

## Cancellations for Stuttering Worksheet

### Introduction:

There are many different stuttering-modification techniques that you can use to help you get through a moment of stuttering. This technique is called a “cancellation”. We use a cancellation when we are stuck in the middle of a stutter and just can’t move on with the rest of the word or sentence. This is the technique we use after a stutter.

### How to Use a Pull-Out:

After you stutter on a word and get stuck, you can use a cancellation to stop and try again. Here’s what to do:

- Stop the stutter and pause. Take a deep breath if you need to.
- Identify any areas that are tight. Check your tongue, mouth, jaw, neck, face, etc. Relax anything that needs to be relaxed.
- Start that word again but this time, use an easy onset (stretch out the first sound and ease into the word) or use light articulatory touches (don’t push hard with your tongue or lips) to ease through the difficult word.

### Exercises:

Say the sentences below and pretend to stutter on the bolded words. Then, stop, pause, relax, and start the word over in a relaxed manner.

1. **Puh-puh-puh-puh...<pause> Plllllease** pass the applesauce.
2. Sometimes I **guh-guh-guh-guh...<pause> geeet** (get) a little stuck on my words.
3. **W-w-w-w...<pause> Wwwhy** are you crying?
4. Let’s go **s-s-s-s...<pause> ssssee** a movie tonight.
5. Can you **h-h-h-h...<pause> hhhhelp** me find my sunglasses?
6. **Th-th-th-th...<pause> Thhhis** part of the movie always makes me laugh.
7. I **cuh-cuh-cuh...<pause> caaaan’t** help you right now, I have homework to do.
8. **Sh-sh-sh...<pause> Ssshhe** is my sister.
9. Let me put this away and I’ll be right **buh-buh-buh-buh...<pause> baaaack**.
10. Sometimes I get stuck in a **stuh-stuh-stuh...<pause> sstuuutter**.