

Transcending Stuttering

The (SAMPLE) Guide

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* The Guide is intended for the exclusive use of people enrolled in the course.

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Before you Begin

Discover Opportunities Within


This “guide” includes several ways to engage the content, learn more and apply knowledge into your real life, so you can start to live with more freedom of speech!

Summaries 

Reflections to go further 

Details to Go Deeper 

Written Exercises 

Experiential Exercises 



Checklist for Success

✓ TIP #1 - Pick a time and place to concentrate

- Wherever you choose to be... sit down and do "just one thing" (you can do this riding on the bus, sitting at your desk or on your couch!)
- Pace yourself (don't do more than 1 lesson + 1 exercise per day)

✓ TIP #2 - Get a notebook

- For your notes
- For the exercises you will learn in the course

✓ TIP #3 - *Did we mention?* Take notes!

- You will get better results if you take notes
- Write down what is INTERESTING to you
- Write down your QUESTIONS

YOU'RE ALL SET FOR SUCCESS...



Unit 1 - Self Knowledge

ICEBERG

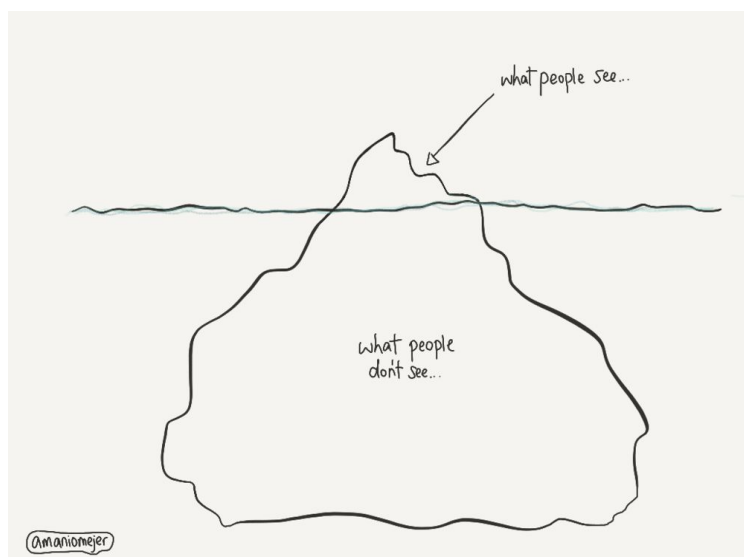
This lesson could be the most important one in the entire course, as this understanding could make it possible for you to make a big breakthrough.

As a person who stutters, would you agree with the following?

“The lived-experience of stuttering is more than what people see and hear on the surface.”

If so, it makes sense that if we only treat the “surface” problems, we will only help ourselves partially (at best).

Now, we want to provide you with a fuller understanding of your stuttering, so you can treat your stuttering more fully, with more satisfying results.



The analogy of the iceberg was made famous by Dr. Joseph Sheehan, and it works like this:

- Above the surface → What people see and hear (physical)
These include the physical behaviors and features of stuttering
- Beneath the surface → What people don't see (non-physical)
These include the real experiences of stuttering that are often invisible to others. This can include thoughts, feelings, beliefs, values related to speech, communication and your self-worth.
These are the non-physical elements developed over time, to adapt and cope with stuttering.

Everybody has some experience on the surface and some beneath the surface.

For some people, stuttering is 80% above the surface and 20% beneath the surface.

I.e. Strong and frequent stuttering, with relatively little mental and emotional weight.

For another person, stuttering is 20% above the surface and 80% beneath the surface

I.e. Light and infrequent stuttering, with relatively high degrees of concern, hiding, and shame.

The question is what is the proportion of your stuttering.

So we can treat it accordingly.



Unit 2 - Self Adjustment

Order-up Communication Situations (Hierarchy)

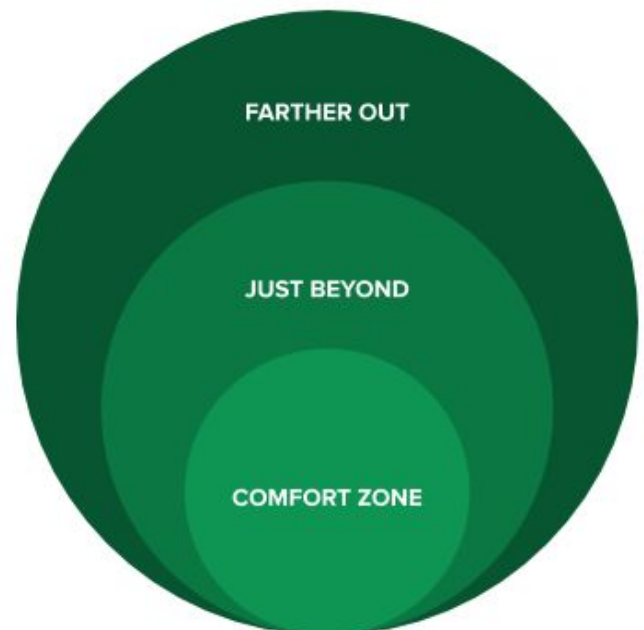
Communication can be different with different people.

In some scenarios, it's predictably much easier, and in other scenarios it's predictably harder.

You will be better off when you start to recognize all the scenarios and which ones are easier and which ones are harder for you.

And the added benefit is this: once you know the hierarchy of these scenarios, you will be able to "expand your comfort zone."

You'll have a systematic way to exercise your courage and practice new ways to communicate. And beginning with the easier scenarios and advancing from there, with each step forward, you will expand your confidence and your ability to communicate in increasingly challenging scenarios.



Take the list of scenarios and organize them.

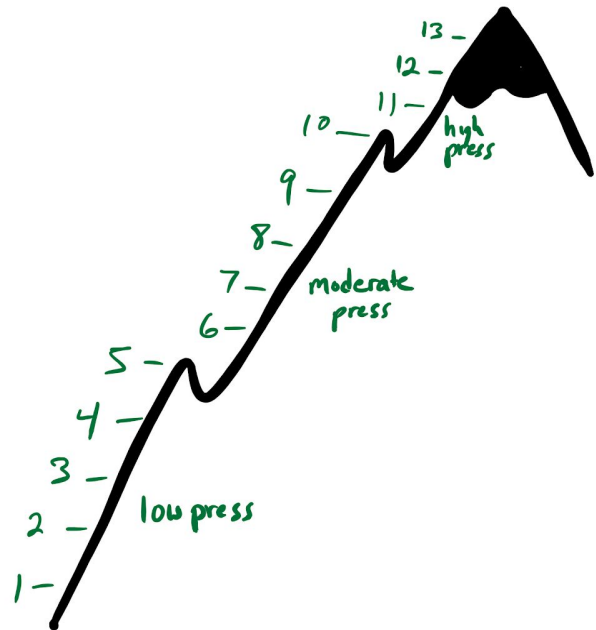
This will serve as a "road-map" for you to make progress in real life.

You could group them into three general groups, like this:



Or you could sort them like this (from low to high, from the easiest and most comfortable to the hardest and least comfortable) .

(This hierarchical layout will give you a clear roadmap of how to continuously move yourself ahead and simultaneously see your progress!)





Unit 3 - Self Acceptance

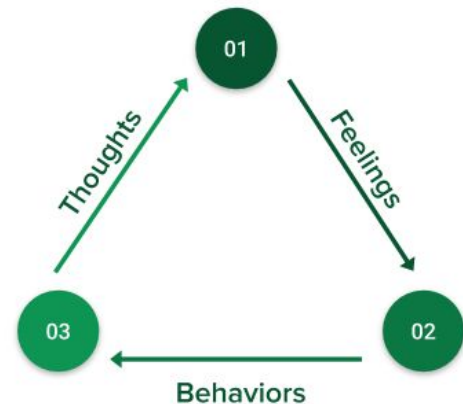
Exercise: Thoughts > Feelings > Behaviors

*This image presents a model of how our **thoughts** lead to **feelings** which lead to **behaviors**.*

Thoughts are the ideas, beliefs and things we say to ourselves.

Feelings are the physical experience or emotional states we experience.
Physical feelings could be hot, sweaty palms, racing heart, short breaths.
Emotional feelings like happy, sad, scared, calm.

Behaviors are our actions, the things we do.



TRY THIS: Set-up your paper with three columns.

Thoughts -> Feelings -> Behaviors

Today, as is: Write-down as many thoughts, feelings and behaviors as you can. The more, the better.

The more you notice about your inner experience (put your finger on it, name it), the more you will be able to detach yourself from these repetitive cycles;

This will begin by noticing how things have been going until now, And this will open-up a path of new possibilities.

Here is one example.

<u>Thoughts</u>	<u>Feelings</u>	<u>Behaviors</u>
<p><i>Don't mess up!</i></p> <p><i>I hope it is not a big one.</i></p> <p><i>This time might be the same as the last time..."</i></p> <p><i>They will laugh at me</i></p> <p><i>I wish I wasn't here</i></p>	<p><i>Fear (of getting stuck)</i></p> <p><i>Annoyed</i></p> <p><i>Cautious</i></p> <p><i>Racing heart-beat</i></p> <p><i>Uneasy stomach (butterflies, etc.)</i></p> <p><i>Sweaty palms</i></p>	<p><i>Avoid eye contact</i></p> <p><i>Change my order</i></p> <p><i>Leave the room (to be unavailable or excused)</i></p> <p><i>Fake a cough or sore throat</i></p> <p><i>Prepare my words and rehearse in my head</i></p>



Unit 4 - Self Advocacy

How to Open-up About Your Stutter

There are two sorts of situations when you might practice self-advocacy in life. There are the “everyday” situations, ongoing in conversations with familiar friends and family and short interactions with strangers. And then on the other hand, there are those singular situations (“the first day,” the interview, the presentation, the date, etc.).

Being open is important.

It’s important to do it. And it also matters how we do it.

Do you hear the difference between:

“You might notice I repeat some sounds and words. Hang in there and it will be worth it.”

vs.

“Yeah I stutter, please bear with me I think I will get through it.”

These two statements translate two different meanings. They bring very different emotions to the table. The latter may bring pity and less confidence in what they have to say.

The general rule is: do not be self- deprecating or apologetic, but advocate for yourself.

When you demonstrate to people your degree of ease and confidence, you will see the same degree in the way the listeners respond to you.

1. **Acknowledge** the stutter.

“You may hear me hesitate some words.”

“Yeah I had an extra dose of cadence in my speech.”

“I invest more in my words than most people.”

2. **Set expectations;** both what they should expect and what you should expect.

“You may or may not hear it come up”

“It is like a hiccup, it is not a brain freeze nor a confidence thing.”

“Sometimes I get it when I get a burst of exciting ideas.”

3. **Guide your listeners** what you want them to do, if and when the stutter shows up.

“If and when it happens, just hang in there, I will get it out.”

“If it happens, feel free to ask any questions.”

“If you didn't understand what I said, let me know and I'll repeat it.”

“If you know exactly what I am saying, feel free to fill in. If not, let me finish what I have to say.”

If you do this kind of self-advocacy, you set the stage for more communication success.

Openness, when done well, fosters shared understanding, as a context for conversational connection.

Alternatively, if you don't tell the other person who you are and what you want, they may continue to get it wrong.

Tell the story you want to tell... and play the parts you want to play in the next chapter of your communication story.