



A Voice Lib

When I initially hear my recorded voice, I [explain your initial and gut reaction]. One of the most important qualities of my voice timbre (its sonic quality) is [describe how you think your voice sounds – round, warm, thin, flat, monotone, etc]. And, as I hear my story on the recording, my voice [describe if it changes frequently, stays consistent, or has any moments of surprise]. When I told my story and recorded my voice [describe what you were doing with your body – sitting down, standing up, moving or shifting, etc.], and (or but) I [can or cannot] perceive this embodiment in my voice. When I related my story, I told it with [explain your tone and approach: did you tell it in a relaxed way, with lack of feeling, with great intensity?].

There are some fundamental qualities that come out when I hear my recording. I feel that my voice expresses [using the Kreiman/Sidtis Table 1.1 from your reading for ideas, supply some qualities of physical, psychological, or social/cultural qualities about your voice that you hear]. My reaction to having my voice represent these elements include [describe how you feel about your own voice relating these identifying qualities about you].

Sometimes, when I'm speaking to others I worry that [describe any concerns you might have about how your voice might sound to others]. When I'm in a more intimate situation (say speaking to one or just two people) I try to modulate my voice by [describe how you adjust you voice for this situation]. When I have to speak in front of a group or larger crowd, I tend to [describe how you adjust you voice for this situation] my voice because I often feel [describe your emotions] in this situation.

If I could change something about my voice, it would be [describe any change you would make].