Stamurai

A famous speech therapist said “Stuttering is everything you do trying not to stutter”.

**Flexible rate approach:**

The trick is to stretch the first syllable vowel sound in a word. Place your hand under the chin, when you try to spell a word ex: hit, the place at which your chin touches your hand is called the syllable.

Remember we need to stretch the word which is causing us stammering, not the other surrounding words.

**Behaviors in Stuttering:**

1. Core behaviors.
2. Secondary behaviors
3. Feelings and Attitudes

**Core behaviors**: No proper co-ordination between Breathing, Voice production, Articulation. When we are stressed or angry this co-ordination/timing problem will come.

Core behaviors consists of REPETITIONS, PROLONGATIONS, BLOCKS.

1. REPETITIONS: b..b..b..ball
2. PROLONGATIONS: bbbbbbball
3. BLOCKS: (lips together no sound)…ball

**Secondary behaviors**: This are behaviours you are learned to HELP COPE WITH CORE BEHAVIORS. It is important to get rid of this behaviours.

1. AVOIDANCE BEHAVIORS: Behaviours that are used to avoid the situation.

* Word substitutions.
* Pretend Answer unknown
* Ask someone else to order
* Starters (words we used before the stutter word)

1. ESCAPE BEHAVIORS

* HEAD NOD
* JAW JERK
* EYE BLINK
* COVER YOUR MOUTH

**Feelings and Attitudes**: Fear and hurries, tension are important things to consider.

Meditation: Reducing stress and anxiety, lengthening attention span, improving sleep quality, increasing self-esteem are just a few other benefits of meditation.

**Pull outs:** It consists of three steps. CATCH, HOLD, RELEASE. Voluntarly stutter as close to real stuttering as possible

1. CATCH: Identity the moment of stuttering.
2. HOLD: Identify the tension in speech apparatus.
3. RELEASE: Constantly reduce the pressure in the lips/tounge/mouth

So, Catch moment of stuttering, hold and identify tension, reduce tension and finish word.

**Prepartory Sets**:

Anticipation of stuttering leads to more stuttering. It means when you use subsitute words to avoid stuttering it leads to more stuttering.

6 steps in Prepartory sets

1. PAUSE (Slightly pause before the word is spoken)
2. RELAX ARTICULATORS (Relax tongue, throat, jaw etc)
3. REMEMBER COMMON MISTAKES (Grasping your lips tightly or tensing your tounge)
4. RECALL AREAS TO RELAX
5. REHARSE (Reharse in your mind)
6. SPEAK WITH CORRECTIONS

Example: I FOUND THE **L**ADY OUTSIDE.

While practice of pullouts I know that when pronouncing the sound “LA” I usually tense my tounge sticking at roof of my mouth leading to a block. Lets go step by step for applying the prepartory steps here.

1. I FOUND THE … I take the pause and relax my articulators. Then I feel my tounge resting on the bottom of my mouth, my jaws, my teeth in relax position.
2. I will recall that my tounge sticking at top of my mouth when spelling “LA”.
3. So I keep my tounge particularly relax.
4. Next I will reharse how to say that word in mind.
5. And finally say that loud.