

Desensitization Prompts for Stuttering

Introduction:

One of the worst parts about stuttering is that our fear of stuttering can actually make it worse! That's why it helps to work on desensitizing ourselves to stuttering. If we are more comfortable with stuttering and it doesn't upset us as much when we do it, that fear is less likely to take over and we can be more in control of our stuttering.

What is Desensitization?

Desensitization means practicing stuttering in different situations so that you become more comfortable with it and it doesn't bother you as much. The goal is to decrease the feelings of anxiety and fear that come along with moments of stuttering and to just let them pass without letting them take you over.

We can practice desensitization by pretending to stutter in a variety of different situations.

Exercises:

The following prompts will give you a variety of different situations in which you can practice stuttering. Read through the prompts and start with the ones that seem less scary for you. For example, if you find it less scary to stutter in front of your family than your friends, start with the family prompt. Once you get more comfortable stuttering in those situations, move on to the harder and scarier ones.

When you pretend to stutter, try to make it sound as much like your real stuttering as you can. If your pretend stutter turns into a real stutter, that's ok! That's just better practice for you to overcome those fears!

1. Stutter while talking to yourself in the mirror.
2. Stutter while reading out loud from a book.
3. Stutter when telling your mom or dad about what you did today.
4. Stutter while playing a game with the speech-language therapist.
5. Stutter while talking on the phone to a family member who doesn't live in your house.
6. Stutter while talking to your friends at lunch or recess.
7. Stutter when greeting a friend in the hallway or another common area at school.
8. Stutter when talking to your teacher in a one-on-one conversation.
9. Go to the school's office and stutter while asking a question to the receptionist or another office worker.
10. Stutter while ordering food or completing a purchase at a restaurant or store.
11. Call a local business and stutter while asking them about their hours for the day.
12. Stutter when answering a question in front of your class.
13. Stutter while giving a presentation in front of your class.
14. Stutter while practicing a presentation (that you will later give to your class) in front of your parent or speech-language therapist.