Gentle Practices to

# unblock your voice



Lux Humana Publishing

# Gentle Practices to Unblock Your Voice

**Welcome**

If you've ever opened your mouth to speak and felt your words get stuck—or if you share your thoughts only to feel unheard or dismissed—you are not alone.

Research in **psychology and neuroscience** shows that speech anxiety often develops when our nervous system associates speaking with **risk or rejection**. Past experiences—such as being ignored, criticized, ridiculed, or pressured in school or relationships—can "teach" the brain that speaking is unsafe.

The encouraging truth is: **Your voice is not broken—it is simply protected.**

In this guide, you'll find **three gentle, evidence-informed practices** to calm your nervous system, build inner permission to speak, and safely take small steps toward expressing yourself.

## Practice 1: Body-First Calming

**Why it works:**

When we feel anxious, the **sympathetic nervous system** activates a fight-flight-freeze response. This can tighten the throat, speed up the heart, and block words. Calming the body first signals the brain: *"I'm safe to speak."*

**Try this 1–2 minute exercise:**

1. Place both feet on the ground and feel their weight.
2. Take a **slow exhale** through your mouth, as if blowing through a straw.
3. **Gently roll your shoulders and shake your hands** to release tension.
4. Rest one hand on your chest and silently repeat:

   *"I am safe. I can speak softly."*

Even short **body-based interventions** like this reduce stress and increase **vocal ease**.

# Practice 2: Inner Permission Ritual

**Why it works:**

Many people with speech anxiety unconsciously wait for **external permission** to speak. Self-directed affirmations paired with **mindful attention** can help rewire the brain toward a sense of agency and safety.

**Step-by-step:**

1. Sit comfortably and close your eyes.
2. Place a hand over your heart and say:
   *"I have the right to speak my truth, gently and safely."*
3. Imagine your words as **light moving from your heart to your lips.**
4. Open your eyes and speak **one simple sentence aloud**, e.g.:
   *"I am here."*

Over time, this **self-permission ritual** can reduce anticipatory anxiety and foster **self-trust**.

# Practice 3: "Say It Small" Exposure Technique

**Why it works:**

Gradual, low-stakes exposure—used in **cognitive-behavioral therapy (CBT)**—teaches the nervous system that previously feared situations are now safe. Tiny steps are more sustainable than forced leaps.

**How to apply it:**

1. Choose **one very small thing** you want to express today—a request, a thought, or a feeling.
2. **Practice privately first**: whisper it, then speak it out loud alone.
3. Share it with **one safe person**—a supportive friend, a pet, or even a voice note to yourself.

Every successful "small" step **re-trains your brain** to associate speaking with safety rather than danger. These micro-victories accumulate into **greater vocal freedom**.

### Your Voice Matters

Recovering your voice is a process of **rebuilding trust with yourself**.

If these practices resonate with you:

- 🌱 **Explore my blog** for more tools to manage speech anxiety and calm your body
- 🎧 **Book a 1:1 session** for guided, personalized voice-unblocking work

Your voice is a unique and valuable part of who you are. With **small, safe steps**, it can flourish again.

For more information, click HERE.

# Gentle Practices to Unblock Your Voice

Unlock the power of your voice with "Gentle Practices to Unblock Your Voice." This transformative guide offers evidence-informed techniques to soothe your nervous system and reclaim your speech, helping you navigate the journey from silence to self-expression. Embrace small, safe steps to rebuild trust in your voice and discover the unique expression that is rightfully yours.