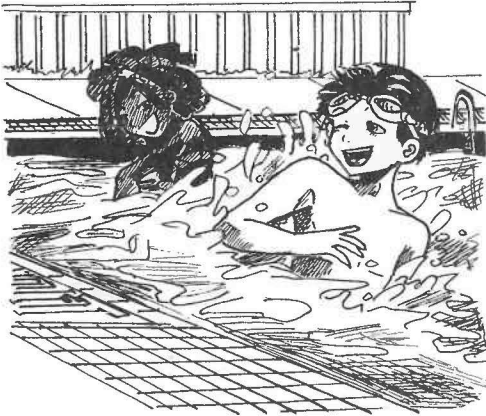


Slide

A *Slide* is another strategy that can help you work with speech tension. It involves catching yourself while you're stuttering, holding the tension steady, and then slowly and smoothly stretching out the transition between sounds as you say the rest of the word. Using a *Slide* helps you get control of the stuttering, reduce tension, and keep your speech moving forward.



It's a little tricky, but you'll get the hang of it. You've already gotten a feel for what it's like to decrease tension in your speech by *Relaxing the Stutter*. A *Slide* is similar. However, when you do a *Slide* you don't stop and repeat the word. You catch yourself *during the stutter* and slide out with a big relaxed stretch.

How to practice a Slide:

1. First you'll use a *Slide* on words that you purposefully stutter on.
2. When you're in the middle of the stutter, you'll catch yourself, hold your speech steady, and then slowly and smoothly stretch out the rest of the word.

Once you've gotten the hang of it, you'll practice the *Slide* with *real* stuttering while you're reading and talking. It's important to remember that even after speech therapy, there are going to be times when you stutter...and that's totally fine.

It's not a question of whether or not you will stutter:

It's a question of what you can do when it happens.

One of the things you can do is *Slide*.

