

Find *Your* Voice: A Gentle Starter Guide for Trans and Gender-Diverse Folks

A beginner-friendly guide to exploring your vocal identity without chasing a stereotype

For trans and gender-diverse people who want more than just “sounding femme”

Why This Matters

Voice training is personal. Many trans and gender-diverse people feel pressure to sound “correct,” but the real breakthrough comes when your voice starts to feel *authentic*, not performative.

In gender-affirming voice therapy, self-perception is often just as important as pitch. This guide blends proven therapeutic strategies with gentle prompts to help you stop mimicking and start *finding your own vocal shape* that feels expressive, safe, and real.

Step One: Voiceprint Awareness

Start where you are, not where you wish you were.

Take a moment to say this sentence out loud:

“This is my voice, and it’s okay to explore it.”

Now say it again in three different tones:

- **Neutral** (like you’re reading a sentence)
- **Comforted** (like you’re talking to a close friend)
- **Performative** (like you’re trying to “pass” or mask)

Optional: Record each version and listen back.

Ask yourself:

- Which one felt most relaxed?
- Which one felt most like *me*?
- Which one made me feel self-conscious?

This exercise builds **self-awareness**, the foundation of vocal change in clinical voice therapy.

Step Two: Define Your Voice Goals (No Labels Allowed)

Instead of aiming for “feminine” or “androgynous,” describe how you want your voice to *feel*.

Use prompts like:

“I want my voice to feel...”

- Warm? Strong? Friendly? Mysterious?

“I want people to feel...”

- Safe? Intrigued? Comforted? Confident?

Then ask: what *vocal qualities* might create that feeling?

- **Warmth:** smooth vowels, slower pace, soft consonants
- **Clarity:** sharp articulation, breath control
- **Calmness:** lower volume, even pitch
- **Energy:** animated rhythm, emotional tone

(There are lessons for all of these on [Fireside-Hallow.neocities.org!](https://fireside-hallow.neocities.org/))

This approach is based on *functional voice training*.

Step Three: Try On a Voice “Vibe”

Just like trying on clothes, sometimes you have to test different voice styles to see what fits.

Here are 3 vibe prompts to explore:

(Scroll to the bottom of this PDF for more practice!)

1. The Confidant

“You’re doing fine. Keep going.”

Use gentle strength. A calm, even pace. Slight smile in your tone.

2. The Radiant

“Oh my god, wait. That’s perfect.”

Let your pitch rise naturally. Use fast rhythm, bright vowels.

3. The Listener

“Yeah... I totally get that.”

Try soft consonants. Draw out key vowels. Let your voice “breathe.”

Note: These are not gendered roles, they're emotional roles. You can embody any of them in any way, no matter who you are. Your voice is yours alone. =)

Step Four: Reflect, Don't Judge

Voice therapy often uses *reflective listening* to develop internal feedback, the skill of knowing what "feels right" without chasing perfection.

Try this journaling prompt:

"Today, my voice felt most like me when..."

Reflect daily or weekly. Voice identity doesn't come from mimicking, it comes from *experiencing* your voice and shaping it from the inside out.

Final Tips (From Clinical Voice Therapy)

1. **Curiosity beats criticism** – remember that judgment blocks learning.
 2. **Use metaphors** to explore tone: is your voice light like fog or heavy like honey?
 3. **Practice in low-stakes contexts** - reading poems, talking to pets, narrating video games. Not in front of people unless you are comfortable!
 4. **Don't rush identity** - your voice will feel real when you stop asking if it sounds "correct."
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Want to Go Deeper?

Fireside Hallow offers weekly voice challenges, gentle community support, and printable guides like this one. It's a space to grow your voice on your own terms.

[Fireside-Hallow.neocities.org](https://fireside-hallow.neocities.org)

Patreon subscribers get exclusive lessons and drills

Bonus phrases for more practice:

The Confidant

Gentle strength. Calm rhythm. Supportive, grounded energy.

Use for: practicing grounded presence, resonance control, and light pitch modulation with emotional steadiness.

Phrases:

- “I’m right here with you, okay?”
- “You don’t have to explain. I already understand.”
- “It’s okay to rest. You’ve done enough for today.”
- “Try again. You’re not behind.”
- “You’re safe. You’re allowed to be yourself here.”
- “I’ve got time. Say whatever you need.”

Tip: Let the pitch slope downward gently at the end of each phrase, signaling calm authority without monotone flatness.

The Radiant

Quick pacing. Lightness. Expressive, animated tone.

Use for: training melodic pitch shifts, airflow coordination, and forward resonance with joy or excitement.

Phrases:

- “Wait... *what* just happened?”
- “Okay, yes, I love that for you!”
- “This is actually turning out way better than I thought!”
- “Ooh! I know exactly what you mean.”
- “No way. That’s so cute.”
- “I wasn’t ready but somehow... I *nailed* it?”

Tip: Allow your pitch to rise and fall in a wave pattern, and smile with your voice. The tone should feel lifted!

The Listener

Soft articulation. Slower rhythm. Empathetic tone.

Use for: refining vocal flow, breath pacing, and subtle inflection to sound present and emotionally attuned.

Phrases:

- “That sounds really hard. I’m sorry.”
- “Mmm. Yeah. I’ve been there too.”
- “I didn’t realize it felt that way for you.”
- “You don’t have to say more unless you want to.”
- “That makes so much sense now.”
- “Can I just... say thank you for sharing that?”

Tip: Use more air in your vowels, and soften your consonants (especially stops like “t” and “k”) to reduce harshness. Embrace small pauses it helps your voice *land*.

The Dreamer

Airy resonance. Floating pitch. Curiosity and softness.

Use for: training light head resonance, vowel lengthening, and emotionally expressive breathwork.

Phrases:

- “What if we just... didn’t go back?”
- “I had this strange little thought at 3 a.m.”
- “Everything feels kind of... out of time today.”
- “It’s like the world paused just for a second.”
- “Do you ever get that feeling? Like you’ve been here before?”
- “I didn’t mean to disappear... it just felt right.”

Tip: Let your breath lead the sentence, not your mouth. Use longer vowels and lighter consonants. It’s okay to sound a little “floaty”. Imagine your voice drifting like smoke or fog instead of marching in a straight line.