



## THE RECOVERY FROM STUTTERING.

### **What is the difference between those who succeed and those who fail?**

Over the last four years, I have actively worked with PWS. People that join my coaching have previously been through different types of speech correction courses. Many of them admitted that they had tried them all and nothing worked. The results were either temporary or non-existent. They turned to me as the last resort, the last hope to find the answers, liberate their speech, and improve their lives.

I started wondering if there was something wrong with the courses. Is everyone offering speech coaching to people who stutter a potential charlatan, or is there something else at play? For those who succeeded in reclaiming their speech and those who fail despite multiple attempts, what is the difference between these two groups of people?

I began to look closely at my past and present clients. I studied their stories. I watched the interviews they had given to other experts whose courses they had failed at before eventually turning to me. I kept questioning – *“What went wrong? Why didn’t it work for them?”*

Then I looked at those who succeeded even without any formal intervention or therapy. I interviewed some of them in a bit to grasp the elusive secret of success. And it came to me. The answer was clear and simple, yet abruptly direct. What I discovered could be defined as the pillars of success – the set of principles that, provided understood correctly, and adhered to, warranted success.

Those who succeeded knew, understood, and adhered to these principles throughout the journey towards freedom which ensured their success not only in

tackling speech anxiety but harmonizing other life domains too. Moreover, the principles ensured the long-term maintenance of the results making PWS (now former PWS) go from strength to strength regardless of challenges encountered along the way.

On the contrary, those who failed to reach fluency clearly lacked an understanding of these fundamental core principles, which made their failure inevitable. They missed the core foundations required for the achievement of positive and lasting results. Finally, I looked back at my personal journey to freedom, the truth shone glistening with directness and simplicity. It smiled at me and winked as if to say –“*I was here all along. Well done for finally spotting me*”. I too unconsciously knew and followed these very principles from the very start which explains my success. These principles form what I relate to as the Mindset of Success and, when followed through, lead to inevitable success.

I believe every person who intends to join my programs must be aware and possess an accurate understanding of them in the context of reclaiming freedom from holding back (speech anxiety). Why? Because speech anxiety is a multifaceted problem that influences much more than just speaking, it impacts a person's whole life, how he/she makes decisions, and how they form relationships with themselves, others, and the world in general. Speech anxiety is NOT LIMITED to speech only, it would be easier to solve it if it was. Hence, I produced this comprehensive guide for you so that you know from the very start what attitudes you must adopt and follow if you are to succeed.

In this article, based on my practical experience and observations, I demonstrate a stark difference between failures and successes and provide a detailed explanation as to why PWS fail at speech therapy providing a comprehensive list of the attributes and principles each PWS absolutely must develop if they intend to succeed not only in the game of speaking but at the art of living a fulfilling life. This is a must-read for those planning to join my coaching programs. Or, any program I run now or in the future.

The success of my students is paramount to me. Without knowing these core principles and incorporating them into your recovery process, success will remain a chase after an elusive magic pill seemingly reserved for a select “lucky” few. With this article, I seek to debunk myths and end the agonising quest for "The Holy Grail" for many PWS in the world.

Any project you take up, be it learning a foreign language, starting a business, losing weight, or building a muscular physique requires understanding and adherence to the core principles. Recovery from stuttering and reclaiming your

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flow is no different. It is too a project and maybe one of the most important ones. Not understanding this fundamental set of principles is akin to preparing to fail.

### **The pillars of success:**

1. Belief (it's the art of believing, not wishful thinking)
2. Responsibility and commitment (daily, not a one-off thing)
3. Goals (it's like writing your wish list to Father Christmas)
4. Knowledge therapy (the right knowledge)
5. Imagination (letting go of the logic)
6. Action (daily proactive practice)
7. Process (no quick fixes)
8. Time (take your time, no deadlines)

Let's now expand on the meaning of each principle and what it entails for PWS. This article is presented as a way of helping, a required reading for those who chronically fail, at reclaiming their fluency to understand the true reasons (although hardly obvious) for their "misfortune". This article is a must-read for those who intend to join any of the programs or personal coaching.

### **BELIEF**

The majority of PWS having been through multiple speech therapies, leave them not just disappointed, but with a deeply ingrained belief that nothing can ever help them and that there is no way out. Worst still, they have lost belief in themselves, resigning in their learned helplessness, with their heads hanging in grief. When they come across the information on my website, they experience a glimpse of hope.

After watching my YouTube videos (Stop Stuttering with Olga), reading my book, running all the checks on me being genuine, they decide to sign up for either my online group therapy or personal coaching. All seems to go well at first, but then after a while they lose the afterglow and start recalling past unsuccessful experiences, engaging in comparisons and self-sabotage by withholding vital information during coaching sessions that would assist me in helping them understand their issues and ensure their progress. Withholding information can be expressed in the form of reluctance to answer questions, not reporting back, not asking clarifying questions, and showing either engagement or curiosity in between the sessions. They disengage and become "deflated" as if to say, "*I give*

up”. PWS tend to resign without giving themselves a chance to win. This attitude is not helpful.

I know very well where exactly does it come from. PWS hold onto the learned perception of helplessness that begins to throw roadblocks on their way to freedom by activating the same old “nothing works, nothing ever will” beliefs. Without consciously realizing it, PWS pave the way to failure, having hardly made a move toward the new direction.

PWS also expects fast results by a certain deadline which is the repercussion of the old magic pill myth. More on it on the following pages.

Unfortunately, practical experience shows that learned helplessness and pessimism are rife among PWS, especially among those who tried various speech correction courses. And whatever you believe tends to come true.

Belief is not to be mistaken with a religious belief or faith. Belief as it relates to overcoming life challenges, or adversity, is about knowing that there is no other way but to succeed. Neither it is believing in positive thinking nor self-deception attempts to convince yourself things go well when they are not. Belief is about knowing that regardless of how things are going now, I am doing and will continue to do everything in my power to overcome my challenges.

Even if I fall, that is not the end of the road. I pick myself up and continue to pursue my goals. It is the determination you easily find in children when they learn to walk. They often fall, get grumpy and even cry, but this doesn't stop them. Falling doesn't dispirit them from trying again, and again and again. Until they learn to stand firmly on their feet and walk. That is the kind of belief I am talking about, unshakable and unwavering. Even Everest will eventually succumb to it.

When I started my journey toward freedom 13 years ago, I was guided by the same principles. Nobody coached these principles into me, I felt and followed them intuitively and now that I have clearly identified them, I bring them to your attention.

Right from the start I gave myself no option to fail. There was no hoping or wishful thinking. But knowing that I must and will succeed whatever it takes. There was no way back as the cost of not doing so, the cost of not succeeding would be too high.

Whatever obstacles I encountered on the way to freedom, I knew they would pass. I held on tightly to that belief, chanting it at times, closing my eyes if things got

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too tough. They always did pass. There is no failure in making mistakes, only lessons. From the very onset of my speech anxiety in my teens, I intuitively knew there was nothing wrong with my speech, but there was everything wrong with what I believed, or rather, what I was made to believe about myself, other people, and the world around me. I could not explain it at the time as I was too young, but my feelings didn't lie to me. It turned out I was right all along. The rational confirmation of me being on the right path right from the start came only in my 30s.

If you came across my website and my videos, you intuitively know it too and now you found the confirmation. Your mind might, and probably will try to argue with it at times trying to invalidate it, but believe me, my friend, your heart will never lie to you.

I abandoned the idea of stuttering being some sort of an exotic speech problem. Along with everything I heard about it before. Because I knew that if I, despite knowing this and that, still stutter (held back) and was self-conscious, it only meant that I knew nothing. I admitted my ignorance and started looking for entirely new information.

The belief that I would eventually find the answer was always at the back of my mind. It provided cushioning and support in times of turbulence, and severe lack of self-confidence.

## **RESPONSIBILITY AND COMMITMENT**

We hear about responsibility from all directions. It is not new to you. But there is a big difference between simply knowing the concept and understanding it. The majority of PWS I worked with have heard about responsibility but thought it was only applicable in the workplace and had no accurate understanding of its applicability in a coaching relationship.

In my early days when I started coaching, I encountered PWS that entered with a preconceived idea that the responsibility to heal them was mine alone and there was nothing there should have been doing. Many held onto the expectation that the magic pill would simply be administered because they had paid. On a couple of occasions, things got out of hand when people came into sessions physically exhausted and began eating in front of the screen, sometimes yawning throughout the session. The whole process looked as if a person expected a passive reception of information, being spoon-feed with their coach talking at them 100% of the time. Any questions asked were met with a “*don't bother me attitude*” and the

expectation to sit throughout the session and “magically” receive enlightenment and healing.

Again, this goes back to the diehard perception that there is that magic key or that magic pill that would fix their predicament and that I, as a coach, would pull it out from my top hat and simply hand it to them with no effort required on their part. People that I work with come with a baggage of experience. And it finally dawned on me why they fail. They fail because they wait for a magic golden tray with a golden key on it to simply appear and solve their problem. This is a general attitude with which they join my speech therapy. They start well but motivation deteriorates way too quickly (hence next point is very important).

This attitude will not only fail to give results in recovery from speech anxiety but will unavoidably guarantee bad luck in all other aspects of life. Imagine your life is a project. Can an abandoned project to which no time or energy is ever invested, grow, develop and succeed?

And here we talk about the project of the top significance, your life. I call it “The Project You”. If you are not prepared to take responsibility, unfortunately, you won't be able to find the answers and achieve the results that you so seek.

PSW fail because apart from a lack of self-belief, they fail to take responsibility for their life. Because many as it appears don't know what it entails. Life is a project. Reclaiming freedom of expression is a project. But too many I meet expect that someone else will take responsibility for their life, and when things don't work, they start blaming external circumstances, or themselves for being “*a hopeless semi-crippled loser*” as many put it.

It's not to say that PWS are lazy, on the contrary, they are hardworking truth seekers that come with good intentions, but the lack of understanding as to what responsibility entails and the right attitude toward the project of reclaiming their freedom are highly evident.

Very often, at the beginning of my coaching, I spend time trying to convince people how important their life is to them. Seriously, I often convince people that they are worthy, good enough and they deserve success. I must bring them back to their senses otherwise they do practices reluctantly approaching it as if it was a run-of-the-mill obligation.

My program is not “*yet another stuttering therapy*”. It is a project called Your Life. Being responsible means making some sacrifices by learning to set priorities and minimizing distractions that take your away from you by diverting your

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attention to frivolous activities that are hardly worthy of your attention. For example, TV gaming, social media platforms, and so on. Instead, ensure you devote enough attention to your project, the PROJECT YOU by looking at where your attention goes each day. Your attention is energy, and it is your life.

When you wake up each morning, you have 100% of your attention. Try delegating your attention to important things, don't scatter your attention aimlessly. The majority of activities that demand our attention are time stealers. Conduct a review of how you allocate your attention. Remember your attention is your vital energy and your life.

You could even make a declaration in front of your family and friends that this is how you intend to live from now on and ask for their support. This might strengthen your sense of responsibility and commitment.

When I started my journey 13 years ago, I succeeded because I adhered to the above two principles throughout my journey. I was proactive, stayed open and curious, always participated, and always turned up and asked questions. I hammered at my stuttering and anxiety daily incorporating all the practices learned into my daily life. The project of reclaiming fluency (self-discovery) and my daily activities came hand in hand. They were inseparable.

It was never a matter of a quick 30 minutes on Monday evening, it was every day. Every social encounter was my playground. I observed, took notes, analysed experimented, took emotional risks, and studied my reactions. I tried again and again. Even when things didn't work, I purposefully reinvented the idea of failure to make it psychologically easier for me to manage. There were no mistakes anymore. Only steps to my success. Like a child learning to walk. Remember that your life is your project. Take it seriously as there is nothing more serious and important than your life. Nobody can take responsibility for your own life, only you can. My sincere desire to help you will do nothing if you don't wish to change. If you don't change, nothing changes.

## **GOALS**

Your goals are the dots on the map leading towards your destination, your freedom and wholeness. If your goals aren't clearly defined, you have no map. You will end up either in a ditch or running in circles never reaching your destination.

A complete and sad waste of your life. Your goals must be clear and rock-solid right from the beginning of the process. What do you want from your life? Where are you heading? What do you need your fluency for? These are the type of questions you should be asking yourself right from the start of your journey toward freedom.

What I found in 98% of my clients is that they had no clearly defined life goals and so we spent the first sessions on identifying and setting those goals. People didn't think it was important because it related to their all-compassing and consuming, but a very one-sided goal of "*curing their stuttering*".

Most of PWS's life energy and thoughts are directed at speech and speech-related issues. Stuttering takes the forefront in their lives. When asked why they need fluent speech, the majority look perplexed. After initial hesitation, they start pouring out cliched responses such as wanting to correct their speech only, stopping blocks on feared words, or talking better in groups and more confidence with dating. Very vague and mediocre goals that have no real meaning to these PWS. When I probe further and ask what will change when they can talk in groups, they struggle to respond and say "*I just want to speak like everybody else, I don't want to be different*".

People don't set LIFE goals and don't even think about them because they often hold on to preconditioned beliefs that their goals are unachievable. What is the point in dreaming, if you cannot achieve it, right? Or, they are stopped by conditioned perceptions that big dreams are not for people "*like them*", so they limit themselves to "*speech only, please*".

Overcoming stuttering is a journey, and without the map of your life goals, it is impossible to reach that destination.

**Why goals are important?** In simple terms, goals are your request statements of what you want. If you want nothing, nothing will be given. Your goals must excite you, put fire into your belly, otherwise, they will fail to keep you motivated and afloat in times of turbulence as they lack not only significance but also lack purpose.

Gaining fluency is a poor goal. It keeps PWS emotionally tied up to speech, obsess over it, and the result? They wait for the time and date by which they will be able to speak fluently. It creates a build-up of rigid expectations, time pressure, a sense of internal rush, and huge amounts of stress. Therefore, going only for fluency must never be your end goal. Dream beyond speech.

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Ask yourself why do you need fluency? Why is it important? How will it make you feel? What will it help you achieve? What frivolous activities are you ready to eliminate from your life to achieve a bigger, bolder goal? Your true goal must excite you, and be vivid, personal, positive, and detailed. You must be able to see it on your mind screen. If your goal is big and ambitious, that's great. You can always split big goals into small steps and walk towards them one step at a time. Don't be afraid to dream. Give yourself permission to dream big, ask for more and if you are consistent in following the steps I describe, you will be given them.

Don't become overly concerned as to how you get there. That is none of your business. Life will show you the way as it did to me and many of those who have already achieved their dreams not only in speaking but in other domains of life.

## **KNOWLEDGE THERAPY**

There is a lot of misconception about speech anxiety and although some of the ideas you hear sound convincing and popular, they are dangerously misleading and will ensure you never reach freedom.

Instead, you'll be caught in a web of highly complex and intricate mental constructions never able to leave the maze. The purpose of my program is to simplify speech anxiety, not to add complexity. I believe if something is too complex, it is false. The truth is always simple, and so is ingenuity. People complicate because they don't understand the problem and think that complication shows their intelligence. In reality, that is the other way around. Once you understand the problem, it all becomes very simple and obvious. My recommendation is to steer away from what the majority believe and follow unless you wish to become like them.

Not just any knowledge. The right dosage of truth is critical to understanding the origins of your condition and reclaiming your fluency. There are tonnes of nonsense floating online about what speech anxiety is, from it being an incurable neurological disease to the extreme case theory that claims stuttering is a form of schizophrenia. I heard them all. Believe them or not, it is entirely your choice. But I want you to know that ideas can trap you, never letting you reach the desired result if you let them plant and germinate in your mind. Be selective as to what you choose to believe and what you read. Ideas are not merely words. They're capable of setting the trajectory of your entire life. Some call it KARMA, so watch out.

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In my practice of working with people who stutter, I always see how they go through an initial mental detox, struggling to shed false ideas and beliefs that had been imposed on them from an early age. How those beliefs pull them back into their old ways as if to say - *“come on, this is all too controversial. Let's go back to the familiar”*. Often people even defend their impediment as if it is a treasure, even though they swear they want to get rid of the problem. The ideas, habits, and perceptions you currently carry can put up quite a fight throwing roadblocks of rationalization on the way when they sense you trying to shed them. But don't let this worry you. The commotion and discomfort will pass once updated and novel ideas enter the field. Old ideas will have no choice but to retreat and fall away.

You just need to know one thing. If you still experience speech anxiety, it means all ideas you currently hold about speech anxiety are false and are better to let go of. Just be open to new ideas, the process of replacing old beliefs will be gradual. There is no way it can happen overnight.

Knowledge therapy is essentially about your willingness to look beyond the speech and preparedness to dive deeper into your psyche. It is about looking at the problem you are used to call stuttering from a different perspective and getting to know yourself, maybe for the first time in your life.

New knowledge will make more sense and integrate faster when you follow the next step.

## **IMAGINATION**

Stuttering is an emotional problem and therefore all conventional logic is best to be put aside when dealing with speech anxiety (rightfully called phobia by some professionals). Phobias and irrational fears are never logical. There is no logical basis behind them, only emotions, and vivid imagination gone awry.

Just as you can think yourself into trepidation and fear, sheer panic in the face of decisively not scary situations. In the same way, you can think yourself into a state of calm composure and presence. All the rational fears reside in our minds and are fuelled by our imagination.

It is all in your mind that is your subconscious which speaks the language of emotions. The problem is that at some point in your life, the powers of your

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imagination went out of hand, and you were left convinced that everyday situations such as a phone call, talking to people, and certain letters of the alphabet are to be feared and avoided. I don't have to tell you how illogical that is.

The good news is that you can learn to purposefully use your imagination to reverse, untangle and neutralize those irrational fears and anxieties. Speech anxiety, or phobia, as with all other irrational fears, is a purely imagined predicament rooted in emotionality. Being either a girl or a boy has nothing to do with it as we all have emotions.

Way too often I speak to PWS that stubbornly insist there to be a logical instruction (akin to a magic pill). They try to think themselves out of stuttering by reading multiple books on the topic, analyzing speech mechanisms, and even attempting to present the Frequency/intensity of their speech blocks as a mathematical equation. I kid you not.

And of course, soon they encounter disappointment returning to square one in their quest to solve the emotional problem with mathematical logic and rigidity. This in turn triggers bitterness, despair, hopelessness, and anger. I don't want my students to travel that treacherous road ever again.

Whether you are a seasoned professional or a student, a person in her 20s or 50s, I urge you to ease off on your logic and prepare to ignite your imagination as it will significantly expedite your progress.

Imagination helps in reconnecting with feelings and bringing back emotional memories that want to be addressed and resolved. Imagination is the engine of your emotional growth. Remember that observable blocking is the result of holding back emotions, and reconnecting with them will help you unblock and gradually start letting go, providing you with greater fluency and flow.

Emotions are the languages of your subconscious, and quoting Dr Joe Dispenza your subconscious is capable of anything, and I mean it, it can either make your life a hell or paradise.

I employ my imagination daily to generate, cultivate and maintain a desired emotional state. Be it for a speaking situation or any other engagement. It also helps me to stay grounded, to stay in touch with myself. It is not some special practice that I allocate a specific time to. This is how I live every day. Now that I know how to use my imagination, I generate a required emotional state which helps me achieve desired results and greatly improve emotional well-being.

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Even when I was extremely self-conscious and my speech was out of control, I would always create this mental image of myself speaking confidently and with great fluency. Before I achieved freedom, I had a clear image full of sensations, full of emotional information. As to how exactly I want to sound and present myself in the world, my imagination was my secret ally who was always on my side and help me continue my journey toward freedom despite the challenging and bitter experiences I had in my life.

By the way, goal setting too is impossible without imagination. Before you have something, you have to be able to visualise (imagine) it.

Imagination is a very powerful but often underestimated tool, and we are just now beginning to unlock its powers. I recommend all my students to start reconnecting with their emotions using imagination, as this is the power that will guarantee not just greater fluency, expressiveness, and confidence, but will hugely enrich and optimise your life in all its domains.

## **ACTIONS**

No actions, no results. It is that simple. Stuttering is driven by a certain set of beliefs - the Stuttering Mindset, and in order to change it, you must be prepared to take action and have experiences.

People read clever books on self-development but fail to grasp new knowledge, primarily because they don't do the most obvious thing, they forget to put it into practice via experiments.

Knowledge is just information and will remain useless unless you experience it. Experiences teach you how it feels to be confident, light, and free. It is like learning a new language from a book, but never actually making attempts to speak the language. Or, learning driving theory but never getting behind the wheel and hitting the road. The theory is knowledge, an ability to do something well is a feeling.

The same applies to speaking. Flow and freedom must be felt. Fluency is not theoretical knowledge; fluency is a feeling. You cannot acquire fluency by reading instructions. To get to that feeling you must do the following: you take the knowledge and apply it in your daily life experiment and then you stop and reflect asking yourself, - "*How did it feel?*"?

You keep trying until you achieve and maintain that optimal feeling, the one that will give you what you want. The one that feels best. Every time you approach a social situation and open your mouth to speak.

That optimal feeling is the one devoid of trepidation, knee-jerk reactions, mental rehearsals, nervousness, anxiety, self-doubt, and over preparation for speaking.

My optimal feeling is when I don't think about my speech performance at all and devote all my attention to firstly, generating and cultivating feelings of emotional content and composure (attitude) inside of me (inner landscape) and, secondly, I get curious (sometimes excited) about this person I'm going to meet and what useful information/knowledge they might share with me, or experience I have with them.

Believe me, that guarantees a different experience not just of speaking but of living. It provides greater quality as you no longer waste your valuable energy on obsession over speech, agonizing over first words, first letters, sounds all that irrelevant nonsense.

## **PROCESS**

Reclaiming fluency is a gradual process. I don't like calling it “a recovery” because PWS are not ill. There is just no harmony inside. The connection has been lost and severed via blocked emotions. Emotions are wires connecting you to your authentic self. Every ailment, as I see it, is the result of the inner disharmony within a person. And stuttering being an emotional problem is no different.

You are disconnected from yourself, but the wires and your emotions are still there. My job is to help you get reconnected.

PWS often do the same mistake of assuming there is a limited time frame as to how long it should take to achieve fluency. Some even pose the question “*How many days does it take to cure stuttering?*”. That is the wrong question to ask. It is different for everyone and will depend on the severity of that disconnection as well as how much work you have already done on yourself.

I know too well that some experts deliciously present the idea you can get results from doing nothing. They capitalize on people's craving for quick fixes. A quick fix to get slim. A quick fix to get rich. Do you get my drift? They conceal the fact that there is a process, work to be done. People notoriously fall into this idea once

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again, because of the die-hard craving for a possible quick fix. Sorry to break this news to you but magic won't happen, and it is best to abandon this fruitless hope.

Any worthwhile project, be it learning a foreign language, losing weight, building a muscular body, or reclaiming fluency is not an overnight affair. It is ALWAYS a process.

There will always, however, be a group of childish hopefuls insisting on being given the magic pill. In pursuit of their "Holy Grail", they will jump from course to course committing all the blunders mentioned in the article, wasting thousands of dollars on them, then "rightfully" stomping their feet complaining that all courses are rubbish, and the organizers are charlatans only interested in lining their pockets.

There are charlatans, and we know who they are and how they talk, but let's not make swiping statements and check ourselves against each point mentioned in the article. Let's take ownership and responsibility.

### **What is a process?**

The process is your daily experiential activity, be it a big presentation or a small phone call according to new knowledge gained. The process is best approached with a game-like attitude. Approaching a situation playfully takes away a huge amount of anticipation anxiety, a perception of riskiness and stress thus making a person more relaxed, present, and as a result (reward), expressive and fluent. A playful attitude also significantly reduces mental post-situation agony, drama, and self-flagellation when things don't go as perfectly as you expected. After all, it is just a game. No big deal, just take another round.

Playfulness also stops PWS from dwelling on negatives thus feeding and perpetuating holding back. Life is a game. A game is life. Games are meant to be fun. That is how I advise my students to approach the process of dissolving stuttering. One step at a time.

In the past, speech anxiety weighed me down and scared the hell out of me. It was very mean and played mental games (tricks) with me making me believe that mundane social situations, words, or sounds were terrifying, and all people judged me and waited for me to fail. So, one day I decided to play mind games against my speech anxiety. One of the tools I used was humor. Not only did humor make my speech more expressive and spontaneous, but it also gave me the courage to shed my self-imposed introversion and let my true self shine forth. It allowed me to unpack and not be afraid of being myself. Humor took the pressure

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off neutralizing my inner criticism, stinging discomfort for appearing “*naked*” as I began to show my feelings and emotions (read vulnerabilities) to others.

Increasingly, I see the same trend in other former PWS. They reinvented themselves and are now open, expressive, funny, and genuine speakers. Some, like me, took the role of a teacher. Confidence can be faked, authenticity never.

That is power.

## **TIME**

The stuttering mindset you currently have took time to develop and set in becoming an integrated part of your personality. Reversing the process and breaking the spell will also take time. PWS undermine their chances of success by setting rigid deadlines by which they expect to recover, which is completely nonsensical and always leads to disappointment.

Setting deadlines also adds unnecessary pressure to perform, to measure up making you focus obsessively over your speech, which is counterproductive when you work on a problem such as speech anxiety. The more you focus on your speech, the worse it gets.

Burdened with expectations and deadlines PWS are bound to fail, so don't do it. Let the process go with the flow, let it unfold. Don't add extra pressure or complicate the problem more than it already is.

Whatever you do steer your attention away from clock watching and instead devote it fully to daily social experiments making it fun, as mentioned earlier.

Another pressurizing practice PWS engage in allocating specific time for working on their speech – “*the homework*” as they call it. This is a school-like approach where they perceive their coach as a teacher. A teacher who gives out boring homework which they complete with all due reluctance, often in haste, barely squeezing (20-30 mins weekly!) it in between other, more important, life activities.

Wrong approach! Self-sabotaging, wasteful and unproductive.

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My recommendation is don't make a great deal out of working on your speech. Don't even think of it this way. Your speech is inseparable from your life, so don't separate your speech project and your life project. As they must go hand in hand without separation or “special time” to do it.

Every social encounter is your opportunity to practice, experiment, observe, learn, and have fun. My best advice is if you are too busy and cannot give time to your life project, maybe it's not a priority for you right now, then don't sign up for my coaching just yet. Come again when you are ready.

### **Summary:**

My friend, what you have just learned were the core principles of success in dissolving not only stuttering (holding back) but in achieving successful results in any worthwhile project that you may decide to embark on in your life. So, I suggest you sit with the information and let it sink in.

If you decide to join my programs, I will expect you to read this article and have a firm grasp of the principles outlined. Because the purpose of my programs is to help you and not just become "*yet another speech therapy*". I want you to succeed this time liberating and unlocking not just fluency of your verbal expression, but achieving harmony and fluency in all domains of your life.

The organization that I am building is called the Centre of Harmonious Speech & Life. The keyword here is harmony or wholeness. I am a strong believer that once we return to that harmony once we achieve wholeness within ourselves, then everything suddenly becomes possible with more doors swing open in front of you where such a mediocre problem as speech anxiety will simply have no chance, but to fall away and depart from your life for good leaving just odd memories of it.

And as you begin to flow from one social situation to another speaking to people, having new experiences, traveling the world, you will surely look back on your journey and laugh at how important you thought your speech anxiety was, how you almost let it consume your life. And, you will see that the reason you held back and blocked had nothing to do with speech, but everything to do with how

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you felt, your attitudes towards yourself, other people, speaking situations, and the world in general. Once the incorrect perceptions, belief attitudes, and unconscious blocks are finally removed, **YOU ARE FREE, YOU COME ALIVE** and **WIN** not only at the game of speaking achieving fluency, but you can also greatly improve all domains of your life.

I hope this article was useful in instilling the right attitudes and setting you in the right direction leading to the ultimate freedom you know you can and will achieve.

If you have further questions, by all means, reach out to me and I will be happy to answer them. I wish you all the best on your journey towards freedom of speech and life.

Love and light,

Olga Bednarski MSc Psy

A certified psychologist, ex-PWS, and a fluency coach.

To learn more about my work, please visit:

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