SOCIAL ANXIETY IS A REAL PROBLEM FOR PEOPLE WHO LIVE WITH A STAMMER, WITH LONELINESS BECOMING THE UNSAI DI CONSEQUENCE. IRONICALLY.

PHONE CALLS! - AT LEAST WITH TALKING TO PEOPLE IN REAL LIFE, YOU CAN USE VISUAL CUES TO SEE HOW THE RECIPIENT IS REACTING TO YOUR SPEECH. ON THE PHONE, PARANOIA KICKS IN AND YOU IMAGINE THAT THEY ARE LAUGHING AT YOU, OR THEY ARE ABOUT TO HANG UP, SO YOU RUSH IT, WHICH CAN MAKE IT WORSE...

SOCIAL INTERACTION! - LIVING WITH A STAMMER IS MASSIVELY FRUSTRATING, ESPECIALLY WHEN YOU WANT TO JUST CHAT WITH YOUR MATES. YOU CAN FEEL THAT YOU'RE HOLDING UP THE CONVERSATION, SO MUCH SO THAT YOU BECOME INCREASINGLY RELUCTANT TO JOIN IN.

BUMPING INTO PEOPLE! - FOR SOMEONE LIVING WITH A STAMMER, EVERY CONVERSATION IS LIKE A JOB INTERVIEW. THE JOB BEING 'A FUNCTIONING MEMBER OF SOCIETY'.

ASKING FOR SPECIFIC THINGS - SUCH AS BUS DESTINATIONS, FOR EXAMPLE, SOME PEOPLE USE AN AVOIDANCE TECHNIQUE OF REPLACING A TROUBLESOME WORD WITH AN EASIER ONE. THIS 'TECHNIQUE' BECOMES PROBLEMATIC WHEN YOU HAVE TO SAY AN UNAVOIDABLE WORD, SUCH AS A FILM TITLE, BAND NAME OR DESTINATION.

International Stammering Awareness Day | 22 October 2019
To find out more about stammering, visit bit.ly/RCSLTstammering

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