

## CLIENT SELF-ANALYSIS OF FLUID TALKING

Douglas E. Cross, 1996 (rev 2005)

<p style="text-align: center;"><b>Natural, Fluid Speech</b></p> <p><b><u>What I Should Say</u></b></p> <ol style="list-style-type: none"> <li>1. Always <u>begin talking "forward"</u> - never add or subtract words or sounds to keep from stuttering</li> <li>2. Always <u>use the intended words and word order</u> - even if you stutter</li> <li>3. Always <u>allow yourself the freedom to talk</u> - even if you are nervous or you stutter</li> </ol> <p><b><u>What I Should Do to Talk Fluidly</u></b></p> <ol style="list-style-type: none"> <li>1. Attend to the "feeling" of fluid, forward movements <u>while making the movements</u></li> <li>2. Use gradual, <u>easy pace</u> when talking - think more slowly and move more slowly</li> <li>3. Use "<u>middle</u>", relaxed breathing with gradual inhalations and exhalations</li> <li>4. <u>Start and stop</u> speech movements gradually</li> <li>5. Move speech "<u>forward</u>" fluidly without adding, subtracting, or changing words</li> <li>6. <u>Pause</u> gradually at natural places</li> </ol>	<p style="text-align: center;"><b>My Speech</b></p> <p><b><u>What I Say Now</u></b></p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> <li>6.</li> <li>7.</li> </ol> <p><b><u>How I Talk Now</u></b></p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>
<p style="text-align: center;"><b>Fluid Recovery From Stuttering</b></p> <p><b><u>What I Should Do When I Stutter</u></b></p> <p>Key: Allow yourself to experience hesitations in your speech openly without fighting, avoiding, hiding them</p> <ol style="list-style-type: none"> <li>1. <u>Move forward</u> into the stutter without recoiling, pushing, or stopping</li> <li>2. Allow yourself to <u>experience the stuttered movement</u> without trying to escape, fight, or push the word out quickly</li> <li>3. <u>Slow the stuttered movement</u> down gradually - don't rush the recovery</li> <li>4. Shape the speech movement forward <u>gradually</u> and fluidly into the next sound or word</li> <li>5. <u>Maintain a slower, more gradual pace</u> well beyond the stutter</li> </ol>	<p style="text-align: center;"><b>Fluid Recovery From Stuttering</b></p> <p><b><u>What I Do Now When I Stutter</u></b></p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>
<p style="text-align: center;"><b>Reactions to Emotions</b></p> <p><b><u>How Do My and Emotions and Reactions Affect Talking</u></b></p> <ol style="list-style-type: none"> <li>1. Changes in feelings are natural</li> <li>2. Being afraid increases negative feelings which makes talking harder</li> <li>3. Positive images and thoughts promote positive talking</li> <li>3. Hiding or avoiding feared sounds, words, or situations makes them seem worse in the long run</li> <li>4. Negative feelings often makes time seem faster</li> <li>5. Negative feelings causes muscle to tense</li> <li>6. Negative feelings makes movements abrupt</li> </ol>	<p style="text-align: center;"><b>Reactions to Emotions</b></p> <p><b><u>How I Feel and React Now</u></b></p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>