Instructions: Repeat these words/phrases or read them aloud. Have someone listen to you and rate your speech. Score a + for a recognizable sound/word, and 0 for an absent or omitted sound/word.

They should give you their score after each trial. If the sound doesn't come out the first time, try again, but focus on being "breathier."

Both trials should be recorded (e.g., "0/0" or "0/+")

Aim for 5+ sessions a day.

Vowels										
ee										
ay										
aw										
cough										
oh										
ooh										
uh										
cough										
eel										
end										
it										
cough										
am										
on										
own										
cough										
er										
up										
earn										
cough										