

# Untrapt: A Free Starter Guide

*By Josef Vařák – someone who's been there*



*A real technique that helped me take the first step*

*Explore more when you're ready*

# What's Inside

## Who I Am — And Why This Exists

*A personal story about hitting a wall — and finding a way through.*

## Soft Sound Technique (V, F, M, L)

*A simple trick that helped me say words I used to avoid.*

## What If It Doesn't Work?

*How I moved forward when this trick stopped helping.*

## Ready for More?

*Next steps — whether you're curious, want more tools, or just need another option.*

# Who I Am — And Why This Exists

Hi, I'm Josef — and for years, stuttering was part of my everyday life. This isn't some theory. *I've lived through it* — stuck on words that just wouldn't come out, whether at school, at work, or in simple conversations with friends, family, or anyone at all.

When I first started looking for help, I searched everywhere — forums, videos, anything that offered a bit of hope — but **nothing truly worked**.

That's when I realized I'd have to figure it out myself. And that's exactly what I started doing.

One summer after the school year, I came up with a trick — something that finally helped the words come out. I used it for years, and at one point, I even started speaking fluently without it.

Later on, my stuttering got worse, and that one trick wasn't enough anymore. But it was still **the first step — the one that showed me progress was possible**. (*I didn't know it back then, but it came back to life when something in me had quietly changed.*)

This guide contains that first step: a real technique that helped me say things I hadn't been able to say for years. It gave me my first taste of fluency — *a moment that proved it could actually happen*.

This free e-book is just a small part of something bigger — but it might already help you get untrapt.

## Note for parents:

This guide is for teens and adults who stutter. If your child is under 6, some stuttering is normal — when in doubt, ask a speech therapist who specializes in early childhood.

## Note on language scope:

This technique comes from experience with Latin-script languages like English, Czech, and Spanish. It hasn't been tested with other scripts.

**Let's take the first step.**

## Soft Sound Technique (V, F, M, L)

One of the most helpful techniques I discovered was to add a soft sound in front of a word that usually triggered my stutter. It made the whole thing much easier to say.

But here's the catch: **you must say the added sound and the original word together**, smoothly, as one sound — not with a pause. So instead of “v pen,” you say “vpen.” *One breath. One motion. That's what makes it work.*

After testing a lot of options, I realized that not all sounds are equally useful. *Some helped a lot. Some... not so much.*

**The most effective sound for me was:**

- V: pronounced like the “v” in “voice”  
*Hear the correct sound on YouTube → [\[link\]](#)*

This gave the smoothest results. I used it successfully for years. **And the best part?** In 99% of cases, *people won't even notice* you added anything — but **you'll feel the difference.** *That last 1%? Know all the soft sounds.*

Later, I also experimented with:

- M: like the “m” in “moon”
- L: like the “l” in “love”
- F: like the “f” in “feel”

**These worked too.** *I found them just as helpful*, and they gave me the same smooth, natural results. Try them out and see how they work for you.

Let's take a few examples:

If the word pen was giving me trouble, I'd say:  
“vpen,” “mpen,” “lpen,” or “fpen”

For a word like king:  
“vking,” “mking,” “lking,” or “fking”

Or if I got stuck on town:  
“vtown,” “mtown,” “ltown,” or “ftown”

**This little trick gave me a sense of control.** Suddenly, I could say words that used to shut me down. It felt like I'd found a shortcut through the block — *a private tool that no one could take away from me.*

📌 **Quick Note:** This technique works best when your stuttering is mild to moderate.

For me, it was a turning point — the first thing that showed me real progress was possible.

It helped me say words I'd been avoiding for years.

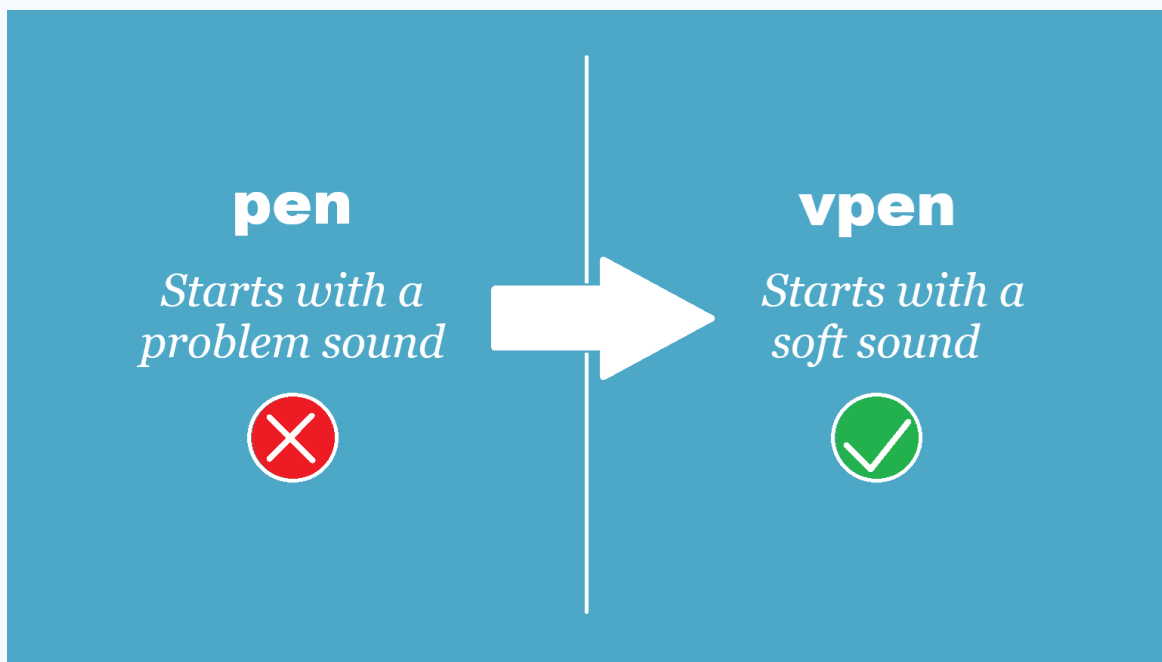
For some people, it works instantly — for others, it becomes helpful later, *as things start to shift inside.*

**Try it.** Experiment with these sounds. **Start with V** — it worked best for me. Then explore M, L, and F as extra options for more flexibility.

**You're not broken. You need a new approach.**

*And sometimes, fluency is just one sound away.*

*Visual Example:*



*This might look simple — but sometimes, it's the small shifts that change everything.*

## What If It Doesn't Work?

**Not every trick works perfectly at every stage of stuttering.**

When I first discovered the soft sound technique, it worked instantly. For the first time, I could say words I used to avoid.

But later, when my stuttering got worse — *much worse* — that trick stopped working.

It was during a time when everything around me got harder: COVID, school stress, work pressure — it all piled up.

*Over time, I realized this wasn't just about speech anymore.* Something deeper had to change.

I had to find another way to get through that phase. *To survive it.*

I explored new tools, new ideas. And *slowly*, things began to shift.

Once I reached a more moderate level of stuttering, the soft sound technique started helping me again.

That's when it clicked: **no single trick works perfectly at every stage of stuttering.**

But **each one matters** — because they work at different times, in different ways.

**In the full version of this guide, I go deeper into what helped me during every phase of stuttering** — from the early blocks to the most severe moments — including more ways to use the soft sound technique and other tricks that helped me move forward.

You'll find tools for each stage — not just tricks, but also **deeper shifts that made *the real difference*.**

*This was just the start. The next step is where it all comes together.*

## Ready for More?

Whether this trick helped a lot or just got you thinking — **the full guide goes deeper** into what helped me **speak with confidence again**.  
It's *more than tricks* — it's **a full roadmap through stuttering**.

**Get the full guide here:**

[untraptspeech.gumroad.com/l/fullguide](https://untraptspeech.gumroad.com/l/fullguide)

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**Stay strong.**

**Begin your journey with UNTRAPT.**

*A free guide by Josef Vařák*

*I'm not a therapist. I'm someone who stuttered for years — through school, work, and daily conversations — and over time, I found a few things that helped me speak without fear. Nothing in this guide comes from theory. Every part of it was tested in real-life situations, during moments when speaking felt impossible. Now I'm sharing it with you — hoping it will help you the same way it helped me.*