

Why I Come to Speech for Fluency: Discovering Emotions Workbook

Introduction:

Many children who stutter are either unaware of the negative emotions that come along with their stuttering or they are so afraid to address or think about those emotions that they just bottle them up. A lack of awareness of the child's internal beliefs and emotions about their stuttering can actually make the stuttering worse.

It is important during fluency therapy to address those emotions and help the child discover what they are. Talking about stuttering can be uncomfortable for many children but it is essential to help them understand what's happening to them and to desensitize them to it so they don't have as much anxiety about stuttering. This workbook will help the student do just that in a non-threatening manner.

Instructions:

Go through the questions in this workbook with the child. Ask the child the questions and then listen quietly to his answers. Older children can write their responses out by themselves or you can write it out for them as they talk.

While you're going through the questions with the child, make sure you acknowledge each thing that he says about stuttering and do not judge him for his thoughts or beliefs. Don't say "Oh that's wrong" or "that's a stupid thing to think" because those are his beliefs and he needs to know that you accept what he thinks. Just write down everything he says, don't make any judgments or try to fix any false beliefs at this time.

Try to make comments that express that you understand why he might think that, such as "I can see how you would feel that way" or "that must be really hard". After you finish the workbook, look back through it by yourself and pick out a few false beliefs or detrimental attitudes to talk about with the child.

You can help the child go through the process of researching the facts behind his negative beliefs and attitudes. You can start by saying "I remember you saying that you feel like you stutter because you are stupid. Let's go online and see if we can find some more information about why people stutter". Or, you could say "I remember you saying that you didn't think you would ever be able to do the things you want to do in life because of your stuttering. Let's see if we can find information about other people who stutter and what they have done with their lives." Then, you can do some exploration and research together.

All About Me Stuttering Workbook, Page 1

My Strengths:

In this section, talk about the things you are good at. What are things that come easily to you and things that you feel confident doing? This can be related to anything, not just talking.

My Interests:

Now, talk about things that you like to do. What do you enjoy? What do you do in your free time? What things make you happy when you are doing them? Again, these can be all types of things and don't need to relate to talking.

My Weaknesses:

In this part, talk about the things that you struggle with. What is something that is hard for you to do? What do you struggle with at school or at home? What do you wish you were better at?

All About Me Stuttering Workbook, Page 2

How I Feel About Talking:

Now, talk about your opinions on talking. Do you enjoy talking? Do you talk a lot? Does anything bother you about the way you talk? How do you feel about talking in general?

My Emotions When I Stutter:

At this point, we're going to talk specifically about when you stutter. When you feel yourself stuttering, how do you feel? What emotions do you have when you stutter?

How I Stutter:

Describe your stuttering. What does it sound like? What does it feel like? What do you notice about your stuttering? What do you think is going on?

All About Me Stuttering Workbook, Page 3

Why I Stutter:

Why do you think you stutter? It's OK if you don't know, but take a guess. What do you feel like is the reason you stutter?

Changes I Make Because of Stuttering:

What kinds of things or activities do you change because of your stuttering? Do you avoid certain situations or certain words/sounds? Do you talk less? Do you change you hang out or what you do?

Things that are Harder Because of Stuttering:

What types of things or activities are harder for you to do because of your stuttering? Are there things you wish you could do that you feel you can't because of stuttering?

All About Me Stuttering Workbook, Page 4

Things that Make my Stuttering Worse:

When do you notice that your stuttering is worse? What type of activities, situations, or events make your stuttering happen more? Do you feel like there are any triggers to your stuttering?

Things that Make my Stuttering Better:

When do you notice that your stuttering is not as bad? What types of activities, situations, or events make it so that you stutter less? Do you feel like there is anything that helps your stuttering?

How my Stuttering Impacts my Relationships with Others:

Do you feel like your stuttering changes the way you interact with other people? Does it affect your friendships or how you talk with your teachers and classmates?

All About Me Stuttering Workbook, Page 5

Strategies I've Used and How They've Worked:

What strategies have you used to try to fix or help your stuttering? How has each one worked?

What I Want from Speech Therapy:

You are in speech therapy to improve your stuttering. What is it that you want as a result of coming to speech therapy? How do you want things to be when you are done with speech therapy?

My Goals for Myself:

First, what goals do you have for all areas of your life? Do you have a dream job in mind? Do you want to participate in a certain activity? What goals do you have, long term or short term. Next, what goals do you have for your stuttering? What would you like to work toward?
