

Fluency Strategies Pocket Guide

Passive Airflow Technique

1. Take full breath (diaphragmatic breath).
2. Slowly start letting it out.
3. Feel it pass lips for a moment.
4. Stretch out the first stretchable sound for 2 seconds.
5. Continue saying the rest of the sentence normally.

Gentle Onset Technique

1. Take a diaphragmatic breath
2. Turn on your voice with the lowest softest vibrations of your vocal cords.
3. Smoothly increase both the volume and strength of your voice to normal speaking volume.
4. Decrease your vocal cord volume and vibrational strength back to the early soft level.

Diaphragmatic Breathing

1. Feel your mouth, throat, and neck relax and untense. Feel your tongue on the floor of your mouth, your jaw slightly open, everything open and easy.
2. Feel your diaphragm beneath your lungs extend downward towards your pelvis and take in a comfortably full breath of air. Your stomach, not your upper chest, should expand outward if you're doing it right. Breathe in almost as if you're going to let out a big sigh sitting down on the couch after a long day.
3. Then, let it all out. Don't hesitate or clench at the top of your breath, just immediately relax your diaphragm and feel it naturally push all the air back out of your lungs.

Stretched Syllable Technique

1. The Stretched Syllable Technique works by breaking a word down into its syllables. For instance, break "lightly" into the syllables "light-" and "-ly."
2. Then, stretch out each syllable for 2 full seconds, with the first second taken up entirely by the first sound in the syllable, and the second second taken up by all the remaining sounds in that syllable. Or, more generally, stretch out each syllable for 2 seconds, getting a nice long stretch on the first sound in the syllable

Light Articulatory Contact

1. Feel your mouth come into position to say a sound.
2. Make that touch inside your mouth with as light a touch as possible for it to still sound like the right sound.
3. That's it. You'll get the sound out, just with a lot less stuttering.