

1. SET A GOAL AND CREATE A MODEL FOR YOURSELF.

Your wishes and hopes to stop stuttering aren't worthless, so don't listen to anyone who tells you that! But dreams without a plan don't get achieved and to reach your ideal self and gain the voice you want, you must first know what it is you want, as opposed to focusing on what you don't!

There are many ways to set goals, but I'm going to make this quite specific and a bit easier.

Your goal must be clear and focussed so in order to do that you are going to research and model someone else.

Your goal isn't what, it's who! You are now going to research and study the exact person that you want to sound by focussing on three things.

1. Physicality habits - Look at posture, stance, movement, how they breathe and walk.
2. How they begin sentences - Do they prepare to speak, do they pause or think first?
3. How they end sentences - Are they clear and articulate? Do they breathe fully after?

For each of these three there are many things you can consider. So just take time to trust your observation skills and jot down anything that might be relevant.

2. VISUALISATION.

Knowing what you do about yourself has created a self-perception that over time has become re-enforced and backed up subconsciously. As long as you continue telling yourself the same story, the deeper and stronger it will become.

But we are going to start a new story, one that you want to be telling.

Take as long as you like, longer if possible, once twice or even ten times a day, to sit down, close your eyes and visualise yourself speaking fluidly, calmly and articulately.

Keep doing this!

See yourself as this person and notice how you feel when you consciously catch yourself in your mind's eye, not struggling.

See how others react to you; how does that make you feel?

The beauty of this exercise is that you can do it anytime, anywhere and entirely in silence.

But do it often.

If you have a situation to go into, first spend five minutes visualising it going well. Then go in and even if it doesn't happen the same way. keep doing it.

You have likely had this for a long time, so don't rush, and try not to feel panicked if it doesn't change straight away. It may well take time: consistency and practice. Don't give up on this one!

3. NOTICE YOUR TRIGGER.

What sets you off? Which sounds that you create spark the stutter?

Start a journal to write down the exact times your stammer occurs.

Take it out of your head, and each time this happens, write it down straight away in your pad.

Is it vowel sounds?

Is it consonants?

Is it in a particular place or around certain people?

If you begin writing these down, then in a couple of weeks, you can come back and start to make the connections; joining the dots systematically.

Once more evident, you can define precisely when this happens. Because empowering yourself with the 'when' will introduce you to 'how' which will explain your 'why'!

Keep a journal!

4. SING IT.

Singers don't stutter when they sing. When I suffered terribly from mumbling, I never did that when I sang.

When you sing, as opposed to speaking, other parts of your brain get used, and this can help to change it.

After modelling a great speaker and visualising yourself as that person or speaking as well as that person, then studying your trigger. You can now anticipate when you are going to stutter.

But rather than say to yourself, "I always stumble here", "I can't do it", "it's embarrassing" etc. You're going to say "If I sing this, what's the tune? What's the key? or what's the rhythm?" Instead!

5. OFFER WORDS.

If singing is a bit too much, then instead offer your words. Make it about the listener. Ask yourself before you speak. "What do I want to give this person by saying what I'm about to say?"

It could be to make them feel better, to educate them, to soothe them or perhaps even to scold!

Forget the words and focus hard on your intention.