

Perceptions of Stuttering Inventory

Name _____ Date _____ Age _____

Here are 60 statements about stuttering. Some of these may be characteristic of your stuttering. Read each item carefully and respond by placing a check mark in the square if the item describes you. Each **characteristic of me** refers only to what you do **now**, not to what was true of your stuttering in the past and which you no longer do; and not what you think you should or should not be doing. Even if the behavior described occurs only occasionally or only in some speaking situations, if you regard it as characteristic of your stuttering, place a check mark in the square.

- A 1. Avoid talking to people in authority (e.g., a teacher, employer, or clergy member).
- E 2. Feeling that interruptions in your speech (pauses, hesitations, or repetitions) will lead to stuttering.
- E 3. Making the pitch of your voice higher or lower when you expect to get “stuck” on words.
- S 4. Having extra and unnecessary facial movements (flaring your nostrils during speech attempts).
- A 5. Using gestures as a substitute for speaking (nodding your head instead of saying “yes” or smiling to acknowledge greeting).
- A 6. Avoiding asking for information (asking for directions or inquiring about a bus schedule).
- E 7. Whispering words to yourself before saying them or practicing what you are planning to say before you speak.
- A 8. Choosing a job or hobby because little speaking would be required.
- E 9. Adding an extra and unnecessary sound, word, or phrase to your speech (“uh,” “well,” or “let me see”) to help get yourself started.
- A 10. Replying briefly using the fewest words possible.
- S 11. Making sudden jerky or forceful movements with your head, arms, or body during speech attempts (clenching your fist, jerking your head to one side).
- S 12. Repeating a sound or word with effort.
- A 13. Acting in a manner intended to keep you out of a conversation or discussion (being a good listener, pretending not to hear what was said, acting bored, or pretending to be in deep thought).
- A 14. Avoiding making a purchase (going into a store or buying stamps in the post office).
- S 15. Breathing noisily or with great effort while trying to speak.
- E 16. Making your voice louder or softer when stuttering is expected.
- S 17. Prolonging a sound or word (m-m-m-m-my) while trying to push it out.
- E 18. Helping yourself to get started talking by laughing, coughing, clearing your throat, gesturing, or some other body activity or movement.
- S 19. Having general body tension during speech attempts (shaking, trembling, or feeling “knotted up” inside).

20. Paying particular attention to what you are going to say (the length of a word, or the position of a word in a sentence).
21. Feeling your face getting warm or red (as if you are blushing) as you are struggling to speak.
22. Saying words or phrases with force or effort.
23. Repeating a word or phrase preceding the word on which stuttering is expected.
24. Speaking so that no word or sound stands out (speaking in a singsong voice or in a monotone).
25. Avoiding making new acquaintances (not visiting with friends; not dating; not joining social , civic, or church groups).
26. Making unusual noises with your teeth during speech attempts (grinding or clicking).
27. Avoiding introducing yourself, giving your name, or making introductions.
28. Expecting that certain sounds, letters, or words are going to be particularly “hard” to say.
29. Giving excuses to avoid talking (pretending to be tired or pretending lack of interest on a topic).
30. “Running out of breath” while speaking.
31. Forcing out sounds.
32. Feeling that your fluent periods are unusual, that they can’t last, and that sooner or later you will stutter.
33. Concentrating on relaxing or not being tense before speaking.
34. Substituting a different word or phrase for the one you had intended to say.
35. Prolonging or emphasizing the sound preceding the one on which stuttering is expected.
36. Avoiding speaking before an audience.
37. Straining to talk without being able to make a sound.
38. Coordinating or timing your speech with a rhythmic movement (tapping your foot or swinging your arm).
39. Rearranging what you had planned to say to avoid a “hard” sound or word. .
40. “Putting on an act” when speaking (adopting an attitude of confidence or pretending to be angry).
41. Avoiding the use of the telephone.
42. Making forceful and strained movements with your lips, tongue, jaw, or throat (moving your jaw in an uncoordinated manner).
43. Omitting a word, part of a word, or a phrase which you had planned to say (words with certain sounds or letters).
44. Making “uncontrollable” sounds while struggling to say a word.
45. Adopting a foreign accent, assuming a regional dialect, or imitating another person’s speech.
46. Perspiring much more than usual while speaking (feeling the palms of your hands getting clammy).
47. Postponing speaking for a short time until you’re certain you can be fluent (pausing before “hard” words).

48. Having extra and unnecessary eye movements while speaking (blinking your eyes or shutting your eyes tightly).
49. Breathing forcefully while struggling to speak.
50. Avoiding talking to others of your own age group (your own or opposite sex).
51. Giving up the speech attempt completely after getting “stuck” on a word.
52. Straining the muscles of your chest or abdomen during speech attempts.
53. Wondering whether you will stutter or how you will speak if you do stutter.
54. Holding your lips, tongue, or jaw in a rigid position before speaking or when getting “stuck” on a word.
55. Avoiding talking to one or both of your parents.
56. Having another person speak for you in a difficult situation (having someone make a telephone call for you or order for you in a restaurant).
57. Holding your breath before speaking.
58. Saying words slowly or rapidly preceding the word on which stuttering is expected.
59. Concentrating on how you are going to speak (thinking about where to put your tongue or how to breathe).
60. Using your stuttering as the reason to avoid a speaking activity.

The *Perceptions of Stuttering Inventory* was developed by Dr. Gerald Woolf and originally published in the *British Journal of Disorders of Communication*, 1967, 2, 158-177. Permission to reproduce this inventory granted by the author and the journal.