

My lifetime battle with Stuttering

Daniel Jackson

College Writing 101

1/30/2023

Throughout my life, I had a very intense battle with stuttering every day, it would get worse. When I was first brought into this world I didn't start to stutter at the beginning of my life. However at the age of 5 that was when it started to take effect. Stuttering has been a problem in my family but they were able to control it with ease. But with my situation, I want to be able to control it with ease. It also made it worse since I talk fast and I would fall over all my words so many times. I've been bullied about my voice and stuttering to the point where I stopped talking around 4th grade since I couldn't talk without stuttering. When it came to group projects I wouldn't talk because I would get nervous which would make me stutter. This caused my grades to fall into incompletes and even failing a marking period since I refused to work with people and talk in front of people. This was when I hated writing and reading since I would get embarrassed every time and will always get stuck on one word or sentence.

My grades were below average and my family needed to do something to change it. After we changed schools My family agreed to put me in speech therapy in 5th grade because I couldn't have a conversation without stuttering. From 5th grade to 7th grade, I was in therapy. I made some progress but I would still fall over my words and stutter. On multiple occasions I had to talk in front of the class and tell a story. I couldn't even let out my first sentence. I decided to get some outside help with my voice. My teacher recommended a program that will help me

with my stuttering. This is where I found a one-on-one voice therapy doctor. He helped me talk slower and to use other words to substitute the word that was stuck in my mind. That was the best advice anyone told me since I went to therapy. I decided to use it when I started high school.

At the beginning of my high school career, I used all the tools I had to learn and I was able to apply them to my daily life. But in the end, I would still end up stuttering but I was doing it a bit less. Even when I got my first job I was able to control my voice. My uncle told me "That's progress" and I agreed with him. Once when I joined the track team the stuttering started to happen again and I would stop talking all at once again. I tend to get excited while competing and I can't control myself. My coach asked me why I stopped communicating and avoided people. I told him about my stuttering and he told me that "We are not all perfect" and he told me to not worry about what anyone says and to focus on you. No one ever told me that. After that day I walked around with confidence knowing that nothing would change and wouldn't let that hold me back.

After covid going into my senior year it was more difficult for me since I barely talked during online school and it took me a while for me to get back into rhythm. I had a normal conversation with my coaches about the colleges that gave me offers. College wasn't a big deal for me since I was scared that I would get judged by people about my language. We talked for about 3 hours alone about which college I would attend and the offers that they gave me. and he told me that in those 3 hours, I didn't stutter once at all. I didn't realize that I didn't stutter and we were both excited. I ended high school with a halfway completed voice. I still stutter but I can control it by talking very slowly and breathing after every sentence. Now today I tell the story

about my battle with Stuttering and I encourage others who have the same problem as me to take their time and you will get through it.