

Your Voice Check: Self-Guided Assessment

Goal: This activity helps you check how your voice is working. You'll look at how you breathe for talking, how your voice sounds, how your vocal cords work, and how easy or hard it is to use your voice.

How to Use This Assessment:

- Do this when you are rested and relaxed.
- Use a mirror if you'd like to see your self.
- Keep a pencil and scorecard ready.
- Keep a tin or ready.
- You'll score each section and then total up your points at the end.

Part 1: Breathing for Speech (Max: 5 Points)

1. Can you take a deep breath through your nose and slowly blow it out through your mouth?

- Yes, easily = 1 point
- Yes, but it's hard = 0.5 point
- No = 0 points

2. Take a deep breath and say "Ahhhh" for as long as you can—make sure you time it!

- Over 10 seconds = 2 points
- 5-10 seconds = 1 point
- Less than 5 seconds = 0 points

3. Is your breathing steady while talking, without gasping?

- Always = 2 points
- Sometimes = 1 point
- Rarely or never = 0 points

Total Breathing Score: _____ / 5

Voice And Self

Lawrence James O'Rourke



Voice And Self:

Voice and Self Ingeburg Stengel, Theo Strauch, 2000 Introduces specific vocal and physical techniques aimed at developing and healing the voice and establishing general physical and mental well being [The Voice and the Self: Does Interoceptive Awareness Predict Voice Congruence?](#) Karen Marie Crow, 2018 Voices are idiosyncratic manifestations of individuals and contribute to unique self representation Interoception is the body's ability to perceive its internal physiological states An individual's interoceptive abilities correlate with emotional and perceptual experience which poses implications for cognition self perception and personality Given the links between the voice and the sense of self populations experiencing voice impairment may experience an altered sense of self The purpose of this study was to determine the extent to which interoceptive awareness predicts voice congruence in individuals with normal healthy voices Fifty individuals underwent an interoceptive awareness task and were split into two groups high and low interoceptive awareness Following this task they underwent a speaking and listening task after which they completed a Voice Congruence Scale Results indicated that individuals with higher interoceptive awareness rated themselves as having higher voice congruence These findings pose compelling implications for many voice related populations and guides future clinical and research practices

Self-Censorship in Contexts of Conflict Daniel Bar-Tal, Rafi Nets-Zehngut, Keren Sharvit, 2017-10-30 This groundbreaking volume explores the concept of self censorship as it relates to individuals and societies and functions as a barrier to peace Defining self censorship as the act of intentionally and voluntarily withholding information from others in the absence of formal obstacles the volume introduces self censorship as one of the socio psychological mechanisms that prevent the free flow of information and thus obstruct proper functioning of democratic societies Moreover it analyzes this socio psychological phenomenon specifically in the context of intractable conflict providing much evidence from the Israeli Palestinian conflict Moving from the micro to the macro level the collected chapters put the individual as the focal unit of psychological analysis while embedding the individual in multiple levels of context including families organizations and societies Following a firm conceptual explanation of self censorship a selection of both emerging and prominent scholars describe the ways in which self censorship factors into families organizations education academia and other settings Further chapters discuss self censorship in military contexts narratives of political violence and the media Finally the volume concludes by looking at the ways in which harmful self censorship in societies can be overcome and explores the future of self censorship research In doing so this volume solidifies self censorship as an important phenomenon of social behavior with major individual and collective consequences while stimulating exciting and significant new research possibilities in the social and behavioral sciences Conceptually carving out a new area in peace psychology *Self Censorship in Contexts of Peace and Conflict* will appeal to psychologists sociologists peace researchers political scientists practitioners and all those with a wish to understand the personal and societal functioning of individuals in the real world *Self and School Success* Edwin

William Farrell,1994-01-01 Data for the book were collected by young people in neighborhood schools who taped unstructured dialogue with successful students Vignettes told in the words of the young people themselves address issues of schools and their relation to students careers the roles of teachers and parents the support of community and religious agencies as well as the influence of peers regarding drugs violence and sexuality Interrogating the Real Slavoj Žižek,2013-10-24 Slavoj Žižek is one of the world's foremost cultural commentators a prolific writer and thinker whose vividly adventurous unorthodox and wide ranging writings have won him a unique place as one of the most high profile thinkers of our time Covering psychoanalysis philosophy and popular culture and drawing on a heady mix of Marxist politics Hegelian dialectics and Lacanian psychoanalysis the writings collected in Interrogating the Real reflect not only the remarkable extent of Žižek's varied interests but also reveal his controversial and dynamic style **Correct English**,1929 **Sataloff's Comprehensive Textbook of Otolaryngology: Head & Neck Surgery** Robert T Sataloff,Anil K. Lalwani,Marvin P. Fried,Michael S Benninger,Abtin Tabae,Christopher J. Hartnick,2015-11-30 Sataloff's Comprehensive Textbook of Otolaryngology Head otology neurotology and skull based surgery rhinology allergy and immunology facial plastic and reconstructive surgery head and neck surgery and paediatric otolaryngology The full set is enhanced by over 5000 full colour images and illustrations spanning nearly 6000 pages complete with a comprehensive index on DVD Edited by Robert T Sataloff from Drexel University College of Medicine Philadelphia this volume includes contributions from internationally recognised experts in otolaryngology ensuring authoritative content throughout Sataloff's Comprehensive Textbook of Otolaryngology Head Neck Surgery Laryngology is an indispensable in depth guide to the field for all otolaryngology practitioners Key Points Textbook of laryngology part of six volume set covering the entire field of otolaryngology Volumes include otology neurotology rhinology plastic surgery head and neck surgery and paediatric otolaryngology Over 5000 full colour images and illustrations across six volumes Edited by Robert T Sataloff with contributions from internationally recognised otolaryngology experts **Self-educator for a Rising Race** Joseph R. Gay,1913 **The Journal of My Other Self** Rainer Maria Rilke,1930 **Self-aids in the Essentials of Grammatical Usage** Lawrence James O'Rourke,1927 Telephonology Harry Randolph Van Deventer,1910 The Conservator,1908 **Evenings with the Bible ...** Isaac Errett,1887 **The Theory and Practice of Vocal Psychotherapy** Diane Austin,2009-04-15 This book demonstrates the enormous possibilities for personal change and growth using a new voice based model of psychotherapy where the sounds of the voice are expressed listened to and interpreted in order to access unconscious aspects of the self and retrieve memories images and feelings from the past **The Voice of Isis** Harriette Augusta Curtiss, Frank Homer Curtiss,1917 **Courageous Methods in Cultural Psychology** Meike Watzlawik,Ska Salden,2022-06-14 Innovative research requires courageous methods With this in mind Courageous Methods in Cultural Psychology invites students and post graduate researchers to develop methods that will let them grasp phenomena of interest more fully Readers will learn how to use

established methods and may be asked to develop them further by combining single steps of extant procedures or by taking a completely new approach to data collection and analysis In this book diverse researchers present projects in which they have tried to do just that A comprehensive process from narrowing down research questions to collecting and analyzing data is given in detail followed by critical reflections on how well the authors have understood and shared complex realities Project presentations are framed by theoretical chapters that deal with the challenges and opportunities of cultural psychology and interdisciplinary research *Courageous Methods in Cultural Psychology* is sure to inspire and encourage those who wish to venture on new roads into the wild Singing about Singing Rébecca Henrietta Marie Franca Kleinberger, Massachusetts Institute of Technology. Department of Architecture. Program in Media Arts and Sciences, 2014 Our voice is an important part of our individuality From the voice of others we are able to understand a wealth of non linguistic information such as identity social cultural clues and emotional state But the relationship we have with our own voice is less obvious We don't hear it the same way others do and our brain treats it differently from any other sound we hear Yet its sonority is highly linked to our body and mind and is deeply connected with how we are perceived by society and how we see ourselves This thesis defends the idea that experiences and situations that make us hear see and touch our voice differently have the potential to help us learn about ourselves in new and creative ways We present a novel approach for designing self reflective experiences based on the voice After defining the theoretical basis we present four design projects that inform the development of a framework for Self Reflective Vocal Experiences The main objective of this work is to provide a new lens for people to look at their voice and to help people gain introspection and reflection upon their mental and physical state Beyond this first goal the methods presented here also have extended applications in the everyday use of technology such as personalization of media content gaming and computer mediated communication The framework and devices built for this thesis can also find a use in subclinical treatment of depression tool design for the deaf community and the design of human computer interfaces for speech disorder treatment and prosody acquisition Suture Self Mary Daheim, 2009-10-13 A bum hip has bed and breakfast hostess Judith McMonigle Flynn limping off to Good Cheer Hospital a questionable haven of healing where two recent patients didn't make the cut after routine surgery Judith's trepidation at undergoing the knife is eased only by sharing a room with cousin Renie who's in for rotator cuff repair Though the cousins survive their surgeries the ex pro quarterback next door is permanently sacked after minor knee surgery With the scoreboard showing Grim Reaper 3 post op patients 0 Judith decides that she and Renie are obliged to get to the bottom of Good Cheer's carnage But in order to sew up the case Judith and Renie must probe into the suspects' psyches And suddenly it looks as if the cousins' own prognoses could take them out of the game for good *Bulletin Chicago Teachers' Federation*, 1903 *New Illustrated Self-instructor in Phrenology and Physiology* Orson Squire Fowler, L. N. Fowler, 1867

Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Voice And Self**

In a global inundated with monitors and the cacophony of instant interaction, the profound power and psychological resonance of verbal art usually fade in to obscurity, eclipsed by the constant onslaught of sound and distractions. However, located within the lyrical pages of **Voice And Self**, a charming function of literary brilliance that impulses with organic thoughts, lies an wonderful journey waiting to be embarked upon. Written with a virtuoso wordsmith, that interesting opus manuals readers on a psychological odyssey, gently revealing the latent potential and profound affect stuck within the complex web of language. Within the heart-wrenching expanse of this evocative examination, we can embark upon an introspective exploration of the book is central themes, dissect its captivating publishing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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