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The following brief piece, I wrote in response to an email that I had received from a relatively new PWS client. Many of the basic principles that NLP/NS give to assist the PWS to a richer, fuller life, are universal. What I share below applies not only to the PWS but to anyone who suffers from anxiety and fear about almost anything.

Here, it obviously points to the PWS and her breaking through the bonds that bind and the trap that entraps her into a state of hopelessness. So, many PWS yield to their stuttering because they have been taught that it is not subject to therapeutic change. These falsehoods say that you must yield to your speech challenge for you will always have it. **Obviously, we do not agree with that!** So, let's get on with the article that provides some concrete things that you can do to assist yourself in breaking the bonds and entrapment of stuttering. This is based on 10 years of researching, writing doing therapy with, training others all to assist the PWS.

Encouragement for a New PWS Client

Your life has been so difficult with your stuttering that you have had to take a week off from work as you try to settle down *letting go all the fear and anxiety* around your stuttering.

As you settle down more and more, here are some thoughts that I would love for you to consider. My goal here with you is to give you some practical directions as to how to keep your mind off stuttering and on to all the good that is in your "Core-Self".

Please consider:

- Refuse to give any thoughts of stuttering rent free space in your mind. I know it comes in fast and uninvited *but just give it a "split second" in your mind*. It is your mind – so mine it for all the good in you that is just waiting to ***get permission from you to jump out***.
- Stuttering is actually neurologically a tiny small part of your unconscious mind. There is more wiring in your unconscious mind for the good that is in you than for the bad of stuttering. Let all that's positive in your life shine through by refusing to allow the thoughts of stuttering to block it. Remember; give stuttering, when it pops up, ***only a split-second of thought***. Let the ***focus of your attention be on all the good*** that is in you as well as what is around you in family, friends, career, possessions, etc.
- You accomplish that by ***"forcing" if necessary***, to send your brain to *the "good" and the "gold" in your life*. Let the "Core-Self-You" shine through the darkness of stuttering. Let

this *light from your "center"* shine through and dissipate any darkness that stuttering should try to bring in. You are then left with only the "Light" of your "Core-Self" shine through. It is this "Core-Self" that you have at *your center* that is truly your *"free-self"*, correct?

- Put your energy there and not on that which is *"not true to fact"* for you. Know that *"stuttering" belongs way back in your childhood*. That is where you first learned it. But, *it has zero use in the present*. So, what is the purpose of focusing on that which has no more relevance for you? *Focus on that which is important in your life, now*.
- *Refuse to give that dark place a second thought; let your mind mine the richness of your "core-self"*. You have *had times of great fluency - focus on that "You" who, at that time, was focusing on the you at the Core of your Being* in order to be fluent. For it is *at the "Core of Your Being" wherein lie all the great positive resources* that you brought with you at birth plus the billions upon billions of *new neurons and neuronal connections that you have made and created from the good that has happened in your life*.
- Just think – *you know how to read and write English*. You do it well. I read all the emails that you send me with great care. Do you ever *think of your parents and/or the teachers that taught you this great skill?* I bet not until just this moment. Think of what your parents have taught you that has enriched your life. Do the same thing with all the teachers both in the classroom and out of the classroom that you have had who have made major contributions to your life.
- And, what about all the **meaningful relationships** that have deeply enriched your life? Name them thinking on what *all they have contributed to your life*. What happens to all that anxiety and fear that you have had around stuttering when you *apply these many positive experiences of your life* to the anxiety and fear surrounding how you are talking?

My, my, we could go on and on with this exercise, couldn't we? I encourage you to start **adding up all the wonderful positive happenings in your life**. Think on all these good and wonderful experiences that have so contributed positively to your life. *Focus on them* instead of those lies you were thinking about yourself. **Focus on the "Real" you at the Core of your Being**. I promise you – great things will happen in your life.

Note: Should you have religious beliefs, you will discover there some of your most powerful resources in defeating the bonds of stuttering in your life. Do this – access an image that represents just how much this Person, this Deity positively means to you in your life. Notice how empowering, how loving, how good, how confident, etc. this Person-Deity means to you when you see Him clearly. Now, once your mind is steadfast on Him, try to think about stuttering and how bad it has been for you but **think on stuttering only so long as you can hold the image of God in mind**.

Is it even possible for you to visually see your image of your God while at the same time you are thinking about how much “bad” stuttering has caused you? Few can do both at the same time. Indeed, there are some brilliant Neuro-Scientist who say that it is neurologically impossible for us to hold to separate thoughts in mind at the same time. Try it on yourself. In order to see one, you have to focus on it – you bring it to the forefront of the screen of your mind. The other one goes way into the back of your mind and probably disappears all together. (If you are unable to get a visual image of your God, just get a “sense” of Him. What you want is to really “feel” His presence in your life.

Choice!!! So, does all this come down to a “choice”? You say, “No way, Bob. No way!” But think in the terms of what I have written in this brief article. You have the “choice” as to whether or not you believe what I have put forth. Or, you have the “choice” to believe what many in the PWS community teach about stuttering being a permanent malady. Which one do you “choose”?

You have the “choice” as to whether or not you take seriously what I have written and put it to practice in your life. You will note that I have not provided a time frame for your gaining your outcome about stuttering. We can’t do that for it varies from one person to another person. However, it is usually a good amount of time for you to work on what you have learned above about your stutter and apply it to those deep painful memories that drive your stutter. ***Some people can do it in one session.*** Other people spend ***2 or 3 months*** in applying the “true to fact” (Core Self) to the “false to fact” (Stuttering Self) to getting the “true to fact” mind to rule over the “false to fact” mind thus providing “freedom”. And, others spend years in making the shift.

(A highly skilled NLP/NS therapist can assist you in greatly reducing the time required in reaching your goal. If you do not have access to one of these, then contact a qualified Cognitive-Behavior Therapist. *Question: Do all PWS obtain their outcome from their therapy?* No, not all. Why? Much of it is that they were unwilling to pay the price so that they could enjoy the price. They were not willing to spend the money; and most importantly, spend the necessary time in choosing good thoughts instead of choosing bad thoughts. And, finally, we cannot assist everyone for not everyone desires to be assisted. Plus, we, clinicians, may not have the tools necessary in assisting a particular client. Early in my NLP Training, I heard a trainer make this statement: “There is no such thing as a resistant client. There are incompetent therapists.”)

Just go at your own speed. ***What is right for you? Whatever it takes*** to reach your outcome. Take however much time is necessary in ***training your brain to go where you want it to go*** rather than allowing old limiting beliefs around speech rob you of the life of Freedom. Which is best: 1) Focusing all that energy on trying “not to stutter” which in fact causes more stuttering; or, 2) Focusing all of your energy on thinking about all the good and positive things in your life. **Think on that “Core-Self”** where your true “Self” resides. Another phrase can be added for those who have Spiritual Beliefs – think about your **“Spiritual-Self”**; **think about it a lot.** That kind of thinking will serve you well, want it? So, choose to do it.

Remember: be *patient*; be *persistent*; be *determined* for they “win”.

Bob

PS: Danger – the above may sound so simple that it leaves you in a state of un-believability.

How can something so simple work such good in my life as a PWS? Keep in mind that the purpose of everything we do in NLP/NS therapy for the PWS is directed at leading the PWS in changing their mindset of helplessness to that of *hopefulness* to that of *caring not should they stutter* once in a while to that of *being free to live their lives out of their Core-Self*. Our desire is to move the PWS to living out of their “Core-Self” for therein lies **Freedom** - Freedom to present themselves out of a mindset of more happiness, more fun, more pleasure, more Love, more & better relationships, etc.