

# Stuttering is...

**Hiding** Burying myself in books **Whispering**  
Using bad habit **Trying to be perfect** Ignoring People  
**Annoying** Words caught in my throat Being stared at  
Not talking **Avoiding** Words caught in my mouth **Scary**  
Handicap Embarrassing **Eating lunch by myself**  
Trying to hide my speech **Not chiming in** Speeding up  
**Choppy** Keeping to myself **Redirecting attention**  
Saying other things **Covering up** Doing more  
**Worrying all the time** Throat drying up **Hesitating**  
Being paranoid **Never volunteering** \_\_\_\_\_