What Stuttering Feels Like

Neurofluency INITIATIVE

People who stutter often describe it as...

Losing Control

...words getting stuck, tense, and out of control

Mouth Getting Stuck

...like my lips or tongue are locked up.

Hard to Get the Words Out

...feeling a strong pressure building up inside that won't come out.

An Iceberg Underneath

... lots of hidden feelings underneath that I try to hide.

Tightness and Tension

...muscles tightening like a knot in my throat.

Word Jumbled In My Mind

... trying to say the words that are all scrambled and tangled up in my head.

Stuttering is not your fault!

Remember: Stuttering is unpredictable. It takes courage and patience to speak, and you are not alone.