

Easy Voice

People make voice by vibrating their vocal cords.

When people who stutter are speaking with a lot of tension or stuttering, their vocal cords can get tight, bang together in a hard way, or get totally locked.



Tightness in the vocal cords may lead to vocal fry (a tense, popping sound). Banging the vocal cords together makes hard glottal attacks. Locking the vocal cords together tightly creates a laryngeal block.

Using *Easy Voice* helps you to relax your vocal cords when you say vowel sounds. It involves moving your vocal cords gently as you start to make voice.

This gentle movement is the opposite of what happens when you have vocal fry, hard glottal attacks, or laryngeal blocks.

It's very important that you use *Relaxed Breath* when making your *Easy Voice*. At first, you will be using *Easy Voice* just with sounds. Later you'll use it with words, phrases, and sentences.

NOTES:

How to make an Easy Voice:

1. After taking a *Relaxed Breath*, close your lips and hum very quietly. Notice the tiny vibration of your vocal cords. Put three fingers on your Adam's apple so you can feel this small sound.
2. Make this quiet humming sound a few times.
3. Then make this tiny hum again, and ***this time open your lips so the quiet buzzing sound comes out of your mouth.*** This is the sound of your vocal cords vibrating in a very relaxed and easy way.

When you use an *Easy Voice*, ***this same tiny buzzing is the starting sound for all vowels.***

4. Now after taking your *Relaxed Breath*, let this little quiet buzz ride out on your exhalation and gradually build into an "aaaaaaahhh."

Feel the gentle buzzing of your vocal cords as you slowly turn on your voice. Make a bell curve as you've learned to do.

Tune in and feel how you're relaxing your vocal cords.

NOTES:

Listen to the models below and make an *Easy Voice* with each of the different vowel sounds.

Remember to start with the tiny buzzing sound and then gradually shape it into the vowel you're saying. Use a bell curve as you make the *Easy Voice*.

aaaaah (as in "father")

EEEE (as in "feet")

AAAA (as in "may")

iiii (as in "high")

OOOOh (as in "low")

oooo (as in "soon")

aaaa (as in "hat")

iiii (as in "hit")

eeeeh (as in "bed")

uuuuuh (as in "but")

OOOOw (as in "cow")

OOOOy (as in "toy")

NOTES:

Just like *Smooth Movement*, it takes a fair amount of practice to train your muscles to use an *Easy Voice*. Use the chart on the next page to your record practice.

Easy Voice Chart

Check off a box below each time you make an *Easy Voice*.

Remember: Take an easy *Relaxed Breath*, start with the tiny buzzing, and then shape the sound into the vowel as you make a bell curve.

aaaaah	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
EEEE	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
AAAAA	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
IIII	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
oOOOh	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
ooOoo	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
aaaaa	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
iiii	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
eeeeeh	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
uuuuuh	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
ooOOOw	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
ooOOOy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Easy Voice Words

1. aaa**as** (as)
2. iii**it** (it)
3. IIII'**ll** (I'll)
4. eeee**east** (east)
5. uuu**up** (up)

1. iii**is** (is)
2. eeee**ear** (ear)
3. IIII'**ve** (I've)
4. oooo**owl** (owl)
5. aaa**all** (all)

1. oooo**out** (out)
2. aaa**arm** (arm)
3. eeee**eight** (eight)
4. iii**if** (if)
5. eeee**egg** (egg)

1. aaa**age** (age)
2. eeee**eat** (eat)
3. oooo**on** (on)
4. aaa**act** (act)
5. oooo**oak** (oak)

Write down and practice additional one syllable words that begin with vowels.
