

The Problem of Stuttering

WHAT PWS FEEL

- FEAR
- SHAME
- GUILT
- EMBARRASSMENT
- ANGER
- FRUSTRATION
- ANXIETY
- DREAD/APPREHENSION
- OUT OF CONTROL/PANIC
- INADEQUACY
- WORTHLESSNESS

WHAT PWS DO

Use **learned** ESCAPE and AVOIDANCE behavior to hide or minimize stuttering.

Some may be conscious.

Some may be habits.

- loss of eye contact
- eye closure/blinking
- jaw/head jerks
- hand/foot movement
- facial grimaces
- inhalation during speech production
- mouth/tongue posturing (pre-formation)
- retrying words
- repeating phrases
- using fillers (uh, um)
- word substitution or word avoidance.
- circumlocution (talking around a word)
- reformulation of sentences
- stopping, giving up
- not talking at all
- pretending to think
- cutting conversation short (talking less)
- avoiding speaking situations
- not participating in activities

WHAT PWS THINK

PEOPLE WILL THINK I'M

- stupid
- nervous
- shy
- a loser
- less
- not confident

HE/SHE WOULDN'T WANT TO

- be my friend
- talk to me
- spend time with me
- be associated with me

I COULDN'T

- ask him/her
- volunteer for that
- try that
- say that
- go there
- act like him/her
- participate in that

