



WHAT WAS I THINKING???????

A Power Point about how ideas/thinking can help with talking or cause more problems!

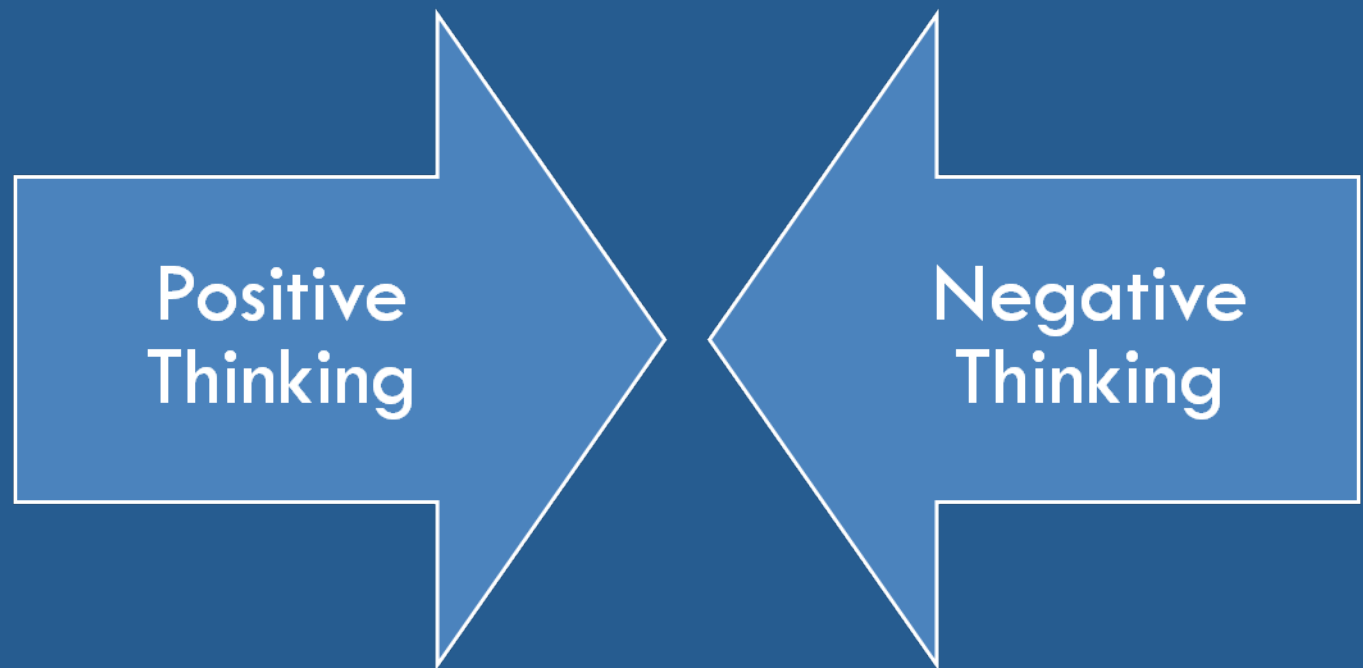
How does thinking about stuttering impact your speech?

We all have different kinds of thoughts!

Some are positive...

Some are OK.....

Some are negative...



What is Positive Thinking? (Student Created)

- ❑ Positive thinking is thinking good about your self and others no matter how different they are. You need to have good thoughts about your speech.
- ❑ Positive thinking is knowing you can do it.
- ❑ The better your thoughts the better your speech.
- ❑ Telling yourself that you can do something without even giving it much thought.
- ❑ Positive thinking is when you think things are going to go well.



What is Negative Thinking? (student created)

- ❑ Negative thinking is when all you have is bad thoughts and you think that you are the only one that is different but we all have something we don't like about our self and you need to get over it.
- ❑ Negative thinking is convincing yourself you can't do it.
- ❑ If you tell yourself you're going to do bad you will probably do bad.
- ❑ When right away you know that you are going to do bad in a certain situation.
- ❑ Negative thinking is when you don't really think and you say that you are just going to do bad.

More on negative thinking. (student created)

- ❑ Negative thinking is when you are about to or you see that you are doing very poorly and you want to stop.

How can you change your thinking?

- ❑ Well if you have positive thoughts, I would think you don't want to change your thoughts at least I would hope so unless you are one of those people who hate the world and everything in it. If you have negative thoughts, first what you need to do is change your attitude toward your problems and go from there.
- ❑ Remind yourself what you have been working on.
- ❑ You can write down positive thoughts.
- ❑ Have a positive outlook on everything that you do in life.
- ❑ Just think of what you have done in the past to change your thinking.

Positive or Negative???

Is this a positive or negative thought?

- ❑ I can't say "s" words?
- ❑ I have trouble reading out loud in class.
- ❑ I'll just breathe and ease into my message.
- ❑ If I have trouble, I'll change a word.
- ❑ Everyone has something to work on.

Can you change the Negative thoughts?

- ❑ I can say "s" words with an easy beginning.
- ❑ I don't have trouble reading in class as long as I use pauses and I plan ahead.
- ❑ If I have trouble, then I'll stop and start the sentence over.

Positive or Negative???

Positive Thoughts

- ❑ I am going to take breaths take pauses and do easy starts.
- ❑ I will try to do my best and think positive.

Negative Thoughts

- ❑ I am going to stutter when I say my lines.
- ❑ I always lose in games.

What is taking a Risk? (student created)

- ❑ Taking a risk is when you do something that you might be afraid to do.
- ❑ Doing something and not knowing how it will turn out.
- ❑ Preparing to do something when you know that you try to avoid everything even close to that subject.
- ❑ Taking a risk is when you have a choice and you choose to do it even though you don't feel right.



What are some “risks” you could take?

- ❑ I try to answer more questions during class and read out loud more.
- ❑ Order pizza or call a store for information.
- ❑ Try to meet new people that I have heard of but never talked to before.
- ❑ Trying to read a big speech in front of class.

How can your thinking help with “tough” speaking situations?

- ❑ You can think about what you can do not what you can't do. For me that means to think about what I am going to say before I say it.
- ❑ Remind yourself about your strategies.
- ❑ Say to yourself over and over again all the positive thoughts in your mind that you can think of in that situation.
- ❑ Other people have trouble doing things too.

What advice would you give students about thinking!

- ❑ Thinking is good even if you don't want to do it sometimes.
- ❑ Don't over think a situation.
- ❑ Just remember if you think about it too long, and your thoughts are not positive, then, odds are you are probably going to do bad.
- ❑ Don't talk yourself into not doing things that might be fun in the end.