

My Story

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My story begins.....

- My stuttering first became a problem in 6th grade when I started noticing it
- At that time I started at a new school and new speaking situations were revealed, such as:
 - Making new friends
 - Talking to unfamiliar teachers
 - Extra stress

After a while.....

- I got used to being the kid with the stutter
- It bothered me, but I didn't mind the minor handicap
- I realized that my speech had become more disfluent with the change of schools

Now I am.....

- Working on improving my fluency by learning about my issue and communication
- Learning to cope with my anger because of my stuttering
- Problem solving different speaking situations

Some things that I would like to tell my friends.....

- I wish that you could walk in my shoes for a day
- That my stuttering affects my personality and how I act sometimes
- To learn to ignore my stutter and see me as they see every other fluent speaking person

Some things I would like to say to my parents....

- Don't ask me any more damn questions
- Stop feeling sorry for me, or at least don't show it to my face
- Sometimes I just want space
- Stuttering gets harder for me when you treat me differently

Some things I would like my teachers to know.....

- That I can't say everything that I want to, but I swear I always know the right answers
- It is harder for me to speak in front of a large group
- Don't surprise me when you call on me, it only increases my tension

My successes include...

- Being in theatrical productions where I needed to speak in front of many people
- Being a good friend & listener
- Putting up with my family
- Not following the crowd, but making my own decisions

I still need to work on...

- Speaking spontaneously with a group of friends
- Controlling my breathing and slowing down my speech rate
- Ordering off the menu

My final thoughts.....

- I hope to be able to decrease my tension and improve my fluency to a standard that people won't question me about having a stutter
- I know that no matter what my fluency is, people will still see me for who I am...