

# How can I stop stammering?

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**I HAVE a stammering problem and it's so frustrating.**

I'm 16 and I just can't get the exact words out of my mouth. I know the answers during classroom discussions but every time I stand up to speak, I just manage a mixture of words rather than the correct answer. It's so annoying.

I spoke to our family doctor and have also seen a speech therapist. It all goes well during the sessions but my confidence drops as soon as I face a group of unknown people and I can't speak properly.

My dad also used to stammer but he gradually got better. I did wonder whether this is a genetic problem but my brother and sister don't have this problem and speak perfectly normally.

## *Deidre Says*

There's no single known cause for stammering but evidence suggests that inheriting certain genes may increase the likelihood of developing a stammer. But even if this is part of why you stammer, remember that your dad has overcome his speech problem.

But he must know exactly how hard it is for you. Ask your parents if they can send you on a course with the Starfish Project - Supportive Training And Recovery For Individual Stammerer's Harmony (01825 767268, [www.starfishproject.co.uk](http://www.starfishproject.co.uk)).

It's non-profit-making but still costs £250 - but I have had great reports from readers of how it helps.



Frustrated ... by my stammering