

# Discussion Guide

## Stuttering: Part of Me

## Stuttering: Part of Me – Female Voices

This guide is designed to promote reflection, self-advocacy, community building, and confidence in communication.

### Part 1: Opening Reflection (Warm-Up)

1. What stood out to you most in the film?
2. Did you hear an experience that felt similar to your own?
3. Was there a moment that surprised you or changed your perspective?

### Part 2: Identity & Self-Perception

1. How do you see stuttering as part of your identity?
2. Do you feel stuttering defines you, is just one part of you, or something else?
3. How has your relationship with your stuttering changed over time?
4. What messages about stuttering have you received from others? How have those messages impacted you?

For Female Voices specifically:

5. Do you think gender expectations influence how people respond to stuttering?
6. Have you ever felt pressure to “hide” your stutter? Why or why not?

### Part 3: Emotions & Experiences

1. What emotions came up for you while watching?
2. Have you experienced similar challenges in school, work, or social situations?
3. How do you typically respond when someone reacts negatively to your stuttering?
4. What coping strategies have helped you?

### Part 4: Communication & Participation

1. In what situations do you feel most confident communicating?

2. In what situations do you feel most challenged?
3. What would “full participation” look like for you?
4. What is one step you could take this week toward more confident participation?

## **Part 5: Community & Support**

1. How important is it to connect with others who stutter?
2. What does a supportive communication environment look like?
3. How can we help create safer, more inclusive spaces for communication?
4. What would you say to someone younger who is just beginning to struggle with stuttering?

## **Part 6: Strength-Based Reflection**

1. What strengths have you developed because of your stuttering?
2. What personal qualities (resilience, empathy, persistence) do you see in yourself?
3. How has stuttering shaped you in positive ways?

## **Therapy-Focused Reflection Questions**

(For Individual or Clinical Use)

### **Awareness**

- When do you notice increased tension or avoidance?
- What thoughts do you have right before speaking in challenging situations?

### **Cognitive Reframing**

- What is a more balanced thought you could replace that with?
- What evidence do you have that you can handle difficult speaking moments?

### **Self-Advocacy**

- How comfortable are you disclosing that you stutter?
- What would confident self-advocacy sound like in your own words?

### **Goal Setting**

- What is one measurable communication goal for this month?
- How will you track progress?

# Optional Closing Activity

Have participants complete one of the following:

- Write a short letter to their stuttering
- Write a letter to their younger self
- Create a “My Voice Matters Because...” statement
- Identify one participation challenge to approach this week