



Listen to, and watch the following model. Then try *Catching the Stutter* as you read the passage below:

As I read these sentences, I'm going to try and pay very close attention to my speech. Whenever I stutter (or pretend to stutter), I will close my hand to show that I've "caught" that moment of stuttering. This will help me gain more awareness of what's going on with my speech. Being more aware is one of the first steps of working with my stuttering.