

# My Story

By: Jeff

# My story begins.....

- When I was in 4<sup>th</sup> grade, I read really fast and my teacher told me to read slower and it was harder for me to read slowly.
- Up until then I had spontaneous fluency.
- I started speech therapy the year after that with the school speech therapist

# After a while.....

- The speech therapist retired and we had some woman that I didn't like
- I stopped speech therapy after that.
- Then we moved and the new school was stressful and my speech got worse.

# Now I am.....

- In speech therapy with Diane Games.
- The hard points in my speech are giving speeches in class.

# Some things that I would like to tell my friends.....

- That sometimes I get stuck on a word when I'm not done talking. So it helps if they don't fill in words for me.

# Some things I would like to say to my parents....

- That waiting when I stutter helps.
- If you heard how much I talk to the people I'm on the computer with then you would know my speech has gotten a lot better.
- Its hard to argue when you stutter.

# Some things I would like my teachers to know.....

- Last year my language teacher would tell me one person before she called on me to let me have time to gather my composure to reading and it helped a lot.

# My successes include...

- My speech during online games has improved.
- If I have to say something important I can usually say it fluently.
- I gave a speech's in class.
- On the bus I argued how playing video games is better then smoking weed to some girl that sits in front of me, and it was realllly fluent.



# I still need to work on....

- Conversational fluency.
- Speaking in chunks.
- Remembering my strategies when I am in a tough situation.
- Learning to release tension.

# My final thoughts.....

- Stuttering in my life is just a little part of it and it doesn't make me it is a part of me.
- I will have to work at it more.