

TRI-COUNTY SPEECH ASSOCIATES, INC.
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SITUATIONAL FEARS/AVOIDANCE

CLIENT: _____ DATE: _____

1. CHECK EACH SPEECH SITUATION CAUSES MORE STUTTERING
2. CIRCLE THE SITUATIONS THAT YOU AVOID OR WOULD PREFER TO AVOID BECAUSE OF YOUR STUTTERING.
3. RANK THE EIGHT SITUATIONAL CATEGORIES FROM MOST DIFFICULT (1) TO LEAST DIFFICULT (6)

TELEPHONE:

- ___ obtaining information
- ___ initiating a call to a stranger
- ___ calling a friend
- ___ giving my name over the telephone
- ___ making an appointment

FAMILY:

- ___ talking with my mother
- ___ dinner conversation
- ___ talking with my father
- ___ talking to brothers/sisters
- ___ talking to a pet

FRIENDS:

- ___ making introductions
- ___ saying hello
- ___ giving a message from someone else
- ___ leaving a social situation/party, etc.
- ___ participating in a group discussion
- ___ making a point during an argument
- ___ talking about feelings
- ___ telling a funny story or joke to friends
- ___ talking while playing cards or game
- ___ talking to other players during a game

CLASSROOM:

- ___ talking in a classroom discussion
- ___ answering roll call
- ___ talking to a teacher after class
- ___ presenting a prepared speech
- ___ reading out loud
- ___ responding after an interruption
- ___ asking a question in class

JOB:

- ___ being interviewed for a job
- ___ giving directions
- ___ presenting a prepared speech
- ___ responding to criticism
- ___ participating in a meeting
- ___ asking a question about procedures

SOCIAL:

- ___ ordering in a restaurant
- ___ meeting someone for the first time
- ___ speaking to people who do not seem to be paying attention
- ___ going to the door and asking for someone
- ___ dinner conversation with strangers

OTHER:

- ___ talking to a store clerk
- ___ responding to a stranger's question
- ___ telling a joke or funny story to a stranger
- ___ talking to the barber or beautician
- ___ making an appointment with a secretary

- ___ responding under time pressure
- ___ being asked to repeat your answer
- ___ answering questions about your speech
- ___ raising your voice to be heard
- ___ talking more softly than normal
- ___ talking to people in authority
- ___ talking to younger children