

Stutterer? Stop Stuttering!

Personal Assessment

My approach to stuttering is based on a simple premise;

“Stuttering is NOT a speech problem but a self-image problem.”

When I discovered this truth in 2009, at the age of 54, I ended 47 years of extreme stuttering in less than 30 days! And when I say “extreme stuttering”, I mean extreme; I considered cutting out my tongue when I was 15 years old to avoid having to speak! Stuttering negatively impacted every area of my life for over 47 years. If this assessment can help you to beat stuttering, as I believe it could, it will have served its purpose.

The purpose of this questionnaire is to help you evaluate your stutter and its underlying causes in a systematic way. If you are anything like me, you might be focusing most of your attention on the distressing symptom, the stutter, rather than the underlying problems that cause you to stutter. The process itself will hopefully inspire you to think differently about your stutter and so open up new windows of opportunity for you. As noted before, I maintain that stuttering is not a speech problem at all and I hope that when you have completed the self assessment below, you will understand why this is such an important realization.

The questionnaire should take you between 20 to 60 minutes to complete depending on how specific you want to be in answering the questions. Please remember that this is YOUR ASSESSMENT, you own it and you are the only person who will benefit from it. There are no right or wrong answers; your answers are simply the way things are as you understand them ... in other words your reality and, for all intent and purpose, that’s the only reality that matters here.

Understanding a problem is 90% of the solution! So keep asking the questions until you understand the problem inside out.

Most people spend more time and energy going around problems than in trying to solve them. (Henry Ford)

How you think about a problem is more important than the problem itself - so always think positively. (Norman Vincent Peal)

It's not that I'm so smart, it's just that I stay with problems longer. (Albert Einstein)

This questionnaire, or rather your answers to the questions, will be a valuable tool for you to better understand the nature of your stutter and especially in exploring the best way to address the stutter.

You may want to use this yourself as you work with the assessment over the next thirty days. Or share it with someone who will respect the confidentiality and sensitivity of your answers, especially if you are working with a therapist or life coach.

Let's begin!

P.S. You may be able to conquer your stutter in a very short time BUT it may take a few months, even years, to undo the hardwired programs in your subconscious before you break free of the 'stuttering identity'. Begin the journey today.

Personal History

How old were you when you started stuttering?

--

How long have you been stuttering?

--

Have you ever been to speech therapy?

--

Have you purchased books on stuttering?

--

Have you purchased any courses or devices?

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Family history

How many brothers and sisters do you have?

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Were you the oldest, middle or youngest child?

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What ONE WORD describes your relationships?

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What ONE WORD describes your father?

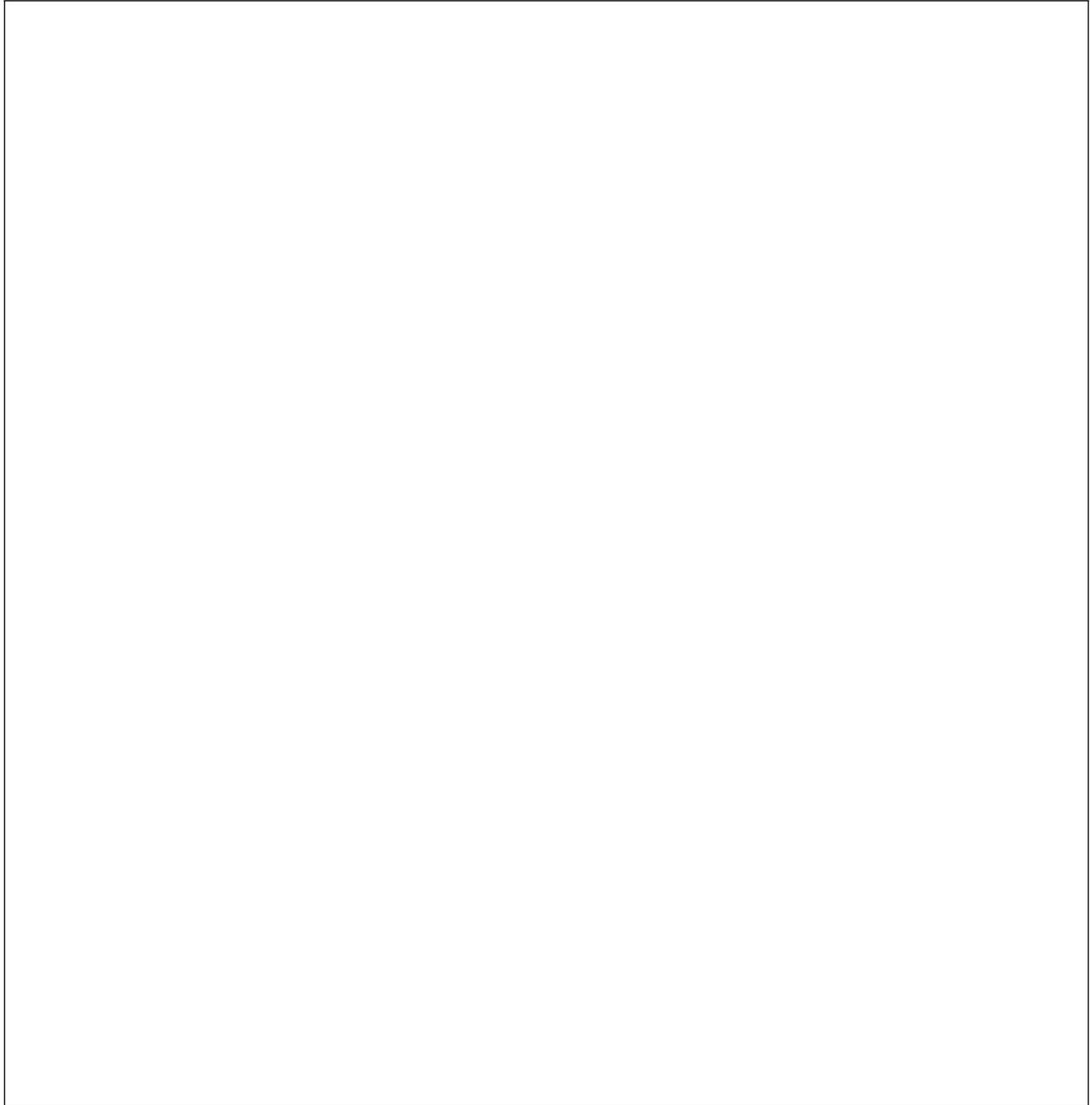
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What ONE WORD describes your mother?

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Is there anything specific about your family history that may be relevant to understanding your stutter.

Are you aware of any significant factors (e.g. relocation, divorce or death of a loved one) that took place before or around the time your stutter first appeared. This may or may not be relevant but it is worth exploring.

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Stuttering Assessment

Why do you stutter?

What do you think are the main reasons you stutter? What are the 'stories' around these reasons? Write out a brief outline of the stories. You will have an opportunity later to explore your stories in greater depth but a quick outline will do for now.

When do you stutter?

Do you stutter?

- When thinking?
- When singing?
- When talking to yourself ?
- When whispering?
- When chatting to a close friend?
- When talking to someone in authority?
- When talking to strangers?

What is your “Yes” score out of 7

“Yes” or “No”
/ 7

How much do you stutter?

As a stutterer I got totally hung up on my stutter but, on closer observation, I realized that I spoke fluently more often than I stuttered. In fact, when I spoke to myself I never stuttered and I never stuttered when I sang. I stuttered much less when speaking to a close friend than I did speaking to a stranger or on the telephone.

Without careful observation, I allowed my stutter to define who I was. Here's a funny thing; after I learned "flow control" I got a handle on about 90% of my stutter but I still considered myself as a stutterer; 10% defined my self-image. I could be talking to someone quite fluently (doing the flow control and substituting difficult words) without them being any the wiser. But I had this need to tell them that I was a stutterer and then I would start stuttering badly ... just to prove it! Crazy. Why did I even have to tell them? Sound familiar?

In an average sentence, how many words do you stutter on? Describe seven situations that fairly represent a 'normal' day for you and then score how much you stutter in each situation.

How much do you actually stutter?	Score/10
• A relaxed situation	
•	
•	
•	
•	
•	
• A stressful situation.	

Situation assessment.

List the situations in which you stutter. Then describe how you feel before, during and after each situation and give each a SUD rating. (SUD stands for Subjective Unit of Distress and it is simply your score of how stressed you feel about each situation.) Your guess is as good as any so just write down whatever you think it is at the time. It's a great test to see how things are working for you.

Rate between 0 and 10;

- “0” = I feel no stress.
- “5” = I am stressed but I am coping.
- “10” = I feel very stressed and I am definitely not coping.

Situation	Before	During	After
<p>Example: Ordering food at a restaurant I feel ...</p> <p>I used to experience extreme stress before ordering food at a restaurant. Ordering was also very stressful. I felt embarrassed after the orders were placed (less so with friends but extreme with strangers).</p>	<p>Fearful about stuttering</p> <p>SUD = 9</p>	<p>Like an idiot if I do stutter</p> <p>SUD = 7</p>	<p>Embarrassed</p> <p>SUD = 3 – 8</p>

Feelings Assessment

How do you feel when you stutter?

Can you describe these feelings in about 10 to 15 sentences?

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Where in your body do you feel these sensations?

You may want to draw a separate picture for each situation that feels different. Then ask yourself, where are the pictures the same and where are they different?



Draw a picture of how you feel in relation to others when you DO stutter?

For example are you bigger or smaller than the other person? Are you facing each other or are you side by side? Describe the situation in the way you FEEL about it and not how it appears in reality. Once again, draw as many pictures as you feel are necessary to describe your observations.



Now draw a picture (or pictures) of how you feel in relation to others when you DO NOT stutter?

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What would you be, do or have if you didn't stutter?

What impact has your stutter had on your life? What dreams and ambitions do you feel you have had to sacrifice in life because of your stutter?

Do you ever use your stutter as an excuse?

Do you ever use your stutter to avoid doing something that you could do? I am not referring to something where your stutter is a real obstacle, I am referring to using your stutter as an excuse for not doing something you know you could do even if it is a bit scarier than if you didn't stutter.

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The next thirty days.

I believe that you already possess the solution to your problem but that you may be completely unaware of just how easy the solution may be. Whatever your unique solution may be, it starts with observation. As a stutterer you probably feel that you are already overly observant but I would like to respond by saying that most of us intensely observe, or fixate on, the stutter and not the wonderful people we are. You are much more than your stutter and yet you may allow the stutter to define who you are. I would like to help you change that paradigm.

It might not seem quite so simple now but give it a chance ... it may just work. There's a chance it may not work; we need to be realistic, but we can be optimistic even when we need to be realistic! I therefore encourage you to be '*cautiously optimistic*'.

When we are done, you will wonder how you missed such simple insights. That's just the way most of us are hardwired ... like a wheel traveling in the same rut we get used to things the way they are and alternatives often don't even occur to us, even seem scary. Well, over the next thirty days you will discover many inspiring alternatives for yourself.

Although we are all unique and no two stutters are exactly alike, we are also similar in many respects. So let's learn from one another. Let's see where we are similar and, building from that, develop a unique strategy to uproot every vestige of your stutter and achieve fluent speech.

Please feel free to send your observations and questions to me at shaunlindbergh@gmail.com.

All the best,

Shaun Lindbergh

Business Opportunity.

I wrote this assessment and 30-day course in 2010 but I did not have the time to support it.

If you gain a benefit from this assessment AND have some personal development expertise (e.g. psychology, life coaching, counseling etc.) AND would like to grow a business offering support to stutterers using this tool, I would love to explore the possibility of a new business.

I have the team, strategy and systems to provide business support but very limited time to coach individuals; that would be your teams, role in a newbusiness. If this interests you, contact me on shaunlindbergh@gmail.com or whatsapp +27 76 342 1621.