

# STUTTERING FEELINGS AND ATTITUDES

Have you ever taken time to sit down and really think about how you feel before you stutter, during a moment of stuttering, and after you stutter? Sometimes we can be so busy trying to hide our stuttering that we never allow ourselves time to figure out exactly what we are feeling.

Try to come up with at least 2 feelings you feel before, during, and after stuttering.

Before stuttering I feel...	During stuttering I feel...	After stuttering I feel...
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
5. _____	5. _____	5. _____

Was it difficult to come up with at least 2 feelings for each sentence? If so, read the following list of emotions and determine if any of these are TRUE FOR YOU. If not, leave your list how it is.

1. Fear - the feeling of being afraid that something bad will happen
2. Dread - to fear greatly or be reluctant to experience
3. Panic - a sudden overwhelming fear
4. Secretive - to keep something hidden
5. Consumed - to have so much of a feeling that it affects everything you do
6. Shame - feeling that you are flawed
7. Embarrassment - to feel uncomfortable typically in front of other people
8. Surprise - a feeling of shock caused by something unexpected
9. Threatened - an indication or warning of probable trouble
10. Humiliation - a painful loss of pride, respect, or dignity
11. Guilt - a feeling of worry because you have done something wrong
12. Frustration - the feeling of being annoyed because you cannot do what you want
13. Helpless - unable to help yourself
14. Powerless - having no power
15. Hopeless - having no hope
16. Lonely - cut off from the other people
17. Anger - a strong feeling of being mad/annoyed
18. Sad - feeling unhappy
19. Misunderstood - other people don't understand you or what you are going through
20. Trapped - unable to change something