

My Story

Andrew

My story begins.....

- I first realized I had a stuttering problem when I went to therapy, around the 6th grade.
- I remember using the tension bar during therapy to practice tension.
- My speech improved and I stopped going to therapy for a while.

After a while.....

- My speech was fluent for a few years until recently this year.
- I learned to control my speech by using cancellations and easy starts or light contacts.

Now I am.....

- Going to therapy every week to practice using strategies.
- Gaining confidence in my speech.
- Learning about my stuttering more so I can understand my stuttering.

Some things that I would like to tell my friends.....

- I wish they could see things from my perspective once in a while.
- That I'm not really any different from anyone else.

Some things I would like to say to my parents....

- I don't use my controls as much at home because I talk more and feel more laid back at home.
- When you guys talk to me about my stuttering, it doesn't make things easier.
- It helps more when you don't really say anything to me about my stuttering.

Some things I would like my teachers to know.....

- That I actually have a stuttering problem even though they may not notice it.
- I don't participate as much as I would like to because of my stuttering.
- It helps when you randomly call on me to answer questions instead of going down the row.
- It is easier for me to participate in smaller groups, rather than as a class.

My successes include...

- I have learned how to control my speech to make it more fluent.
- I now participate more in the classroom and outside of the classroom in conversation with friends.
- I have learned that there are different scenarios when my speech is less fluent than others.

I still need to work on....

- Trying to apply my speech techniques more in all types of situations.
- Getting more involved in conversation and situations that I normally don't get involved in.

My final thoughts.....

- My stuttering isn't something that is going to hold me back from anything in the long run.