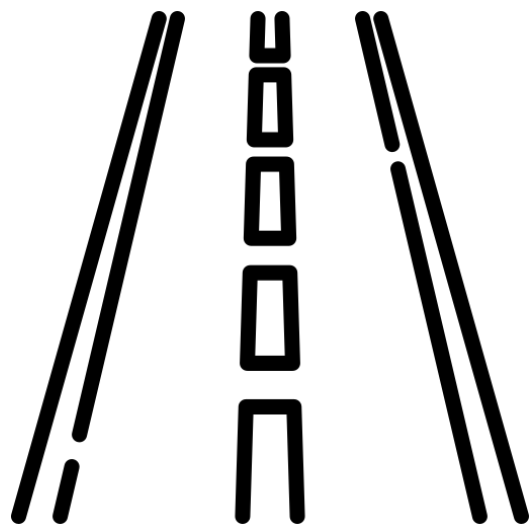


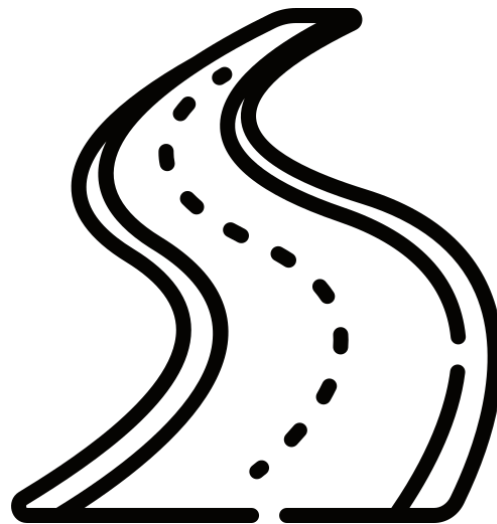
# STUTTERING AWARENESS

Keep this paper out while working on your smooth, easy speech. Monitor your speech as you speak. Try to pinpoint the times where your speech is less fluent than other times.



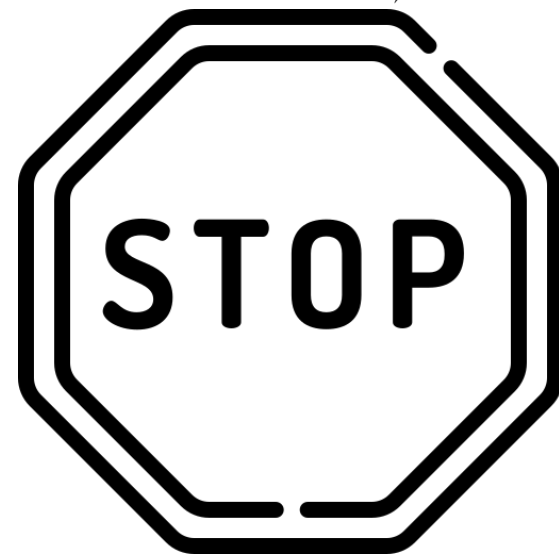
## SMOOTH SPEECH

My speech is smooth with the right number of breaths, pauses and sounds.



## BUMPY SPEECH

My speech has starts and stops. Sometimes I have trouble getting my words out.



## STOPPED SPEECH

I can't get my speech out. I know what I want to say but it is stopped.