

# Types of stuttering

<i>Type</i>	<i>What is it?</i>	<i>What is happening?</i>
<b>Repeat</b>	Repeating a sound, syllable, word, or phrase.	I am going too fast.
<b>Prolongation</b> Long	Getting stuck on a sound.	I am pushing too hard.
<b>Block</b> Stop	No sound comes out.	I am pushing too hard.
<b>Combo</b>	A combination of other kinds of stuttering.	I might be going too fast, or be pushing too hard.
<b>Noisy breathing</b>	I am breathing in a strange spot, getting stuck on my breathing, or making noises when I breathe.	I am tight in my lungs, neck, or voice box.
<b>Filler</b> Interjection	Adding extra words or sounds.  <i>Um... like... actually... so... yeah... whatever...</i>	I am trying to avoid stuttering out loud.  I am trying to go too fast.
<b>Changing words</b> Circumlocution	I am changing what I say to use different words so I won't stutter.	I am trying to avoid stuttering out loud.
<b>Avoidance</b>	I stop talking.	I am trying to avoid stuttering out loud.