

## Types of Stutters List

### Introduction:

In order to deal with stuttering, we must first understand it. Here are a list of the different types of stutters. Which ones do you do?

### Typical Disfluencies

These are disfluencies that everyone does, even people who don't stutter. If you start listening, you will hear them in everyone's speech.

- Whole phrase repetitions: This is when you repeat a phrase of more than one word (Example: "Where is ... where is the ball?")
- Single whole word repetitions: This is when you repeat a single word (Example: "Where ... where is the ball?")
- Interjections: When you do this type of stutter, you add an extra word in that doesn't need to be there, usually "um", "uh", or "like" (Example: "Where...um is the ball?")
- Revisions: This is when you start to say something but revise it to say something else instead. (Example: "What ... where is the ball?")
- Hesitations: This is when you leave a long pause in your speech while you think about something (Example: "I'm going to.....look for my marbles")

### Less Typical Disfluencies

These disfluencies are less common in people who don't stutter and more common in people who do. However, people who don't typically stutter do these from time to time also.

- Repetition of single sounds (Example: "sh-sh-shoe")
- Repetitions of syllables (Example: "ba-ba-ball")
- Prolongation: This is when you stretch or hold a sound out (Example: "Wh-----re is the ball?")
- Blocks: This is when there is a tense stop in the flow of speech; you open your mouth to speak or get your tongue in the right place but no sound comes out
- Extra Movements While Stuttering: When some people stutter, they may have extra movements that they can't control, like eye blinking or head leaning.
- Avoidance: Some people who stutter avoid certain words or sounds because they know that they are more likely to stutter on them.