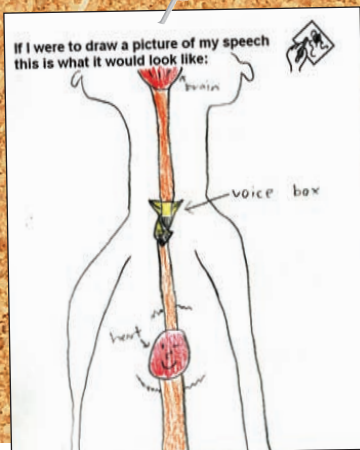


First picture: "This is how I feel when I stutter... It feels like I'm going up a steep hill. I'm forcing myself to go up when I stutter. When I finally get up, I try to stop myself because I'm going down too fast. I may trip and fall," writes Nicholas, 6th grader from Henrico, Va.

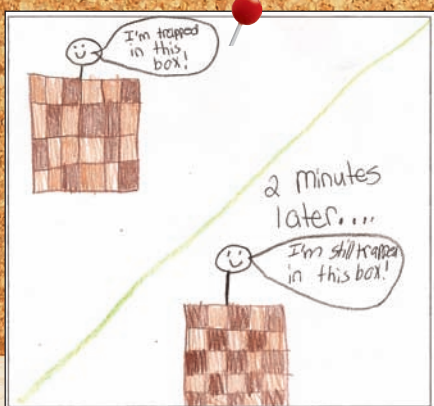
Second picture: "This is how I feel when I use my strategies... The best way to go up a hill during a stuttering block... easy pace, taking adequate time, don't rush, steady rhythm in speech, sliding down easily (I don't trip and fall).



"If the voice box and mouth make you stutter, then the brain will get rid of the bump. If the brain can't do it, then you will have to get rid of it yourself. Another way is to speak slowly," writes Hunter.



"This is a picture of me giving my presentation. The stuttering ghost doesn't let me talk right," writes Ambrosia, 8, of Pittsburgh, Pa. "I use my strategies to scare the ghost away. When I was in first grade I had to give a presentation on a flying squirrel. I was shy because I was afraid that I would get stuck on my words. My teacher had to do it for me. It's okay to get stuck on words sometimes. Now that I use my pull-outs, I don't stutter as much when I am talking to people."



◀ Sometimes when we stutter we feel like we are trapped in a box," writes J. from Brooklyn, N.Y. "Sometimes when you stutter you feel nervous and forget the way to come out of the stutter."