Fluency cycles instructions

What are fluency cycles?
These are cycles during which you have massed practice using your new fluency technique and evaluating your speech. There are three parts in a Fluency Cycle. Part 1 is Fluency Technique Practice, Part 2 is Experimentation and Part 3 is Planning. On the Fluency Cycles Chart you will see the parts named at the top of each column.

Why do I do them?
With the Fluency Cycles, you will train yourself to reduce your stuttering to a very low level while sounding as natural as possible. You will learn to accurately evaluate the severity of your stuttering and your fluency technique.

For how long?
Try to practise for several short periods each day or for one longer session. It is not useful to practise the cycles for less than about 30 minutes at a time.

Who with?
It is best to practise with someone with whom you feel very comfortable, such as a family member or good friend. Talking on your own generally is not useful speech practice.

How do they work?
During the Fluency Technique Practice speak for 3–4 minutes. Your fluency technique should be around 7–8. You may speak together with one of the models, read from a book, or speak on a topic of your choice, but try to copy the Training Model as closely as possible. Do not attempt to sound more natural. The aim is to consolidate an effective fluency technique and in doing so reduce your stuttering severity rating to 0–1. Write on your Fluency Cycles Form the stuttering severity and fluency technique scores you achieve.

Now you move to the Experimentation part. Use the form to set a goal for the stuttering severity and fluency technique scores you will be attempting, keeping in mind that while you may experiment with how much technique you use, the primary aim is keep the stuttering severity score at 0–1.

Speak for 3–4 minutes, recording your speech on your phone or a tablet, using whatever features of the fluency technique you feel necessary in order to maintain a stuttering severity score of 0–1. It is a good idea to write down some topics in advance, so that you can easily think of things to say. At the completion of 3–4 minutes use the Fluency Cycles Form to record a stuttering severity score and a fluency technique score that you believe represent your speech before listening to the recording. Then listen back to the recording to confirm or change your ratings.

During the Planning part, use your evaluations from the previous Fluency Cycle to plan a strategy and set stuttering severity and fluency technique goals for the next cycle. In planning the goals for the next cycle, determine the fluency technique goal by reviewing your evaluations of previous cycles to see what did or didn't work. There are no incorrect goals; just make sure you have a good reason for the goals you choose. You should also decide whether to read, speak in monologue, speak with another person, or even debate with another person, again with an appropriate reason.

Keep in mind that your ultimate goal is to speak at stuttering severity 0–1 and fluency technique level 1–2, unless you and your clinician have decided otherwise.