

## Lisping and What to Do About It

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By Jade Joddle

What can you do about your lisp? A lisp is when you don't say 's' sounds very clearly. (I might know somebody who doesn't say 's' sounds very clearly... me!) And I'm going to tell you what you can do about it. So let's start off by taking some very nourishing, grounding breaths into our body. Just breathe in with me.

[Breathes in and then out with a long "Aaahh."] Breathe in again. Then: Aaaahh. It's always a good idea to be grounded in your body before you do any kind of speech training. The next thing is: do a nice little massage along your jawbone: gently, gently pressing with your fingers. And you can go up here as well, just above the jawbone. What you may find is that if your muscles are really tight and this hurts you a bit, then that's a sign that you've been over-thinking lately. So you really want to get in there and press the muscles out.

And for some people this is actually where they hold on to their anger: the jaw muscle just in front of the earlobe. So if you have a very tight jaw, this might be a sign that you're not channeling your anger properly. So you might want to go and get some exercise or something like that after your little face massage.

So now we are ready to begin our training for the lispy, lispy sounds. I want you to say this with me: "Slithering, Slimy Snakes." Did you get that? Slithering, Slimy Snakes. SSSSSS... SSSSSSlithering, SSSSlimy SSSnakes!

And I've found that this really helps me not give a *damn* about my lisp! So I think you should try this too if you're concerned about your lisp. Because the best thing we can do is give ourselves a lovely, lovely hug. And say: "You know what, I really *don't care* that I have a lisp!" The worst thing you could do is beat yourself up about it. You'll find that if you're doing speech work, it could be anything, reading poetry in front of people, or you're acting or something, you'll find that the more speech work that you do, and the more awareness on your voice that you develop, the less you will lisp.

But even if you carry on lisping, it really, really *doesn't matter*. Because a lisp can't block you or stop you from anything in your life. The only thing that can block you is you thinking: "Oh no, I've got this terrible lisp! Oh, I'm so ashamed, I've got this horrible, horrible lisp! I can't say 'Slithering, slimy snakes,' I just can't say it!" So instead just give yourself a nice hug, and say, "You know what, I've got a lisp, and I'm all right with that!"

Some people who have a lisp are really good with people, good at relating; some people have a really cute lisp, for example, Cara Delevingne. Thanks for watching this video and come back and see me. "Sthlithering, Sthlimy Thnakes! SSSSSSSSSSS!!!"