
Final Thoughts

Only the Beginning

So here you are at the end, and yet it's really only the beginning. This workbook has presented many ways to deal with the physical part of your stuttering: That is, *ways to stutter more easily* and *ways to speak more fluently*. You've worked hard and will now begin the process of strengthening and sharing your new skills.

The truth is that...what you've done so far is really the easy part.

The difficult part is taking what you've learned, putting it out in the world, and maintaining it over time.

While it's difficult, it's also both perfectly possible and extremely satisfying. It's satisfying because, in the process, you get the chance to say *what* you want, *when* you want, *how* you want. And that's what it's all about.

Realistic Expectations

The speech strategies you've learned are really going to help you. However, as you go forward, it's important to realize that your skills *won't always work*. Even the strongest strategies will break down sometimes. Therefore, the issue is not whether your skills always work; it's how you can best manage the times when they don't.

Finally: Remember that the goal is NOT to use these strategies ALL the time.

The goal is to practice your skills enough to keep them fresh and accessible, so you're able to use them when you need them.

The goal is to become an effective communicator who has a variety of strong, reliable, and flexible strategies that help you speak freely.