

Stuttering Attitudes Checklist

Agree or Disagree: Put a plus (+) sign in front of the statements you agree with, and a minus (-) sign in front of the statements you don't agree with. Make your decisions quickly. Even if you can't decide which answer is right for you, check the answer that seems to be closest to your feelings.

- I sometimes feel that my stuttering is my own fault.
- My teachers should not make me answer questions in class if they think I will stutter when I answer.
- I think people who stutter should plan to take jobs that do not demand a lot of talking.
- I feel that it is best if I do not talk about my stuttering with my friends.
- People who stutter should not accept leadership jobs where they must give orders.
- It is wrong for my teachers to talk about the problems of stuttering to my classmates.
- People seem to make more fun of us who stutter than they do of people with other kinds of problems.
- I think my stuttering is one of my biggest problems.
- My stuttering is my biggest problem.
- Sometimes I think the best way to help someone who stutters is to do nothing or say nothing about it.
- I think if I could stop worrying about my stuttering, it would go away.
- Sometimes I feel I should be able to stop my stuttering on my own without help.
- I doubt if I will ever be able to talk without stuttering being a big problem for me.

- I think stuttering makes it harder for me to make friends.
- My stuttering has caused me to make poorer grades in school.
- Once in awhile I think I stutter on purpose to get people's attention.
- My stuttering was probably made worse by the way my parents reacted to it.
- I think it is best to have my parents or my friends order for me in restaurants so I will not embarrass them when I stutter.
- I think that most people who stutter are probably not quite as smart as people who do not stutter.
- I also think that most people who stutter probably have some kind of mental or emotional problems.
- Sometimes I think my parents may have caused my stuttering.
- I believe my parents think that they are the cause of my stuttering.
- I doubt if speech therapy can help me a whole lot.
- Maybe stuttering is "catching: and people might start stuttering if they are around me very much.
- My teachers make my stuttering worse.