


My Negative Thoughts

Changed to Positive Thoughts!!



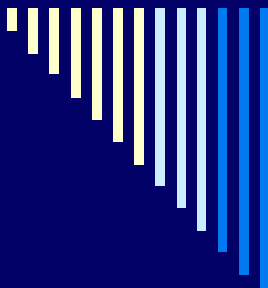
Negative thoughts about speaking to friends....

- They won't like me if I stutter.
 - They might talk about me.
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Positive thoughts when speaking to friends.

- They see my positive attributes also.
 - They might say GOOD things about me.
 - My friends are proud of me and my improvement with my speech.
 - My friends see many other good attributes about me than just my speech.
 - They already know you.
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Negative thoughts about answering a question in class.

- Everyone will be looking at me and thinking about my stuttering.
 - I don't want to stutter in front of everyone.
 - I will be embarrassed if I stutter.
 - I am afraid I might get stuck on a word.
 - The longer the answer, the harder it is to say it.
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Positive thoughts about answering in class.

- They will think about what I say not how I say it.
 - I might stutter a little bit but that is okay.
 - Its better to participate and be heard than sit back and not take part.
 - If I am stuck on a word I slow down and think about how I am saying it.
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Negative thoughts about giving a presentation to class

- ❑ If I stutter, I will take up everyone's time.
 - ❑ People watch more when they notice that the speech isn't fluent.
 - ❑ The reason I am nervous to give a speech is because I am ashamed of my stuttering and I think I shouldn't be doing this.
 - ❑ It's harder to relax in front of a class.
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Positive thoughts about giving a presentation.

- ❑ People are usually happy when speeches take up the whole class because you don't have to learn.
 - ❑ Everyone thinks they do horrible on the speeches.
 - ❑ You can show off your speech techniques and prove to the class that you're not different.
 - ❑ I have something to say and I should say it.
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Negative thoughts about meeting new people.

- They won't like me if they know that I stutter.
 - They might start rumors.
 - Introducing yourself is very important and I can easily be misjudged by someone who doesn't know me.
 - When I meet new people that stutter or have DMD I don't like to be reminded about how different I am.
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Positive thoughts about meeting new people.

- ❑ If they judge people that quickly I don't need them as friends.
 - ❑ Everyone has rumors started about them.
 - ❑ A new chance to start over without the person having the assumption that you have a stutter.
 - ❑ If I meet new people I can relate to them and talk about problems that we both have.
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