

# The Emergency Reset Guide

## For When You Feel Like You Lost All Your Voice Progress

*A rescue guide for trans and gender-diverse voice learners who feel stuck, frustrated, or ready to quit*

---

### It happens to everyone.

You were making progress, then suddenly... your voice feels off. Your pitch collapsed. Your resonance is gone. You panic. “Did I just lose everything?”

You did not.

Fireside Hallow does not believe in failure. Sometimes you just need to reset.

Print this. Save it. Use it the next time you spiral.

---

### Step One: Stop, Breathe, and Reframe

*You are not back at zero.*

Voice training is like climbing a mountain where clouds roll in and hide the view. The mountain never disappears. You are still on it.

Your voice muscles do not “reset to default.” Muscle memory lingers, even if your ear cannot hear it yet. Your progress is safe.

Say this out loud, softly:

*“My voice progress is not gone. It is only hidden today.”*

Take five deep, calm breaths. Inhale through your nose. Exhale slowly through your mouth. Feel your chest and belly rise and fall.

---

## Step Two: Choose Your Tiny Anchor

Do one simple drill right now. Not five. Don't "catch up." Just one. The point is to reconnect, not "fix."

Pick any of these, they are simple.

### 1) Humming Reset

Hum softly on "mmm..." like you are enjoying warm tea. Feel the vibration behind your lips and nose. Do not force. Just gently hum for 10 to 20 seconds. Touch your nose and lips with your fingers and feel the vibration. This means *It's working*.

### 2) Breathe and Phrase

Breathe in. On the exhale, say calmly:

"This is my voice. It is allowed to change."

Do this 3 times. Let it feel soft and steady. Part of this exercise is psychological. You are convincing your subconscious to allow change.

### 3) NG Hold

Say "ng" like the end of the word "sing." Hold it gently. Feel the vibration behind your nose. This reconnects resonance gently.

---

## Step Three: Reclaim Your Journey

Remember that you did not fail. Every serious voice learner resets dozens of times. It is part of mastery. Remind yourself that your voice wants to cooperate, it just needs kindness. Tomorrow is a new session. You do not have to fix everything today.

Close with this thought:

"Today was a reset. I did the hard part: I showed up."

### 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.