



***Time Pressure!!!***

**Don't Put up with It!!!!**

**D. Games & kids...☺**

# What is Time Pressure?

- Waiting your turn to speak...
- Talking with "every eye looking at you"...



# Hoping that You Can...

- Talk over someone...  
like in a group....or to  
make a point!
- Talk over noise...



# Time Pressure is.....

- Feeling rushed...



- Being interrupted ...

- Being asked to repeat something ...

# How does Time Pressure make me Feel?

- **Anxious**: “waiting for my turn & hoping that my speech will be ok”
- **Worried**: “what if I make a mistake”??
- **Rushed**: “if I talk faster, maybe I won’t stutter”



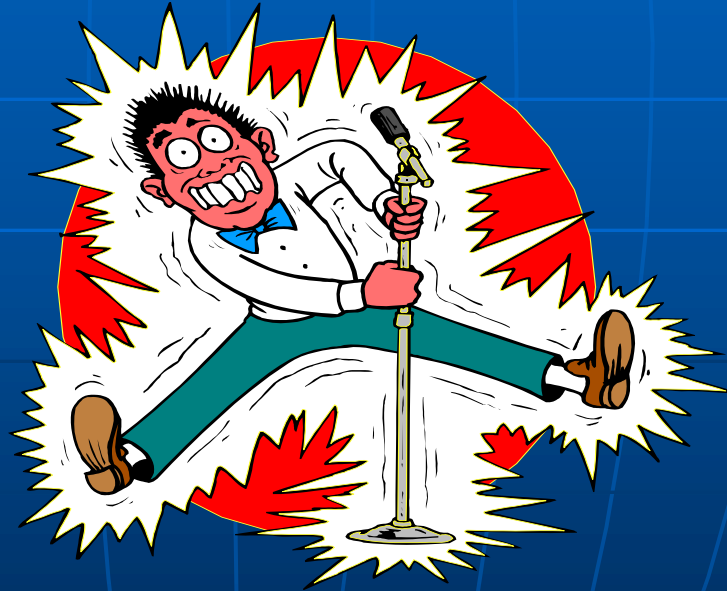
# What does time pressure do to my speech?

- Causes a physical reaction: shorter & tighter breaths, tension, anxiety.....
- Makes it harder to use strategies....



# Yikes!!!!!!!!!!!!!!! Time Pressure

- Causes me to rush and force my words out!
- Causes me to talk louder in order to be heard!



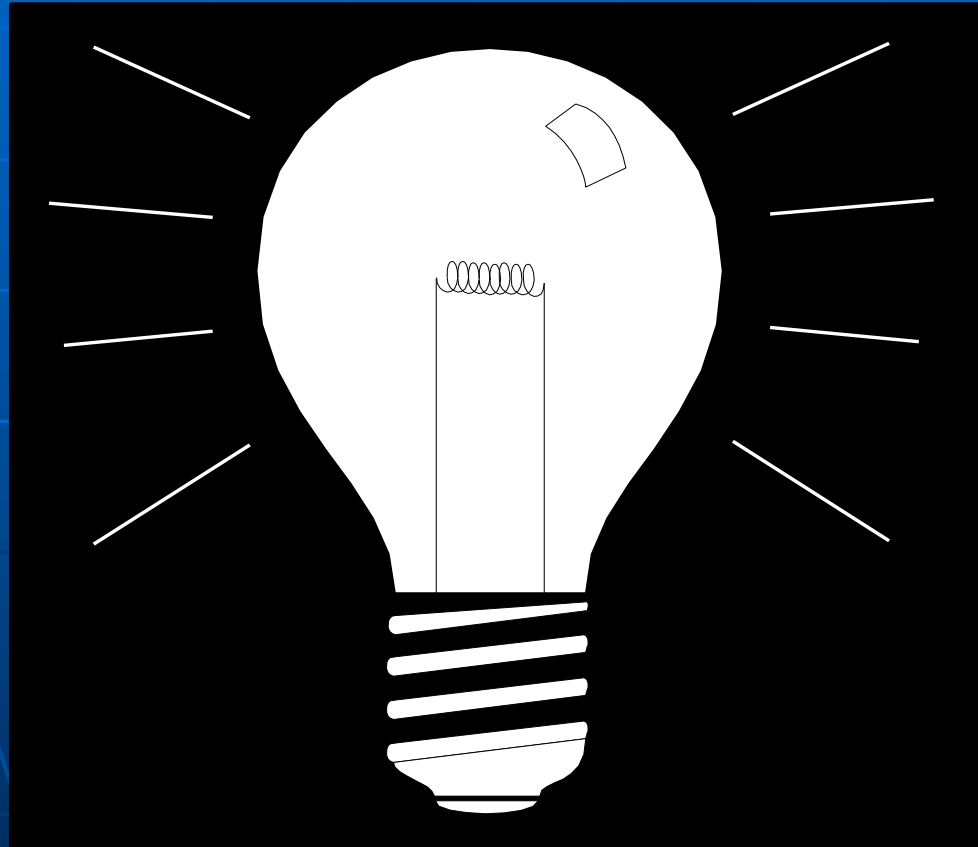
Time Pressure makes it hard to use easy speech! Makes avoiding seem like a good choice!



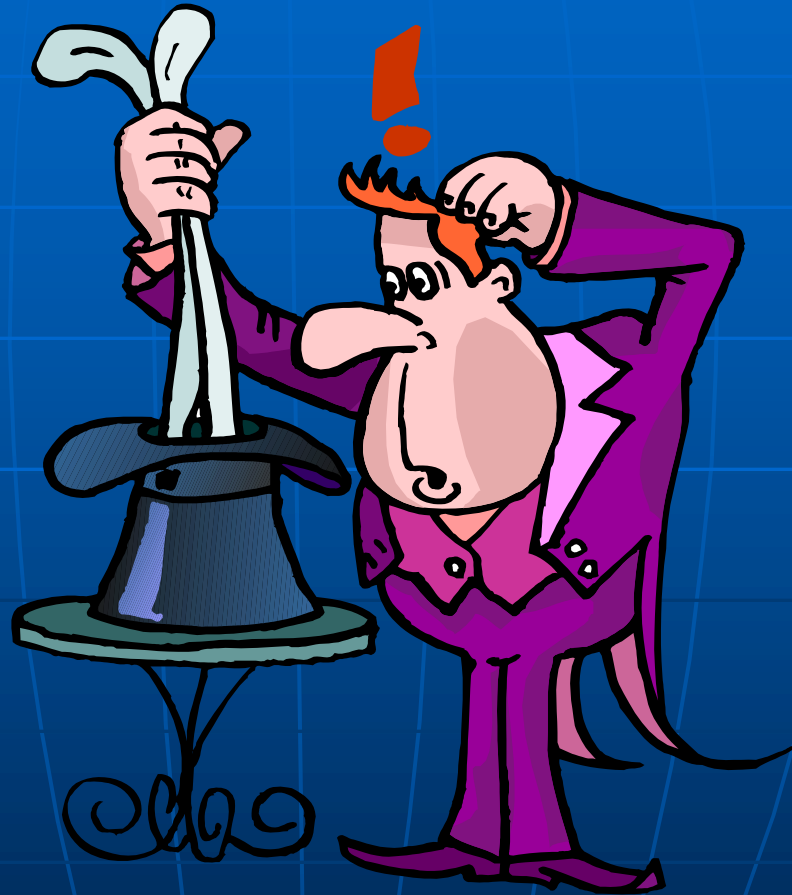


# How can I fight Time Pressure?

**Got some ideas?????**



# Call a Magician?



# Breathe & Take Control..



# Think about ways to

Reduce Tension  
Fight the need  
to ***RUSH!***

Use strategies  
Take a Risk  
Speak at your  
own beat!



# Remember.....

**" TIME WAITS FOR NO ONE "**



- But, taking your time can lead to some great results.....

# Fighting Time Pressure

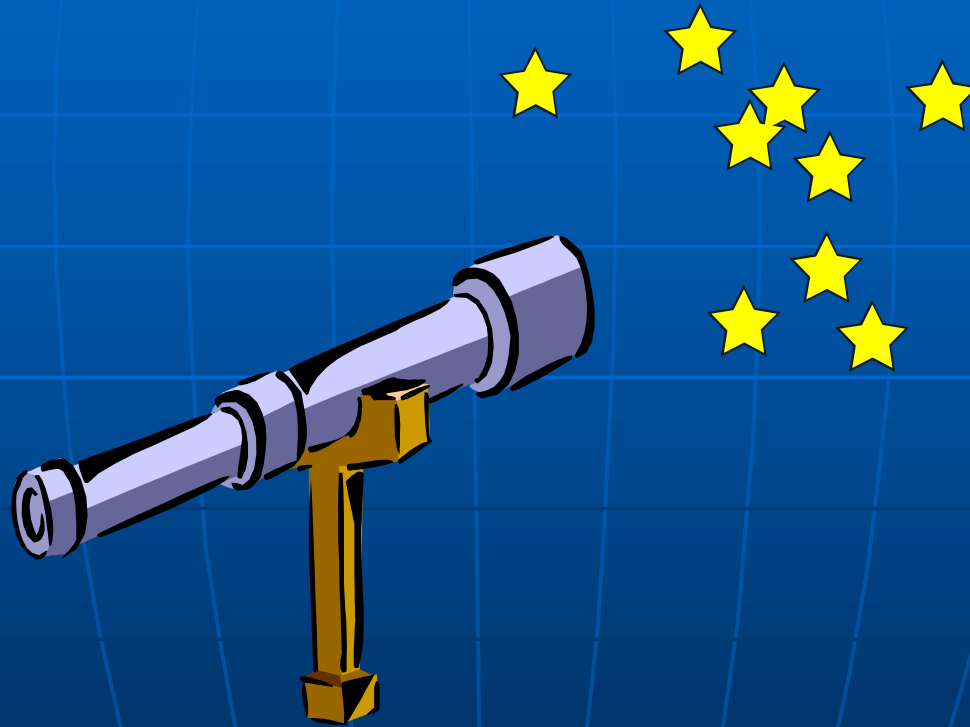
Means using Your  
Controls...

Pausing & Slightly  
Slowing  
Taking a few  
Risks



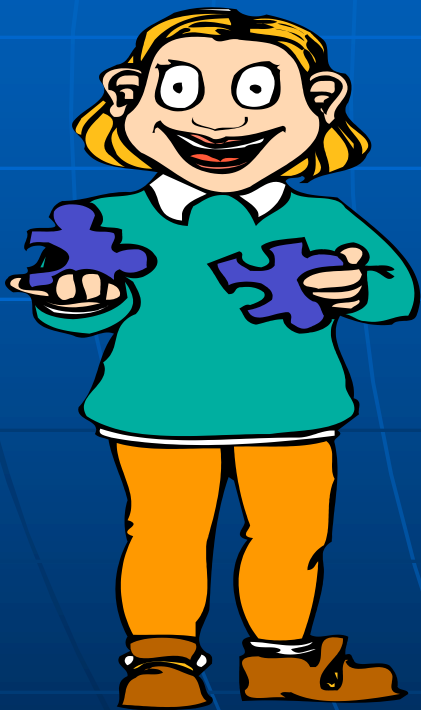
Fighting Time Pressure means  
using positive thoughts to achieve  
our goals...

**“ THE SKY’S THE LIMIT “**



# And in the End....

- You will understand more about how you speak
- You will experiment with some ideas to fight time pressure
- And “piece by piece” the “Stuttering Puzzle” will begin to make sense.....





# Colt's Speech



- Don't like being interrupted  
Or Talking louder over people
- Sometimes I feel rushed
- Stuttering comes and goes
- Goals: relax body, slow my speech in the beginning, & breathing.

# Jeff's Advice for Reducing Tension!

- You don't need to make eye contact you can look an inch or two above the person's head and they will think that you are looking at them.
- Try to move, not stand still and keep your shoulders loose.
- Make sure you always have air
- Reduce tension in the lips, tongue, and jaw.

# Andrew's Chart

Time Pressure = waiting my turn  
and being asked to repeat  
something

TP leads to Anxiety

Anxiety causes me to force words  
out or to avoid speaking

To fight time pressure I can  
reduce tension, use strategies,  
and take a risk

# Kimmy's speech

- Talking over someone and being interrupted
- Can make me rush, talk louder and avoid saying words
- Fight the need to rush talk louder and reduce tension by taking a breath and slowing down. Stay loose
- Don't avoid by taking a risk

# BRYAN'S LIST

- Waiting my turn to speak.
- Talking over someone.
- Being asked to repeat something.
- Speak at my own beat.
- Worried that I'll make a mistake.
- Pausing and slightly slowing.



# Dominick's advice for fighting time pressure

- ◆ Think positive thoughts about your speech
- ◆ Pause and slightly slow your speech
- ◆ Use your strategies
- ◆ Speak at your own beat

# Evan's A+ Advice 4 speech!!

- ◆ Use strategies when you need to
- ◆ Don't be afraid to speak
- ◆ Always feel calm
- ◆ Don't over do it
- ◆ Take your time

# Jason's advice for time pressure

- ◆ When under **tp** use easy speech.
- ◆ When under **tp** (when I have to think or volunteer), try not to rush.
- ◆ When under **tp** take easy breaths



# Chris's awesome ways to beat time pressure

- Reduce tension (feel loosey goosey)
- Speak at your own tone (slow down)
- Think only positive thoughts, like the little engine that could
- The most important is to calm down take that extra time to use your strategies

# Elliott's=) slide

- I start to stutter when I feel that I'm being rushed.
- Another way I start to stutter is when I'm asked to repeat something.
- When my teacher has a group assignment like reading a book I always ask if someone else can read it (avoiding).

# James' Time Pressure Advice

- When under time pressure, use light contacts and light touches to start you speech.
- Slow down! You probably have more time to speak than you think!
- Take more risks and don't avoid words. Use your strategies to get through the word.

# Lindsey's top 5 ways to beat time pressure

1. Take your time when you speak
2. When you get interrupted try again
3. Try to loosen up and don't get tight
4. When asked to repeat say ok (don't avoid it)
5. Don't be worried about speaking just use your strategies.

# Ashley's FAST talking

- I talk faster when all eyes are on me.
- Talking fast is not o.k. all the time.
- To talk slow slower, I snap my fingers or count in my head or pause.
- don't be sad if people make fun of you
- speak at your own speed!!