

The background features six purple circles arranged in two rows of three. The top row has one hollow circle on the left and two solid circles on the right. The bottom row has two solid circles on the left and one hollow circle on the right. The text is centered over these circles.

How It Feels to Stutter

By: Lindsey

I know I am going to stutter when....

- I know I am going to stutter when I feel my throat tightening up
- I also know I am going to stutter more when I am stressed out about something

I know I will not stutter when...

- I know I will not stutter when I don't have any stress in my life (when I am sleeping)
- When I remember to use my strategies

Easy onsets

Light contacts

Pausing

Cancellations

Sliders



I tell myself...

- I tell myself that I am not the only person in the world that stutters
- I also tell my self that everybody stutters sometimes



I feel most successful...

- I feel most successful when I have been stuttering a lot and I make it through a sentence without stuttering
- When I make it through when someone bullies me

My advice for other teenagers who stutter...

- My advice for other people who stutter is when someone bullies you just ignore them
- Another word of advice is remember to use your strategies
- If someone makes you mad about how you stutter say to yourself, “I know I am not the only person that stutters and I know I have the problem and I can’t let people get to me.”



The end

- Thank you for watching my slideshow
- Please have a good rest of the day.