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