

# The Volume Control Ladder

**Let Your Voice Be Heard.**

*A practical guide for gender-diverse voice learners who want reliable volume without strain.*

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## Loud does not mean masculine.

Sometimes, your voice training is going well, and you feel proud of your progress. That is, until you try speaking from across the room.

What happens when you raise your volume? Why does it sound so different? What can we do about it?

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## Step One: Know the basics.

Knowing is half the battle, right? The first step is to realize that the only thing you need to change is the volume. Your **pitch**, **resonance**, and **mouth shape** should stay the same.

So how do we get from a soft voice to a loud one? Let's move on to step 2!

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## Step Two: Climb the ladder.

How do you climb to the top of a ladder? One rung at a time.

Try saying a sentence quietly and softly. Say something like, "This is my quiet voice." You can even shape the words with your mouth without making a sound, if you'd like.

Next, move up to the next "rung". Go for a cozy, soft voice. Do the same as before, but slightly louder. Focus on increasing your volume by increasing the amount of breath used to project your voice outwards. Do this in small increments and explore how your volume changes.

Once you feel comfortable with your soft voice, which can vary from a whisper to speaking gently, aim for a conversational voice. *Note this this can take weeks or even months, depending on where you are in your voice training.*

The next step is where things get a little tricky and require more confidence in your abilities. Once you are confident when speaking normally, how do you speak from across the room? Let's not climb too quickly. Focus on a louder voice, without shouting. An "in public" voice. Imagine there is background noise, such as a crowd, cafeteria, or a mall. Or maybe you're in a big city with noisy traffic. Focus on speaking a bit louder than usual before attempting a "far away" voice.

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## Step Three: Shouting From the Rooftops

You've made it to the top of the ladder! What's next, shouting from the rooftop?

No. That'd be crazy, right? So how do we practice using a very loud voice, when that could end in humiliation?

Ok, so you feel somewhat confident and want to practice speaking loudly without shocking yourself or others in public? Here are some tips I've come up with!

- 1) **Practice in the car.** Yes, this works. There is a very low chance someone will hear you, and if they do, they probably don't know who you are. It's also not unusual to be loud in the car. Just don't do it on the public bus, please!
- 2) **Use the environment to minimize volume.** Surprisingly, a noisy background might make it easier to practice talking loudly. A crowded mall, bar, downtown area, or in the nature (waterfalls, noisy birds, barking dogs, etc) might make it easier and more comfortable to speak loudly without as much social pressure.
- 3) **Bring a friend.** Seriously, consider practicing with someone you trust. Sometimes being with someone who you feel safe with is a great way to train your voice. These people want to see you succeed and always have your back.

*Do you not have anyone like that in real life? Join the Fireside Hallow discord if you'd like someone to voice train with!*

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I hope this guide helped to spark new ideas to gain confidence and understanding in your ability to control your volume =)

## **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)

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