

Safety Behaviours Checklist

Indicate whether you ever use the following techniques:

		never	almost never	sometimes	often	almost always
1	Try not to draw attention to yourself	1	2	3	4	5
2	Say 'relax, relax' to yourself when you feel anxious	1	2	3	4	5
3	If you feel like you are having a bad day, skip unnecessary talking	1	2	3	4	5
4	Try to speak slowly when you get anxious	1	2	3	4	5
5	Rehearse sentences mentally before saying them	1	2	3	4	5
6	If you are feeling anxious, try to avoid difficult words	1	2	3	4	5
7	If you are feeling anxious, try to avoid difficult syllables	1	2	3	4	5
8	Keep your answers short	1	2	3	4	5
9	Point to avoid having to say things out loud	1	2	3	4	5
10	Allow others to order for you	1	2	3	4	5
11	Encourage listeners to speak more, e.g., by asking lots of questions	1	2	3	4	5
12	Get something else to avoid having to say it	1	2	3	4	5
13	Avoid topics that make you anxious	1	2	3	4	5
14	Try to control yourself beforehand	1	2	3	4	5
15	Try to take deep breaths	1	2	3	4	5
16	Just say little	1	2	3	4	5
17	Rehearse answers in your head	1	2	3	4	5
18	Try to avoid eye contact	1	2	3	4	5
19	Let your partner do the talking	1	2	3	4	5
20	Pretend to be interested in something	1	2	3	4	5
21	Rehearse answering the phone out loud	1	2	3	4	5
22	Rehearse answering the phone in your head before picking up	1	2	3	4	5
23	Rehearse opening line of telephone call before making call	1	2	3	4	5
24	Practice your speech technique at the beginning of each day	1	2	3	4	5
25	Practice speech technique immediately before an important speaking situation	1	2	3	4	5
26	Practice speech technique with unknowing listeners, e.g., sales assistant at supermarket, market researchers, etc.	1	2	3	4	5

27	Reduce your speech rate or speech naturalness when you begin to stutter	1	2	3	4	5
28	Choose safe or easy people to talk to during the day for practice	1	2	3	4	5
29	Choose safe or easy people to talk to immediately before an important speaking situation	1	2	3	4	5
30	Choose safe or easy people to talk to in socially threatening situations	1	2	3	4	5
31	Over-practice difficult words	1	2	3	4	5
32	Evaluate your stuttering severity in specific situations across the day	1	2	3	4	5
33	Use regrouping technique when you lose control of technique and start to stutter (e.g., sip of water when giving oral presentation) then continue with task	1	2	3	4	5
34	Tell people that you stutter before you start to talk	1	2	3	4	5