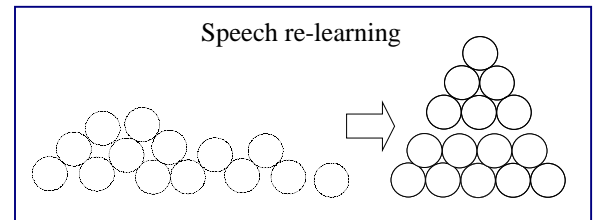


Pure speech rehabilitation II - First step



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Speech pure rehabilitation II - Principles - 092108

The first page of this document sets *outs* *Speech pure rehabilitation II* principles.

The 2 main principles were :

1. **I speak correctly. To speak well, I no longer have to pay attention to speech sounds themselves, but to their EXACTNESS. My listener does not have to use the context to guess my words.**
2. **I must perceive my voice as a THIRD PARTY would perceive it.**

Additional principles were :

- **Favor the quality of articulation over speed**
- **Do not “chop” my speech**
- **Shorten speech sounds**
- **Speak with tone**
- **Speak words well the first time I utter them**

The other pages of the document are exercises for :

1. Tongue flexibilization
2. The advanced re-learning of speech sounds through words and expressions I wrote. These speech sounds were “j”, “ch”, “f”, “s”, “z”, and the speech sound chains “tch” and “st”.