It is possible to forget your first language, even as an adult. Socializing with other native speakers abroad can worsen your own native skills. Schmid analyzed the German of elderly German-Jewish wartime refugees in the UK and the US and found that the main factor that influenced their language skills was how much trauma they had experienced as victims of Nazi persecution. Those who left Germany in the early days of the regime tended to speak better German, while those who left later after the 1938 pogrom known as Reich Kristallnacht tended to speak German with difficulty or not at all. Speech switch is an exception, and native fluency is linked to how we manage the different languages in our brain. London is one of the world's most multilingual cities, with more than 300 languages spoken and 20% of Londoners speaking a main language other than English. Laura Dominguez found that the more familiar another language or dialect is, the more likely it is to change our native language. Attrition is not a bad thing, and native language attrition is reversible, but for many of us, our mother tongue is bound up with our deeper identity, our memories and sense of self.