

STUTTERING AND NEGATIVE SELF TALK

The bad feelings that we have about stuttering are a result of negative self talk.

Do you tell yourself mean comments about your stuttering? Do you rush yourself? Or tell yourself that you should talk better? All of those examples are types of negative self talk.

4 Types of Negative Self Talk

1. _____ - anxious and nervous.

- begins thoughts with "what if?"
- thinks about worse case scenario

*How to talk back: "So what? I can handle it!"

2. _____ - has low self esteem.

- mean thoughts if you make a mistake
- compare yourself to others
- forget what you do right

*How to talk back: "Would I say this to my friend?"

3. _____ - sad and hopeless.

- "I can't, it's just too hard"
- "I'll never improve"

*How to talk back: "I can make progress 1 step at a time."

4. _____ - feel stressed.

- uses "should" such as "I should be fluent"
- focuses on what you do instead of who you are

*How to talk back "No one does it perfectly"

Word List:

Critic

Perfectionist

Worrier

Victim