

Model for Fluency

“How I gained freedom over ‘fear of stuttering’.”

Max Stringer

Model and Direction

Others have worked themselves out of a stutter long before I did. Not only that, they have documented it down. Rather than re-invent the wheel. I decided to follow in their footsteps.

Rather than wait for the experts to find the root cause of stuttering. I'm only concerned about getting out of the maze. I don't care what the maze looks like.

Persons I take note of:

- Joseph Sheehan – Non avoidance..
- John Harrison – Hexagon model, counter phobic mentality ,
- Alan Badmington – Proof stuttering can be unwoven , and inspiration
- Jack Menear – Proof stuttering can be unwoven

For the past 3 years I've been going hard on the non-avoidance side of speaking. I was going out and putting myself into dangerous speaking situations, trying to de-sensitize the fear. However my progress was slow.

Then I sat down and thought to myself. They say that sky divers get more and more frightened every time they perform a jump. Until it becomes unbearable for some and they end up have nightmares.

Then it occurred to me, that they wish to sky dive because of the buzz. The adrenaline rush. So instead of the fear going down, it goes up. It goes up because they do its because its both frightening and dangerous at the same time.

I'm the opposite I want my fear to go down every time I speak. So instead of putting myself into a dangerous situation I tell myself it is safe.

The effect this has had on me has been nothing short of magic. I can now “ LET GO “ in all speaking situations.

Psycho-Kinetic Model

Repeat



Evening self-hypnosis and Morning hypnotic exercises



Speaking / Public speaking / Phone are SAFE



Imagine/Picture myself blowing people away
With my fantastic powerful speaking ability



- Consistently physically place myself into speaking situations.
- Consistently using the telephone
- Constantly asking “ Rejection “ orientated questions
(discounts, extra, pay rise, Can you do this for me .. Thank you)
- Sparring with shop assistances and sales people



The Model is based in two sections: Sub-conscious and physical

The mental excises need to be performed under hypnosis conditions.

1) Inform your subconscious awareness that you are in no physical danger.

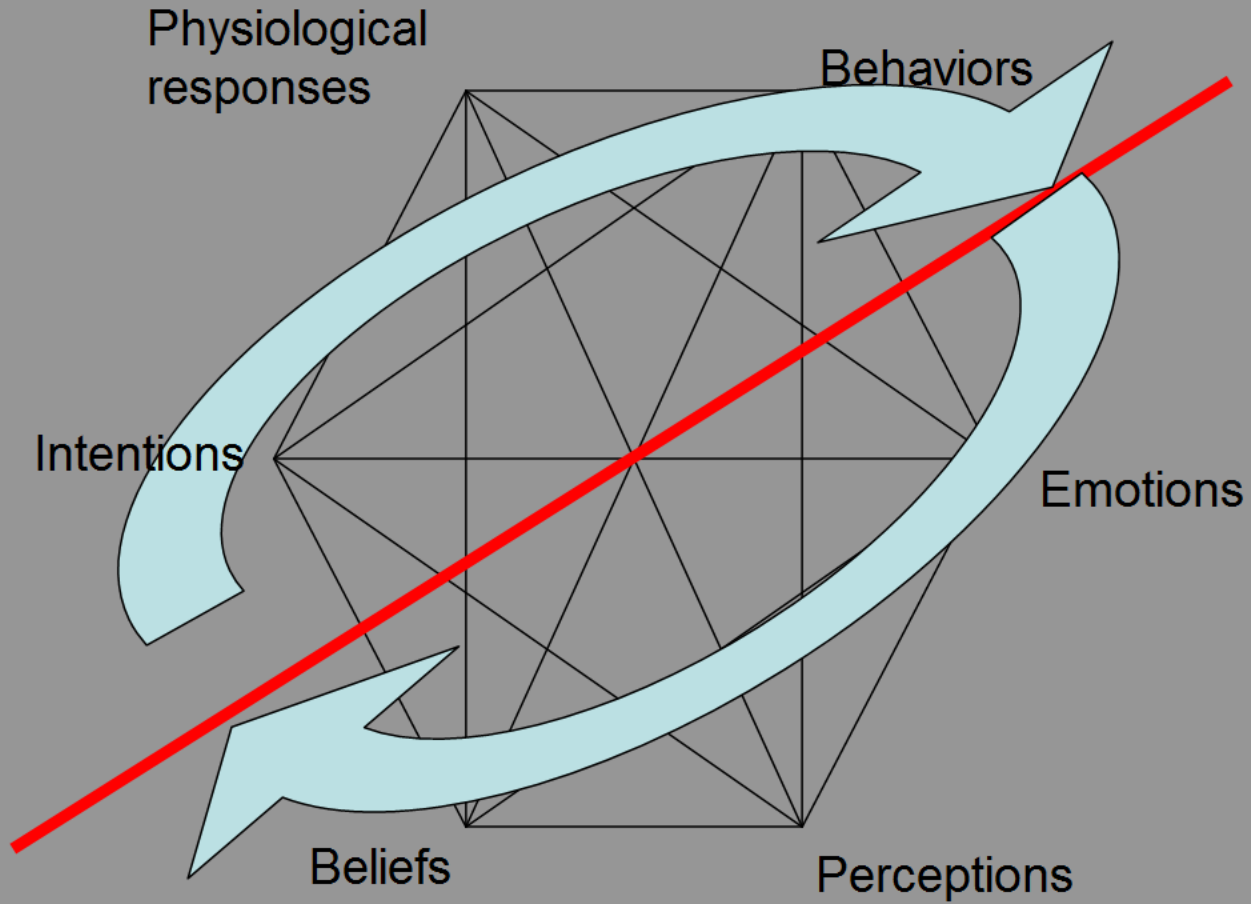
This is based around the idea the stutter is a self-protection system. Against a perceived danger. When in reality we are physically safe.

2) Create the mental circuits for your brain to allow you to perform at your peak

Because we activate the same circuits in our imagination when we physically perform the speaking action. This is to direct us in the right direction.

Stuttering Hexagon¹

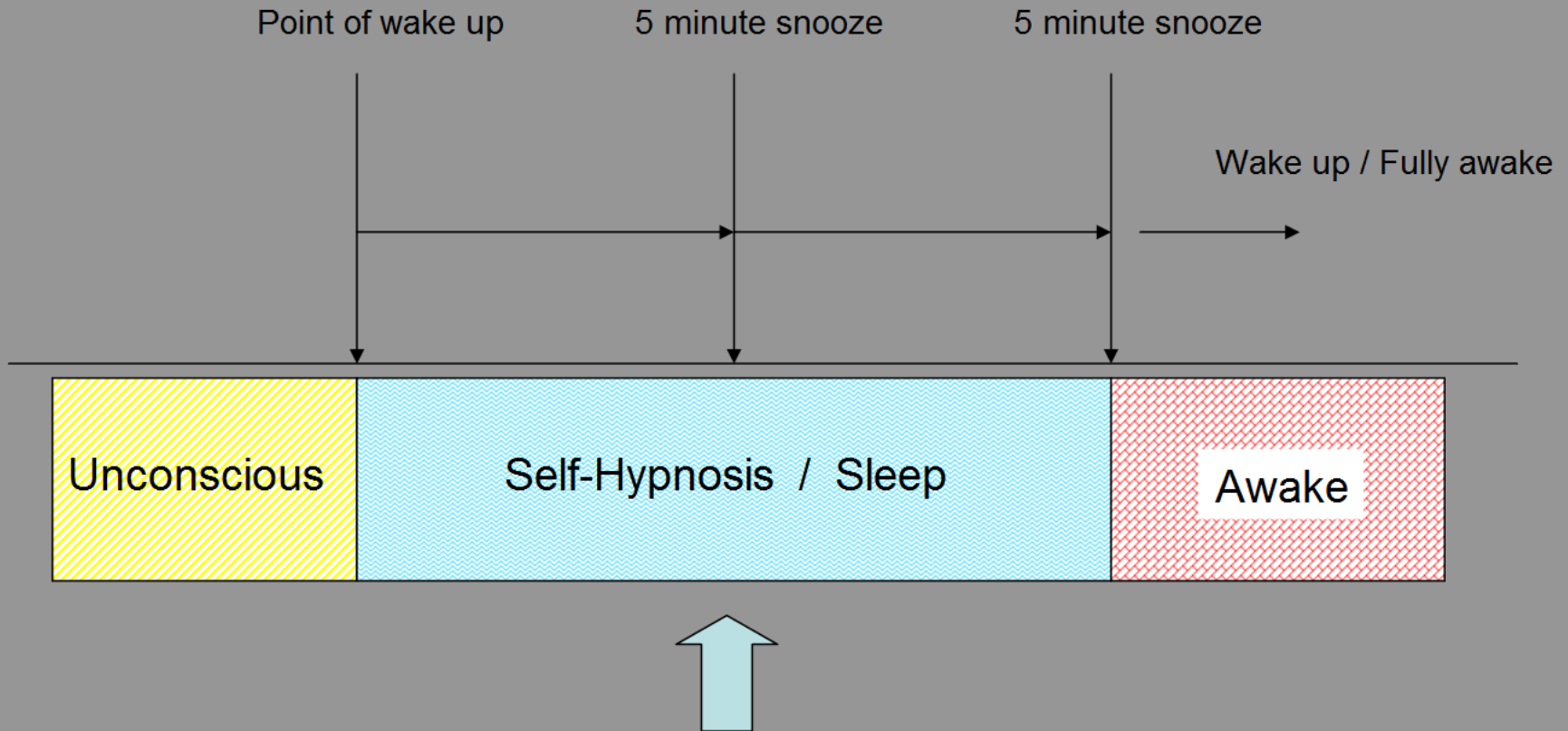
Kinetic (Physical)



¹John Harrison

Psycho (unconscious)

Self-Hypnosis Morning exercises



Activate a preplanned series of bombardment images and thoughts

Physical exercises

Place myself in physically demanding situations. To change my perception of danger

- Asking for discounts every time I purchase anything
- Asking for directions from everyone, every time
- Be the first to put my hand up for Table-Topics at toastmasters.
- Talk to people I'm scared of.
- Make conversation with my work colleagues at lunch time.