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My Fear and How I Defeated It

I have been writing my whole life, I learned as a little boy. In school they have you writing as soon as you know how to spell and write letters. For me writing wasn't easy because my ADHD made it hard to write and transfer what I feel on paper. It felt like a chore after a while. I didn't like it; not only that I wasn't good at writing. When it comes to talking it's easier for me but to print what I said on paper is hard. I went through life not liking writing and not knowing how to improve my writing. I had the biggest fear with writing too. Like what if my teacher reads my paper and thinks I'm awful writer, or what if she gives it to a classmate and they think I'm dumb. I felt this way in school all until high school.

In high school we had to write all over again and I was frustrated. There I am in English thinking "Here I go again with my battle against the paper." I was so tired of going through this battle every year. I thought the papers might stop in high school but it keeps getting worse and worse. So I went into my English class frustrated when she told us we have to write papers next week.

When she told us about us writing papers I could feel sweat slipping off my hands and me sinking down into my desk. My teacher saw I was stressed out with writing and approached me. I told her how I feel about writing and my ADHD and how it bullied me to struggle with essays. While I was telling her she looked at me with empathy but then a big smile took over her

face as if she was Joker from Batman. Well maybe not as creepy but her smile was big. After she smiled she taught me some skills. She taught me to write different ideas and then write them down on paper. She taught me other techniques too. After that I practiced all year and I got to a point where I didn't feel helpless when it came to papers. My teacher finally taught me that I can conquer my fears. Ever since then I still write even though I don't remember what my teacher taught me. I have been growing my relationship with God and I write in my journal a lot. I also write down notes and reminders because I have tendencies to forget.

I still write everyday and as a writer I know that with more practice I can learn how to write an essay. I also know my ADHD is just a roadblock that I can get around. The roadblock doesn't stop me from improving in my writing skills, and getting better at it. I learned that there are skills and different strategies I can use to help me with my ADHD and trying to get my essay done. In writing I have a lot to learn and relearn but in life you always keep learning and improving. Overall I learned that writing isn't a chore, it's something that can benefit me if I learn how to get better and master it.