

Figure 1.2 The Meaning Table for Creating Stammering

<p>#1 Meaning/Value – Meaning Determines the Matrices</p> <ol style="list-style-type: none"> 1. Classification of non-fluent speech as blocking/stammering 2. Associating blocking/stammering with fear and shame 3. Evaluating blocking/stammering as bad and unacceptable 4. Framing blocking/stammering has having the following meanings in the other matrices: 				
#2 Intention/Self	#2 Intention/Power	#2 Intention/Time	#2 Intention/Others	#2 Intention/World
(Attempted solutions that make the problem worse)				
<p>I don't want to look like a fool? I will not show my vulnerabilities or weaknesses. I can't handle criticism well. I've got to stop this. This shows me to be inadequate and flawed. I will "block" myself from stammering!</p>	<p>I am going to try to control this? I am going to try to control every word that comes out of my mouth. I have to catch this. I will do that by becoming very self aware of my speech. I have to try really hard not to block and stammer or I will look foolish.</p>	<p>I am going to not repeat the past. I am not going to make a fool of myself with my speech anymore. If I block any emotion in this moment, it will give me more control.</p>	<p>I am not going to attract attention. I am not going to let others see my vulnerabilities. I will not give others to chance to laugh at me. I will not let them see me struggle.</p>	<p>I will not do anything that will draw attention to me in my work, career, etc. I will avoid speaking situations that will attract attention to me. I will try to be successful by avoiding all opportunities to speak.</p>
#3 Self	#4 Power	#5 Time	#6 Others	#7 World
<p>I am flawed. There is something wrong with me. I am broken. I am not enough. I am inadequate. I am flawed. I am foolish. I am worthless. I am insecure. I am timid. I am shy. I am anxious. I am tense. I am "shamed." I am "possessed." I can't be enough. I am ashamed. I am angry. I am abnormal. I can't be enough. My value is in my performance.</p>	<p>I have lost control. I am frustration I am vulnerable. I need to change. I can't be enough. I am terrified of speaking to _____. I need to be respected and loved in order to speak fluently. (Other) I should be doing better. I got to do something. I got to get it done. "It" (becoming fluent) works for everybody but me. I cannot order in a restaurant. I cannot introduce myself.</p>	<p>This is permanent. I am doomed. It has always been this way. I am not making progress. I got to do something. I got to get it done. I can't take my time to say what I want to say (sense of being rushed).</p>	<p>It is not OK to stammer. I am fearful of being rejected. Other's expectation from me must be met. I can't measure up to their expectations. I am always fearful of being hurt and not being validated I feel isolated. I isolate myself so I won't get involved in a relationship. I am less than. I look foolish. You are always judged by how you talk. People validate or determine my worth. What people say about me becomes my truth.</p>	<p>I should be doing better. I got to do something. I got to get it done. "The whole issue revolves around 'caring how I talk.'" I won't succeed. I am out of control.</p>

(See Figure 1.1). What follows here begins with state and then adds state upon state to create the experience that we call "stammering."