

Tips for Maximizing Fluency Enhancing Benefits

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The fluency derived from this device is dependent on the auditory signal that is received by the user. For this reason certain strategies may be implemented in order get maximum fluency enhancement.

- **Always pay attention to the auditory signal coming through the device.** This is imperative. It is a fluency enhancing second speech signal and paying attention to it enhances the effects. After a few days of continued use, this process becomes relatively automatic as your brain adjusts; i.e., listen to your own speech with the aided ear and listen to everything else with your unaided ear.
- **Use the vowels.** It is the vowel sounds that provide the fluency enhancing effects of the second speech signal. Stretch out a few vowels on any words that you say. By stretching out a few vowel sounds, you create the necessary stuttering inhibition that is enhanced by the auditory signal to continue effortlessly with fluent speech.
- **Warm up to the signal.** When you put the device in your ear in the morning start by producing a few extended vowel sounds. This will 'prime' your system and get you ready for the days speaking tasks. By doing this you will begin the process of inhibiting the stuttering in your brain. When you actually begin speaking, your system will be primed and fluent speech will be more easily produced.
- **Read Aloud.** We highly recommend that you read aloud using the “uh”. Every time you naturally stop to take in a breath during speech, start speaking again using the “uh”. Do this for at least ten minutes in the morning and again at night. You may be fluent when you read aloud to yourself anyway, but this is irrelevant. This simple exercise can lead to a continuing improvement in your conversational speech.

- **Minimizing Anticipation.** The SpeechEasy™ can significantly enhance your fluency, but thoughts and feelings of expecting to stutter may linger for a while. For years you may have expected to stutter every time you spoke, but with an ongoing improvement in fluency this will change. In the early stages of adjusting to the *SpeechEasy*™, many users state that they expect to stutter on a word and are surprised they do not. By using the “uh” between utterances as described in the Warm-up section above, you might find it beneficial to also use a little “uh” before a word you think you will stutter on. Experiment to determine if you really need to do this – or to determine the degree to which you may need to do it. The signal from the *SpeechEasy*™ and the routine application of the “uh” may be sufficient for you. However, you may want or need to use an extra “uh” before saying an especially difficult word. Focus on the “uh” as you blend into the word, not on the word itself.

- **Practice during difficult situations.** The device is meant for use in all situations. However, for people who stutter some situations are obviously more difficult than others. Instead of worrying about stuttering, practice using the above techniques. As you become more proficient using them and encounter more success while speaking, the process will become easier and easier.

- **Experience the process.** Even though your experience in the office and when you use the *SpeechEasy*™ was/is quite an event, you will be going through a process of adjustment on several fronts. Getting used to the signal in your ear, gradually taking on more challenging speaking situations, and learning how to work with the *SpeechEasy*™ will take a little time. Be patient and pace yourself during this process.

Enjoy your fluency. Don't be concerned about 'adapting' to the signal. No adaptation occurs while using choral speech and the effects from the device are an emulation of choral speech. In fact, don't be surprised if you learn to 'accommodate' the signal and it becomes easier and easier to use.