

The Ti-Ger Analogy of Stuttering

by DanieleRossi

Let's say we have a ferocious tiger that represents our stuttering.

Your tiger and your stuttering are one and the same.



We can try to lock the tiger in a closet...



...but he's too powerful for the door so he bursts through it. He will pounce on you and ruthlessly kick your butt.



It won't work if you try to deal with this ferocious tiger by turning your back on him. He will continue to kick your butt.

You think to yourself. "Tiger's not there— OW! Tiger's not there— OW!"



Covering up your stutter doesn't seem to work. So you turn to face the tiger...



It may be scary but you confront him. You may get beat down at first, but you don't let that tiger make your decisions.



Slowly, your tiger begins to lose its power over you, and you begin to experience more peace and control over your life.

Stuttering used to make you afraid of talking. But as your tiger gets weaker, you will be more in control of yourself and your speech.





You now have the tiger on a leash and you walk around town. Your fear of stuttering is now minimal.



You may even go up to people and stutter on purpose! "Hey! Do you want to see my tiger?" and you reach a point where you're actually ok with it.

And you start showing him off.

You take the tiger back off the leash and you're petting him.

When you face the animal, the animal can back down.

When you face stuttering, it is so much easier to manage than when you try to turn your back on it.



