

Pull-Out 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 “pull-out”. We use a pull-out when we are in the middle of stuttering on a particular word and we want to pull ourselves back out of it and move on with the rest of the word.

How to Use a Pull-Out:

When you are stuttering on a word and you want to move past it, you can take control of the stutter and then stretch out and ease out the sounds that you are stuck on. Here are some tips to help you pull-out of a stutter:

- Identify any areas of tension or tightness in your mouth, jaw, or neck and relax those areas. Make sure that you haven't stopped the air flow (keep the air moving forward).
- Stretch out and elongate the sound that you're stuck on and then ease through to the rest of the word.
- If you can't get the sound to stretch out right away, try taking control of the stutter by purposefully stuttering a few more times on the sound you're stuck on by bouncing it lightly and easily (with light articulatory touches) before easing onto the rest of the word. For example, say “puh puh puh plllllease” but make sure there is no tightness when you are bouncing the “puh” sound. Think of it like lightly bouncing a ball.
- If your stutter makes you hold the sound out or get blocked on the sound (instead of repeating the word), try purposefully elongating the sound a little more before easing on with the rest of the word.

Exercises:

Say the sentences below and practice stuttering on the bolded words and then use the pull-out to ease the rest of the word out.

1. Sometimes I don't like to **tuh-tuh-tuh-taaaaalk** on the phone.
2. **W-w-w-wwhen** are you going to the movies?
3. Can you **puh-puh-puh-paaaass** the salt please?
4. **Muh-muh-muh-mmmmmmove** over please.
5. I can **s-s-s-ssssee** that you are ready to go.
6. That is the **cuh-cuh-cuh-coooooolest** thing I've ever seen.
7. I've **n-n-n-nnnnever** been to this restaurant before.
8. **L-l-l-lllet's** go there tomorrow.
9. That **guh-guh-guh-giiiiirrl** is looking at us.
10. Tomorrow I will **ch-ch-ch-ch-chaaaange** the background on my computer.