

SLAYING THE ICEBERG BEAST

RICK ARENAS

FRIENDS ANNUAL CONVENTION 2019

RIDDLE #1

**YOU THROW AWAY MY OUTSIDES AND THEN COOK MY INSIDES.
THEN YOU EAT MY OUTSIDES AND THROW AWAY MY INSIDES.**

WHAT AM I?



RIDDLE #2

I EAT EVERYTHING IN MY PATH, BUT IF I DRINK WATER I DIE.

WHAT AM I?



RIDDLE #3

I LIKE IT WHEN YOU DON'T TALK ABOUT ME.

I BECOME STRONGER WHEN YOU STRUGGLE AGAINST ME.

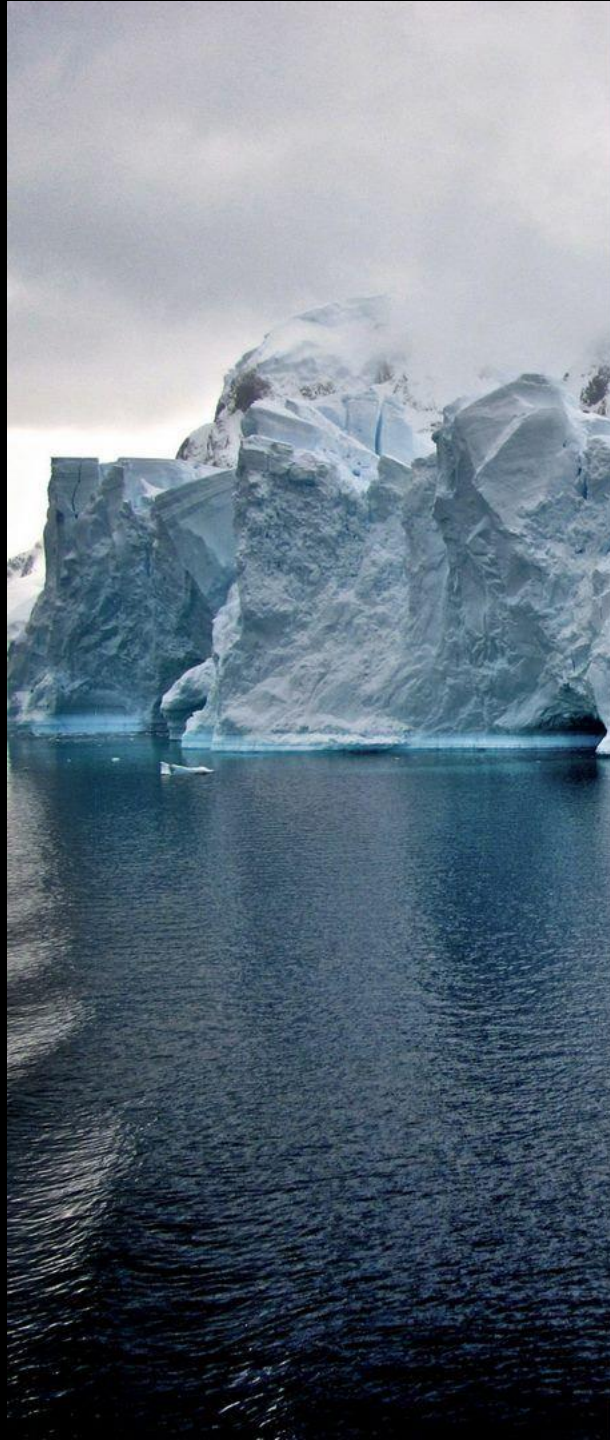
I GROW WHEN YOU HATE ME.

AVOIDANCE IS MY FAVORITE SNACK.

WHAT AM I?

The Iceberg Beast





“

Your stuttering is like an iceberg. The part above the surface, what people see and hear, is really the smaller part. By far the larger part is the part underneath—the shame, the fear, the guilt.

JOSEPH G. SHEEHAN PHD



Overt behaviors (blocking, prolongations, repetitions, secondary behaviors)

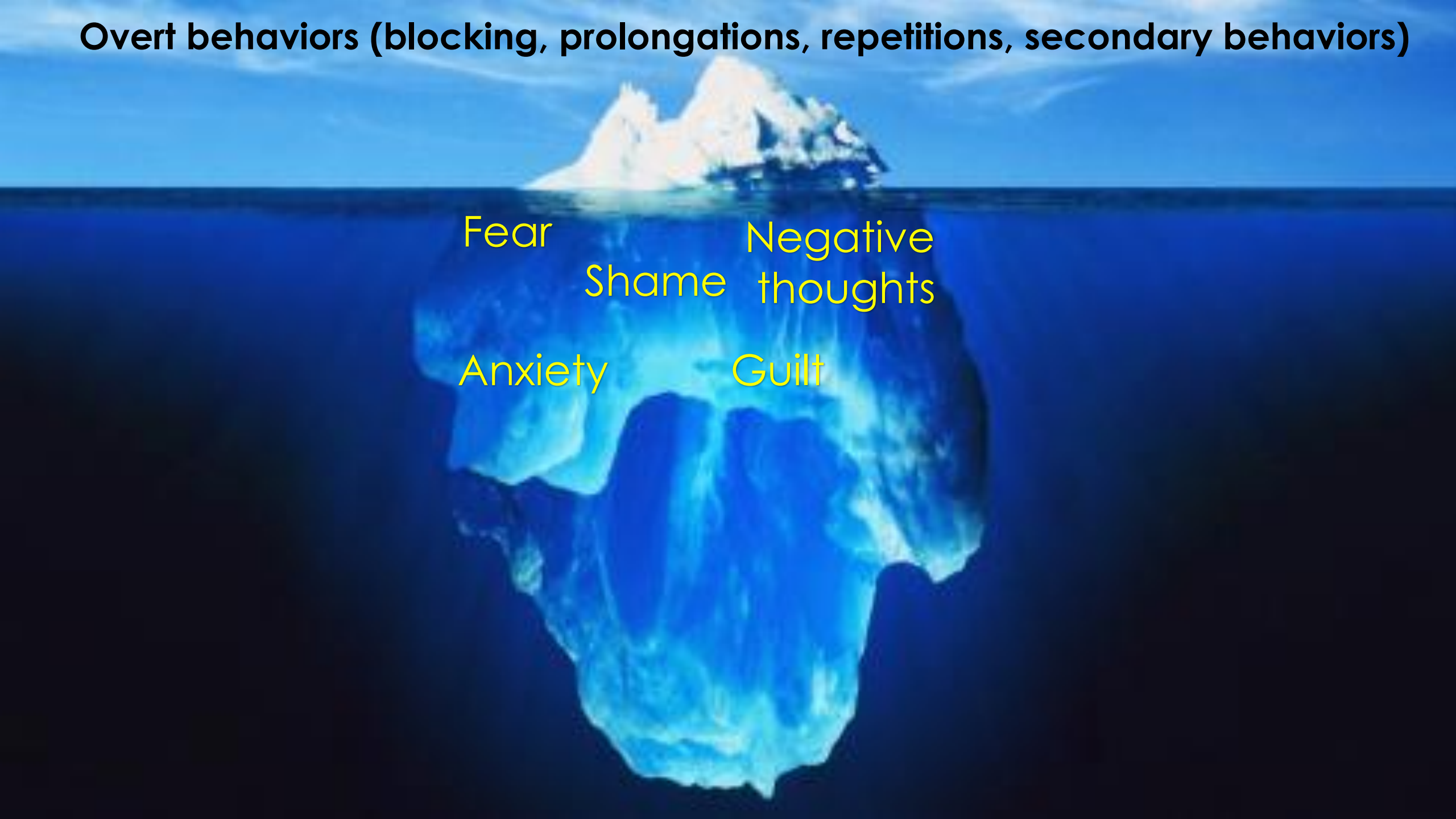
Fear

Negative

Shame thoughts

Anxiety

Guilt



Overt behaviors (blocking, prolongations, repetitions, secondary behaviors)

Fear

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Why is the idea of the Iceberg Beast helpful?

- IT ALLOWS US TO GIVE THE PROBLEM A NAME.
- BY NAMING IT WE CAN DESCRIBE IT.
 - WHAT DOES IT LIKE OR HATE?
 - WHAT MAKES IT GROW OR SHRINKS?
 - HOW DOES IT INFLUENCE US?
- IT PROVIDES A FURTHER LEVEL OF SEPARATION FROM THE STUTTERING BEHAVIOR, OUR THOUGHTS AND OUR EMOTIONS.
- THE BEAST IS A COHESIVE COLLECTION OF BELIEFS ABOUT STUTTERING THAT WE ALLOW TO NEGATIVELY IMPACT HOW WE LIVE OUR LIVES.

An aerial photograph of a rugged coastline. In the foreground, a dense, vibrant green forest covers a hillside. To the right, a rocky peninsula or headland juts out into the sea. The water is a deep, rich blue, and white foam from crashing waves is visible as they hit the rocks. The overall scene is dynamic and natural, with a strong contrast between the green land and the blue water.

**No man ever steps in the same
river twice, for it's not the same
river and he's not the same man.**

Heraclitus

Directed change requires a directed target

PERSONIFYING AND NAMING THE PROBLEM
PROVIDES A COHESIVE TARGET FOR A
DIRECTED CAMPAIGN OF POSITIVE CHANGE.



How do you begin to identify the Beast?

- I CAN'T DO THAT BECAUSE I STUTTER. AND THEN YOU DON'T DO IT.
- I AVOID....
 - WORDS
 - SOUNDS
 - THE TELEPHONE
 - TALKING TO SUZIE
- I WORRY ABOUT THE FUTURE BECAUSE I STUTTER.
- THESE ARE ALL RELATED TO THE BEAST TAKING CONTROL AND ASSERTING INFLUENCE OVER WHAT YOU DO, OR WHAT YOU BELIEVE YOU ARE CAPABLE OF DOING.
- IT'S INTERFERING WITH YOUR STORY. IT'S BECOMING THE MAIN CHARACTER.



What does the Beast eat to make him grow?

STRUGGLING

**HOLDING IN
FEELINGS**

DENIAL

ISOLATION

**HATING
STUTTERING**

HOPELESSNESS

**PREOCCUPATION
WITH STUTTERING**

**NOT TALKING
ABOUT STUTTERING**

AVOIDANCE



Overt behaviors (blocking, prolongations, repetitions, secondary behaviors)

The Land of
Thoughts
and Feelings

Fear

Negative
Shame thoughts

Anxiety

Guilt

The Land of
Beliefs and
Action



What the What !!!!!?????

- HE DOESN'T FEED ON STUTTERING BEHAVIORS!??
- HE DOESN'T EVEN REALLY FEED OFF EMOTIONS OR THOUGHTS!???

HE DOES FEED WHEN WE CHOOSE TO ACT ON THOUGHTS. MOSTLY AVOIDANCE

HE DOES FEED WHEN WE CHOOSE NOT TO EXPRESS OUR THOUGHTS AND EMOTIONS.
MOSTLY BY SHUTTING DOWN AND DENYING OUR EXPERIENCE.

WHEN WE HOLD IN OUR THOUGHTS AND EMOTIONS IT GIVES THEM THE PERCEPTION OF
TRUTH AND THEY BECOME BELIEFS, AND THE BEAST LOVES BELIEFS.

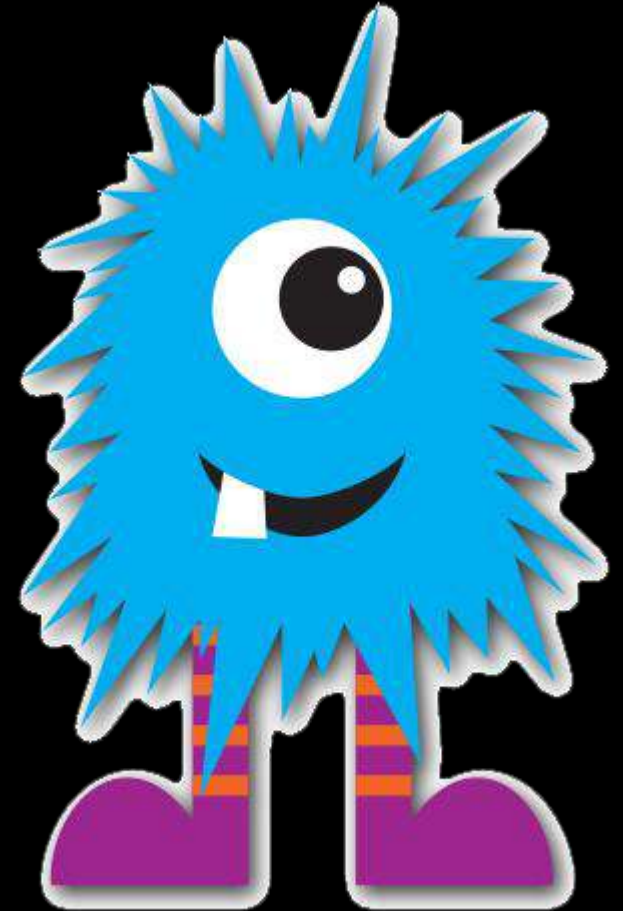
It grows in a particular iceberg environment

**THE GROWTH OF THE BEAST IS QUITE INDEPENDENT
OF THE STUTTERING BEHAVIOR.**

**THE GROWTH COMES FROM FEEDING THE BEAST
OVER YEARS AND YEARS.**

My Beast's journey

- LATE ELEMENTARY IS WHEN I CAN FIRST REMEMBER WHAT I WOULD CALL THE INFLUENCE OF THE BEAST.
 - AVOID READING ALOUD.
 - WOULD HAVE JOKES I WANTED TO TELL BUT DIDN'T BECAUSE I THOUGHT I WOULDN'T BE ABLE TO NAIL THE PUNCH LINE.



My Beast's journey

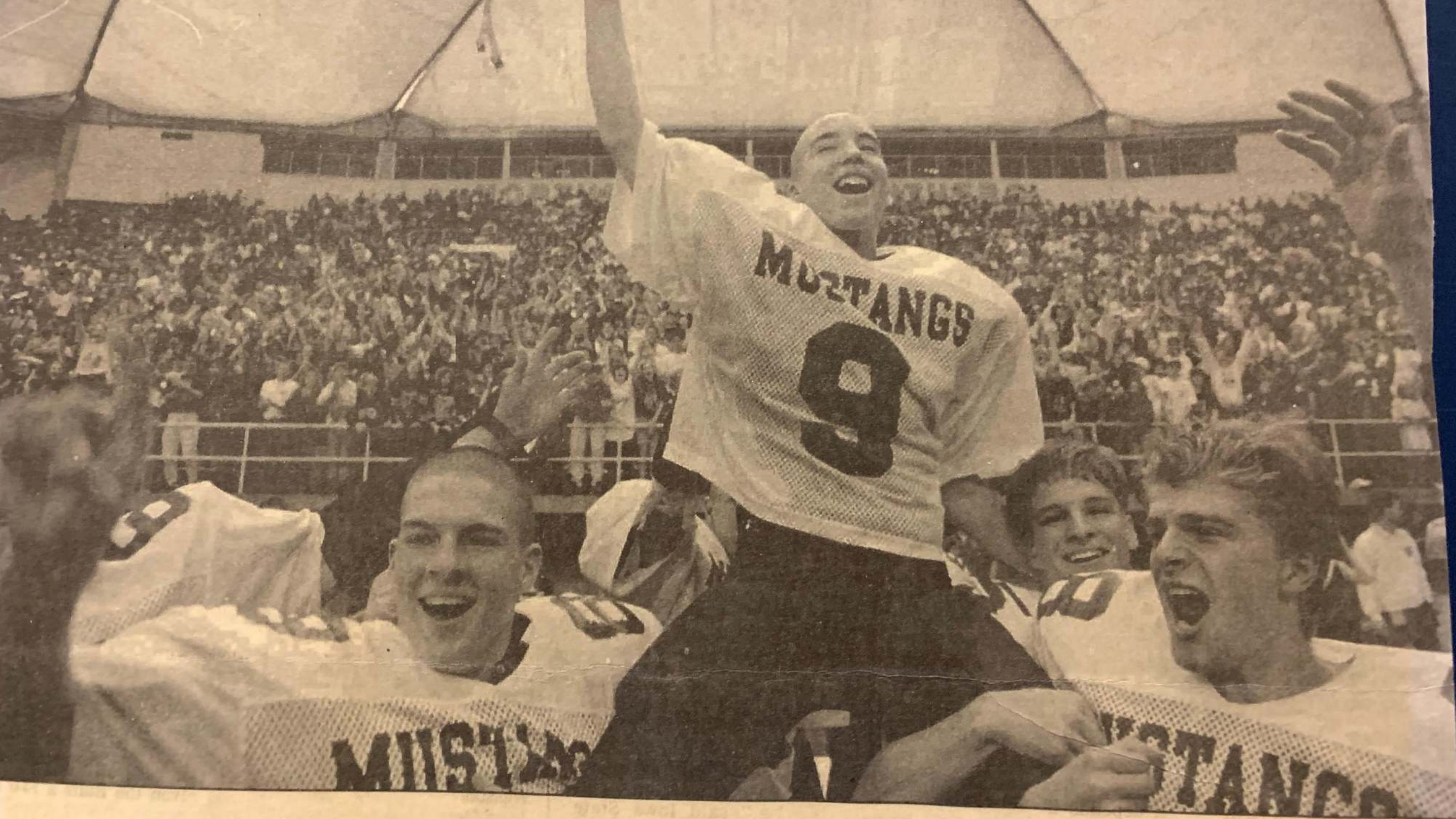
- **MIDDLE SCHOOL: THE YEARS OF DENIAL**
 - **THE AVOIDANCES WERE GROWING.**
 - **BEGAN TO EMOTIONALLY SHUTDOWN.**
 - **“EVERYTHING WAS FINE”**



My Beast's journey

- **HIGH SCHOOL: THE BEAST BEGAN TO TAKE OVER**
 - **COMPLETELY EMOTIONALLY SHUTDOWN.**
 - **LOTS OF ENERGY SPENT ON OVER COMPENSATING IN OTHER AREAS.**
 - **BELIEFS THAT I HAD A LIMITED FUTURE WERE BEGINNING TO SET IN.**
 - **AVOIDANCES CONTINUED TO GROW.**





Mount Vernon's Rick Arenas

- **Name:** Rick Arenas
- **Age:** 17
- **School:** A junior at Mount Vernon High School
- **Home:** Mount Vernon
- **Parents:** Jesse and Marlene Arenas
- **Sport:** Football
- **Other sports:** None
- **Season highlights:** Rick kicked a 20-yard field goal with 21 seconds left to give his Mount Vernon team a 22-21 victory over West Hancock in the Class 2A championship game Saturday. The kick enabled Mount Vernon to come back from a 21-0 halftime deficit.

Rick connected on 3 of 8 field goals this season and was 37 of 43 in extra points.

Rick is a relative of Joe Arenas, who led the NFL in kickoff returns for San Francisco in 1953.

- **This season:** Rick said he began kicking as an accident but soon fell in love with it. He attended a kicking camp at Central College in Pella last summer.

"Last year in gym class, I was playing flag football and I kicked one that was good. That day I went into football practice and tried it."

Weighing 135 pounds, Rick felt kicking might give him a better chance to play.

"I wasn't that tall or big."

- **Coach's comment:** "There was no doubt in my mind that I was going with my kicker," Mount Vernon Coach Jim Bellamy said. "Rick's had his ups and downs . . . but the field position and where he was, it was one of his favorite spots."

- **Prep career goals:** "I'd like to make 80 percent of my field goals next year and all of my extra points."

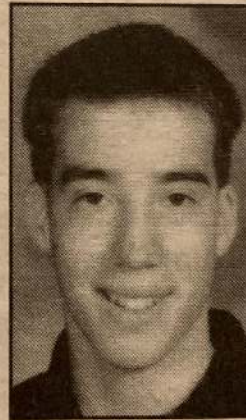
- **Biggest thrill:** The state championship game. "It feels good to be recognized. I

"I've dreamed about this moment a lot — almost every night. (The kick) had a good come-off, and it felt just right."

Rick Arenas on game-winning field goal

liked being on that side of the field. It felt good when I kicked it. I was really scared walking onto the field.


"I've dreamed about this moment a lot — almost every night. (The kick) had a good come-off, and it felt just right."



- **Most embarrassing moment:** None
- **Advice for aspiring athletes:** "Work hard. Put your mind to it."
- **Other activities:** Participates in school plays
- **Favorite athlete:**

Former NFL kicker Donald Igwebuike

- **Favorite subject in school:** Algebra
- **Favorite movie:** None
- **Favorite TV show:** "Coach"
- **Favorite book:** "Catcher in the Rye"
- **Favorite food:** Pizza
- **Hobbies:** Sports, hunting, fishing
- **College, future plans:** "I would definitely like to go to college and kick, but I'm not sure where."



Participates in
school plays

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but I'm not sure where."

My Beast's journey

**EARLY TWENTIES: STILL IN DENIAL, BUT
KNEW I WAS NOT IN CONTROL: HOPELESS**

- **STILL EMOTIONALLY SHUTDOWN.**
- **MAKING MAJOR LIFE DECISIONS BASED
ON THE BEAST.**
- **COMPLETE ATTEMPT AT HIDING MY
STUTTERING THROUGH AVOIDANCE.**



My Beast's journey

MID-LATE TWENTIES: ATTEMPTING CHANGES

- WENT BACK TO SCHOOL FOR SPEECH PATHOLOGY.
- FOCUSED ALL MY ENERGY ON THE TOP PART OF THE ICEBERG.
- STILL EMOTIONALLY CLOSED OFF.



My Beast's journey

THIRTIES: FINALLY SOME REAL CHANGE

- **HAVING CHILDREN.**
- **I FINALLY FOUND OUT WHAT I NEEDED TO DO TO DEPRIVE THE BEAST OF FOOD.**



Weapons against the Iceberg Beast

SELF-EFFICACY
ACCEPTANCE
VULNERABILITY



Self-Efficacy – what it means to me

I choose not to avoid anything

I choose not to struggle when I speak

Starving the Beast

~~STRUGGLING~~

HOLDING IN
FEELINGS

DENIAL

ISOLATION

HATING
STUTTERING

~~HOPELESSNESS~~

PREOCCUPATION
WITH STUTTERING

NOT TALKING
ABOUT STUTTERING

~~AVOIDANCE~~



Acceptance – what it means to me

I observe my experience (thoughts, feelings and behavior) without judgment.

I don't deny the influence that stuttering has had, and continues to be capable of having, over me.

Starving the Beast

~~STRUGGLING~~

HOLDING IN
FEELINGS

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ISOLATION

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STUTTERING~~

~~HOPELESSNESS~~

PREOCCUPATION
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~~AVOIDANCE~~



Vulnerability – what it means to me

I am willing to risk failure.

I am willing to expose my thought and feelings.

I am willing to openly stutter and talk about it.

Starving the Beast

~~STRUGGLING~~

~~HOLDING IN
FEELINGS~~

~~DEMAIL~~

~~ISOLATION~~

~~HATING
STUTTERING~~

~~HOPELESSNESS~~

~~PREOCCUPATION
WITH STUTTERING~~

~~NOT TALKING
ABOUT STUTTERING~~

~~AVOIDANCE~~



Consistent Self-efficacy, Acceptance and Vulnerability will starve the Beast

~~STRUGGLING~~

~~HOLDING IN
FEELINGS~~

~~DEMAIL~~

~~ISOLATION~~

~~HATING
STUTTERING~~



~~HOPELESSNESS~~

~~PREOCCUPATION
WITH STUTTERING~~

~~NOT TALKING
ABOUT STUTTERING~~

~~AVOIDANCE~~

Self-efficacy, Acceptance and Vulnerability

Key ingredients for positive change.

Key ingredients for vibrant living.

Not just relevant to stuttering, but will benefit you in all areas, especially your relationships.

A Father's Advice

Stuttering Foundation of America
Winter 2018 newsletter

You can google “Father’s advice stuttering”

Might be a helpful resource for talking
with your kids.

A challenge for the people who stutter

Name your Iceberg Beast.

Identify what he eats and makes him grow.

Identify how he influences you.

Be intentional about having self-efficacy, acceptance and be vulnerable.

A challenge for the parents and other allies

Talk about the Iceberg Beast, and what you can do to help slay it.

Foster an environment where self-efficacy, acceptance and vulnerability flourish.

Model these things in your own life.

RIDDLE #4

I CAN DO ANYTHING I TRY TO DO.

I BECOME STRONGER EVERYDAY THAT LIVE I MY OWN LIFE.

I GROW WHEN I ACCEPT WHO I AM.

I FLOURISH WHEN I SHARE MY INNER THOUGHTS AND FEELINGS.

WHO AM I?



SOME INTERESTING STUDIES

IF YOU ARE INTERESTED

WE ARE INTERVIEWING PARENTS OF CHILDREN WHO STUTTER WHO HAVE ATTENDED AT LEAST 1 FRIENDS CONVENTION

- IT'S A QUALITATIVE STUDY INVESTIGATING THE JOURNEY FROM WHEN YOUR FIRST STARTED TO STUTTER TO NOW. AND HOW BEING INVOLVED IN A SUPPORT GROUP/CONVENTION IMPACTED THAT JOURNEY

WE ARE INTERVIEWING ADULTS WHO
STUTTER ABOUT THEIR THOUGHTS AND
BELIEFS ABOUT STUTTERING
ANTICIPATION AND THE VARIABILITY
OF STUTTERING

IF YOU ARE INTERESTED PLEASE EMAIL

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