

**WHY
STUTTERERS
DON'T STUTTER
WHEN SINGING**

**By
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Why Do Stutterers Not Stutter When Singing

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WHY DO STUTTERERS NOT STUTTER WHEN SINGING?

Over the years I have been asked many times, “how is it that a PWS does not stuttering when singing?”

I have heard several explanations such as the value of “cadence” in the music makes it possible to structure the PWS’ voice with the beat of the song and this helps fluency.

I have heard others speak about the “flow of air” through the vocal cords while singing that permits fluency.

There may very well be truth in both those replies, but the following one makes more sense than any that I have heard: **“Why don’t British singers sing with a British accent?”** Or **“Why don’t stutterers stutter when singing?”**

I just found quite by accident a very interesting article entitled “Why don’t British singers sing with a British accent?”

I have copied and pasted the full article below:

“Because singing forces the singer to pronounce “true” vowel sounds. *English vowels are the same, no matter where you’re from. Speaking employs gliding vowels...transitions from one to the next. Singing is phrased such that vowels are held longer (to the note), which more or less erases regional accents.*

In singing, vowels tend to sound more like their true sounds (monophthongs), rather than diphthongs. “Imagine the difference between accent disappearance in, say, an Andrew Lloyd Weber song, vs. a Cake song, if sung by the same person.

The Weber track (Memory, to take an annoying example) would almost entirely mask any accent because vowels are held for a relatively long time. In Comfort Eagle, on the other hand, the words are barely sung...almost spoken over the music. Any regional accent would come through quite strongly.

And of course, its possible to maintain or

manufacture an accent when you sing (anyone who's ever heard Charlie Daniels or Randy Travis knows that). But it may take some effort. The Proclaimers are a particularly egregious example pointed out by one commenter on the topic.”

(Bob says, Randy Travis is a country music singer. He is from Marshville, NC about 60 miles from me. We have very similar accents when we talk. I sure wish I could sing like him.)

For Your Consideration:

How is it that you can speak fluently in some contexts and not speak fluently in other contexts?

That most People Who Stutter (PWS) can speak fluently in certain contexts indicates that they have two primary speaking strategies that they have learned:

1) They can speak fluently which means they know how to talk.

2) Given the right circumstances, they also have a speaking strategy for blocking.

What determines whether or not the PWS speaks freely and fluently or whether they block?

We believe that it is the meaning that the PWS gives to the context of where they are speaking. If the context is non-threatening to them, the strategy for speaking freely and fluently will be activated and they will speak fluently.

On-the-other-hand, if the context is threatening to the person, then the blocking strategy will be activated and the person will start blocking.

The cause: There could be several causes for blocking, including genetic predispositions and/or developmental problems.

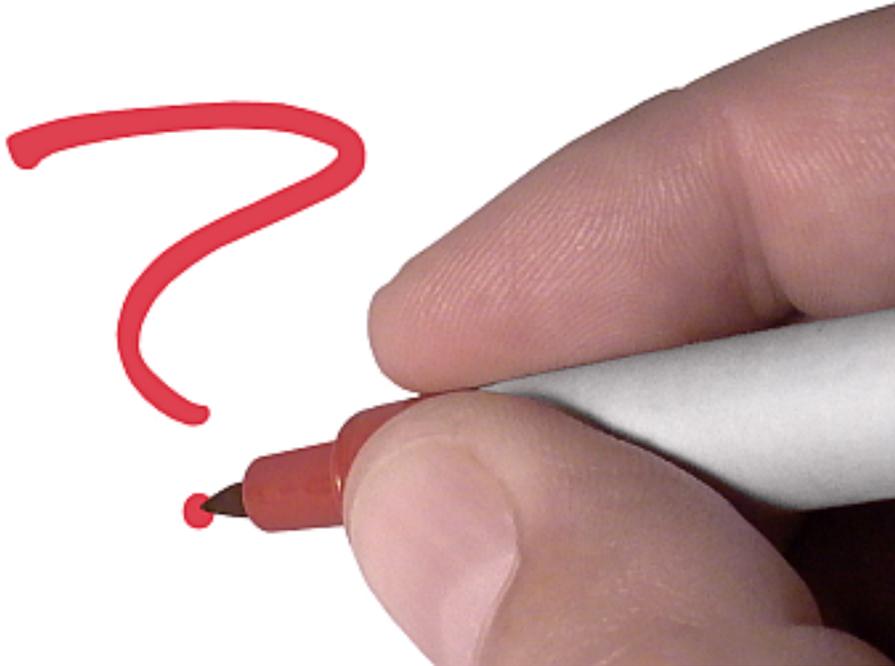
However, our concern is not primarily about the first cause of blocking. Our concern is with what has continued the behavior.

We believe that it is the meanings placed around those early experiences of struggling to speak that have become well learned which continues the behavior.

This explains how most children grow out of stuttering while some don't – it is about the meanings that the child placed around the behavior.

The question then becomes: was it “OK” for the child to stutter some or was it pointed out as unacceptable behavior? Click on the link “How It Works” for many articles depicting our beliefs about blocking as well as those of others.

Some Questions to Consider:



- If you were not fearful of looking like a fool or being vulnerable because of your blocking and stuttering, how would that affect your blocking and stuttering?
- If you had a healthy view of yourself as an innate person of worth in spite of how you speak, how would that affect your blocking and stuttering?
- If you felt in control of your speech all the time as you do when you are fluent, how would that affect your blocking and stuttering?
- If you were able to rid yourself of the belief “I have always blocked and stuttered in certain contexts which means that I always will,” what would happen to your blocking and stuttering?

- If you were not fearful of the judgments of other people about how you speak, what would happen to your blocking and stuttering?
- If you viewed the world you live in as a warm, inviting, friendly and supportive place rather than a place to be feared and to always be on your guard about, how would that affect your blocking and stuttering.

Note: The materials found herein have proven helpful for many PWS. Some (but not all) have found fluency. Others have made much progress. But, this is not about a “quick fix.”

At best, these tools require two things:

- 1) Work and
- 2) Time.

If you are willing to work hard, study hard and commit to several months and even 1, 2 or 3 years of practice, then read on.

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