A VOIDING!!
&
STUTTERING!

D. GAMES & KIDS...☺, 2005
What is Avoiding?

- Not talking when you really want to say something…
- Not joining conversations…
Or.....

- Being worried or anxious about when or where to speak....finding ways to not speak!!
Avoiding is also ..........

- Not saying certain words or sounds....
- Rephrasing and “thinking” about what to say and how to say it.....
Avoiding can also mean…..

- *Not* talking freely, or
- Trying to speak Perfectly…
Avoiding can mean assuming another identity.....

- Speaking with a different voice or talking like someone else....
Why avoid?

- It is embarrassing to stutter in front of people.
- I don’t want to make a fool of myself.
- I want to fit in or be fluent like everyone else!!
Why does not talking feel ok?

- Fear or Shame over stuttering???
- Just being Mad about stuttering???
Or avoiding because....

- It is embarrassing to make a mistake
- If I can’t speak perfectly, then avoiding is another choice
Why is Avoiding a Problem?

- It can become “habit forming”.
- When it is impossible to avoid saying a sound/word, speaking can be more difficult.
- Avoiding is a way of “hiding” stuttering.
How do I stop Avoiding?

- Reduce tension in your speech machine
To stop Avoiding, you can.....

- Experiment with talking in a number of situations.
- Tell others that you “stutter”.
Or……..

- Stutter in an easier way..
- Try strategies such as light contacts, easy starts, pull outs and cancellations.
Don’t Let Avoiding Slow You Down!

- Take some Risks
- Try some New Ways of Talking
- Speak at Your Own Beat
- Your Messages are Important!
Remember….avoiding

- Makes speaking in similar situations more difficult
- Keeps you from sharing your ideas and comments
- Gives other people the “wrong” impression
So…….

- Don’t let “Avoiding” become “the easy way out”
- Focus on communicating…and keep talking!!!