

Annexes du livre de

Nicolas Chaze



# Sophrologie & Bégaïement



Illustrations de Julien Montet

Tom PouSSe



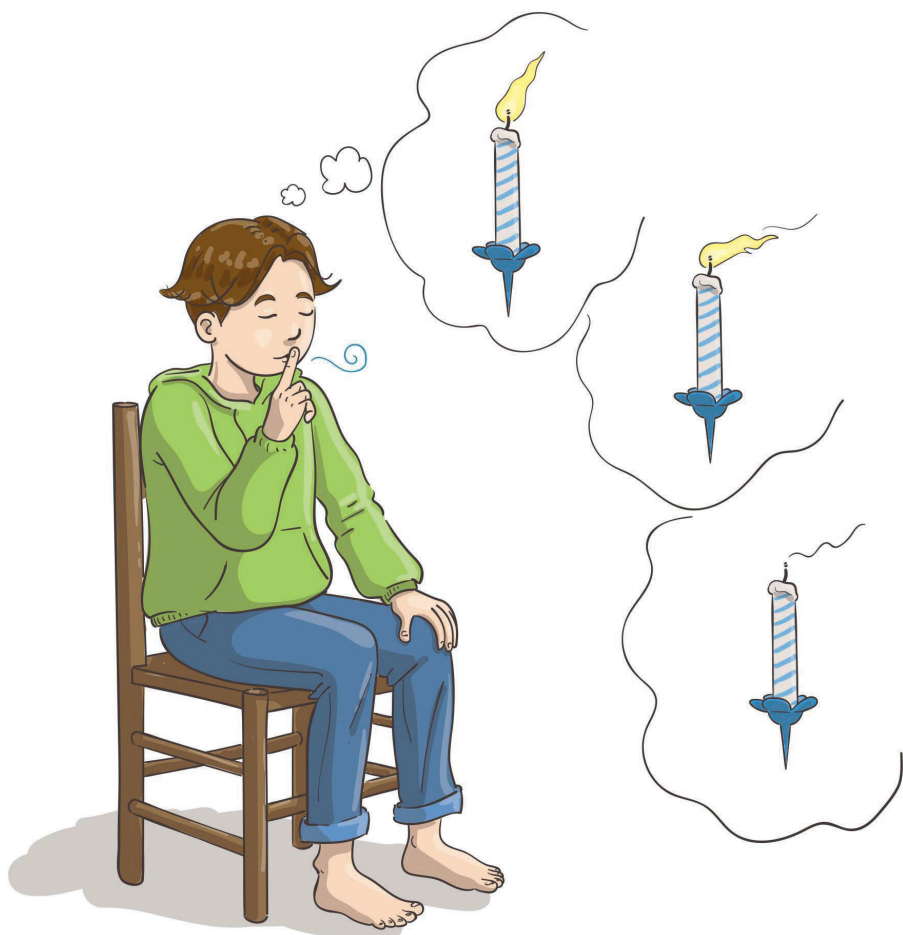
Respiration • Mouvement • Apaisement • Émotions



## LA BOUGIE D'ANNIVERSAIRE



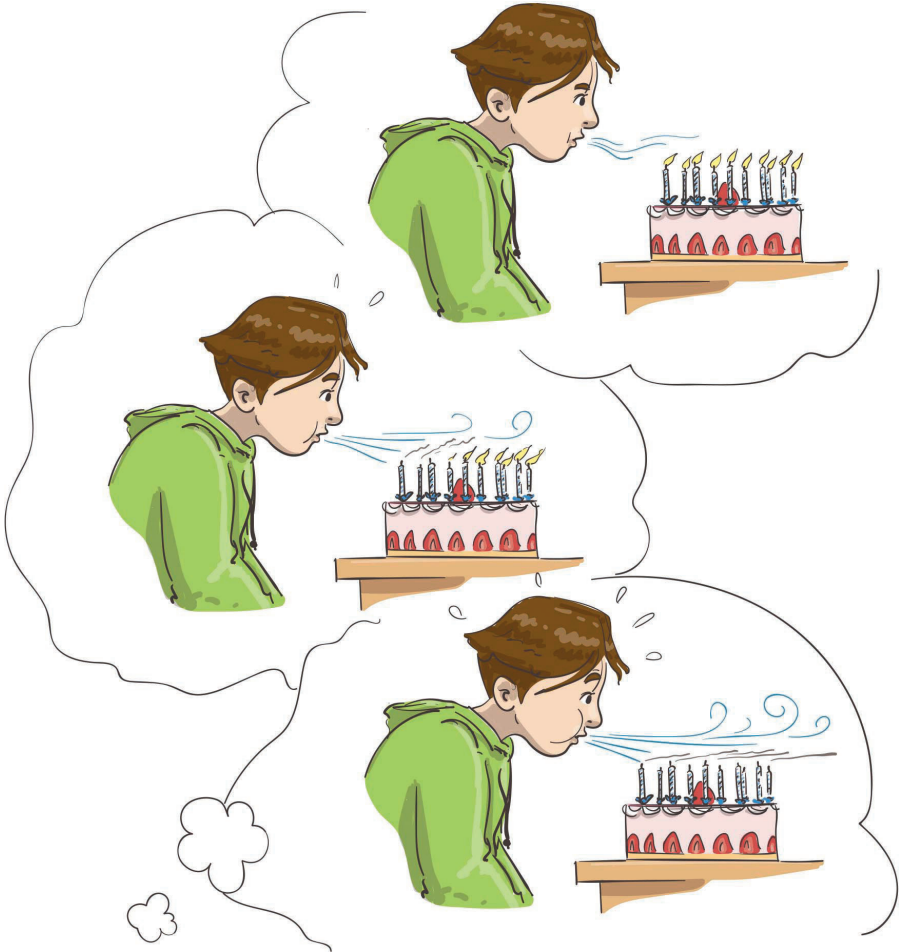






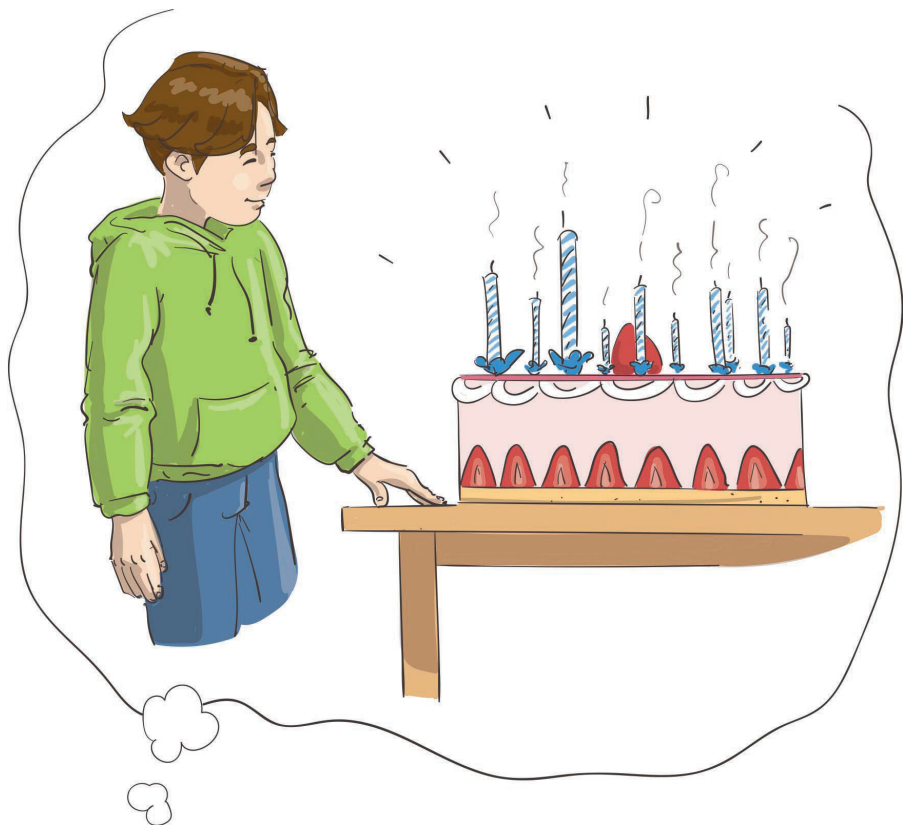






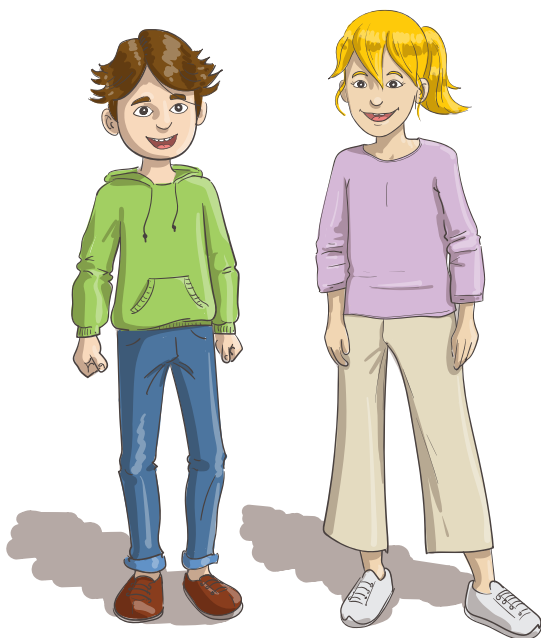






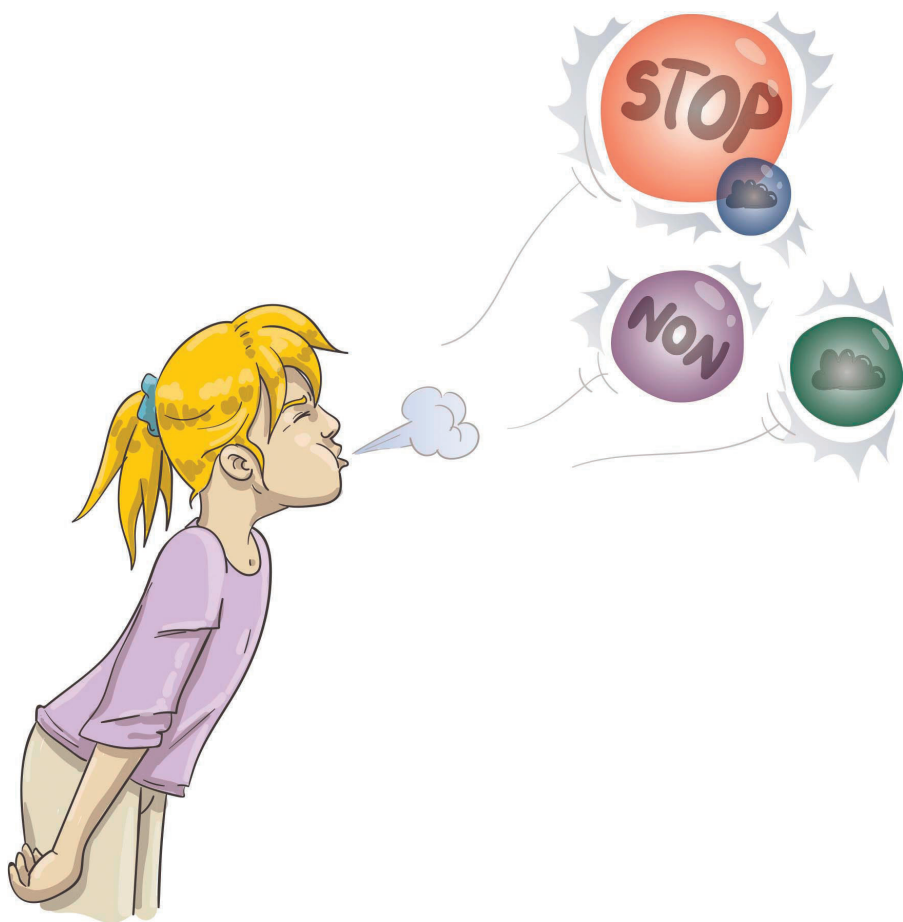
Respiration • Mouvement • Apaisement • Émotions

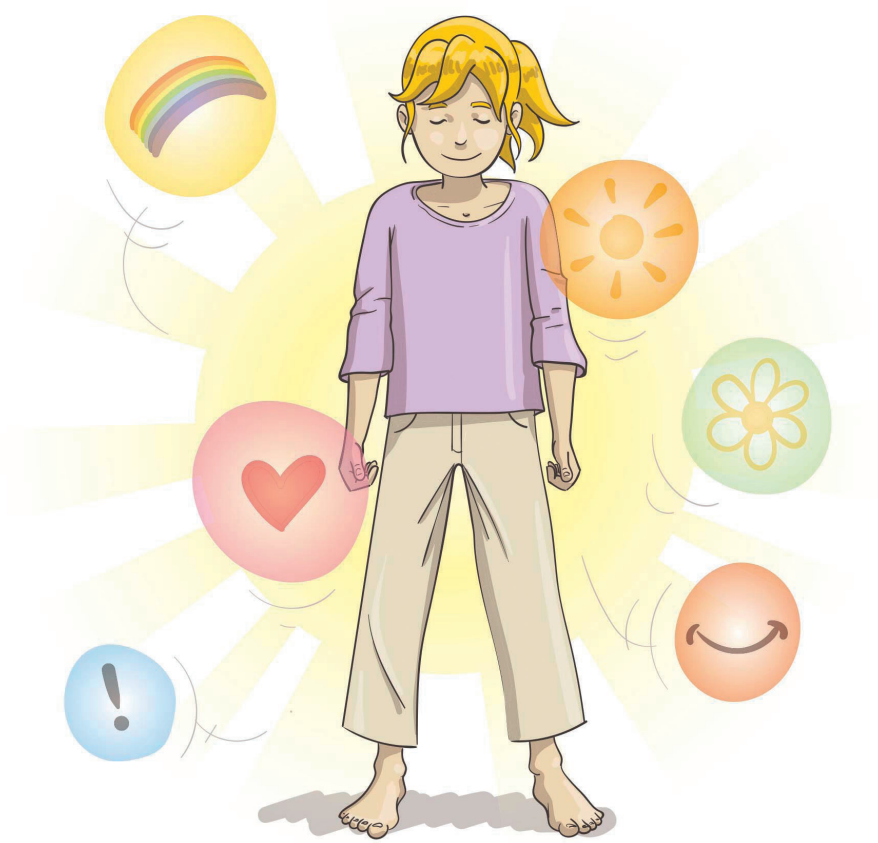
4 LES MOTS BULLES

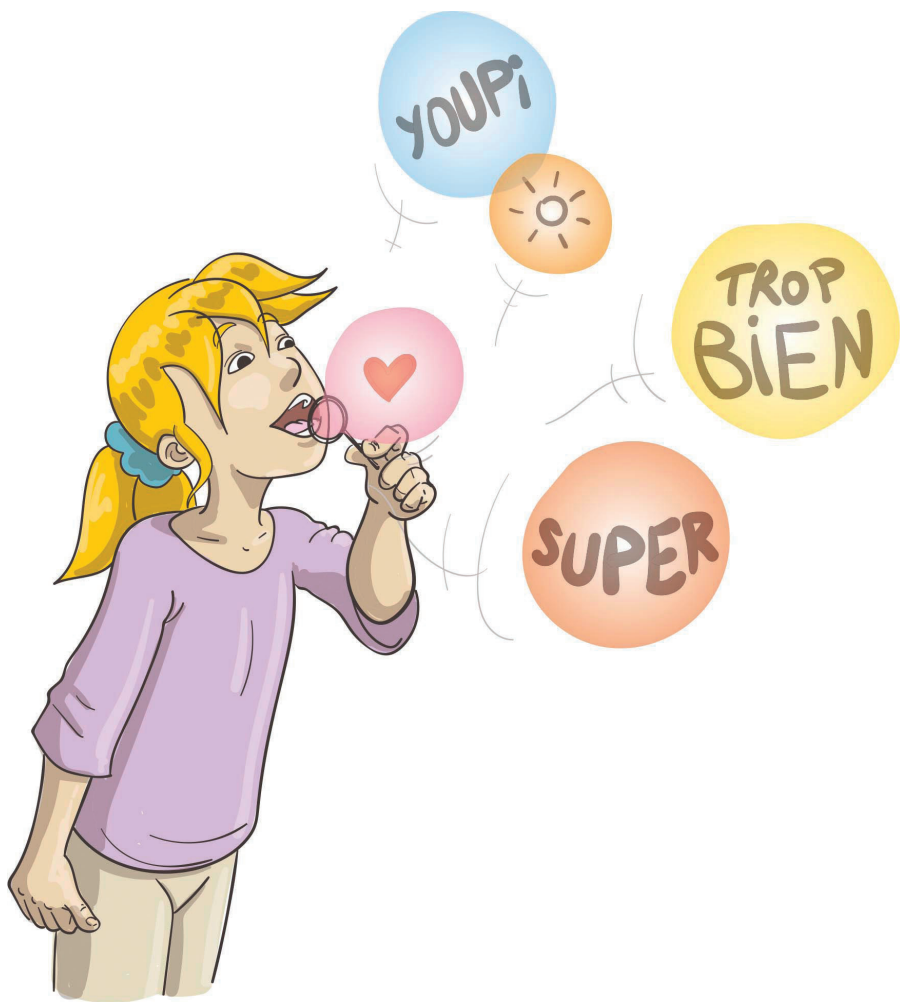




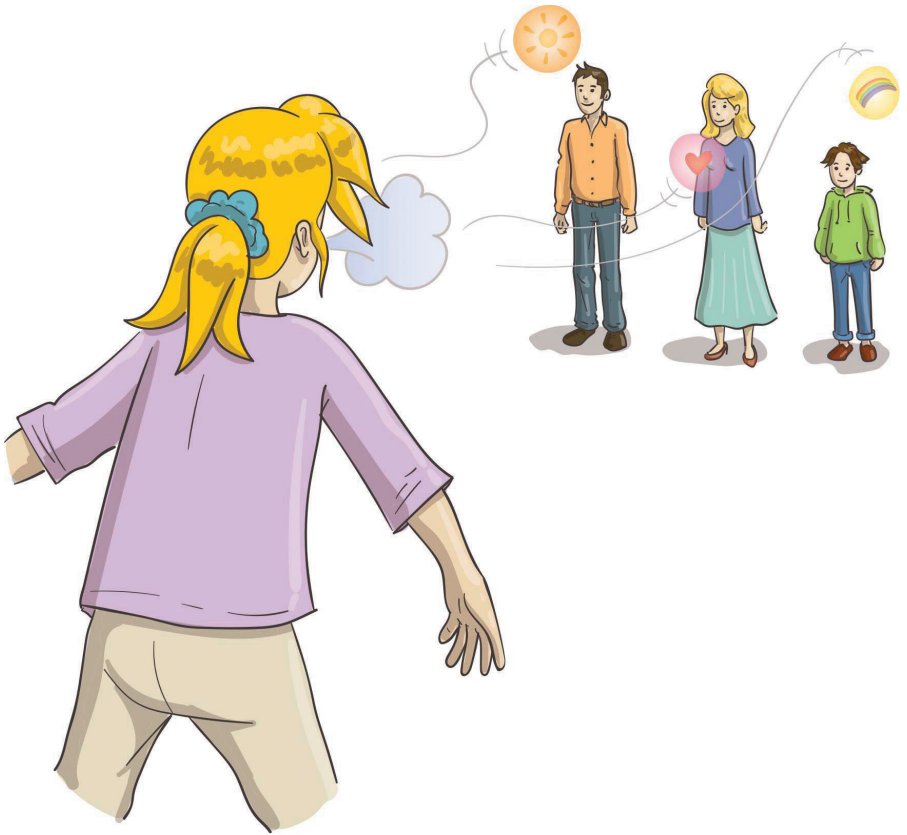








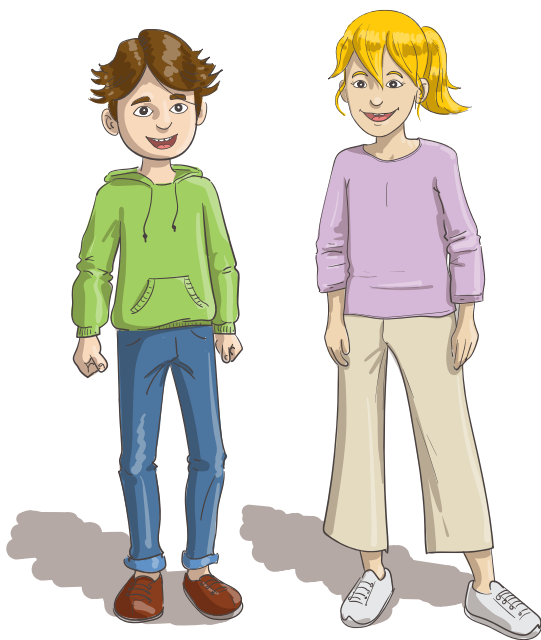




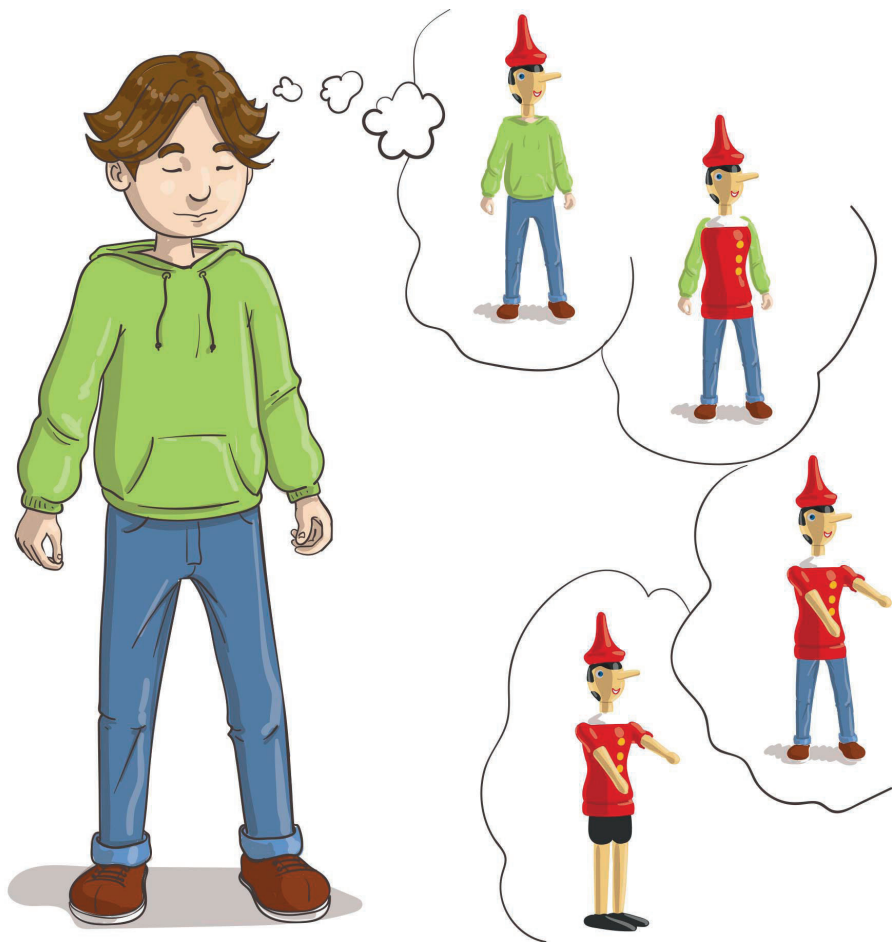
Calme et détente • Schéma corporel



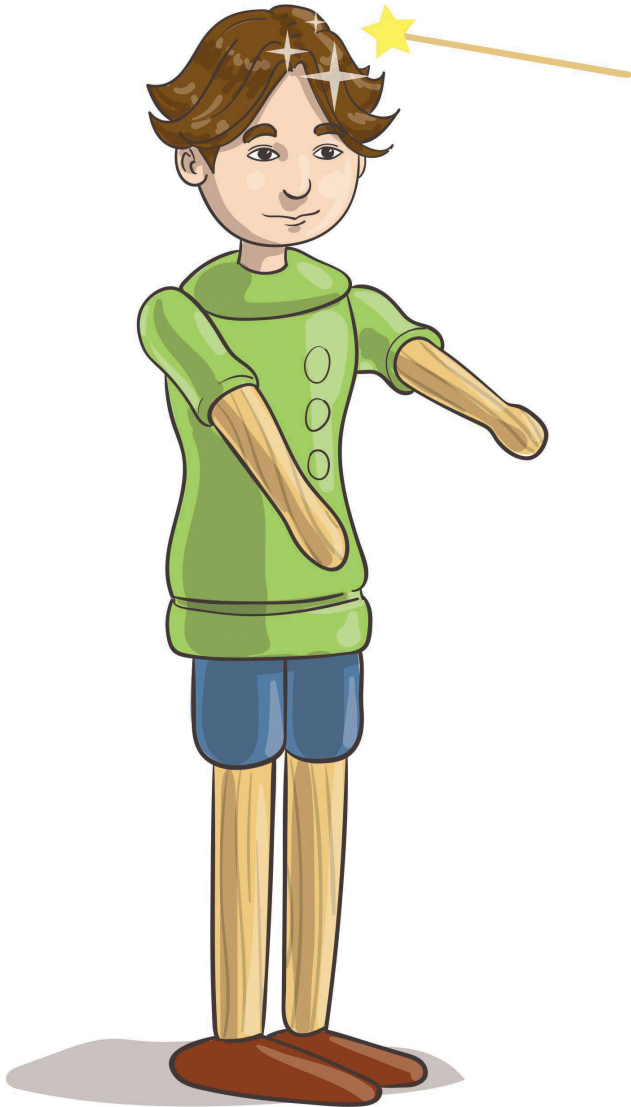
# PINOCCHIO LE PANTIN DE BOIS

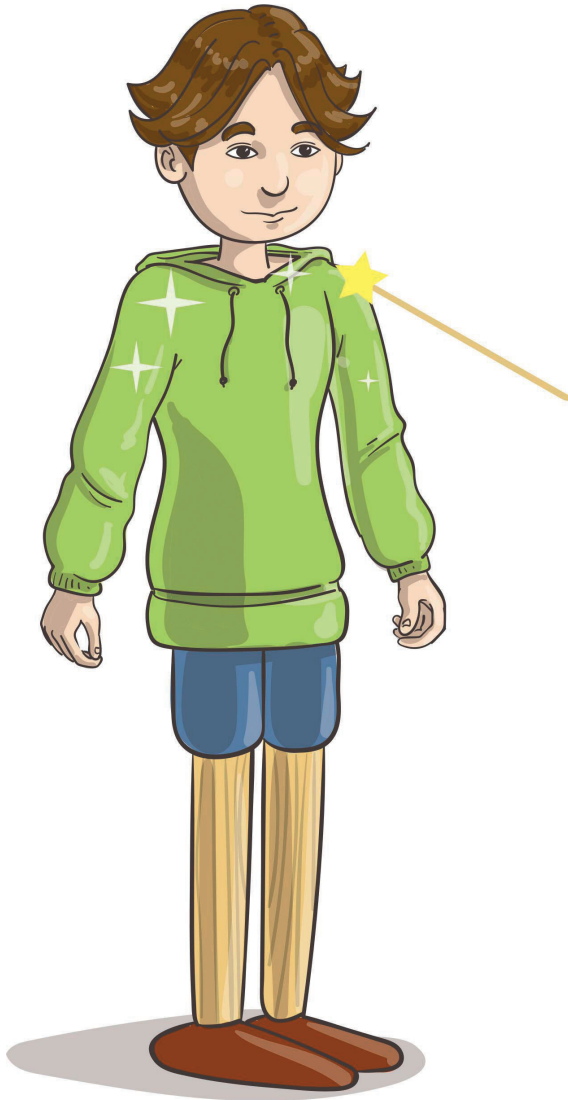


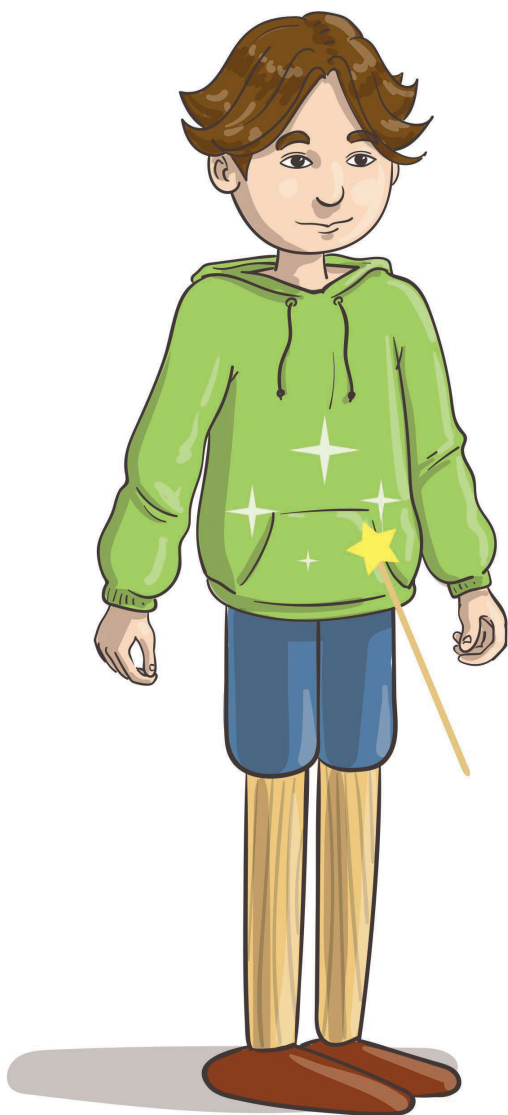




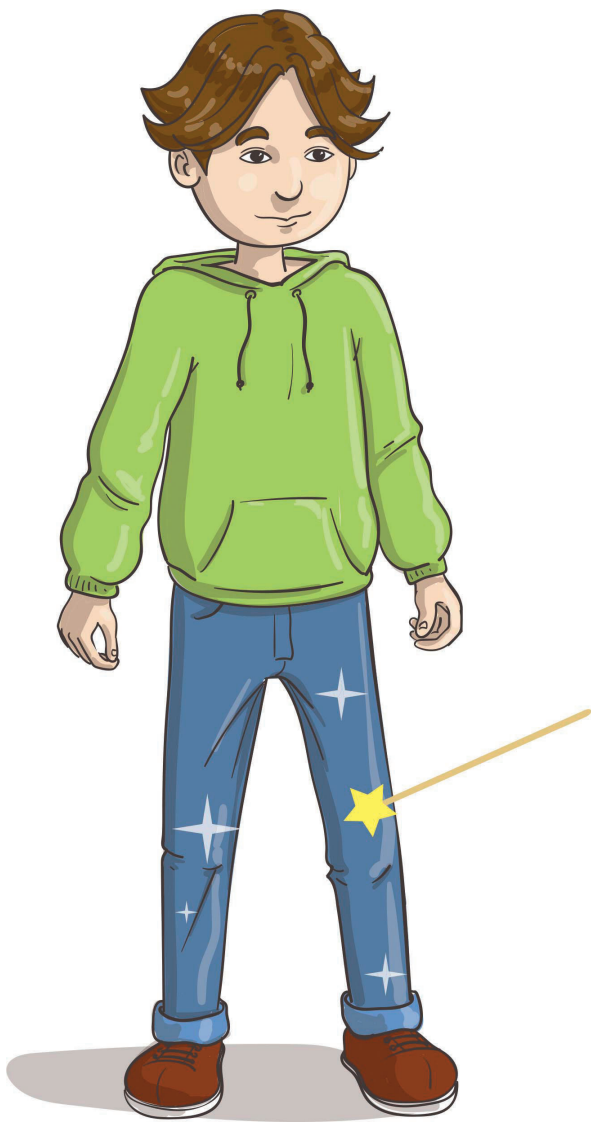










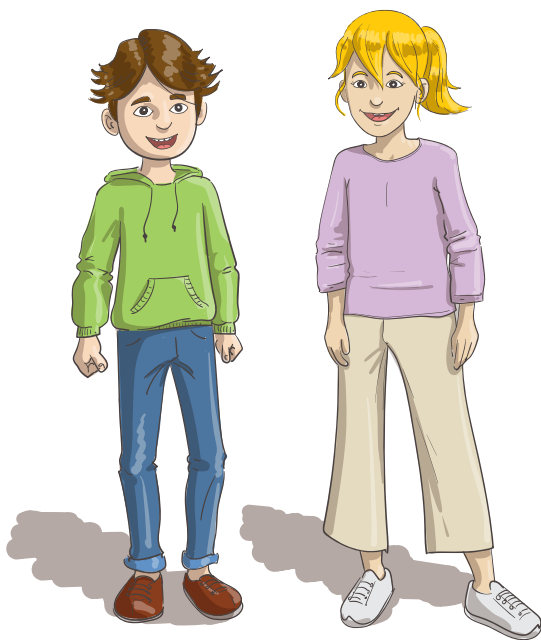


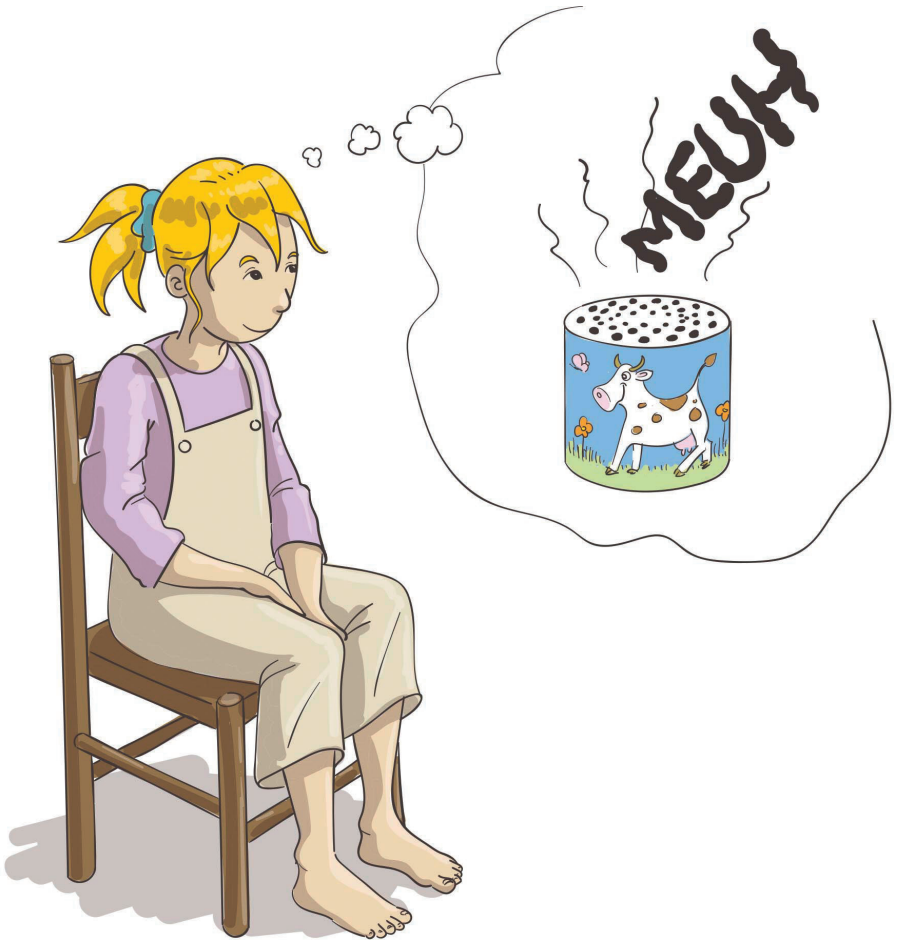


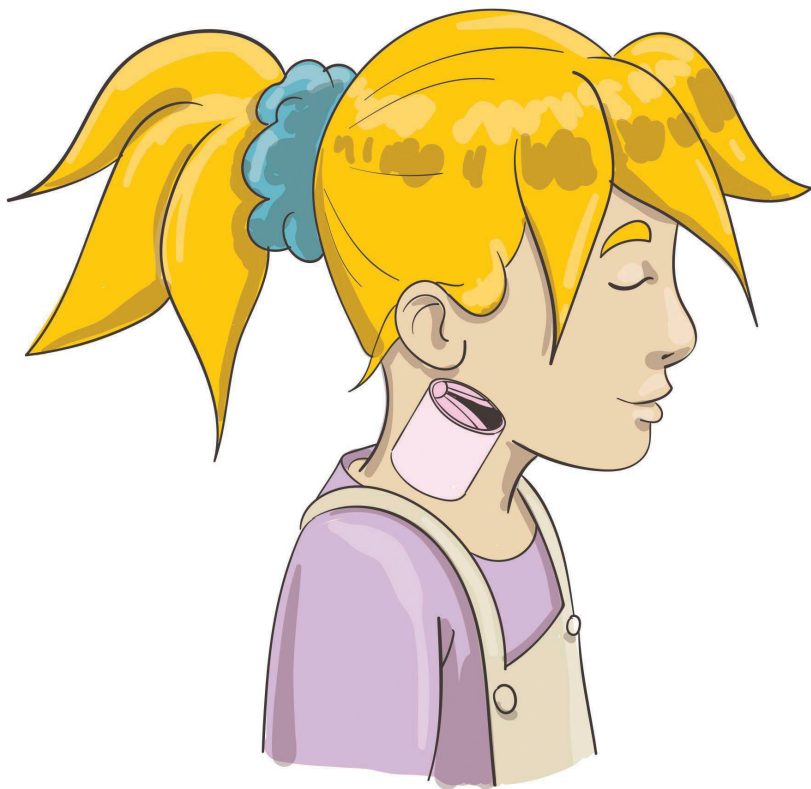
Calme et détente • Schéma corporel

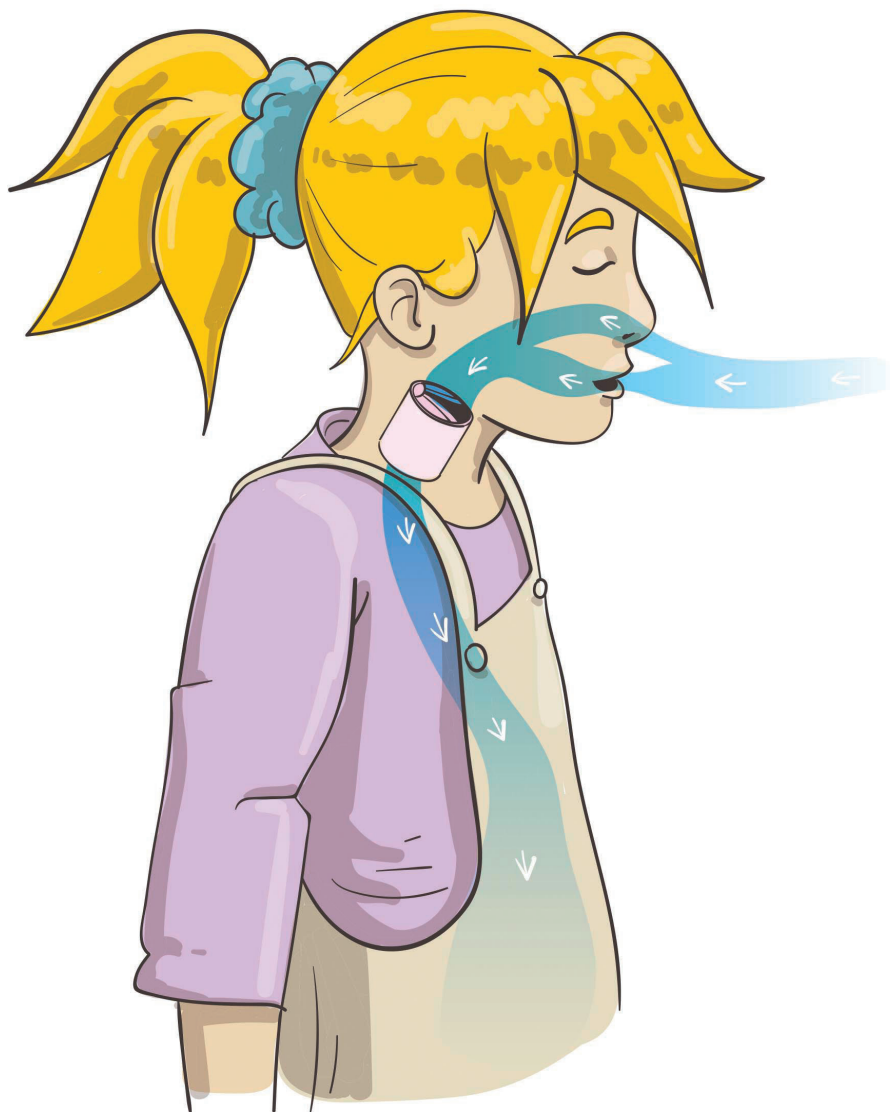


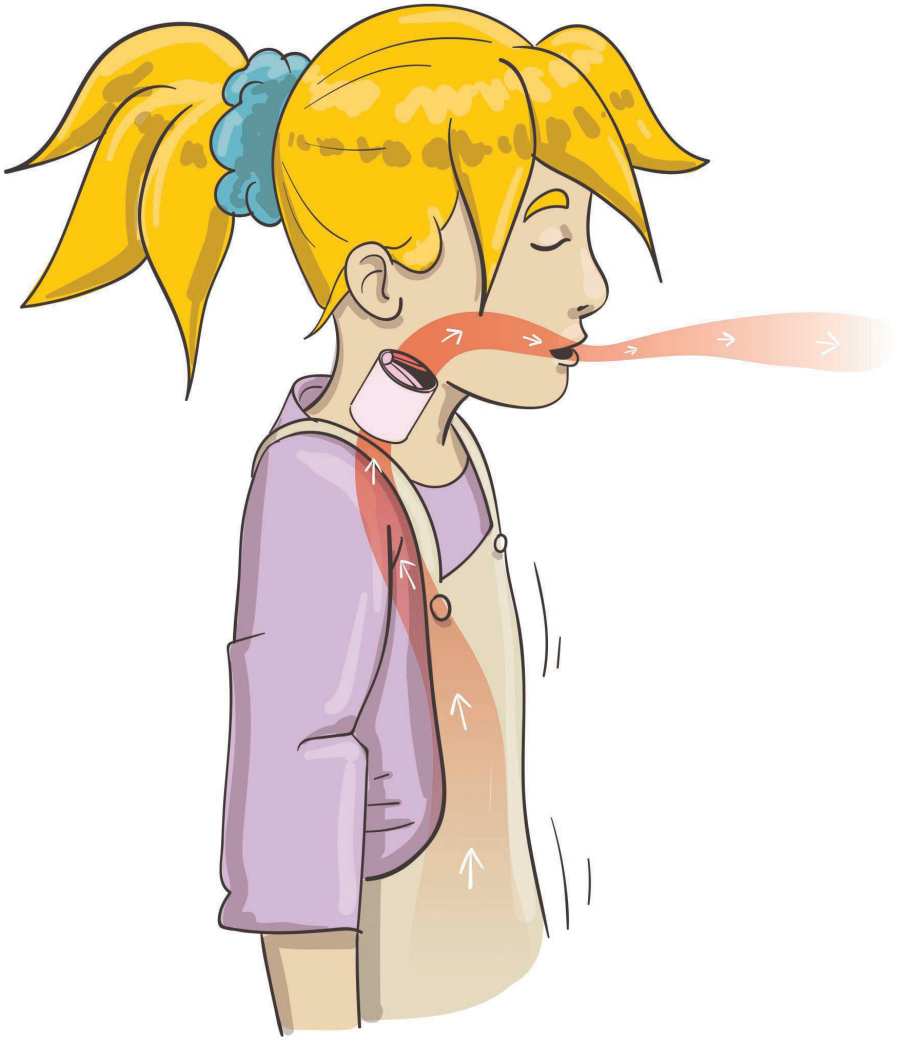
# JE DÉCOUVRE MA BOÎTE À VOIX

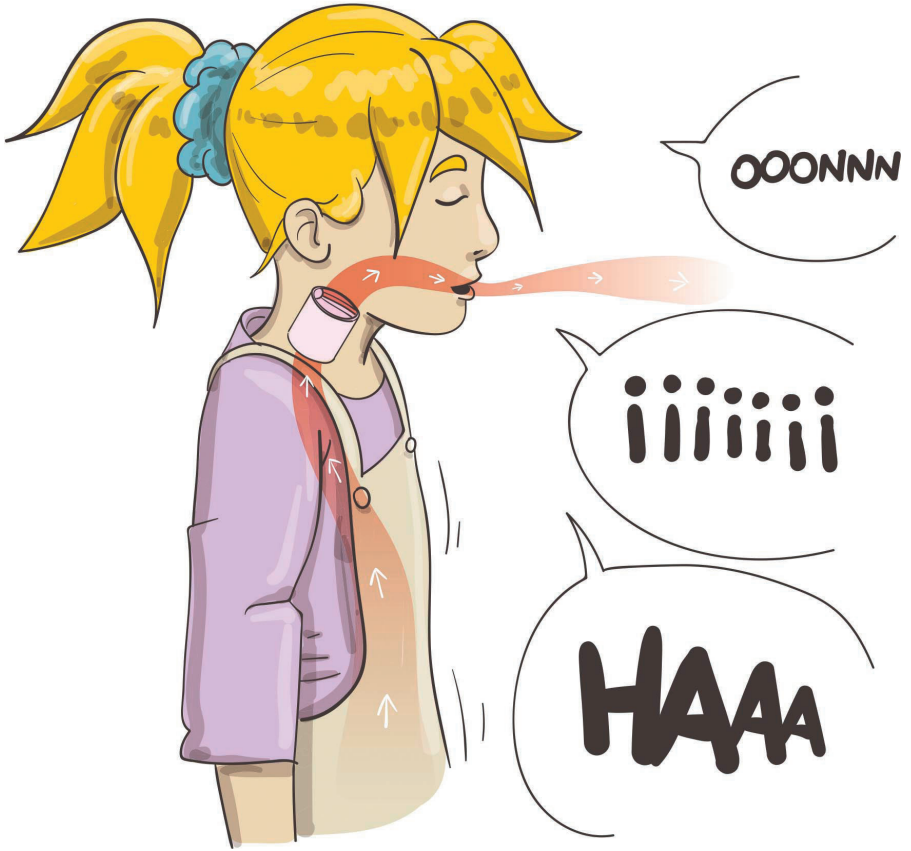




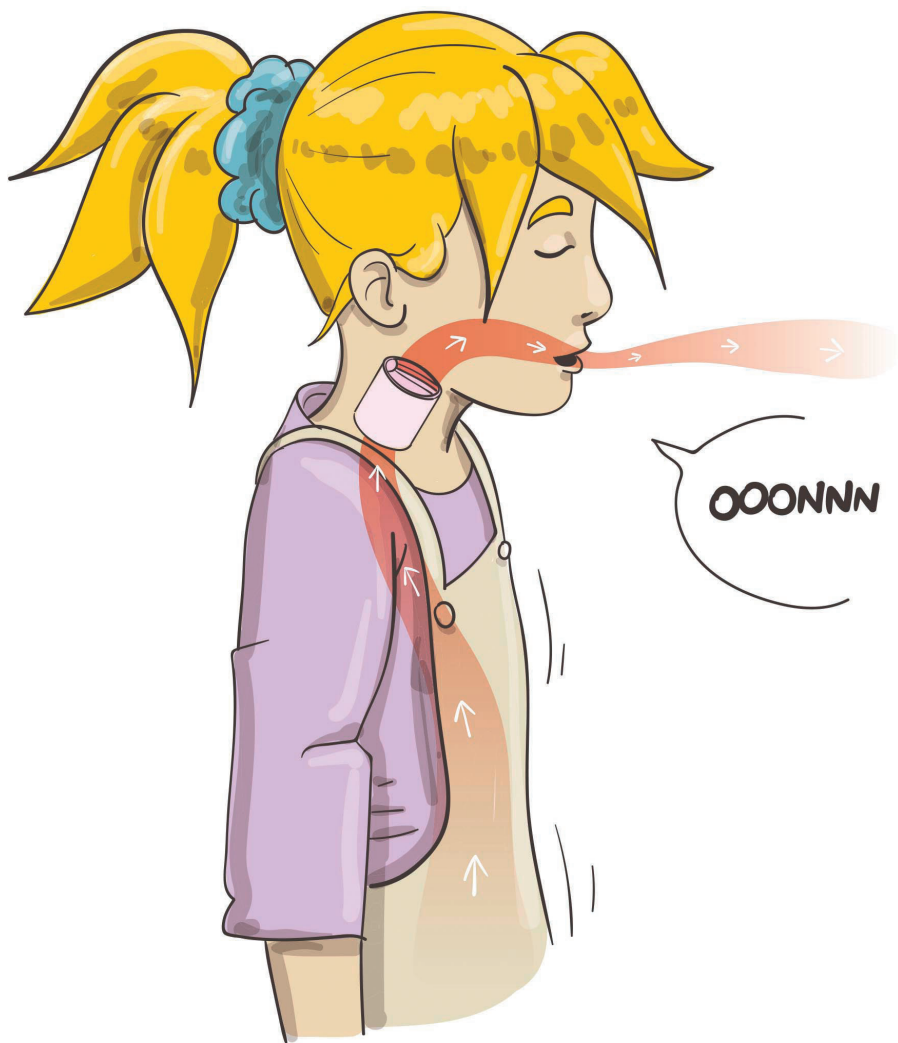




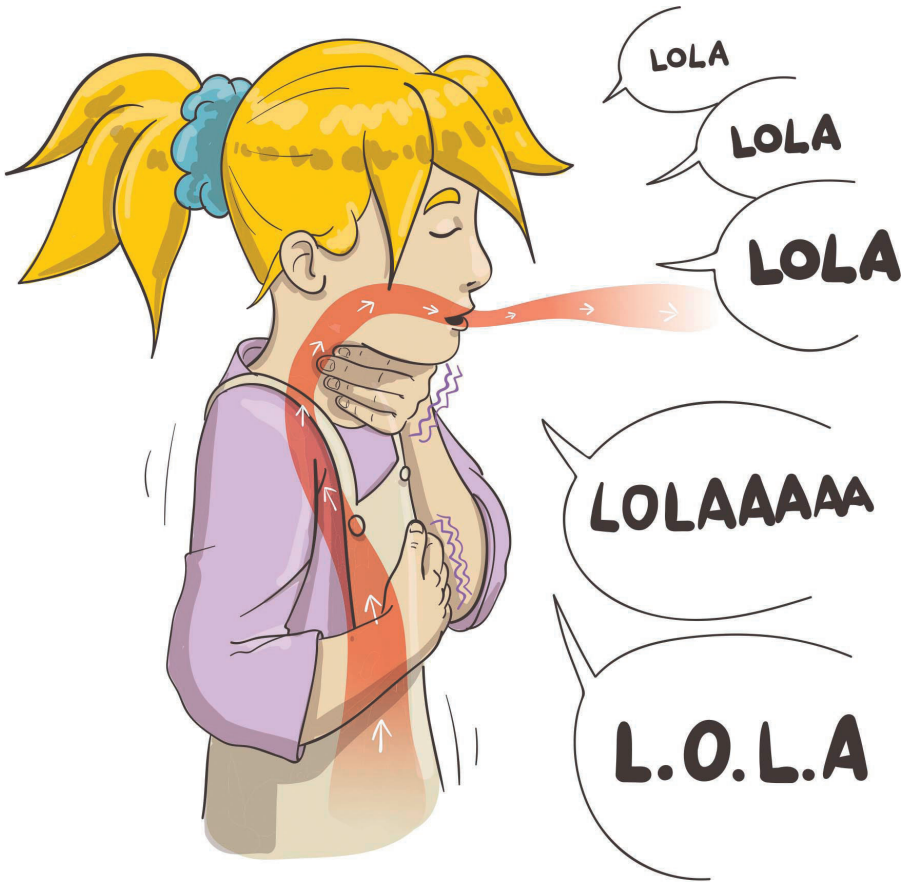


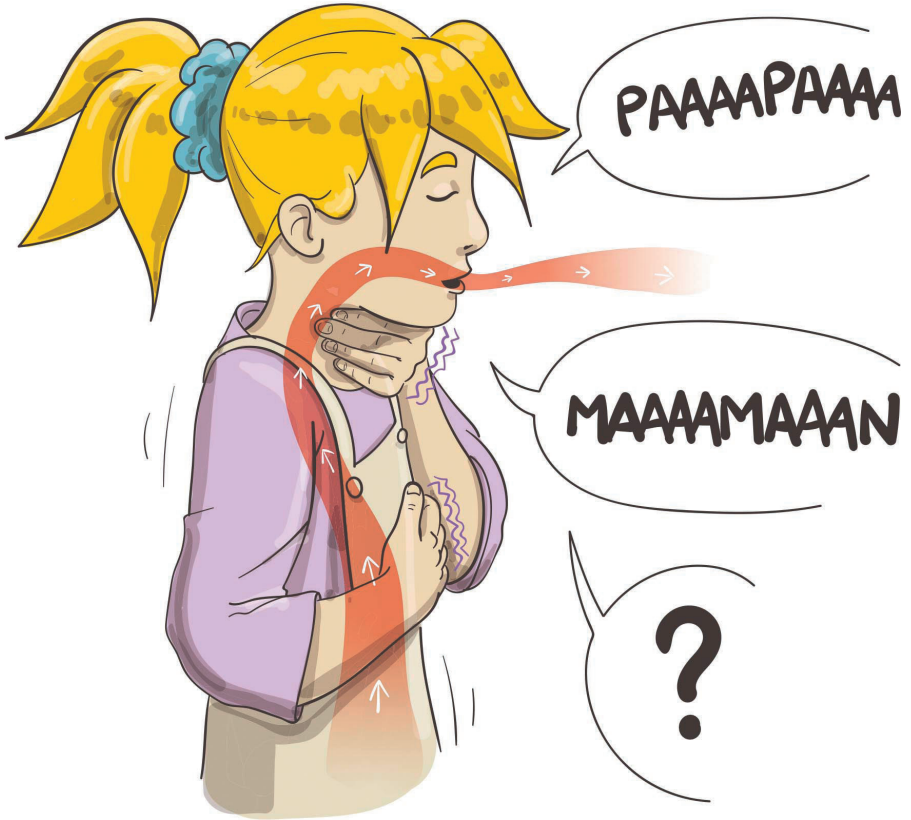


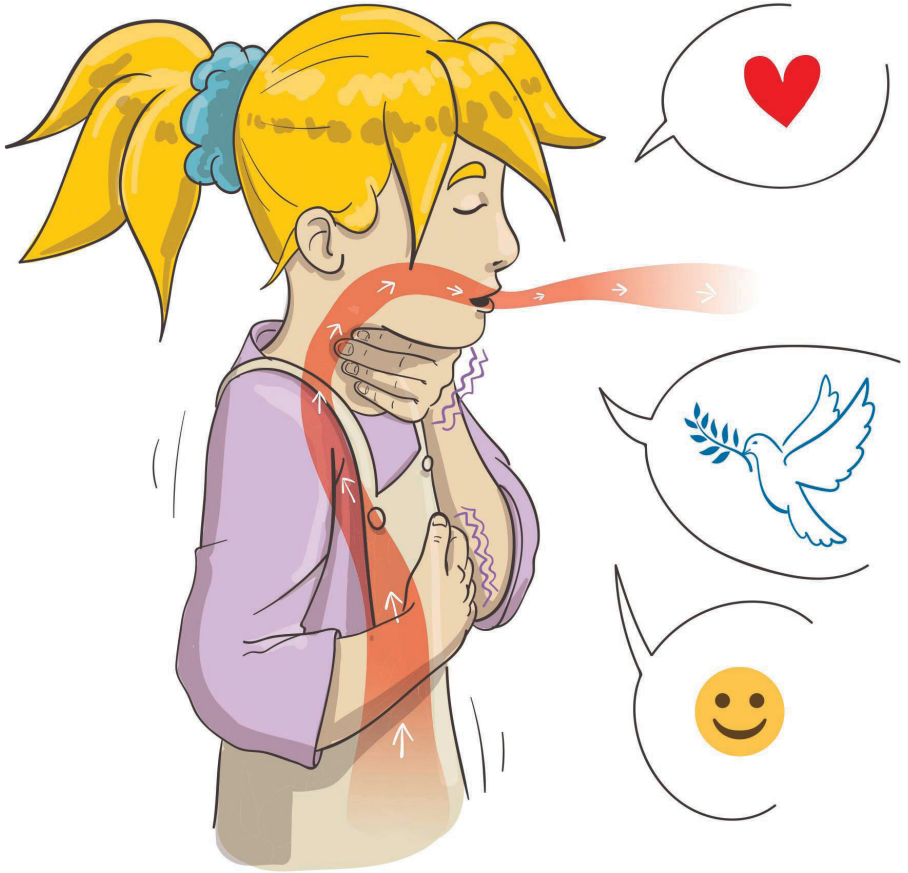


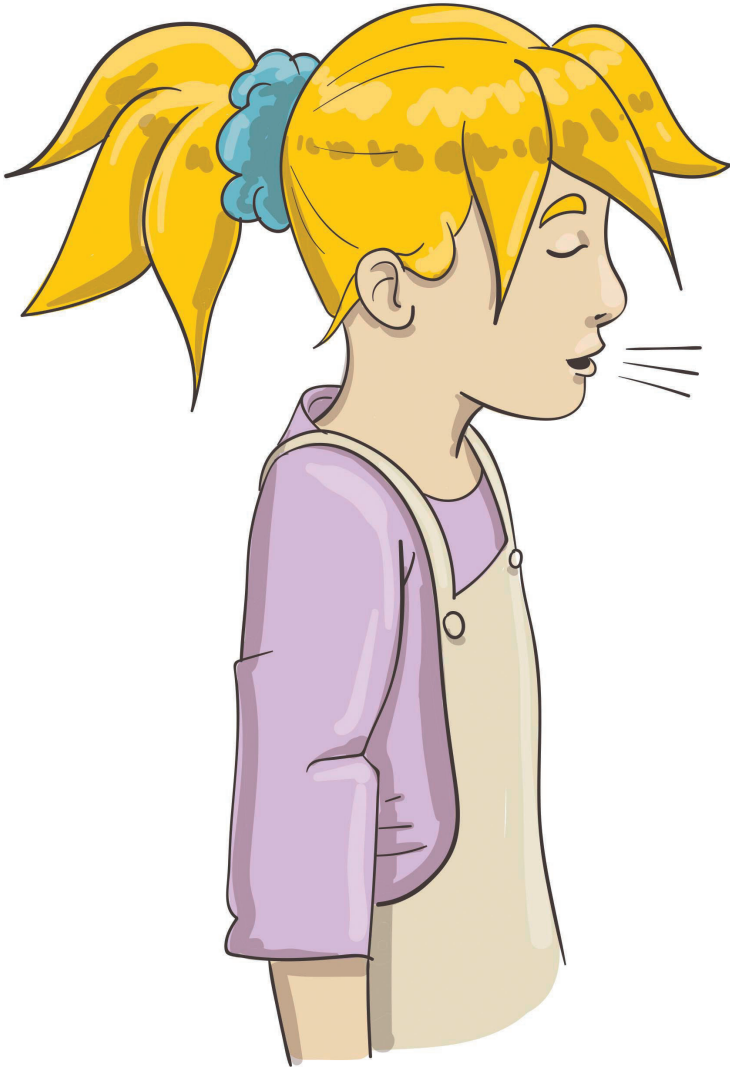












Ancrage • Sécurité • Estime de soi



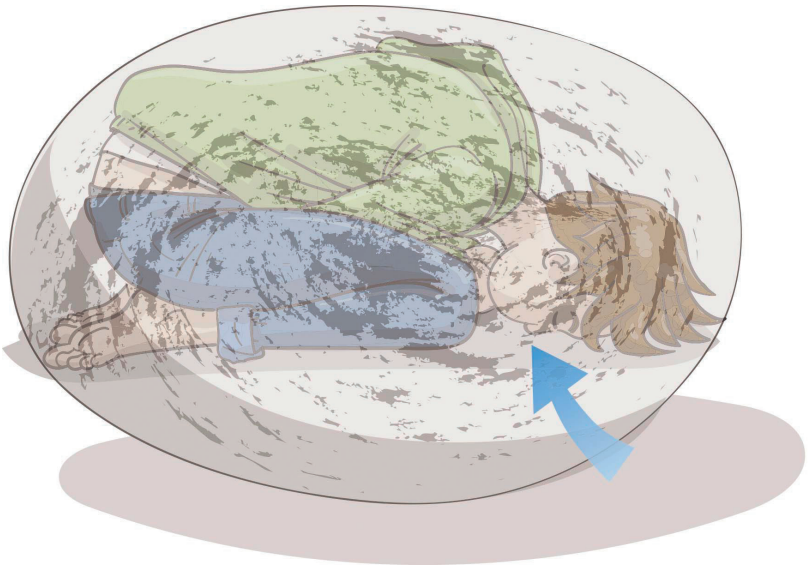
## SOLIDE COMME UN ROC

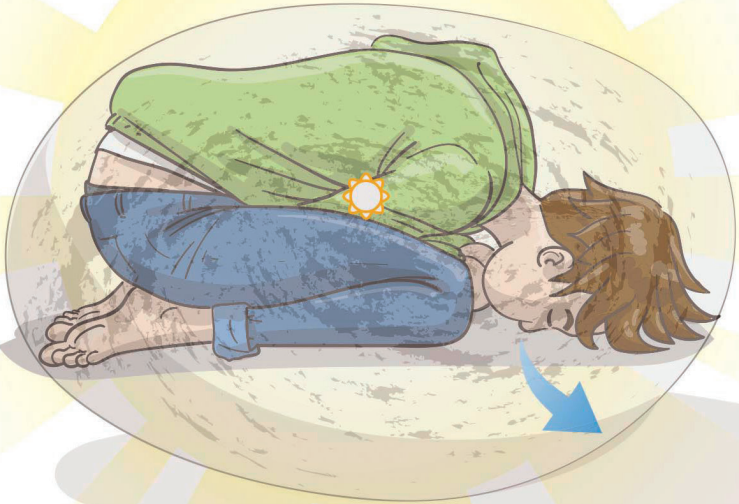




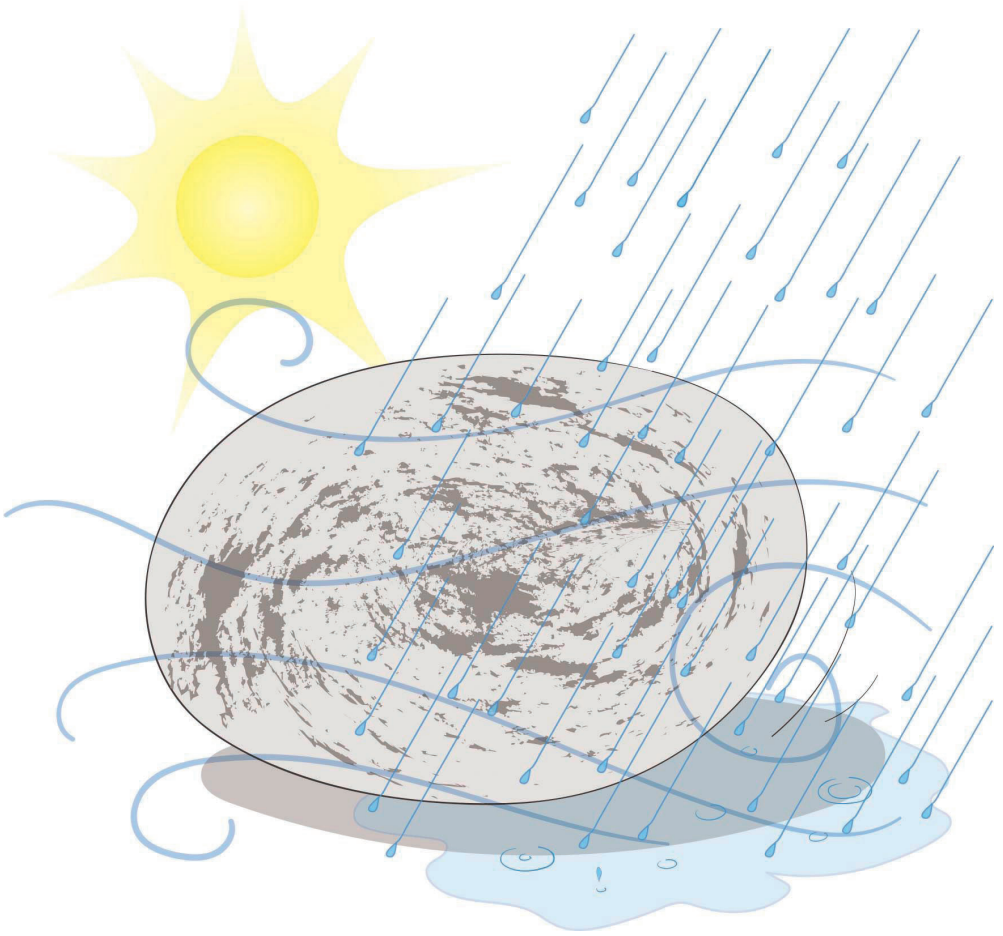








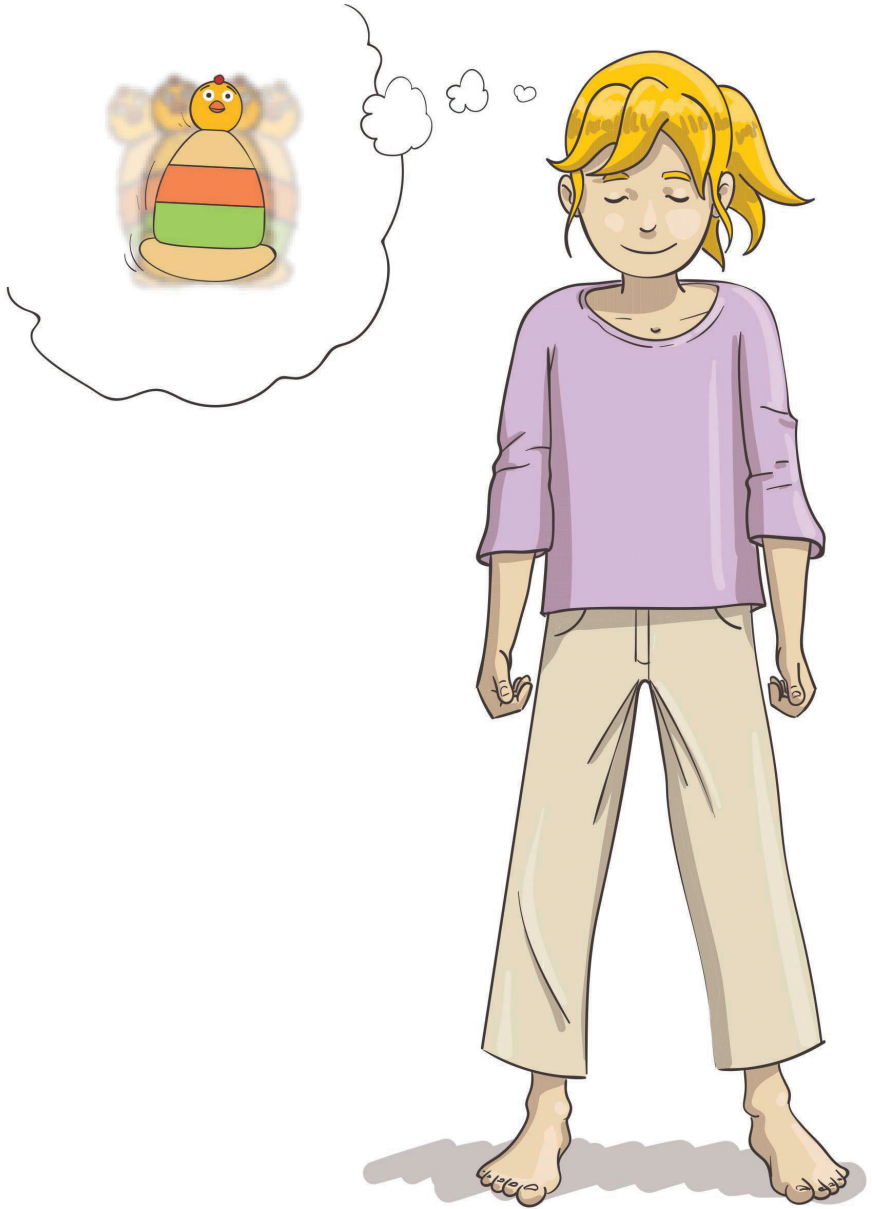




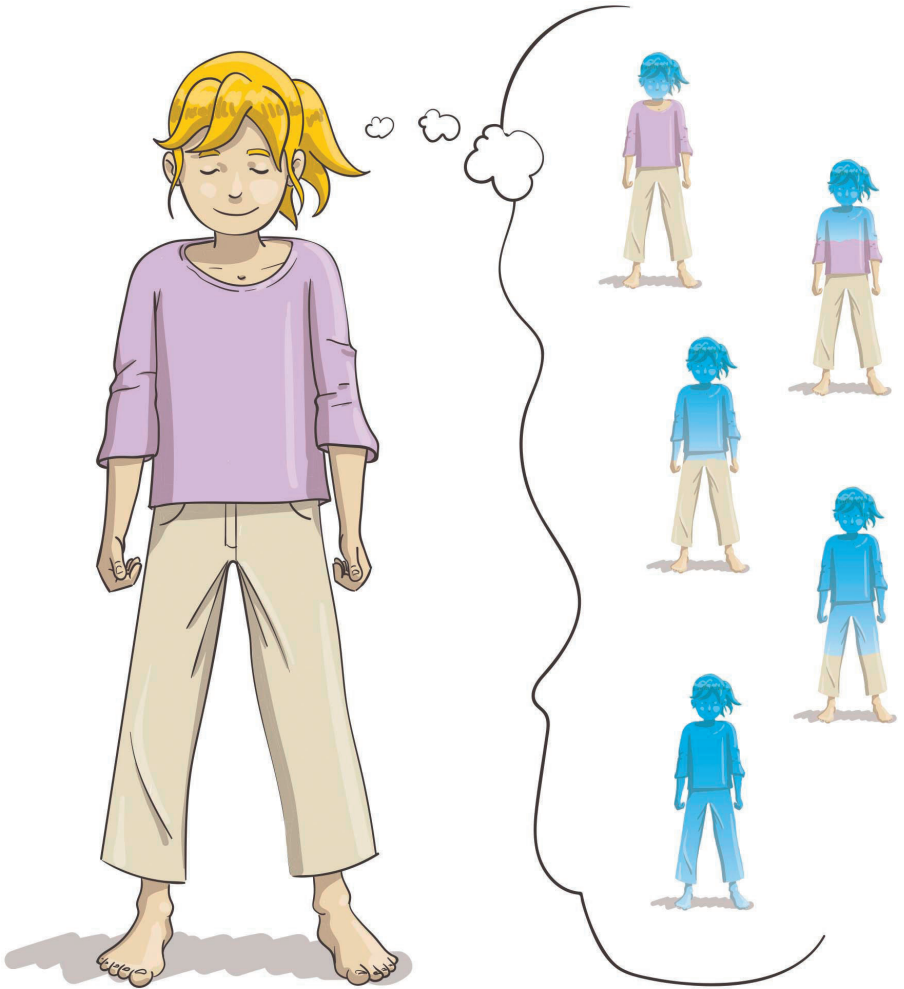


Ancrage • Sécurité • Estime de soi







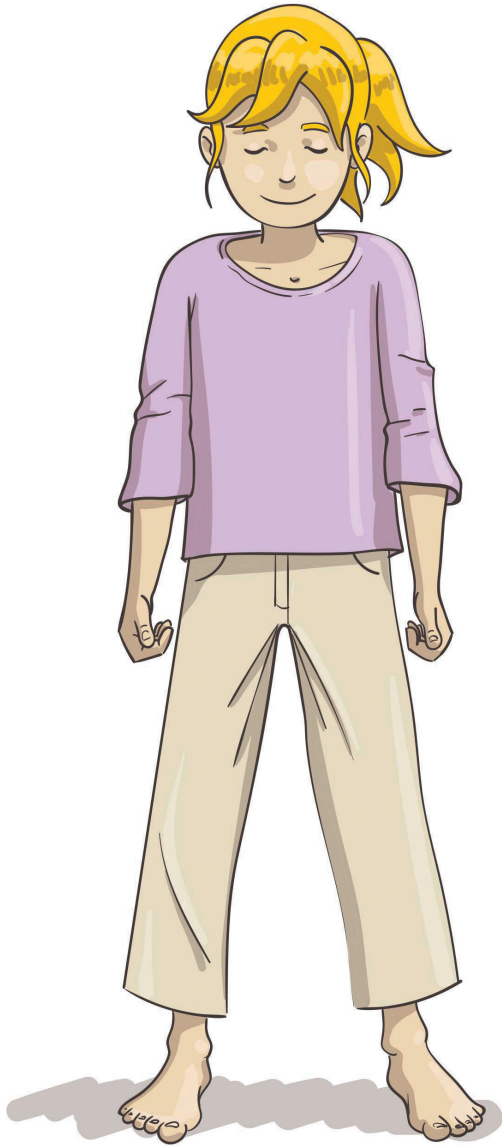




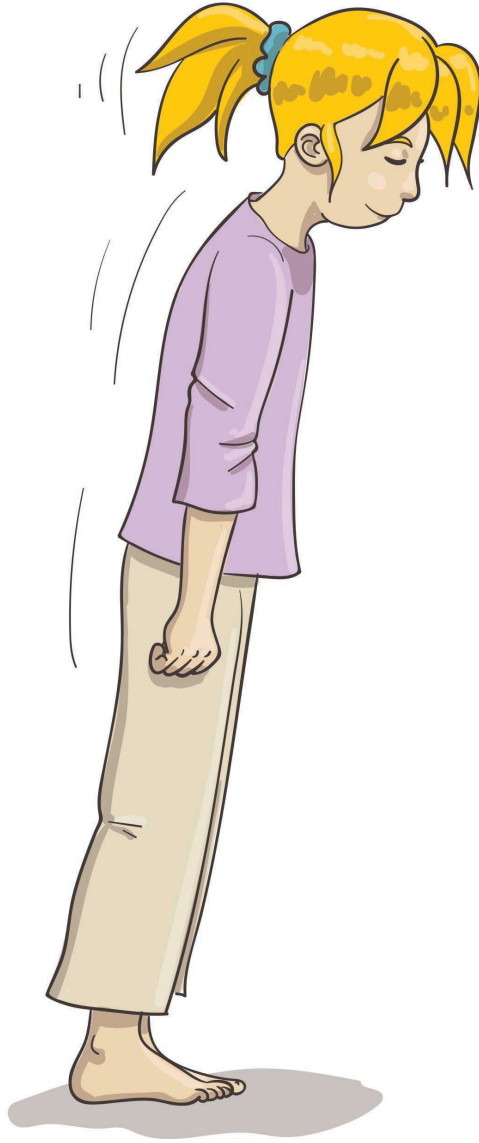




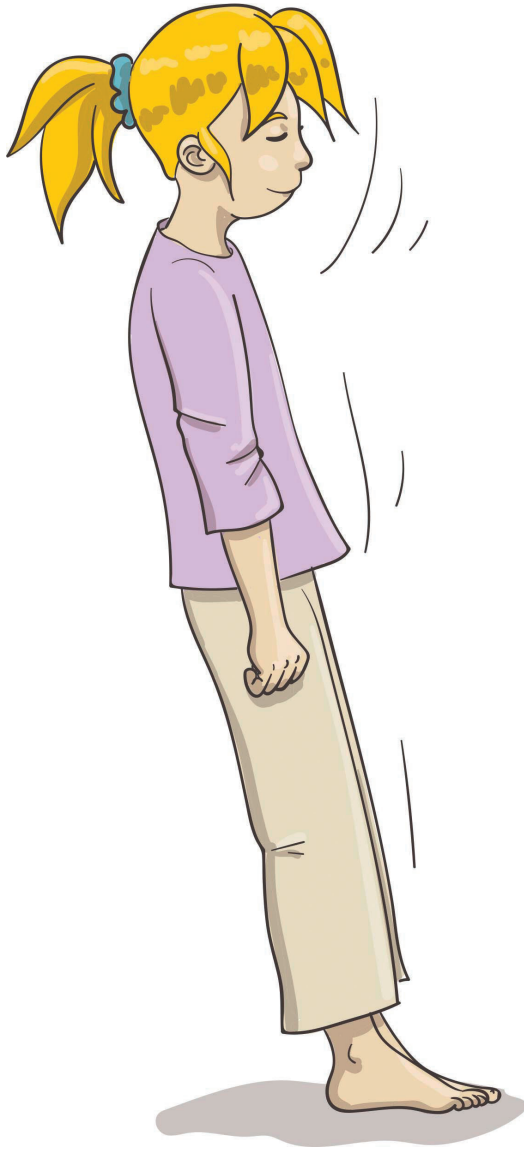


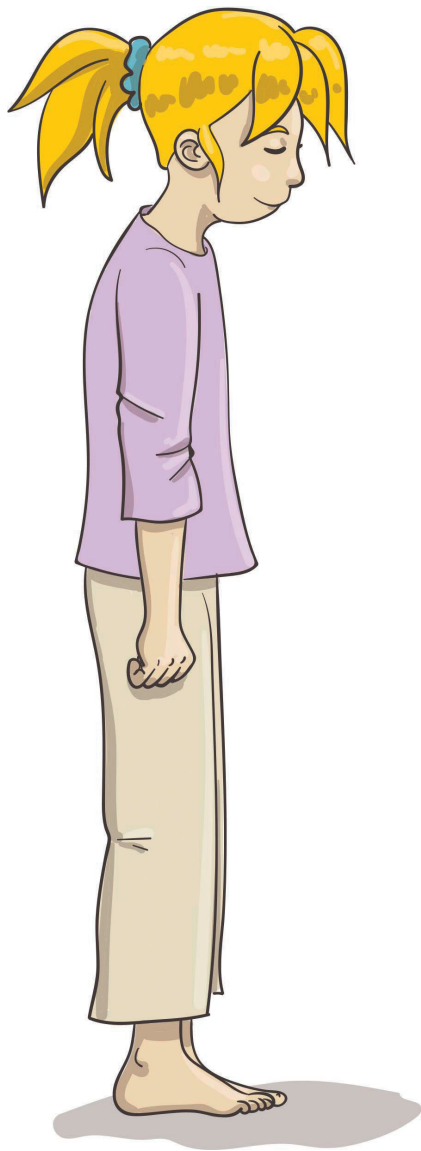






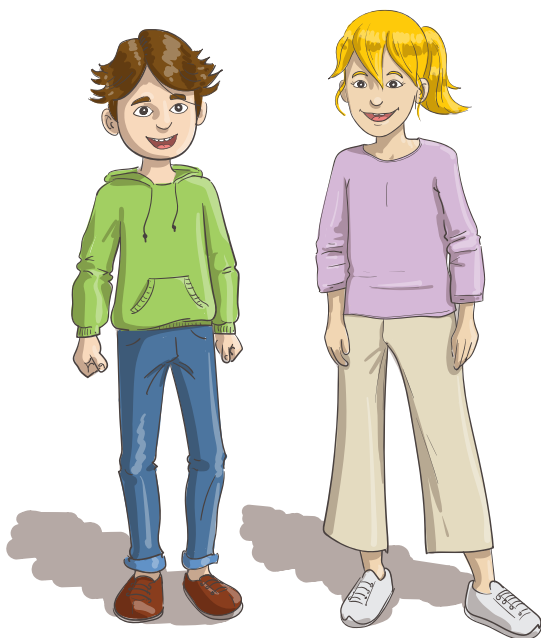






Confiance et estime de soi • Valorisation

10 GARE AU GORILLE !





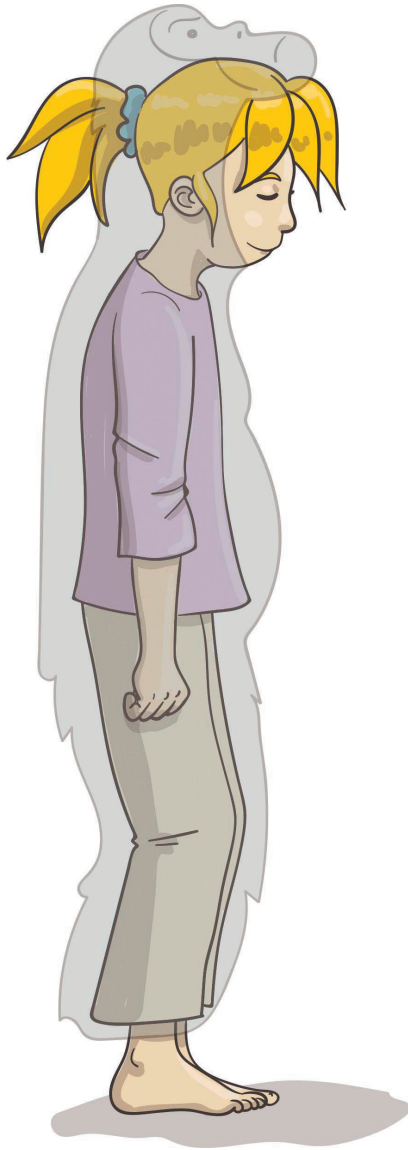






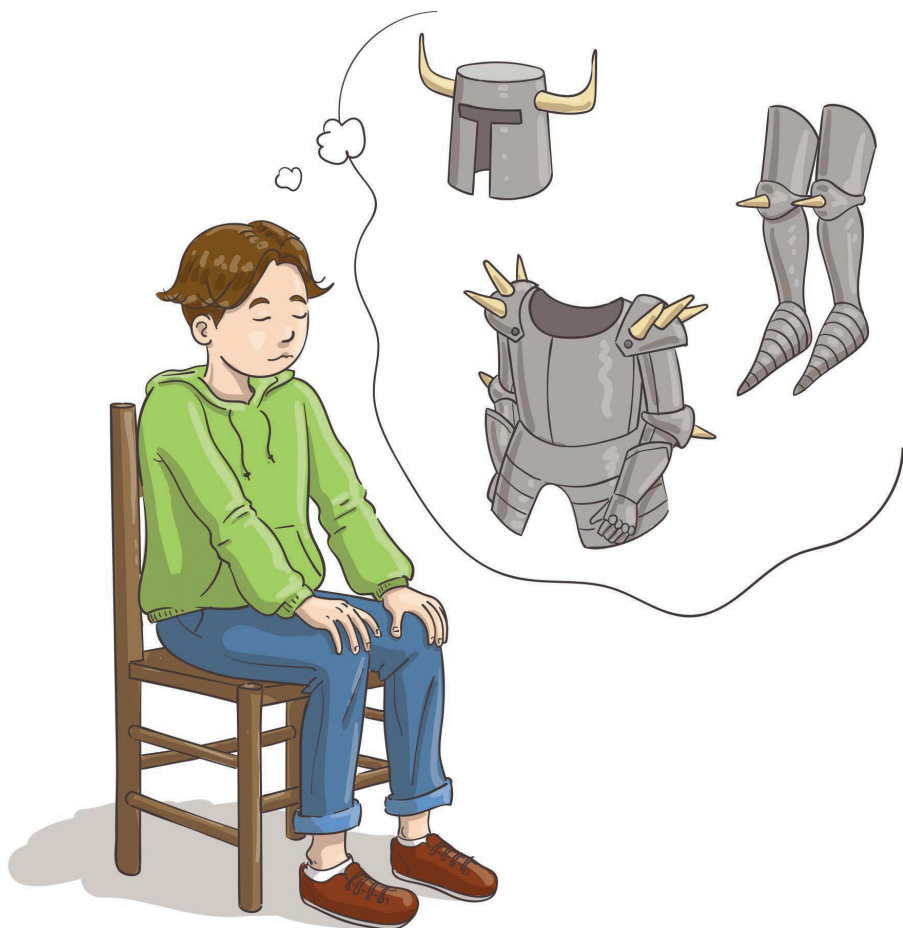


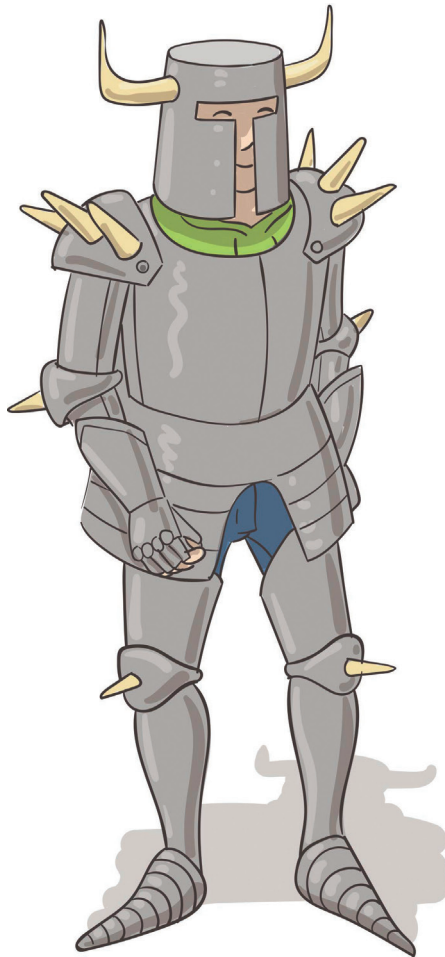


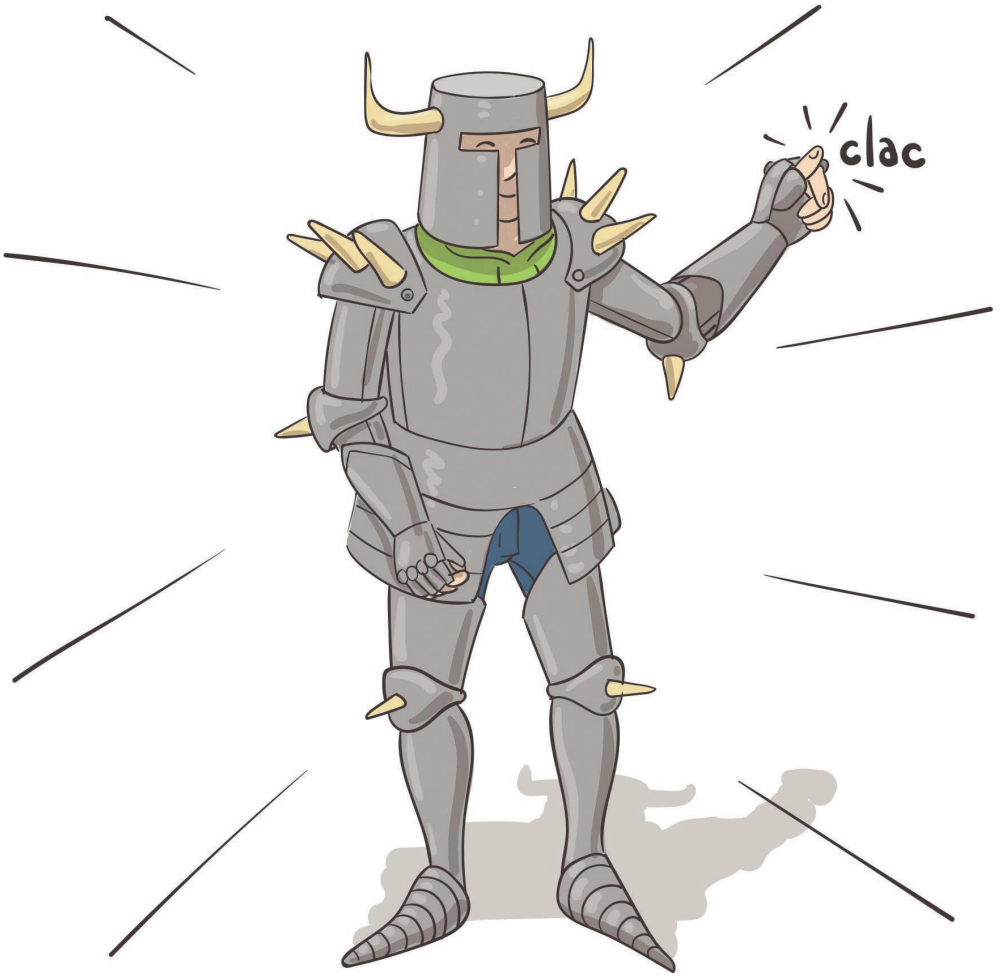


Confiance et estime de soi • Valorisation

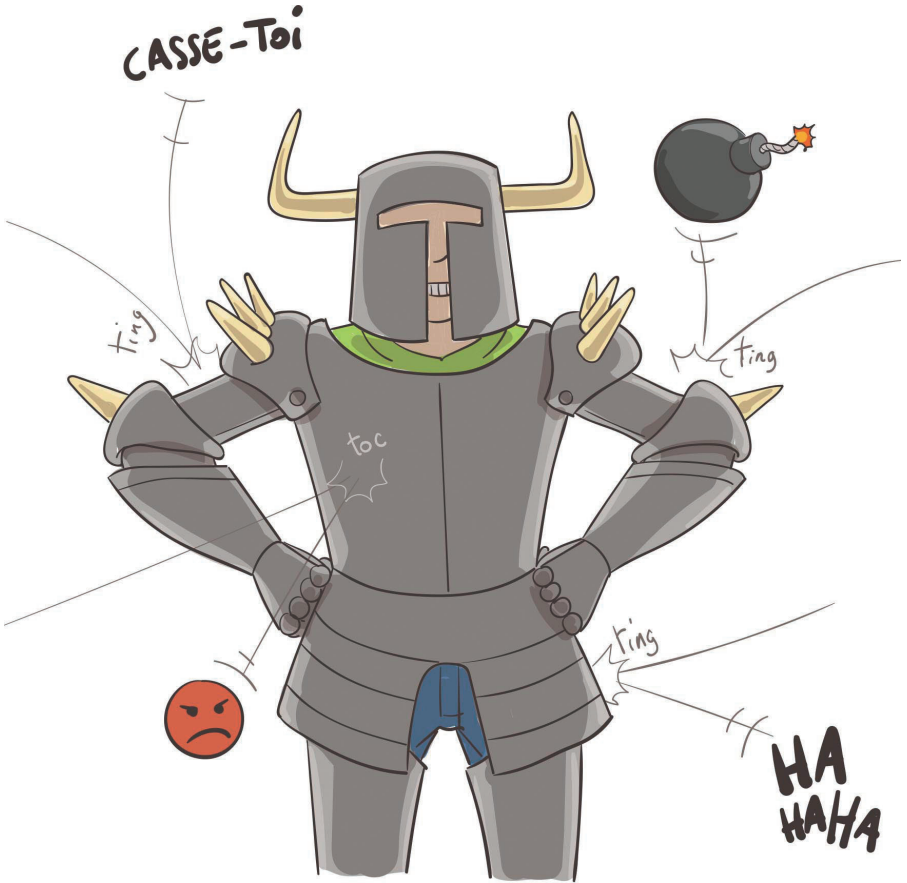


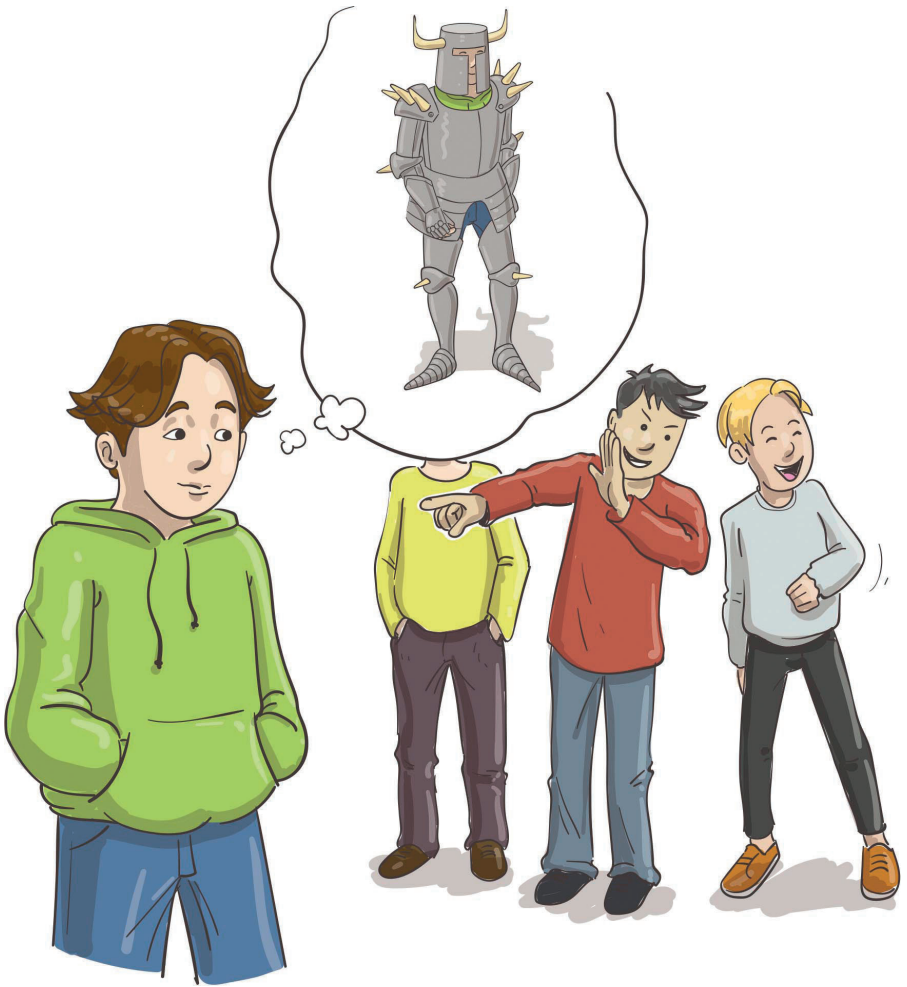








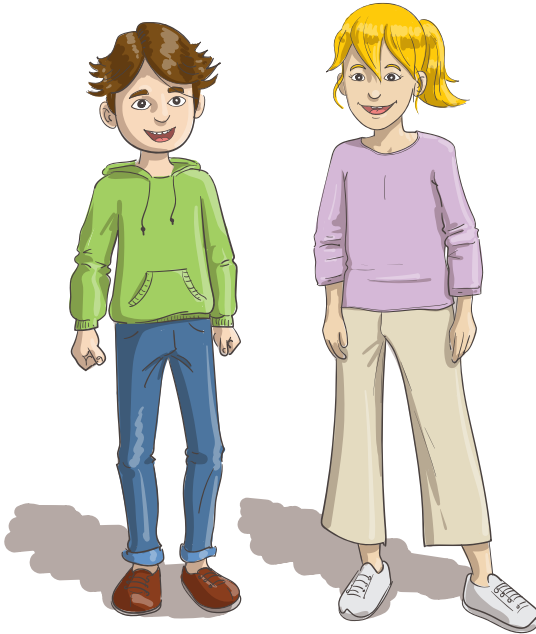






Gestion des émotions

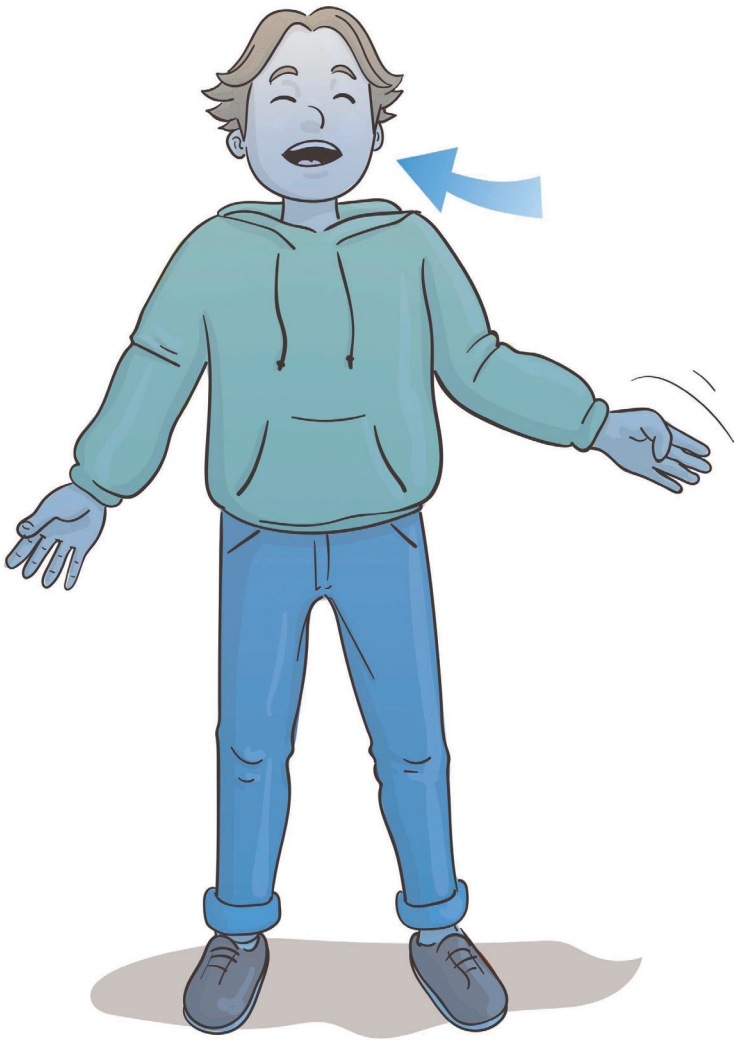
CE QUE JE RESSENS,  
MON AMBIANCE, MA COULEUR...



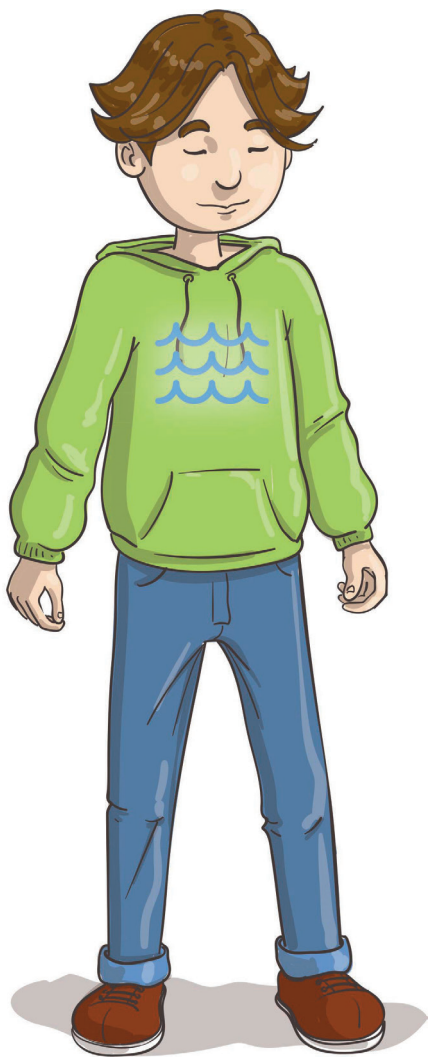








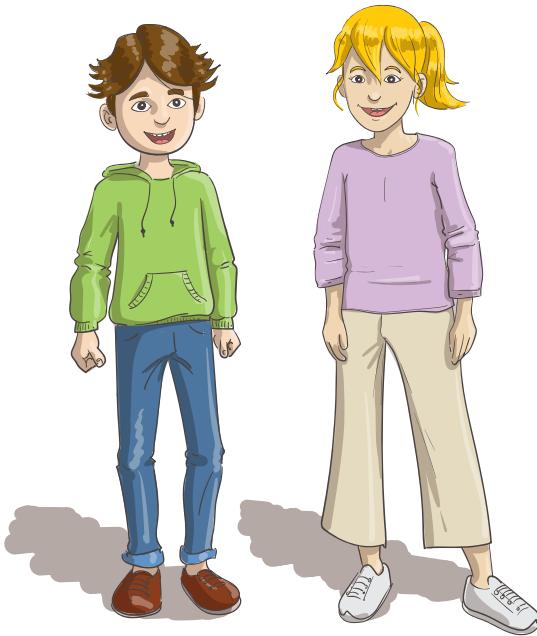




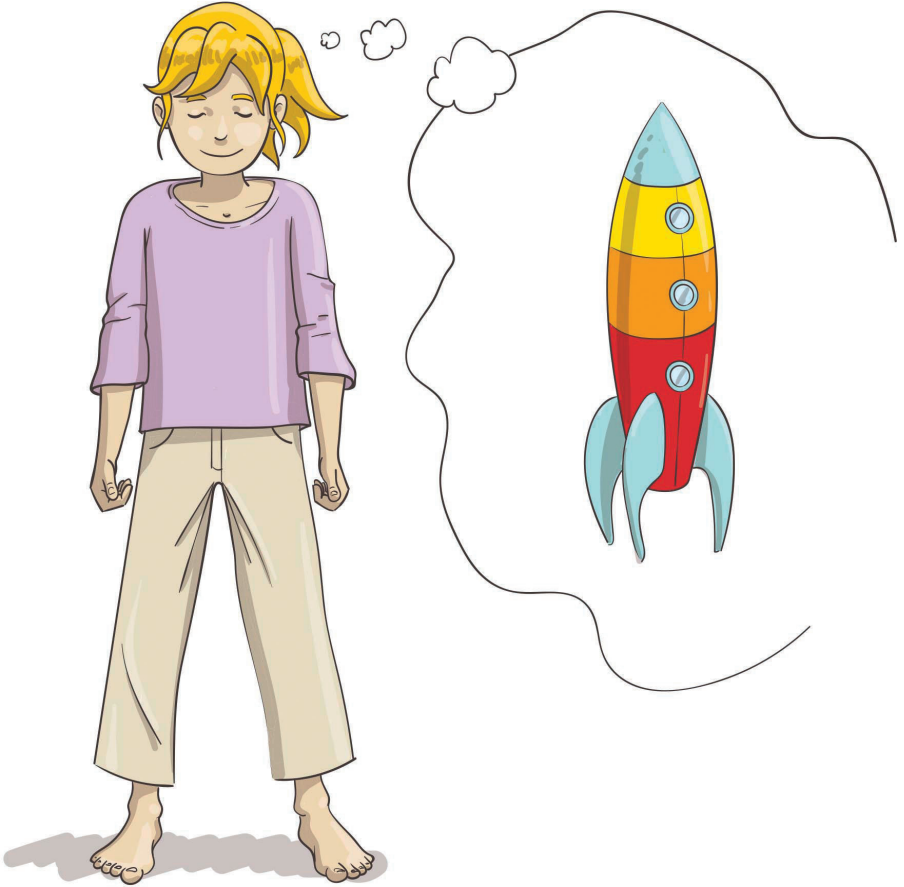
Gestion des émotions

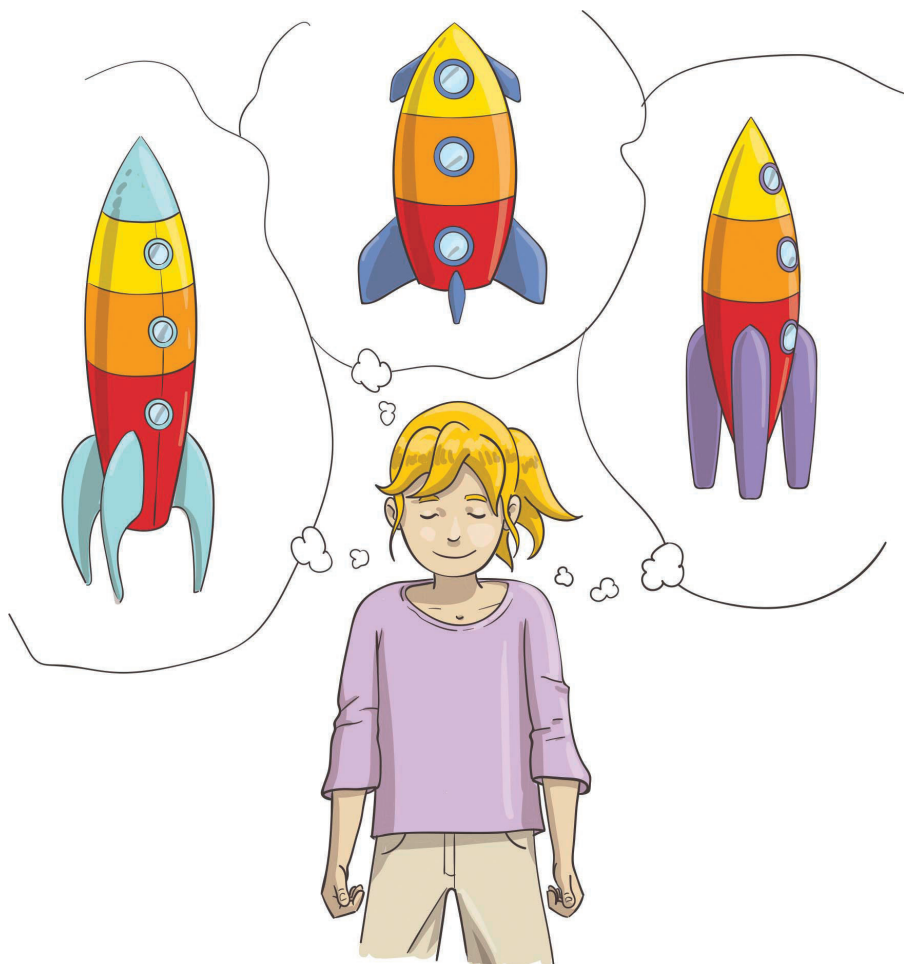


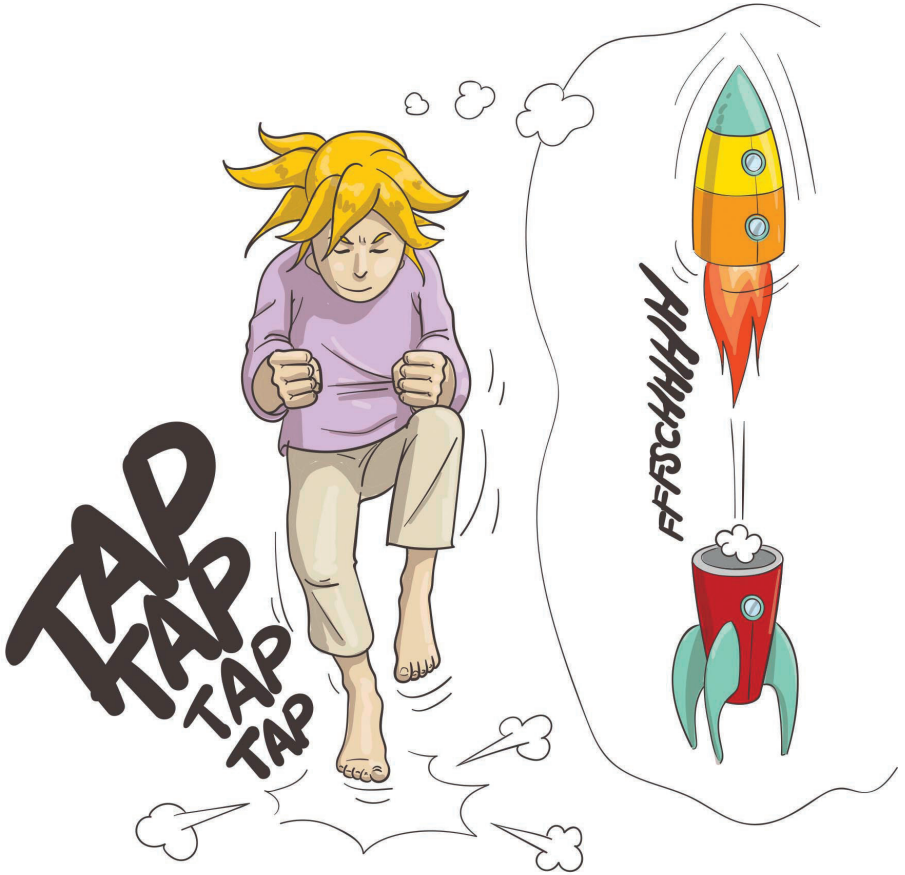
# LA FUSÉE DES ÉMOTIONS

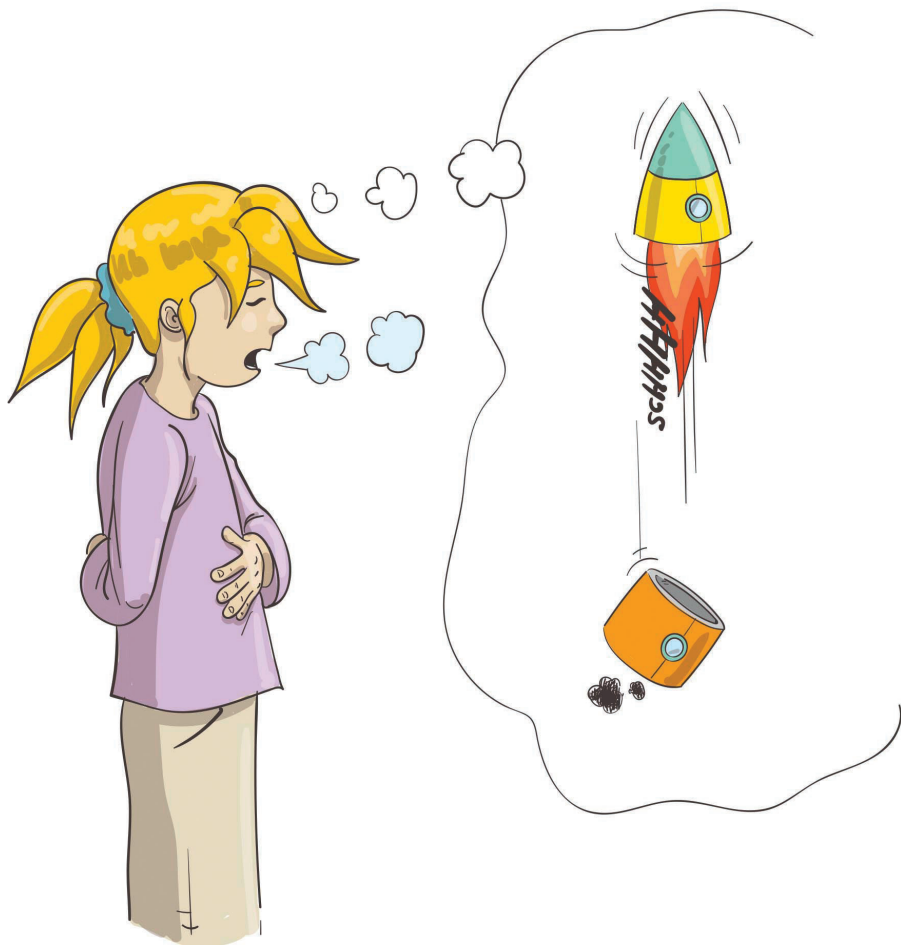




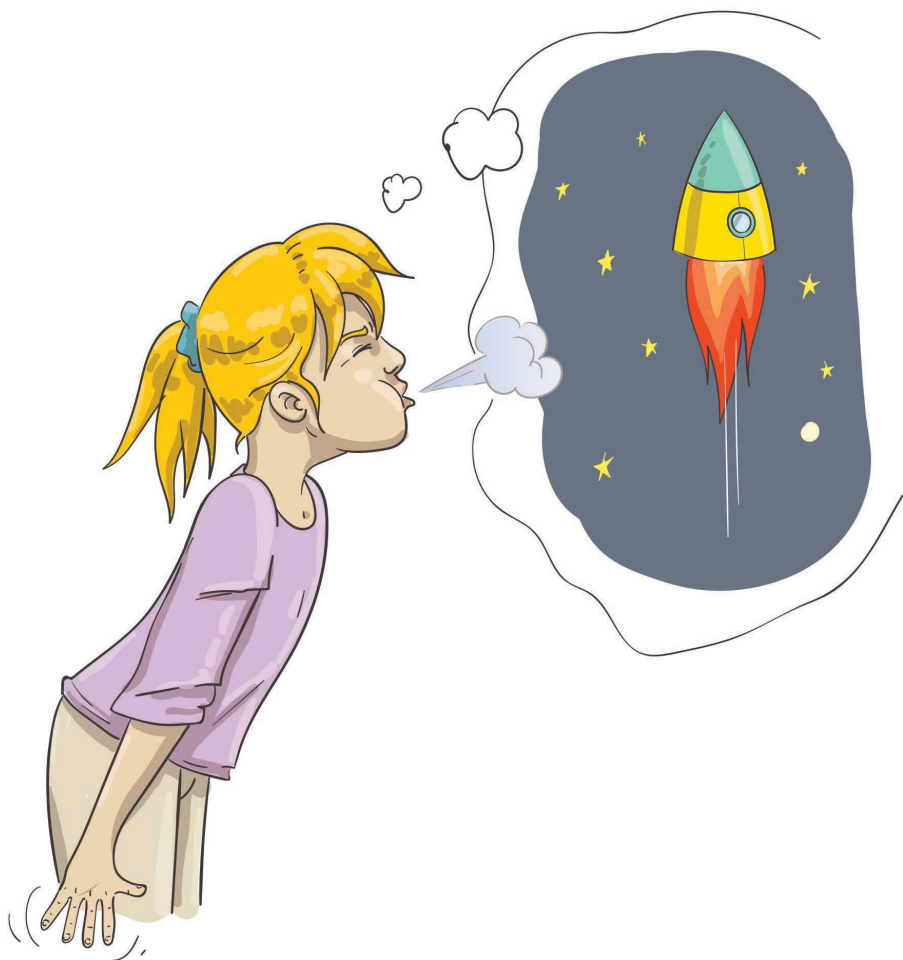


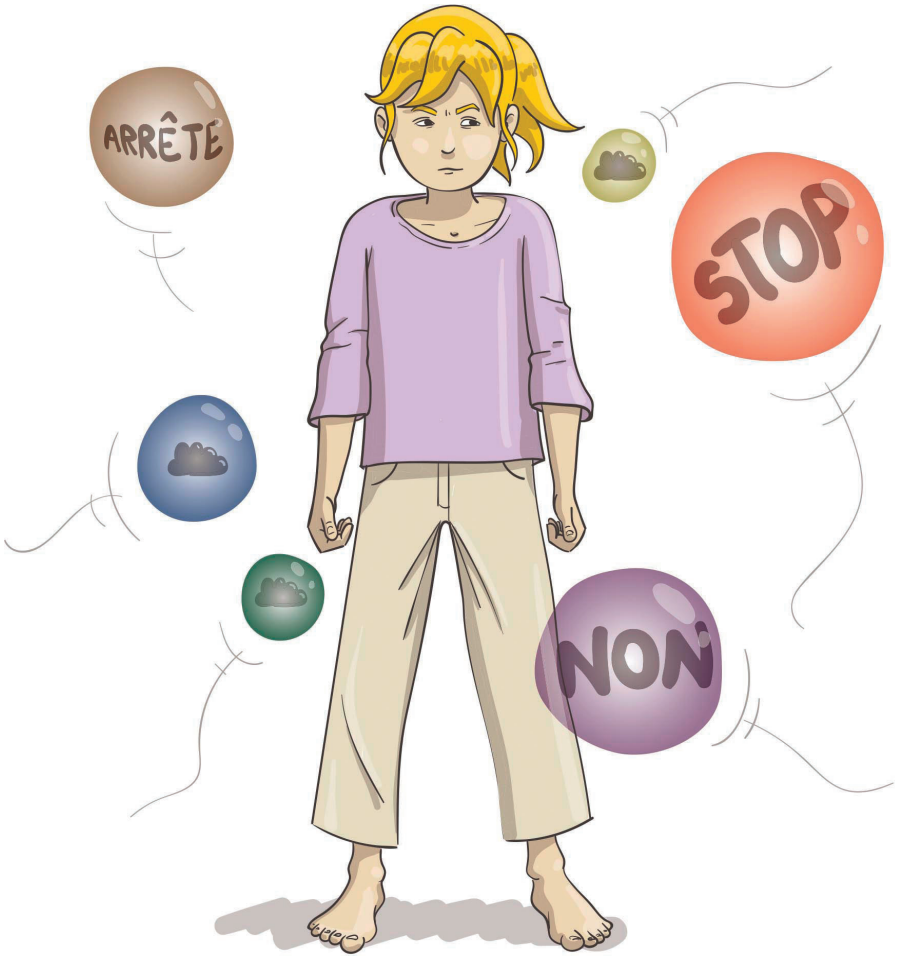


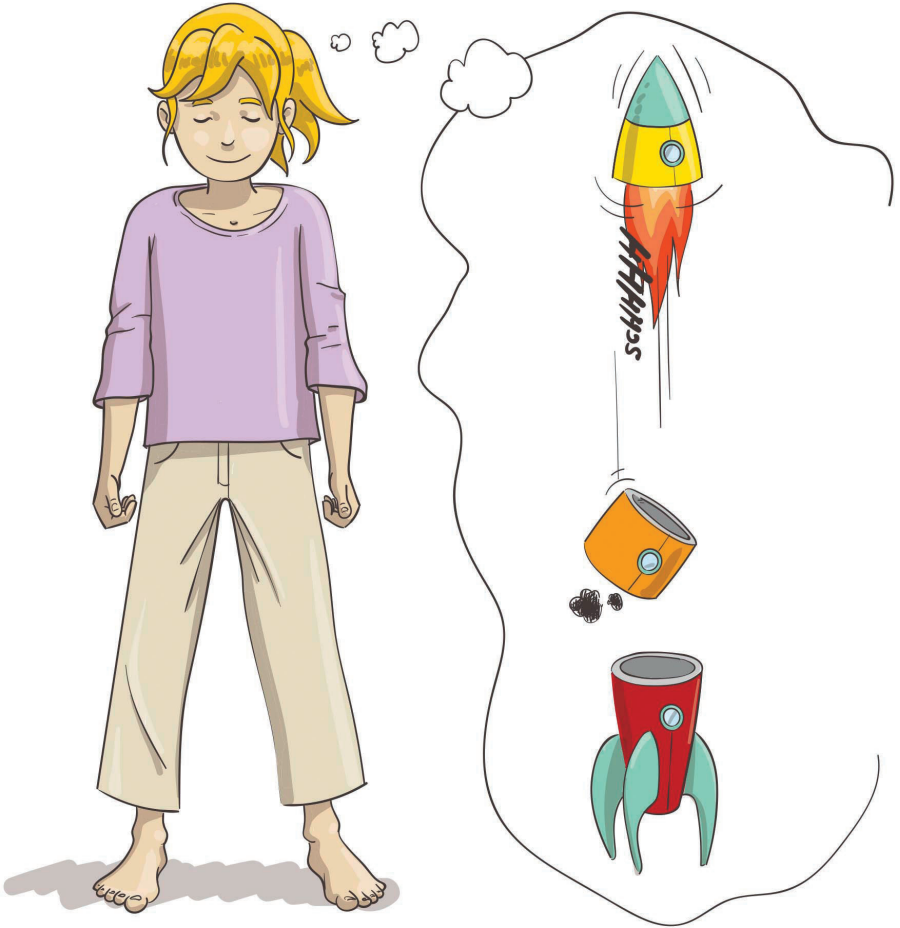












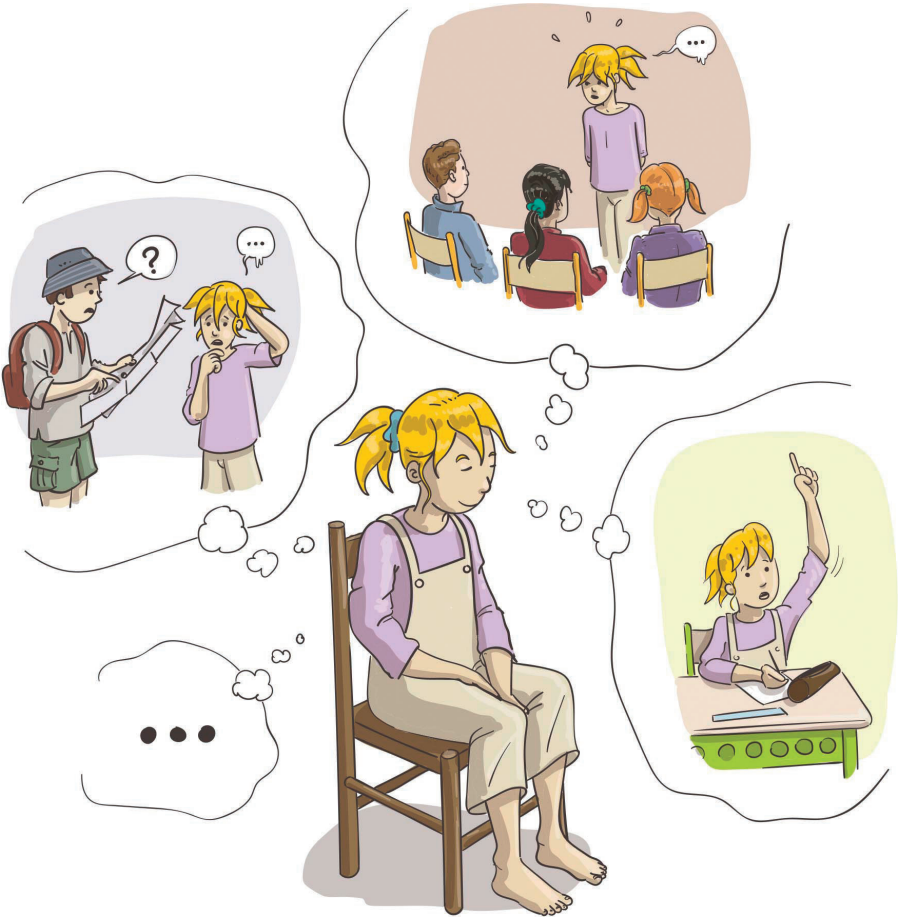


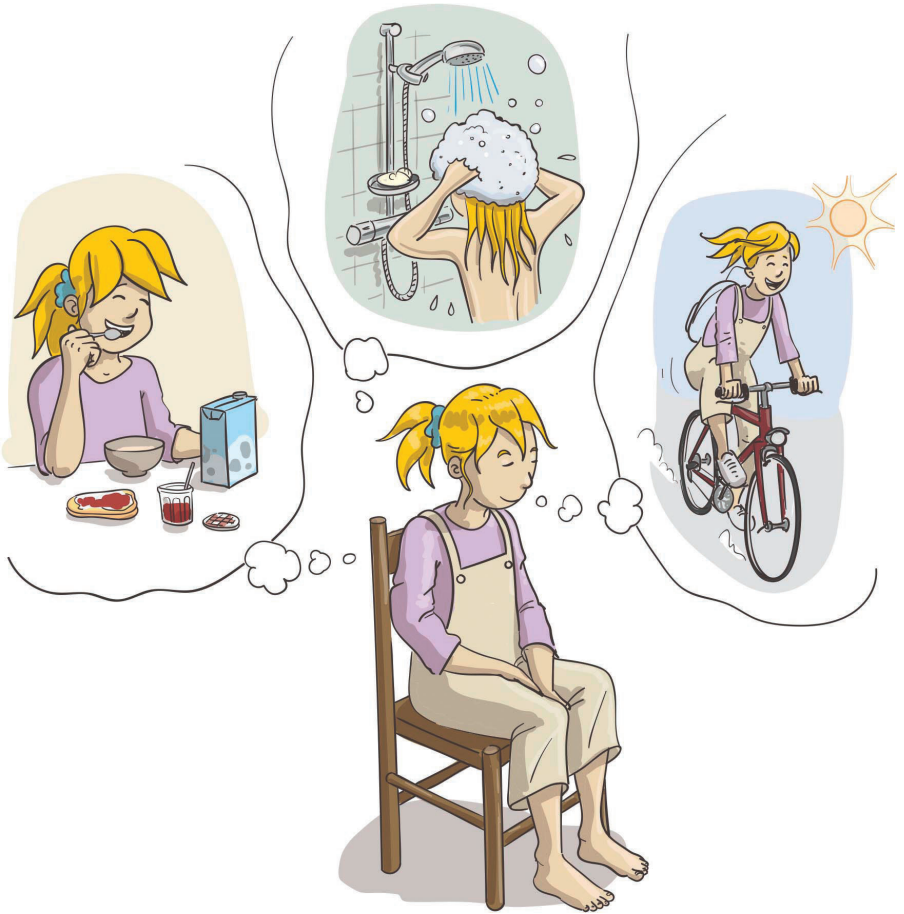
Anticipation positive • Entrée dans l'action • Prise de parole



## MA SITUATION IDÉALE, UN VOYAGE DANS LE FUTUR

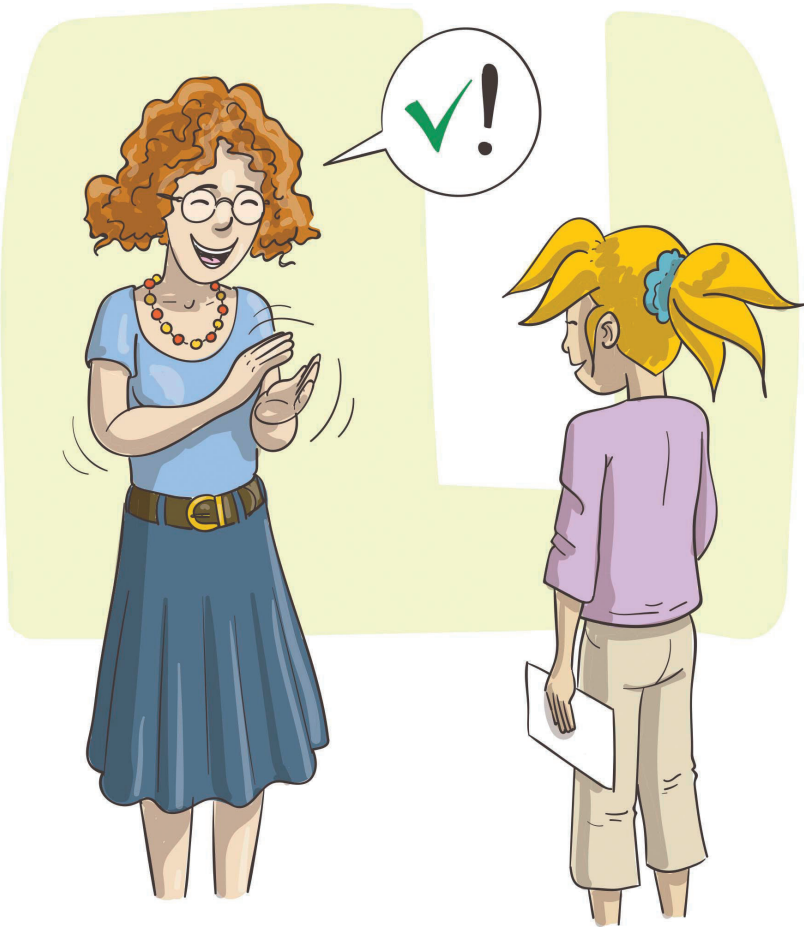


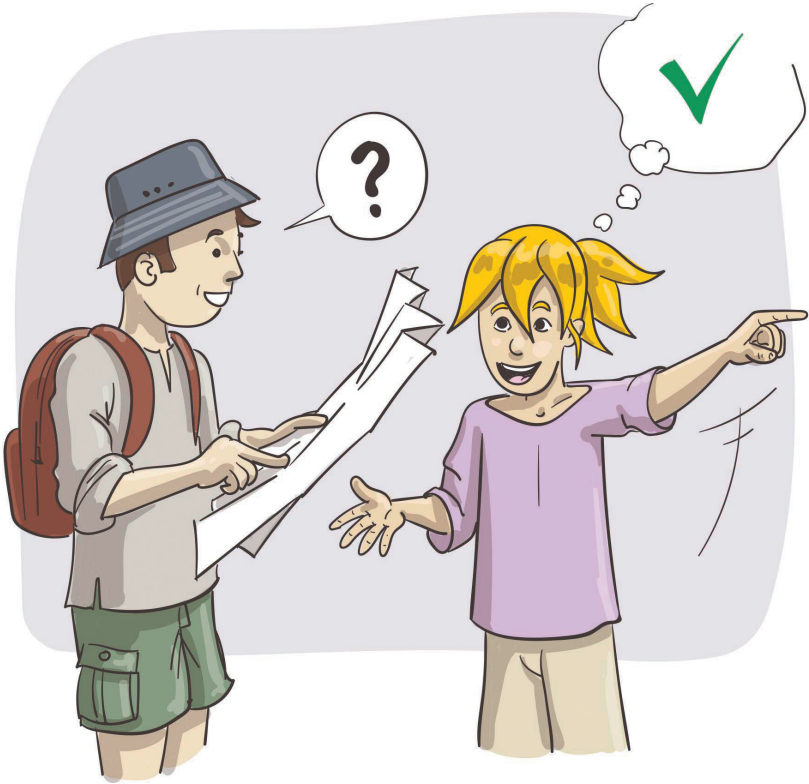












Anticipation positive • Entrée dans l'action • Prise de parole



## 1.2.3 ACTION OU 1.2.3 PARLEZ !!!















1.2.3.  
**PARLEZ!**  
...

