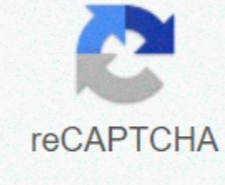




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How to make your voice deeper

Changing the pitch of a voice naturally is difficult, and there are a lot of time and practice to achieve noticeable effects but there are a few things you can do to safely train your lower voice. However, none of the suggestions here come from medical professionals. When you start, you can only practice for 5 minutes a day. This can be frustrating, but it is better than causing permanent damage to your voice. It's a good place to train your voice for the first time, to be safe, and to find someone who can practice when practicing conversation. If it helps, you can record your voice to hear changes and monitor your progress over time, which can increase your confidence. There is a free download app called 'Eva' designed for trans people trying to train their voices. There are two versions of the app, 'Eva FTM' and 'Eva MTF'. The app includes a variety of 'lessons' such as video-based training and exercises, breathing and pitch, self-guided exercises, visually interactive tools, pitch tuners and tracker tools. Deepen your voice: First, you can practice your vocals. If you're singing, you can use exercises very similar to those you use to warm your voice, such as scales. If it's not a song type, a simple exercise is to choose one sound like 'ahh' and hold the sound until you breathe, raising and lowering your voice as much as possible. If you like singing, sing with a male singer whose voice is not too deep and sing to the pitch. You can also see it buzzing deeply in your throat, raising your chin a little slowly. Start speaking directly from your humming voice. Obviously, you can't burst humming into everyday interactions, so this is something you need to practice when you're on your own. However, if you start sentences with 'um', 'uhh' or 'mm', you will get a similar effect. It doesn't make you sound particularly clear, but if you feel particularly obfuscated or nervous, it can help you deepen your voice a little very quickly. Experiment with breathing. Rather than taking shallow breaths, breathe in the diaphragm. When you breathe in and you feel your chest and shoulders rising, you're breathing in your chest, not your diaphragm. When you breathe in the diaphragm, you should feel your stomach expand and contract. Inhale embryonic through the nose and speak when breathing. Speaking from the diaphragm, it's easier to project and have a voice. It can get a little deeper. Speak with your mouth, not your nose. You can get a deep nasal voice, but speaking through your mouth makes it sound more masculine. To deepen your voice, you can try and lower the pitch. To do this, relax the neck as much as possible so as not to tighten the vocal network. Wet your mouth and neck and lift your chin. Try to lower your voice and maintain that pitch at the beginning of the sentence by swallowing and speaking slowly before speaking. If you find yourself speaking fast, you'll probably find your pitch rising. Try not to raise the pitch at the end of the sentence, but keep the tone more monotonous. Emphasizes sound that deepens the voice. For example, if you lengthen a collection, the collection may sound deeper. Pronounce it with a deeper voice and experiment with the easiest to play to its strengths. When you're trying to deepen your voice, you literally want to speak from as low down as possible. Pay attention to where you feel and hear where your voice is coming from. It will probably be your throat. The pitch is highest when you speak at the top of your throat or use a 'head voice'. What you say in your chest can be airy and a bit light, but it produces a deeper sound. Ideally, you want to learn how to speak from feeling like your intuition. To do this, you need to project the voice coming from reaching the belly before breathing and speaking from your diaphragm. This course of learning to speak in a diaphragm is a lot of practice, and you won't hear much difference at first, but over time you can make your voice deeper and deeper. It can be frustrating, but baby steps. If you try to change your voice rapidly, you risk straining your vocal support. Don't speak with growls or harsh voices, they have a deeper neck voice, but they can damage your vocal vocals and will end in hoarse voices. It is also more difficult to project when you speak from the throat. You can start by using a deep voice for a short time and build gradually. It takes time, but eventually you can significantly lower your voice in practice. Womanize your voice: Unfortunately, estrogen doesn't change the pitch of your voice, so there are more barriers to womanization of your voice than it is to masculinize it. However, there are a couple of techniques you can safely train yourself to increase the pitch of your voice. As suggested above, singing and voice exercises can help you unpack the voice box and expand the pitch range. If you like singing, choose a song with female vocals, choose a song with a voice that's not too high-tone, and sing along. You can also use vocal exercises, rising scale. Each time you do this, you want to reach a note that is higher than the previous time. The goal is to create a higher 'baseline' pitch than previously used. Don't overstate it, or you'll end up squeaking; When your neck starts to scratch, you're straining too much. Take the baby stairs and continue practicing, and see what works for you. Another exercise you can do to build muscle control in your throat is to raise your back. Drink a sip of water to prevent dry throat. Put your hands on the back of the back so you can feel what's going on. Don't hold it in place - this will damage it. Swallow. The bump hops should be felt upwards. Keep doing this for a few minutes, and try to hold the bump there as long as you can, using your neck muscles, not your hands. This is normal, but if you breathe, you need to stop. The purpose of this exercise is to eventually allow you to consciously control the back of your back, so you can hold it higher in your throat. To soften your voice, you do it naturally when you whisper. This is called keeping Glotis open. This is achieved when the sexual passage does not vibrate (for example, when you say 'hhh' or 'ss' - the air simply passes through. You can hear the difference between when the vocals don't vibrate, such as the voice 's', and when they vibrate, such as 'zzz'. Try to find a half-whisper position somewhere between the two, which adds breath to your voice. When you speak, try to flatter by holding a higher tongue, create a 'dental' sound (one that contains teeth like 't' and 'd') and use a lot of breath. This is soft and breathtaking. At first it's not breath-taking and it may sound husky, but you can keep practicing and eventually master it. Changing your accent is another way you can womanize your voice. Try to lift the pitch of your voice at the end of the sentence, so it sounds like you're saying 'up'. This is what you naturally ask, but try to do this not only by door. In general, add a little reel to the speaking pattern rather than the monotonous one. Start the sentence gently and speak slowly to pronounce the word clearly. Round your lips a little as you say and pronounce each word; Try not to mutter. Don't 'swallow' small words like 'the', 'he' or 'she'. Use full sentences, and avoid shortcuts, because these are usually related to more masculine methods of the story. Finally, you can train yourself to increase the pitch of your voice. All you have to try is to speak with a head voice rather than speaking from your chest. Open your mouth a little more, use more air and push it in. voice in your head. Speak as if you are really excited about something (or better, talk about what you are truly excited about), and you can hear your voice rise until it feels too high in your head; This is 'head resonance'. After a lot of practice, you should be able to feel the vibrating voice at the top of your neck. Initially, your head voice or 'falsetto' will sound like Minnie Mouse - this is normal, a step that most trans female people have to go through when trying to use a head voice. Practice speaking with this voice and gradually try to lower your falsetto's pitch to something that sounds more natural. Learning to speak loudly while maintaining a higher pitch can be particularly difficult - it can be difficult and tiring to project using your head voice, so build stamina by practicing regularly for short periods of time. This will take all the time, and it's been practiced for quite some time for a natural feeling. The trick is to do it for a short time each day, and gradually, you'll be able to raise the pitch of your voice by a little bit, and it will come more naturally. And that's all! We hope you find this page useful. outrans01@gmail.com or outrans02@gmail.com to contact a trans representative to provide feedback on the instructions featured here or provided here. Here.