

# The Girl Who was Afraid of Talking

By Carina

yay! Now  
I can talk!

Hello!





I want to see a world where there is more acceptance, understanding, and love.

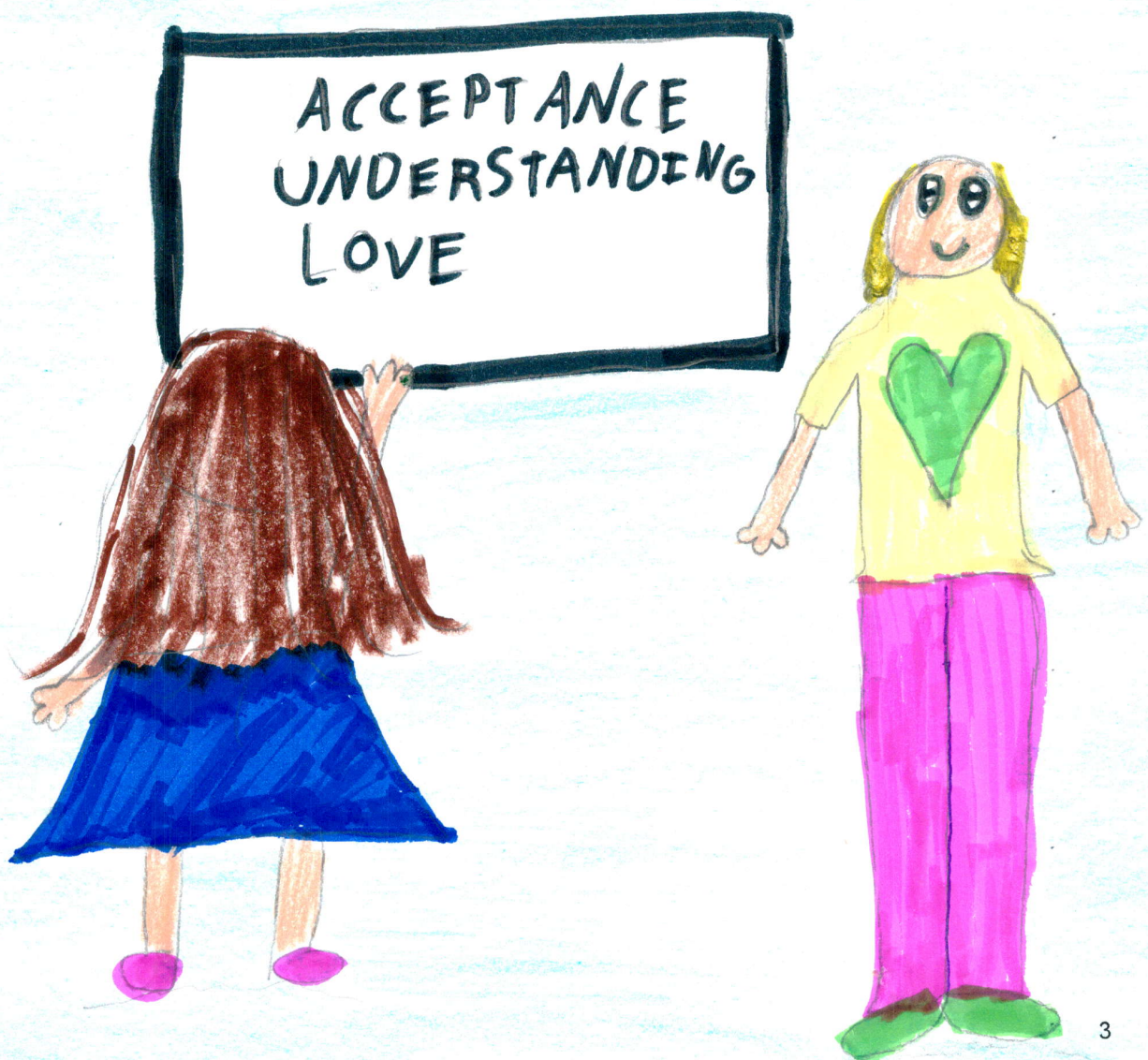
This is my story.

It all started with my first school. People in my class didn't want to be with me because I was different: While the other girls liked princesses, I liked superheroes. I started to play alone until I felt more and more lonely. I became shy and afraid of talking.





I went to kindergarten in a new school. People were great but I was paralyzed with fear. I never said a word in kindergarten. I communicated by pointing.





Then I went to first grade. I started to whisper but I still could not talk aloud.

I gradually started to read softly in small groups hidden in a small tent in a corner of the classroom. By reading, my friends heard my voice for the first time!





To practice speaking, I had playdates, I read to dogs in the library, and I ordered my favorite food in restaurants.

I also started to make art because it relaxed my mind and made me feel better.





If I got to speak out loud, my mom would take me to stores to buy a toy as a reward. I would ask the cashier how much it cost.

At the start, it was so hard to practice speaking! After a while, I started getting used to this, and I got my rewards!





Then I went to second grade. In the first week, I still could not talk.

But one day, when I came into the classroom, I suddenly said, "hello!" and everyone had their mouth open.

Then the teacher came up to me and said, "you were just shy one week ago!"





After two years and so much practice and help from my family, friends, principal and teachers, and dogs, I overcame my fear to talk.

Now, I love to talk!





We are all different, so people should accept us the way we are. We should be understanding and treat people with kindness even if we are different. We should love each other for a better world.

