Changing the Words Around
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- To access the paper that accompanies the book -
I couldn't say muffin, I couldn't say butter
If I ordered a burger, I'd stumble and stutter
So, instead of me saying the words that I should
I'd swop them for others, I hoped that I could
But you can't always leave out the words that you dread
There are times when a certain thing has to be said
My sister's called Sarah, my best friend is Ben
They just wouldn't answer to Lucy and Len
Whenever I spotted a difficult sound
I'd hastily juggle my sentence around
I spent so much energy word re-arranging
Whenever I spoke, I was chopping and changing
My efforts to search for an easier word
Resulted in sentences, sometimes absurd
At times, my selections just didn't make sense
Which made me more anxious, frustrated and tense
Each time I avoided a troublesome sound
I felt rather guilty, and very soon found
That my fear of speaking increased even more
The number of 'problem words' started to soar
I quickly discovered that word substitution
Was simply avoidance, and not a solution
Although I was fluent, or so it appeared
The words I avoided became much more feared
One day, I decided, enough was enough
I made myself promise, (although it was tough)
To say what I wanted, whatever the letter
At times, I still struggled, but I felt so much better
Today, I will say any letter or sound  
Confronting my fears is the best way – I’ve found.  
Should I ever be tempted to waver sometime  
I’ll remember the message contained in this rhyme.