Stamurai

**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.