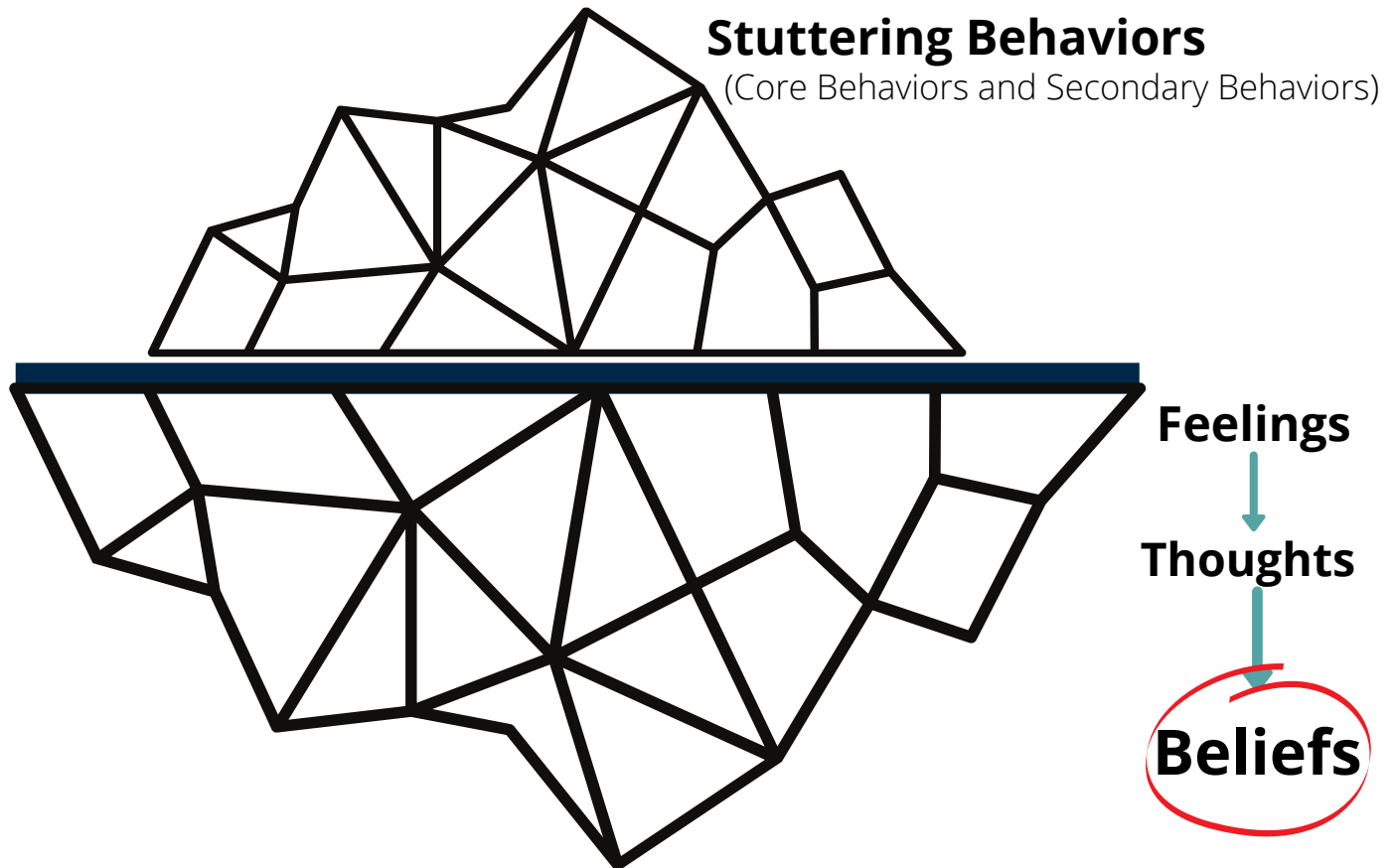


Name\_\_\_\_\_

Date\_\_\_\_\_

# STUTTERING AND CORE BELIEFS



Iceberg illustrations are commonly used to depict how complex stuttering is. The part of the iceberg that is above the water is the actual stuttering behaviors: core behaviors (part-word repetitions, prolongations, blocks) and secondary behaviors (escape and avoidance). As you can see, the larger part of the iceberg is below the water; out of sight. I want to suggest that this "larger part" of stuttering is not only hidden from other people but also hidden from ourselves until we take the time to learn about and explore our stuttering.

The largest part at the very bottom of the iceberg is our "beliefs" about stuttering. Often these beliefs go undetected and unquestioned. We must uncover what we truly believe about stuttering to be able to examine if these beliefs are true. If they aren't true, it is beneficial for us to replace them with accurate more positive beliefs.