

Easy Stuttering



When people stutter, they sometimes struggle to get their words out and end up pushing pretty hard.

Practicing *Easy Stuttering* involves

purposely stuttering in an easy, relaxed, and controlled manner. For example, you might *slowly* and *smoothly* repeat a single word:

“I - I - I - I did my very best.”

a syllable:

“It feels good to be help - helpful.”

or a sound:

“Th – th – thank you very much.”

You can use *Easy Stuttering* in three different ways:

One: You can use it *if you think that you’re going to stutter* on an upcoming word. Rather than going ahead and stuttering on the word the way that you normally do, you purposefully stutter on that word in an easy relaxed manner.

NOTES:

Easy Stuttering is another option you have when you're talking. Just like the *Slide*, it's an important option to have because you may not always want or be able to use fluency-enhancing strategies (you'll learn more about these later).

So...

If you're talking along and you either can't or don't feel like using your fluency strategies, *Easy Stuttering is a great way to work with your speech.*

How to practice Easy Stuttering:

Listen to the following models. Then try using *Easy Stuttering* on each word.

As you do, pay attention to how it feels to purposefully stutter in this relaxed way.

speech

you

join

Friday

maybe

she

catch

popular

Make your own list of words and practice using *Easy Stuttering* on them.

_____	_____	_____	_____
_____	_____	_____	_____

Now listen to the model of *Easy Stuttering* with the *Smooth Movement Paragraphs* on page 59. Then practice the paragraphs yourself.

Remember that you can use this strategy:

One: With words you think you're going to stutter on

Two: During actual moments of stuttering

Three: To be open about the fact that you stutter