



## Questions

- Is my stuttering a **direct control** issue, i.e. is it an issue involving my own behavior that I can do something about?

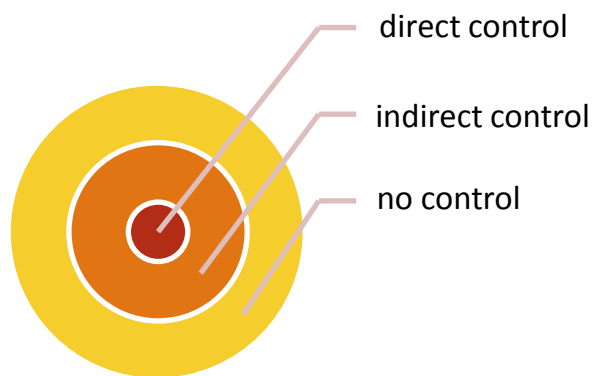
*If so, what can I do about this?*

- Is my stuttering an **indirect control** issue, i.e. is it an issue involving other people's behavior?

*If so, what can I do about this?*

- Is my stuttering a **no control** issue, i.e. is it an issue that I can do nothing about?

*If so, how will I change my attitude and the way I see this issue that I cannot control?*



### EXAMPLE OBSERVATION:

I speak fluently when I use prolonged speech with familiar people.

### EXAMPLE GOAL:

I will use prolonged speech to speak fluently with unfamiliar people.

### EXAMPLE OF HOW TO ACHIEVE THE GOAL:

I will achieve this by:

1. using prolonged speech when speaking to the receptionist at work.
2. using prolonged speech when I visit my doctor
3. actively seeking out strangers (e.g. bus driver, library clerk, shop assistant) and speaking to them in a brief encounter using prolonged speech



# Weekly Goals Sheet

<b>Observation:</b>
<b>My goal for this week:</b>
<b>I will achieve this by:</b> 1.  2.  3.
<b>How did I do?</b> (Comment here on how well you achieved your goal. What successes did you have? What obstacles prevented you from achieving your goal? Why?)
<b>What I will do to build on my success:</b>
<b>What I will do to minimize the obstacles:</b>
<b>Preliminary ideas for next week's goal:</b>