

## Preparatory Set for Stuttering Worksheet

### Introduction:

There are many different stuttering-modification techniques that you can use to help you get through a moment of stuttering. The first one is called a preparatory set. We use this technique when we are coming up on a word that we think we might stutter on. It's a pro-active technique that allows us to get through those tough words as smoothly as possible.

### How to Use a Preparatory Set:

When you are about to say a word that you think you might stutter on, simply ease into that word by making the first sound of the word longer. You will relax your mouth and jaw and then hold out the first sound as you use it to ease into the rest of the word. This is similar to the "easy onset" technique that you may have practiced as a fluency-shaping technique.

You can also use any other techniques that you think will help you get through the word, like using light articulatory touches or slowing the word down.

### Example:

If you feel that you might stutter on the word melon in the sentence below, it would sound like this:

"Can I have some **mmmmmelon**?"

### Exercise 1:

Say the sentences below and practice using a preparatory set on the bolded words.

1. **Wwwwwwhy** are you crying?
2. Can you **hhhhhhelp** me with this?
3. I **nnnnneed** to do my homework now.
4. **Llllllet** me see if I can find that for you.
5. I would like **ssssome** crackers.

### Exercise 2:

Some sounds are not so easy to hold out and make longer. If that's the case, you can try adding another sound that will allow you to stretch it out, like in the examples below. Or, you can stretch out the second sound of the word instead. Try these examples:

1. Please pass the **mmmmbutter**.
2. **Cllllleaning** is my least favorite thing to do.
3. **Caaaaan** you help me with this please?
4. I am going to fly my **khhhhhite** (kite).
5. I need two **phhhhennies** (pennies).