

NEVER HAVE I EVER...

Wished I could be more spontaneous in conversations.

NEVER HAVE I EVER...

Worried that people judged my intelligence based on my speech.

NEVER HAVE I EVER...

Felt stronger from the challenges I have faced in life because of my stutter.

NEVER HAVE I EVER...

Introduced myself to someone and then immediately wished for a do-over.

NEVER HAVE I EVER...

Felt worse about myself after disclosing my stutter to someone during a conversation.

NEVER HAVE I EVER...

Had someone say, “*Take your time*” and actually mean it.

NEVER HAVE I EVER...

Used humor to survive a rough speaking moment.

NEVER HAVE I EVER...

Practiced something to say before saying it out loud.

NEVER HAVE I EVER...

Had a speaking moment that turned out better than I expected.

NEVER HAVE I EVER...

Noticed how much easier talking feels in some settings than others.

NEVER HAVE I EVER...

Felt stronger after getting through a difficult speaking moment.

NEVER HAVE I EVER...

Spoken up even though I felt really nervous.

NEVER HAVE I EVER...

**Had a moment where
I felt accepted for how
I talk.**

NEVER HAVE I EVER...

**Felt less alone after
hearing someone
else's "Stutter
Journey" story.**

NEVER HAVE I EVER...

**Felt relieved when
someone was patient
with me on a first date.**

NEVER HAVE I EVER...

**Had a small speaking
win make my whole
day better.**

NEVER HAVE I EVER...

**Felt stronger after
advocating for myself.**

NEVER HAVE I EVER...

**Talked smoother
when dreaming than
in real life.**

NEVER HAVE I EVER...

**Left a conversation
thinking, “Well, that
was an adventure.”**

NEVER HAVE I EVER...

**Been surprised by
my own courage in
a conversation.**