

# CRUTCH CHART

## Stop Stuttering Incidents

*Try these these tools (crutches), find the one(s) which work best for you, then practice throughout the day to hear only fluency!*

### Tools to Make Names & Feared Words Easy

1. Skip first letter or syllable
2. Use a synonym, similar word or phrase
3. Skip the word entirely or spell it
4. Insert alternate word(s) or sounds and jam into feared word
5. Tell a story about the feared word
6. Change or rephrase the entire thought

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### Voices to Help Put a String of Words Together

7. Whisper
8. Modulate voice or change voice register; be EXPRESSIVE
9. Extreme pronunciation or accent; gestures; body language
10. Speak immediately, hold your tone and link words together
11. Speak like a king/queen (see below)
12. Smile and laugh

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### 13. No Crutch At All

Speak immediately before you can think any words.

Release your positive urge; let your mind select the words.

Think only ideas-passion-joy.

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### When All Else Fails, STOP TALKING

Take a breath for 2 seconds, then speak like a king/queen:

- Start talking but talk less and ask questions
- Speak softly
- Speak slowly
- Use extreme pronunciation
- Speak with passion (positive emotions only)
- Smile the entire time you speak
- Insert a full STOP every few words

### Alternative Communication:



Write what you want to say on a notepad or type onto an iPad or your cellphone.

Then, in a **whisper**, try to say what you **wrote**.

It will get **easier** to say what you are writing until you don't need to write at all.

“ We have free choice to accept or reject thoughts. Nothing compels us to think anything except our own desires. ”