

# **Mastering Blocking & Stuttering With Neuro-Semantics®**

## **“An Introduction”**

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Presenter

### **Opening Remarks:**

- Neuro-Semantics has proven quite effective for many PWS.
- **Not all PWS have obtained fluency with these tools.**
- This model is **not a quick cure** though some have found fluency rather quickly.
- We are providing realistic hope for a lot of PWS who had given up hope for recovery.
- Most who gain fluency **must work** and work hard for several months and sometimes longer.

### **The Presentation**

- Please hold your questions.
- I will allow time for questions and comments at the end of my presentation.
- I wish to provide as much information as possible within the limited time frame provided me.
- I hope that many of your questions will be answered during the presentation.

### **In Neuro-Semantics We Believe –**

- That cognition (thinking) explains why most PWS can speak fluently in some contexts and not speak fluently in other contexts?
- That at its onset, blocking & stuttering could have physical and/or genetic components.
- That the “only” logical explanation for the same mind-body system speaking fluently in some contexts but not others contexts is in cognition.

### **In Neuro-Semantics We Believe –**

- That the *fear* of looking like a *fool* or being *vulnerable*, etc., because of blocking and stuttering, dramatically increases blocking and stuttering?
- That when the PWS develops a healthy view of themselves as an *innate person of worth* in spite of how they speak, blocking & stuttering will dramatically dissipate and eventually disappear?
- (Yes, we have several case studies of successes. However, as of yet, we do not have clinical trials supporting our work.)

## **In Neuro-Semantics We Believe –**

- That once the PWS develops a strong sense of inner self worth, the PWS gains *control* of their speech.
- That by having a strong sense of inner self-worthiness, the PWS *empowers* themselves *not to care* what others may or may not think of them because of the blocking & stuttering.
- That once the PWS is *esteeming* and *empowering* themselves to the point of not caring what others may or may not think of them, then the blocking strategy of the mind-body system doesn't activate but the fluency strategy activates and the PWS speaks fluently.

## **How Does**

### **Blocking & Stuttering Happen?**

- How does the brain learn to block/ stutter in certain situations and not in others?
- What structural components of the brain function in order to create blocking/ stuttering?
- How do the structural components of the brain function together in order to create blocking/ stuttering?

## **Disfluency to Adult Blocking**

- We believe that blocking begins in childhood.
- It begins when some “disfluency” gets named, labeled, as something bad and unwanted.
- Early learnings in childhood and later adult reinforcement “lock” in the disfluency which then becomes an adult blocking.

### **1. We believe that the *Meanings* given to those early experiences around disfluency determines:**

- Your concept of your ***Self***.
- How you understand your sense of ***Power*** and ***Resourcefulness*** and hence whether or not you have *control* over how you speak.
- Your relationship with ***Others*** in the context of blocking & stuttering.
- Etc.

## **Typical Meanings for PWS –**

- “I don't want to look like a fool.”
- “I am flawed.”
- “I am out of control.”
- “I have always blocked and I always will.”
- “I can't measure up to the expectations of other people.”
- “What other people say about me is my ‘truth’.”

### **Meaning – To “Hold in Mind”**

- What we **hold in mind** becomes our “meaning” precisely because we *hold it in mind* and use it as our reference structure.
- *First*, we hold such meanings in our mind by creating **movies** in our head.
- *Second*, we hold meanings in our mind mostly through **language** – words that give “meaning” to our mental movies.

### **The Importance of Words –**

- We provide meaning to our movies with words. These two combined are the “stuff” of thoughts.
- But we don’t stop there – we keep having thoughts about thoughts.
- It is in this way that we create the “meanings of our mind” that through interaction with our bodies produce our “states.”
- Blocking and stuttering are created this way as is all our states of mind-body.

### **Emotions Embedded in the Body**

- All of these negative thoughts become “embodied” – we are a mind-body system.
- These negative emotions find expression in those muscle groups controlling breathing and speaking.
- Modern neuro-sciences confirm our suspicion that emotions can and do find expression in particular areas of the body.

### **Blocking is a “Panic Attack.”**

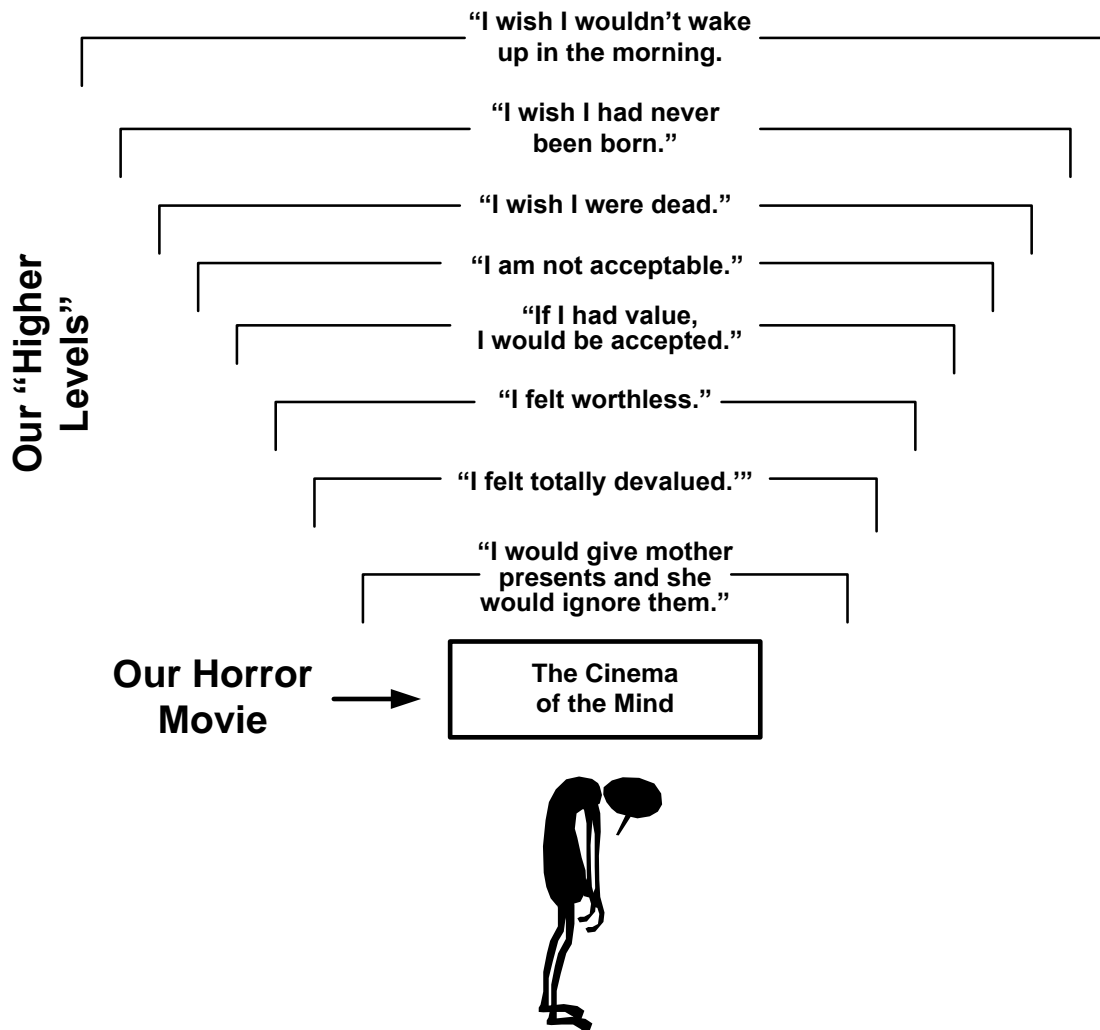
**A Panic Attack** is a discrete period in which there is the sudden onset of intense apprehension, fearfulness, or terror often associated with *feelings of impending doom*. During these attacks, symptoms such as *shortness of breath, palpitations, chest pain or discomfort, choking or smothering sensations* and fear of going “crazy” or losing control are present.

(From the DSM-IV)

### **Thoughts about Thoughts –**

- We just keep having thoughts about thoughts.
- And by doing this we layer our mind-body states.
- We create both our positive and our negative states in exactly the same way.
- The brain doesn’t care whether or not you feed it garbage as does the stomach.
- All the “higher levels” fire at once causing a “panic” attack issuing in a “block.”

## Creating a 'Gestalt' of Fear & Anxiety



### The second thought changes the first thought, etc.

- We continually have thoughts *about* thoughts.
- As we do, each time we have a thought about another thought, *the second thought will change the first thought.*
- Bateson – "Higher levels modulate lower levels." *Steps to an Ecology of Mind*

### An Experiment with Meta-States

- Get a thought of fearing some future task.
- Access a thought of *faith* or *courage*.
- *Apply* faith/*courage* to *fear*.
- Knowing how to do this is foundational to knowing how to run your own brain and manage your own states.

## Applying “Courage/ Faith” to the “Fear of Blocking”

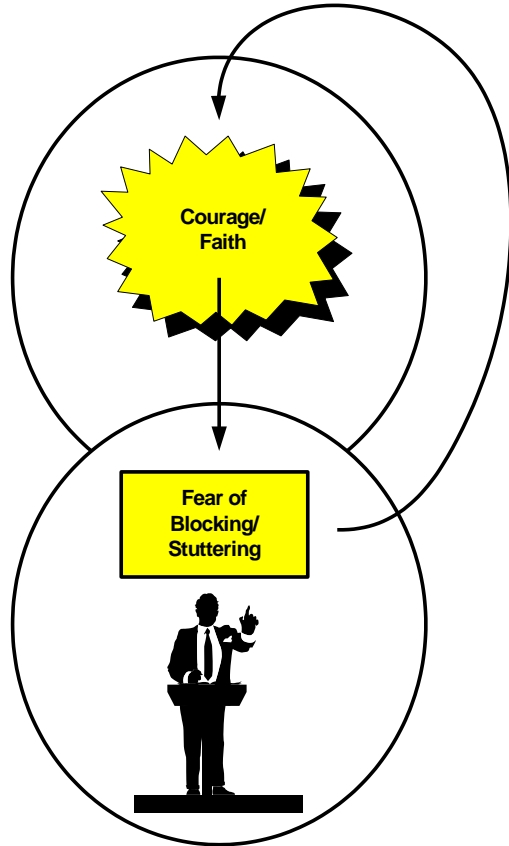
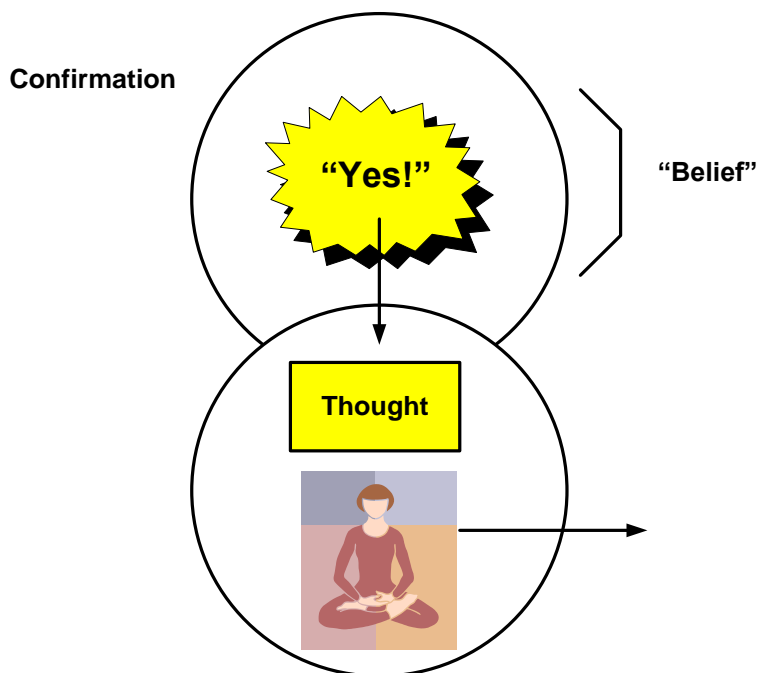


Figure 30 Meta-Stating a Thought Into a Belief

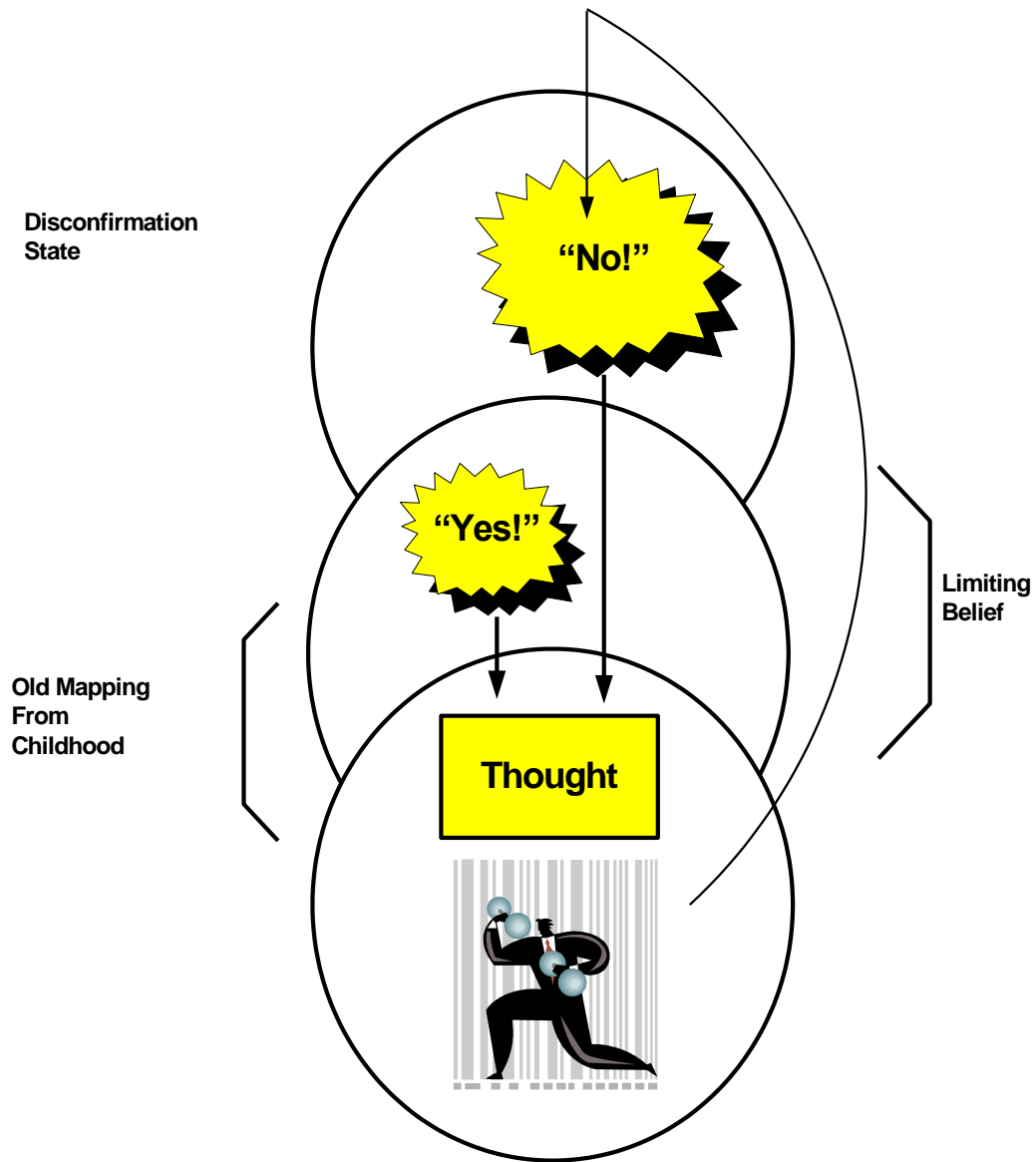


## Changing Meaning by Changing Beliefs

- What is the difference between a *thought* and a *belief*?
- Can you hold a thought in your mind that you do not believe?
- How do we change a thought into a belief?
- A *belief* is a *thought* that we say yes to.

### Meta-Yes/ Meta-No Pattern

- We change a limiting belief at the base level by saying “no” to it.
- Make sure your desired belief is ecological for you.
- Meta-stating a limiting “belief” enables us to de-commission old programs.



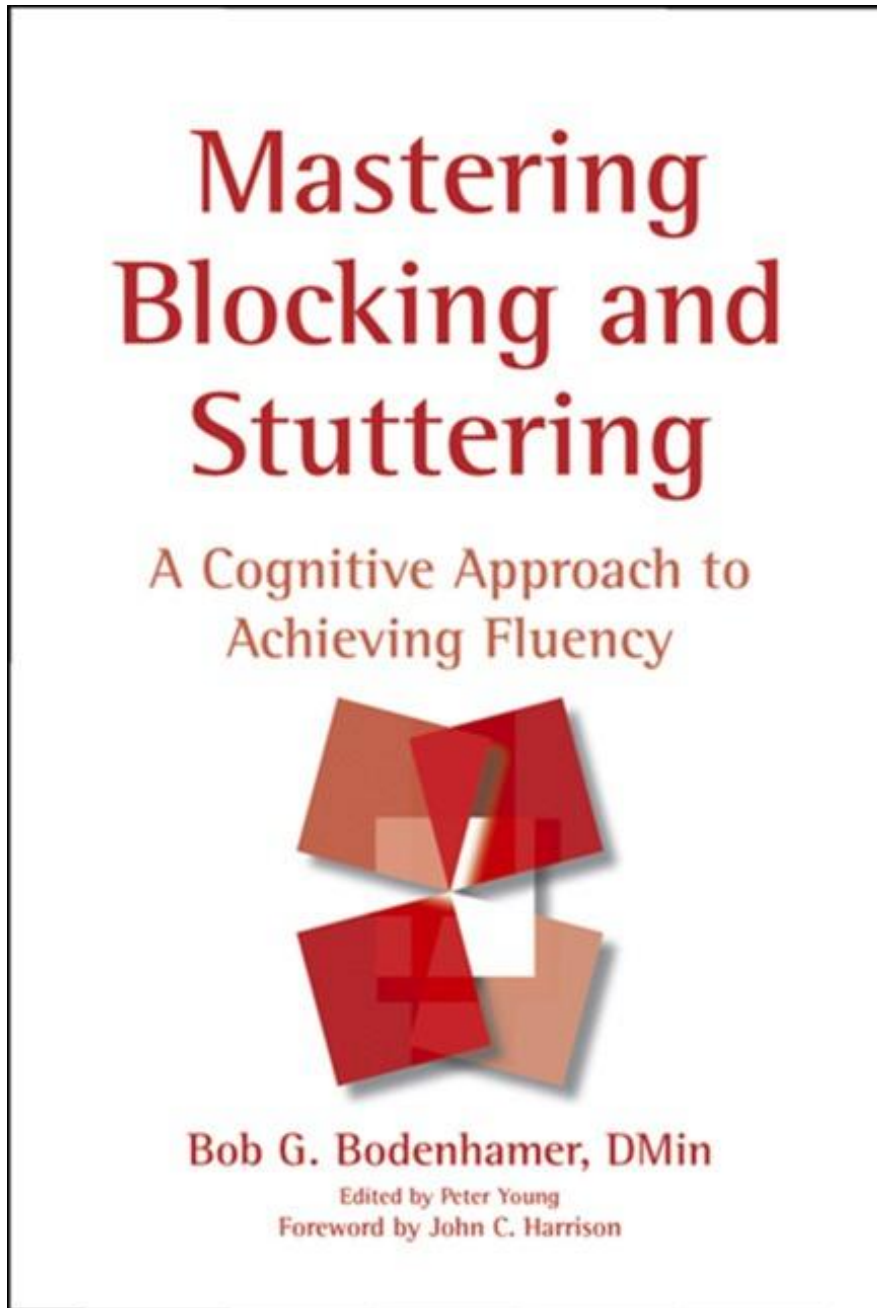
### Meta-Yes/ Meta-No Pattern

- Access a limited belief and “get a strong “no!”
- Meta “no” the limiting belief.
- Access a strong and robust “yes.”
- Meta “yes” the enhancing belief.
- Yes, yes it repeatedly and put it into the future.

### **Drop Down Through Game**

- Identify the experience or emotion (Problem State).
- Step into the experience.
- Drop down through the experience.
- Confirm the emptiness.
- Meta-State each problem state.
- Test.

### **New Book**



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**www.masteringstuttering.com**  
**www.neurosemantics.com**

- **Articles by several authors**
- **Free Patterns and Change Techniques**
- **Books** by L. Michael Hall, Ph.D. and Bobby G. Bodenhamer, D.Min.
- **Video Tapes:** [www.nlp-video.com](http://www.nlp-video.com) – Training Tapes for NLP and NS Trainings including the Mastering Blocking & Stuttering 5-Day Workshop.

## **Training Opportunity –**

### **Workshop: 5-Day Mastering Blocking & Stuttering in London England**

Dates: September 14-18, 2005  
Contact: Phoebe Butterwick, SLP  
[Phoebeflora@hotmail.com](mailto:Phoebeflora@hotmail.com)  
01428 682599

**Trainer: Bobby G. Bodenhamer, D.Min.**

#### **Guest Facilitators:**

**John Harrison** and **Alan Badmington** – Inspirational experts on stuttering who have gone beyond their own stammering so it is no longer in their minds.

**Debbie Mason** and **Mike Jones** – Master NLP Practitioners with special interest in stuttering (Debbie is a speech pathologist and Mike has overcome stuttering).

**To find out more about the workshop visit:**

[http://www.neurosemantics.com/Stuttering/Mastering\\_Stuttering.htm](http://www.neurosemantics.com/Stuttering/Mastering_Stuttering.htm)