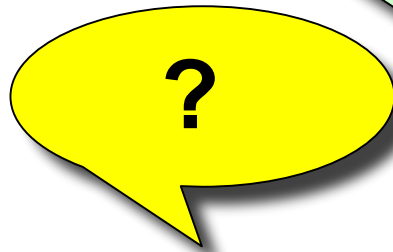
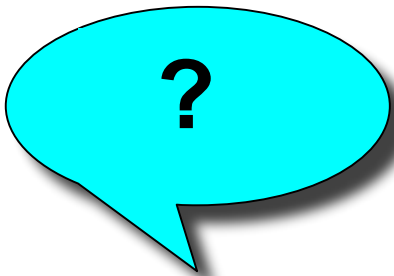
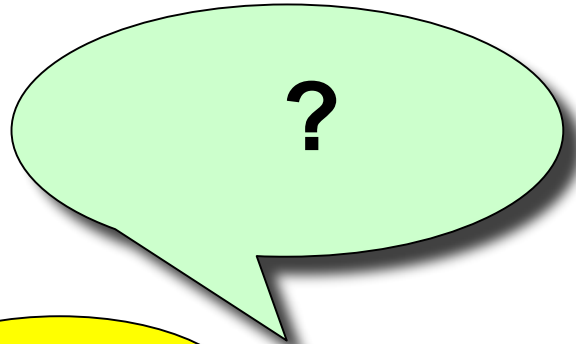
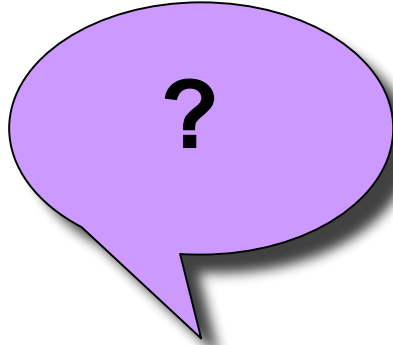


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# Word Finding Tips



## Stay calm

It will be more difficult to find a word if you panic. Stay calm and say reassuring things such as... 'It'll come back to me in a moment'.



## Think of associations and pause

Think of associations to the word you cannot find, or to the person/object whose name you cannot remember, and wait for a while - the word may come to you after a few minutes.

## Think of a similar word

If you cannot think of the word you are looking for, you may find it easier to think of another word that could take its place in the sentence – e.g. substitute 'anonymous' with 'unknown'.

## Replace the word with a short phrase

Sometimes it is difficult to find a substitute word. In these instances it may be easier to express yourself using a short phrase instead – e.g. replace 'inexcusable' with 'it was not the right thing to do'.

## Go through the letters of the alphabet

You can try and find the word you are looking for by going through each letter of the alphabet. This may be particularly helpful when you are trying to recall someone's name.



## Ask someone else

If there is someone handy you can ask, remember you could always look to that person to help you out.



## Stay confident

It may be useful to have in reserve a few phrases that you always rely on in social situations where you get stuck for a word – e.g. confidently saying 'Do you know the word has escaped me!'. You can also make light of the lapse – e.g. 'My little grey cells must have gone on strike!'

## Play word games

You may find it helpful to play word games like Scrabble or simple cross-word puzzles. This will give you the opportunity to practice your word-finding skills and the techniques that you can use when you get stuck for a word. Having to look up a dictionary or thesaurus may indirectly help to increase your vocabulary, making it easier for you to think of other words when you are stuck for a particular word.



Over ➤



## Ways to avoid having word-finding difficulties in the first place

- Try to avoid getting into lengthy conversations when you are feeling tired or anxious, or if you have had a few drinks of alcohol.
- Avoid talking a lot when you have other things on your mind, or when you are trying to do something else at the same time.
- Try to use simple, short sentences in a conversation.
- If you can, rehearse what it is you are going to say.
- Have breaks between sentences to help gather your thoughts.
- Slow down your rate of speech.....the faster you talk, the more likely you are to come across word-finding difficulties.
- Try to stick to talking about familiar things.....if you find yourself having to talk for the first time about something that is unfamiliar to you, or which you have not talked about before, practise several times what you are going to say, and have notes at hand.