



## How to practice Cancellation:

1. At first you're going to practice *Cancellation* on words that you intentionally stutter on.
2. When you practice, you're going to choose a word and purposefully stutter on it.
3. Then you'll pause for two or three seconds. You'll use that time to acknowledge that you stuttered and figure out what happened (for example: determine the type of stutter, where it was located, and how tense it was).

Initially, you're going to "think aloud" to yourself as you figure out what happened. Later, you'll think silently as you analyze the stutter.

4. Then you'll say the stuttered word again with *less tension*.

Listen to the following models and then use *Cancellation* on each word.

**talking**

**what**

**challenge**

**does**

**attitude**

**lesson**

**stutter**

**remember**

In the space below, make your own list of words to practice.

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Now listen to the model of *Cancellation* with the *Easy Voice Paragraphs* on page 60. Then practice the paragraphs yourself.