

SOCIAL ANXIETY IS A REAL PROBLEM FOR PEOPLE WHO LIVE WITH A **STAMMER**, WITH LONELINESS BECOMING THE UNSAID 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

