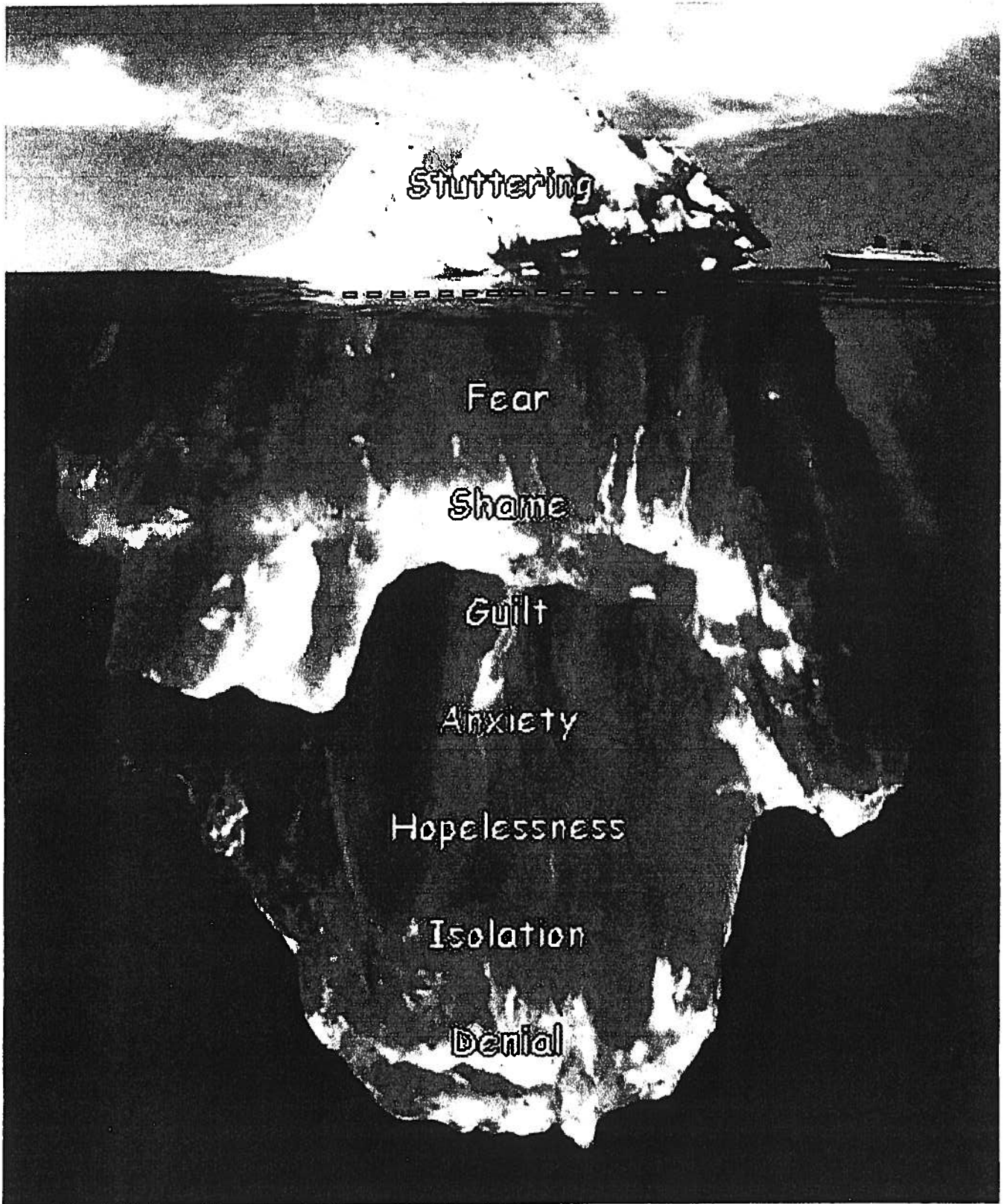


Activities  
&  
References  
For  
Working on Negative  
Beliefs & Emotions

By: Marilee Fini, M.A. CCC/SLP

# The Iceberg Analogy of Stuttering



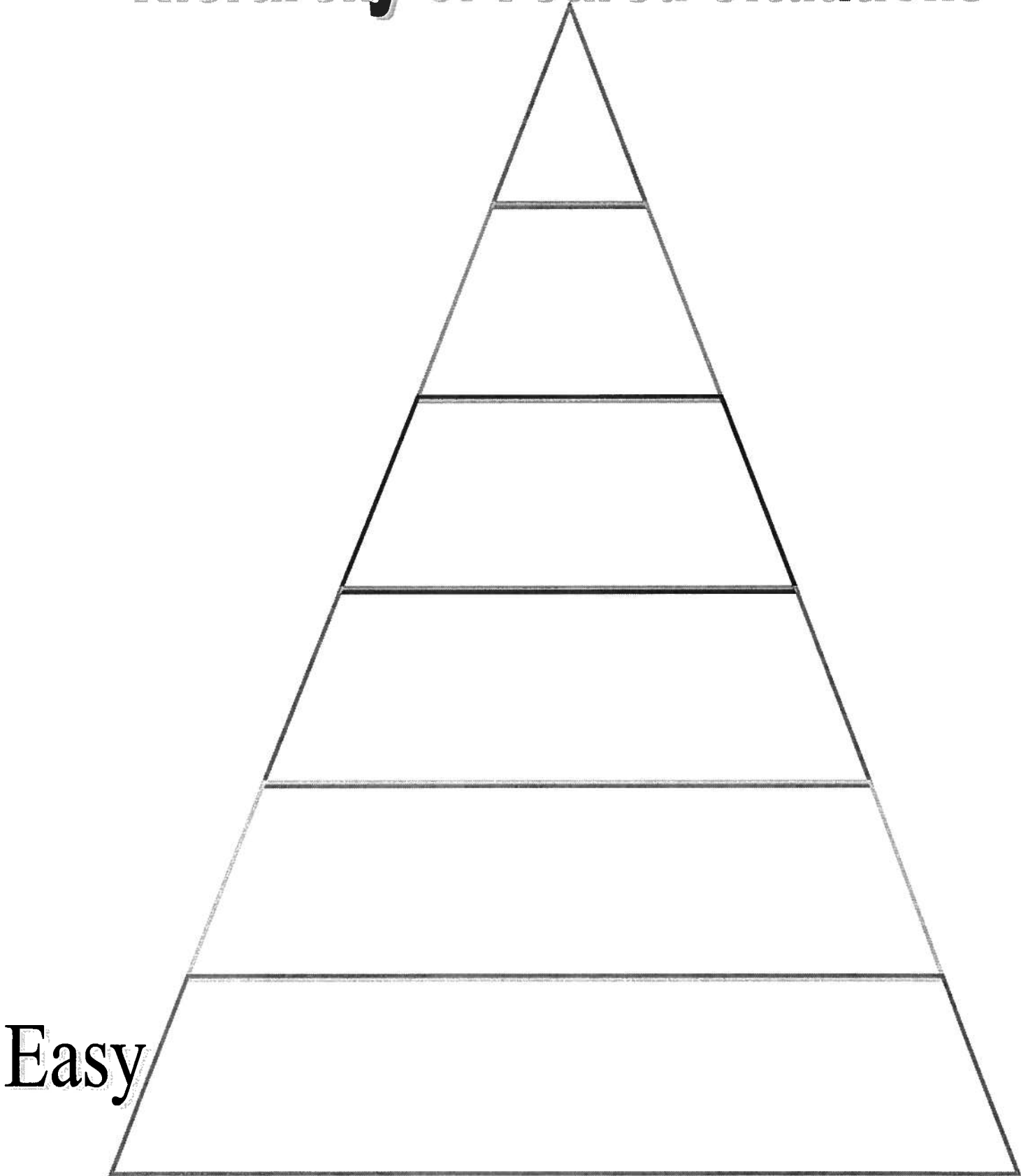
[www.russhicks.com/iceberg](http://www.russhicks.com/iceberg)

This image was created by Russ Hicks. Permission was given to Marilee L. Fini to copy for educational purposes.

# ART ACTIVITY

**DIRECTIONS:** Draw a picture of how it feels to be in the moment of stuttering

# Hierarchy of Feared Situations



# **STUTTERING: WRITING TOPICS**

1. What are my thoughts about starting speech therapy?
2. How do I feel about my current speech?
3. How would I like my speech to be? What would I change in my speech?
4. What are my thoughts while in the stuttering moment?
5. What scares me most about stuttering?
6. What is most embarrassing about stuttering?
7. What aspects of stuttering anger me?
8. What are my thoughts about a particular feared speaking situation?
9. In what ways do I hide my stuttering? Why do I hide my stuttering?
10. What aspects of stuttering cause me discomfort?

# **What's working in my speech?**

# Role-Playing Activities

## Play #1

**Child:** I want a n----ew mouth.

**Mom:** Why?

**Child:** My mouth doesn't doesn't work; it gets st-st-st-uck.

**Mom:** O, it does, that must feel bad.

**Child:** Yes, it does...

**Mom:** Sometimes when kids are learning to talk they go through bumpy times with their speech. It will get better.

**Child:** Other kids do this too?

**Mom:** O, yes and it's OK to have bumpies....You're just learning to talk.

**Child:** It is???

**Mom:** O, yes...

## Play #2

**Mom:** Come on Billy, it is time to go to school.

**Billy:** I am am am not going.

**Dad:** Billy, come on you have to go to school.

**Billy:** I AM NOT GOING TODAY!

**Julie:** O, scared to go to school because you talk so funny....

**Dad:** That's enough Julie. Your brother sometimes stutters.

**Julie:** It sounds funny and kids tease him all the time. Yesterday, there was a bunch of kids laughing at him while he was reading aloud.

**Mom:** Billy, is this true?

**Billy:** Y.....es

**Mom:** Why didn't you tell us?

**Billy:** I didn't want anyone to know.

**Mom:** Why not?

**Billy:** I hate how I ta-ta-talk. It sounds so funny and I am not like the other kids.

**Mom:** It must be hard to talk differently than everyone else.

**Billy:** It It It is.

**Mom:** Just because sometimes you stutter, doesn't mean you can't talk. You have such great things to tell us, it just might take a little longer.

**Billy:** But, k-k-kids don't th-th-think so.

**Mom:** I am going to call the teacher and we are going to stop this teasing. You need to go to school because you have so much to give and share with everyone. You tell such funny jokes.....

**Billy:** OK, I'll get dressed.



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## SURVEYS

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# ORGANIZATIONS/RESOURCES

## ***Friends The Association of Young People Who Stutter***

Directors: Lee Caggiano/ John Ahlbach  
145 Hayrick Lane, Commack, NY 11725-1520  
Phone #: 1-866-866-8335  
E-mail: Lcaggiano@aol.com  
Website: [www.friendswhostutter.org](http://www.friendswhostutter.org)

## ***National Stuttering Association***

119 W. 40<sup>th</sup> Street, 14<sup>th</sup> Floor  
New York, NY 10018  
Phone #: 1-800-937-8888  
E-mail: [info@WeStutter.org](mailto:info@WeStutter.org)  
Website: [www.WeStutter.org](http://www.WeStutter.org)

## ***Stuttering Foundation of America***

Director: Jane Fraser  
3100 Walnut Grove Rd., Suite 603  
P.O Box 11749  
Memphis, Tennessee 38111-0749  
Phone #: 1-800-992-9392  
Website: [www.stutteringhelp.org](http://www.stutteringhelp.org)

## ***Resources on the INTERNET***

[www.stutteringhomepage.com](http://www.stutteringhomepage.com)  
[www.mnsu.edu/comdis/kuster4/part60.html](http://www.mnsu.edu/comdis/kuster4/part60.html)  
(Contains a list of many resources for kids and teens who stutter)

***Marilee L. Fini's website:*** [www.mlf-speech-therapy.com](http://www.mlf-speech-therapy.com)