

Catching the Stutter

There are probably times when you stutter really hard and it's quite clear to you that you're having trouble with your speech.



However, there are other times when stuttering happens so fast that you may not even realize you're stuttering.

If you don't realize that you're stuttering, then you can't do anything to change

it. Therefore, it's important that you practice *being aware* of when you stutter.

Catching the Stutter is a way to help you become more aware of when you stutter. It's something that you practice in the therapy room only.

It involves closing your hand every time you stutter (or pretend to stutter). When you close your hand, you want to try and match the tightness of your hand with the tension in your speech.

At first you'll "catch" your moments of stuttering while you're reading. Later on you'll try *Catching the Stutter* while you're having a conversation.

NOTES:

Listen to, and watch the following model. Then try *Catching the Stutter* as you read the passage below:

As I read these sentences, I'm going to try and pay very close attention to my speech. Whenever I stutter (or pretend to stutter), I will close my hand to show that I've "caught" that moment of stuttering. This will help me gain more awareness of what's going on with my speech. Being more aware is one of the first steps of working with my stuttering.