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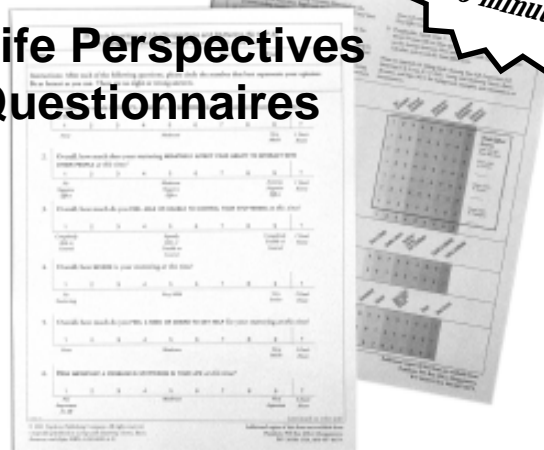
Stuttering Tools for “Taking Stock”

*A must for
clinical
evaluations!
Requires only
2-5 minutes.*

Periodic taking stock can be an important part of staying in touch with ourselves day-to-day, week-to-week, month-to-month, year-to-year, or even “chapter-to-chapter” in our lives. Taking stock of one’s stuttering from time to time can be useful and therapeutic.

These materials can be used for evaluation or therapy with a speech-language pathologist or for self-study in groups or individually. As a pre-evaluation exercise, clients can complete it on their own and then share it with their clinician.

Life Perspectives Questionnaires



For Adults:

St. Louis Inventory of Life Perspectives and Stuttering (SL♦ILP-S):

Provides a simple way for adults who stutter to take a quick look at what currently bothers them about their stuttering, and at how important stuttering is in their life compared to other concerns. The ratings serve as benchmarks to compare ongoing progress in dealing with their stuttering.

St. Louis Inventory of Life Perspectives and Stuttering/Recollections (SL♦ILP-S/R):

Asks the same questions as the *SL♦ILP-S* but for a time in the

past. It is recommended that an adult who stutters complete two *SL♦ILP-S/Rs*: first, a recollection of how he or she would have filled it out at about age ten, and second, when in high school.

SL♦ILP-S Summary Scoring Sheet: After completing each of the above versions, ratings are transferred to this sheet which allows for summary assessments in three areas: the stuttering and its effect on one’s life; one’s interest in others who stutter; and one’s health and life satisfaction.

For Children:

St. Louis Inventory of Life Perspectives and Stuttering/Child (SL♦ILP-S/C):

Asks similar questions as the *SL♦ILP-S*, but is written so a parent or guardian provides opinions on the child’s stuttering. The ratings serve as benchmarks to evaluate ongoing progress. Compatible with the *SL♦ILP-S/R* and with the *SL♦ILP-S Summary Scoring Sheet*.

Story Worksheet

When stutterers tell their story—for the first or fifth time—they are taking stock.

Stutterers are invited to try to simply talk or write about any experiences, thoughts, or feelings this worksheet’s partial sentences bring to mind. A list of “trigger statements” provides starting points for telling one’s story of stuttering. Stories are often the basis for renewed hope and significant gains in the future. Sample: “As a child, my speech was...”

Companion Book:



Living with Stuttering: Stories, Basics, Resources, and Hope
by Kenneth O.
St. Louis, Ph.D.

Twenty-five individual stutterers share their own unique life stories and how stuttering has colored those stories. Also, includes an overview of stuttering, extensive resource listing, and additional details regarding methods for and the importance of the “Taking Stock” questionnaires and worksheet presented here, including data on 120 individuals who stutter.

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