Easy Stuttering

When people stutter, they sometimes struggle to get their words out and end up pushing pretty hard.

Practicing Easy Stuttering involves purposely stuttering in an easy, relaxed, and controlled manner. For example, you might slowly and smoothly repeat a single word:

“l - l - l - I did my very best.”

a syllable:

“It feels good to be help - helpful.”

or a sound:

“Th – th – thank you very much.”

You can use Easy Stuttering in three different ways:

One: You can use it if you think that you’re going to stutter on an upcoming word. Rather than going ahead and stuttering on the word the way that you normally do, you purposefully stutter on that word in an easy relaxed manner.
Two: You can use *Easy Stuttering if you’re right in the middle of a moment of stuttering*. You use it to help yourself release tension and move through the word more easily. When you do this, it sounds like you’re lightly “bouncing” out of the stutter.

Three: Even *when you’re not stuttering or expecting to stutter*, you can use some *Easy Stuttering* here and there in your speech. This shows people that even though you stutter sometimes, it’s not a big deal. When you’re open about your speech in this way, it takes a lot of pressure off.

*Easy Stuttering* will help you to reduce tension and say what you want without fighting against it.

When you’re first learning this strategy, your *Easy Stuttering* may get tense or turn into real stuttering.

Again, that’s okay…it’s just another chance to work with “the real thing.” As you practice more, your ability to control levels of tension and stutter more easily will increase.
Easy Stuttering is another option you have when you’re talking. Just like the Slide, it’s an important option to have because you may not always want or be able to use fluency-enhancing strategies (you’ll learn more about these later).

So…

If you’re talking along and you either can’t or don’t feel like using your fluency strategies, *Easy Stuttering is a great way to work with your speech.*

**How to practice Easy Stuttering:**

Listen to the following models. Then try using *Easy Stuttering* on each word. As you do, pay attention to how it feels to purposefully stutter in this relaxed way.

speech  you  join  Friday
maybe  she  catch  popular

Make your own list of words and practice using *Easy Stuttering* on them.

________________  __________________  __________________  __________________
________________  __________________  __________________  __________________

Now listen to the model of *Easy Stuttering* with the *Smooth Movement* Paragraphs on page 59. Then practice the paragraphs yourself.

**Remember that you can use this strategy:**

**One:** With words you think you’re going to stutter on

**Two:** During actual moments of stuttering

**Three:** To be open about the fact that you stutter