it 9) \_\_\_\_\_ for the next five months. I couldn't believe it. I had a lot of negative feelings. I blamed myself a lot and I was angry. I talked to some friends and they told me it's 10) \_\_\_\_\_. It might happen to anyone and I shouldn't be hard on myself. After that, I had a talk with my teacher and she comforted me a lot. She told me this negative feeling will go away and I need to 11) \_\_\_\_\_.

I listened to their advice. I calmed myself and stopped talking negatively to myself. One week after that, I found myself playing one of my 12) \_\_\_\_\_ songs. I absolutely loved the notes and melody. The feeling was awesome. I enjoyed moving my fingers over the strings. No more 13) \_\_\_\_\_ depression. Great news indeed. Since that time, I've played about half an hour every day because my life is kind of busy. I've also learned two new songs which give me positive 14) \_\_\_\_\_.

## Check your answers.

Learning how to play the guitar or another **1) instrument** is a nice skill. Daily practices are important when it comes to learning how to play an instrument like the guitar or the violin. Some people spend half an hour every day to learn **2) different** songs, and some others may spend more than one hour. Many beginners or young musicians start with 30 minutes a day because it's the **3) beginning** and they don't have a strong commitment. There is no fixed time, but we know that we will learn **4) faster** if we spend more time.

Some players may spend two or three hours practicing their instrument. This is a good activity, but they run the risk of instrumental **5) depression**. It is a negative feeling that can happen to musicians who practice a lot, perhaps more than enough. When a musician doesn't want to play or even **6) touch** their instrument we can say he or she is suffering from this special depression. The problem is that the person often doesn't notice this at first. If people can't **7) notice** this depression, they may avoid practicing for months which is obviously bad for a player.

I experienced instrumental depression last year. It was an awful **8) experience**. I always loved playing setar, but one day I had a really sad feeling. I didn't want to practice or even touch my instrument. I didn't play that day, and unfortunately it **9) continued** for the next five months. I couldn't believe it. I had a lot of negative feelings. I blamed myself a lot and I was angry. I talked to some friends and they told me it's **10) natural**. It might happen to anyone and I shouldn't be hard on myself. After that, I had a talk with my teacher and she comforted me a lot. She told me this negative feeling will go away and I need to **11) relax**.

I listened to their advice. I calmed myself and stopped talking negatively to myself. One week after that, I found myself playing one of my **12) favorite** songs. I absolutely loved the notes and melody. The feeling was awesome. I enjoyed moving my fingers over the strings. No more **13) instrumental** depression. Great news indeed. Since that time, I've played about half an hour every day because my life is kind of busy. I've also learned two new songs which give me positive **14) energy**.

## Exercise 2

Can you order the words in the following paragraph?

Some players may hours/ three/ spend /or / two practicing their instrument. This is a good activity, but they of/ run/ risk/ the instrumental depression. It is a negative feeling that can happen to musicians who practice a lot, more/ enough/ perhaps/ than. When a musician doesn't want to play or even touch their instrument we can say he or she is special/ suffering/ depression/ this/ from. The problem is that the person often doesn't notice this at first. If people this/ notice/ can't/ depression, they may avoid practicing for months which is obviously/ player/ a/ for/ bad.

### Check your answers.

Some players may spend two or three hours practicing their instrument. This is a good activity, but they run the risk of instrumental depression. It is a negative feeling that can happen to musicians who practice a lot, perhaps more than enough. When a musician doesn't want to play or even touch their instrument we can say he or she is suffering from this special depression. The problem is that the person often doesn't notice this at first. If people can't notice this depression, they may avoid practicing for months which is obviously bad for a player.

### Exercise 3

Complete the gaps with the given words. Make any necessary changes.

energy    relax    suffer    touch    instrument

1. She loves collecting different \_\_\_\_\_. She has three guitars, four violins, two cellos, one viola and a piano.
2. My children played for more than three hours last year, but nothing now. I think they're \_\_\_\_\_ from instrumental depression.
3. He's very sensitive about his instrument. Whatever you do, don't \_\_\_\_\_ it.
4. It gives me great \_\_\_\_\_ when I listen to my son playing the piano. He plays beautifully.
5. It's important to practice your instrument every day, but you need to learn to \_\_\_\_\_. It's part of the learning.

### Check your answers.

1. She loves collecting different **instruments**. She has three guitars, four violins, two cellos, one viola and a piano.
2. My children played for more than three hours last year, but nothing now. I think they're **suffering** from instrumental depression.
3. He's very sensitive about his instrument. Whatever you do, don't **touch** it.
4. It gives me great **energy** when I listen to my son playing the piano. He plays beautifully.
5. It's important to practice your instrument every day, but you need to learn to **relax**. It's part of the learning.