

SPEECH TOOLS: PULL-OUTS AND CANCELLATIONS

Pull-Outs

A pull out is when you _____the_____during a moment of stuttering. Instead of *pushing harder* (trying to force the word out quickly), instead you **RELAX** in the moment of stuttering and let wherever the tension is go limp. In order to do so, you must focus your attention on the parts of your lips/mouth/throat that are tense during the moment of stuttering. It is best to start practicing pull-outs by stuttering on purpose also known as pseudo stuttering. You can then start practicing pull-outs during your real moments of stuttering with your SLP.

In this section, read each sentence and choose which word you want to practice a pull-out on. Tell your SLP which word(s) you want to use pseudo stuttering/pull-puts on. Rate how well you were able to relax tension during the stutter and pull -out of it.

I went to an awesome costume party on Saturday.

Do you want pizza or chicken noodle soup?

I'm going to play video games in my room after school on Friday.

My best friend John rides his skateboard everywhere he goes.

I enjoy washing the car while listening to music.

Cancellation

Cancellations are typically only used in the therapy room. A cancellation is when you stutter, stay in the stutter no matter what and finish the word, and then pause and re-say the word with less tension as best you can. Using the same above sentences, try using cancellations with pseudo stuttering. Tell your SLP which word(s) you want to use pseudo stuttering/cancellations on. Rate how well you were able to stay in the stutter, pause, and then re-do it with less tension. If you want to, you can also practice cancellations during real moments of stuttering in the therapy room.