

Gentle Practices to

# unblock your voice



## 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**.

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## 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.