

Train Your Ear, Find Your Voice

A practical guide for gender-diverse voice learners who want to become their own best coach.

You can't change what you can't hear

When you begin voice training, you might feel like you are fumbling in the dark, like there is a disconnect between how your voice *feels* and how it *sounds*. You are trying your best, but it sounds wrong and you can't figure out why. This can be frustrating!

Let's learn how to listen with purpose and make some progress!

Step One: Stop Judging Yourself!

When you hear a recording of yourself, you might not like what you hear (and sometimes that's an understatement.) The goal is to observe what you hear, without focusing too hard on what you like and dislike.

Be a scientist collecting data about your voice. Be curious about your voice. Experiment with it, and don't judge yourself to the point where you can no longer practice. Progress often takes time.

Step Two: Know Your Metrics

Try to isolate different elements of your voice. When you record your voice, listen back and ask these questions, one at a time:

Pitch: Is the note of my voice generally where I want it? Is it stable?

Resonance: Where does the buzz of my voice seem to live? If it feels strained and swallowed, it might be living in your throat. A brighter resonance should sound brighter and buzzier.

Quality: What other aspects are affecting the sound of my voice? How much breathiness is being used? Vocal fry? Strain?

Try to focus on one thing at a time. It's easier to practice one skill until you are ready to focus on another. Remember that it does take a lot of time and practice, but you will see progress over time!

Step Three: Build a System

Let's talk about creating good recording habits.

First, make sure you have a good phrase to record yourself saying. Rambling is always an option (I tend to do this), as is reading a passage. Otherwise, a go-to phrase might be "I am practicing my voice today. It's not easy, but I can do it!"

Next, make sure you record both before and after practice and warmups. Why? Because you might be surprised how different the two recordings might sound. This is where you can tune your ears and see how much your voice changed with practice.

Ask yourself, did that humming exercise shift your resonance slightly forward? Did your pitch become more stable after doing sirens?

What If I Still Hate Listening to Myself?

Do it anyway, but be kind. Reward yourself after. Remember that it takes time, but that the goal is to close the gap between your current voice and where you want to be. Remember, you have the power to change your voice. Keep practicing, you might hear a flash of the sound you want, even for half a second. Someday, it will be your regular voice!

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!