Englishly trained?

Last night my wife ask me, why its easy for me understanding English. Speak it, hear it, translate it and any other seems not to much for me and I almost never take English Lesson but for only three months.

Well here is my simple answer. I can easily understand it because since the Elementary School I'm used to it, hearing my sister's favorite musics in English, watching movies, reading books (English book), and the best part for me is playing video games that is mostly in English (Sometimes Japanese-Kanji that I don't Understand). If I can't understand what the games instructions and stories, then I can't Play it.

But I think the real deal is you have to meant it (like it, want it), because until now I can't speak Sundanese because I don't want (to learn) it.

Note: with this kind of method, I can understand English easily, but I can't speak with perfect grammars!!