Since I was about 6 years old, I had a hard time talking to people in general due to my stuttering problem, therefore in my early years in school, I faced all types of bullying from my teachers to my classmates, which made me insecure about myself. afterward, my parents tried to solve this issue by making me visit a Psychiatrist in hope that it would solve my problems. but I as an individual never understood the technique they used, so it didn't really help me.

Stuttering is a speech disorder that makes the words repetitive and or blocks them. To this day there is no known cure for stuttering and no clear reason why people have it, but you can control it until it's not visible.

When I grew up I had to face the fact that I won't let this conflict terminate my progression in life. So I started living along with it. I started to be more socially active to face my fears and tried to seize every chance I got, for example when my teacher wanted someone to read a passage of a text to the class I would be the first one to raise my hand.

I started to make new friends and be an extrovert, do what I really like, and discover new skills that I possess. All this while I still stutter. I started to care less about this problem due to the great people that were surrounding me, they helped me think that I'm stronger, and I can face any conflict that faces me.

My stuttering problem went on and off, sometimes it was severe and sometimes nobody could even sense it, so this made me ignore the fact that I had to solve this problem or it will stay with me until the day I stop breathing. When I started Highschool I was really confident about myself that it didn't matter to me anymore. That's when it started to be severe. I knew that I had to do something but I just stood there hoping that one day it will go alone.

Until one day I decided to solve this conflict myself. I came across a four-day course that was hosted by someone who has the same stuttering problem as me. and was able to control it. It gave me the motivation to control my stuttering problem.

I attended the course and learned a lot from it. I started to understand what stuttering is like and how to control it , how to face your fears and have confidence, and not caring about public opinion. I started to tell people that I stutter and be open about it to everybody. I used techniques to help reduce my stuttering problem. and after time has passed, now I could talk to a really big group of people without them noticing that I stutter. Now I control my stuttering problem and help other individuals with the same problem to go through this journey and control it.