

I want to know how to
access speech and
language therapy.

I want to know how to
find a local stammering
group.

I want to learn different
ways to manage my
stammer.

I want to talk to other
people who stammer.

I want to develop my
speaking skills.

I want to become more
confident.

I want to practise small
talk.

I want to practise making
phone calls.

I want reminders to
practise different
techniques.

I want to practise ordering
food/coffee/etc.

I want to be able to rate
the severity of my
stammer.

I want positive feedback
on the way that I
speak/communicate.

I want to be able to
monitor my own speech.

I want to be able to
reduce how much I
stammer.

I want to keep a journal of
how my speech is day-to-
day.

I want to make a personal
goals checklist so that I
can challenge myself.

I want to be able to track
my stress levels.

I want to be able to take
note of who I've spoken
to today.

I want to record what
happens in stammering
situations and how I felt in
the moment.

I want to be able to track
how my speech is
improving over time.

I want to practise for job interviews.

I want to practise making a speech or giving a presentation.

I want to practise meeting new people.

I want constructive feedback on my speech.

I want a screen that says "I stammer, please be patient" for when I need it in public.

I want to be set daily challenges which help me to practise my speech.

I want reminders to stammer openly.

I want a reward system that will push me to test myself and try new things.

I want to use delayed auditory feedback to help me speak more fluently.

I want to be practical demonstrations of tasks and/or techniques.

I want to take a video of myself speaking to practise my speech.

I want to use a mobile application to share my daily experiences with my Speech Therapist.

I want the option to rate my speech on a day-to-day basis.

I want links to valuable resources on websites, YouTube or Facebook.

I want to speak to other people who stammer over video-chat.

I want feedback on my from another person who stammers.

I want feedback on my speech from an SLT who specialises in stammering.

I want time to say what I need/want to say.

I would like to be part of a peer support group for people who stammer.

I want to test myself in real-life situations.





