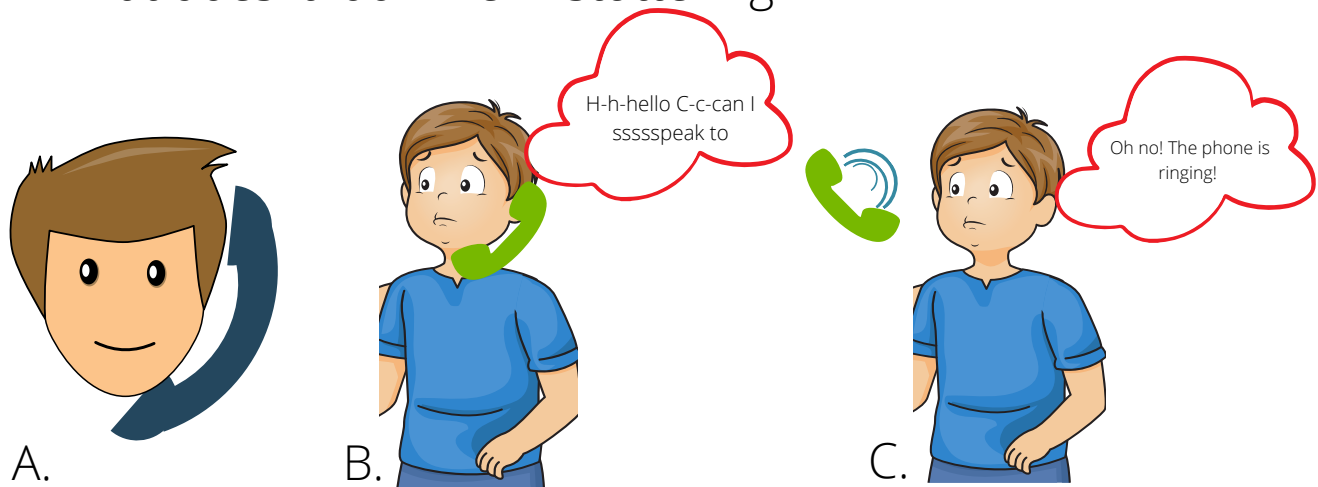


STUTTERING AND CLASSICAL CONDITIONING

Classical conditioning is a learning process that occurs when 2 different/unrelated items are repeatedly paired together.

What does it look like in stuttering



A. Here is Ben on the phone. He did not start out being afraid of talking on the phone.
-Reflection: Are you afraid of talking on the phone? Why or Why not? _____

B. However, Ben began to stutter more on the phone. Sometimes people would laugh at him or hang up on him. This made Ben very upset.
-Reflection: Have you ever had a negative experience talking on the phone? If so, explain what happened. _____

C. Now, when the phone rings or just thinking about having to talk on the phone, Ben's stomach feels sick and he feels very nervous and afraid. **Ben has "learned" to pair stuttering with the phone, causing him to feel very afraid of using the phone.**

-Reflection: Is the phone scary all by itself? Can it bite you? Can pairing things together make them seem more scary than they are? Explain _____

The best news about classical conditioning is that it can be **Unlearned!**