

12 STEPS TO GET YOUR VOICE BACK

1. Understand how your body created Spasmodic Dysphonia (SD)

There is a reason why your body decided, on its own accord to lock up your voice and create this neurological problem. It is without question that this problem is connected to your STRESS. Stress your body felt and is possibly still feeling. Our experience has shown that a SD is a physical outcome of an underlying stressed nervous system. The main nerve that controls everything to do with your voice is called your Vagus Nerve. By retraining your mind to grow a new level of emotional strength and confidence, this will allow your Vagus Nerve to release your voice from being locked.

2. Accept your past as the reason why your SD was created

This underlying stressed nervous system is a result of your past emotional experiences, especially the negative ones. This is how our brains naturally function to preserve us from further harm. Sadly, these negative experiences create emotional thoughts, feelings and behaviours that fuels stress in our body. These behaviours are called your bad habits. Simply your painful 'memories' automate your bad emotional habits. These bad habits over time forced your body to develop SD when you experienced another emotionally stressful event. SD is your nervous system's way of guarding your body against your emotional stress.

3. Triggers

One effective technique in our program is defining what triggers or cues in your day-to-day life irritates your SD. With a calm understanding of these triggers, you can overcome the fears related to these triggers. A nice way to help your mind NOT fear is to STOP and breathe 6 times gently and deeply, in through your nose and out through your mouth. Focus on the breath going in and out and feeling it warm your body. This helps your hormones not overwhelm your mind with fearful thoughts. Once you calm down your stress, you can shift your mindset off the trigger with a childlike approach, for example; when talking on the phone, you are kissing the other person as you are speaking to them ☺ This technique is so simple and fast acting, the more you practice it, the easier and more wonderful it feels in your mind, body and voice.

4. Have Patience and Dedication

SD was programmed into your brain and nervous system for a long time. Therefore, it is not unreasonable to give your body time and patience to reprogram this problem. The focus is having more love for your body. It is with this shift in mindset that helps you to develop NEW habits that will teach your mind and body to become fearless of your stressors and grow confidence in your voice.

5. Daily Habits

Start with 1 habit to change in your life. Practice this habit every day and discover how your mind and body can change by implementing new habits.

Our program guides you to develop 6 simple habits in your life to help you overcome fears surrounding your SD. With emotional confidence, you will grow a stronger voice.

6. Breathwork

Breathwork is one of the main techniques to help you release your body's nervous system stress that is causing your voice to spasm. We have found from our clinical trials and working with people who have joined the program that over 95% of members find the breathwork as their #1 reason for their voices improving!

Download Richie – The Breathe Guy's free 'Flourish' app and begin Breathwork.

7. Love your Voice

Learn to love your voice instead of fearing your voice. It is not uncommon to hear SD's debilitating nature forcing you to hate your voice. We believe it is not your voice you hate, it's the dislike of your true self, the fears, vulnerabilities and the inadequacies. It really hurts the Ego Brain, but what if you learned new tricks to turn this insecurity into your superpower! It will not only give you an energy you've not known but your voice improves with it. You literally become a new person and with a new identity!

8. New Identity

Your new identity is what you believe in. This belief is reinforced with your mindset shift and breathwork to grow confidence in your emotions and therefore your voice. Try simply breathing deeply and gently in through your nose and out through your mouth for 1 minute only, with your eyes closed, focussing just on the breath going in and flowing out. Feel its coolness then warmth. You should feel a little light headed for a few seconds after but then feel clearer in your mind and if you were feeling stressed, the stress tension will have reduced. Remember your voice is your Vagus nerve and your Vagus nerve is 90% emotionally driven.

Start doing things you would be scared to do normally, make sure you have completed your Breathwork for the day before doing this, for example; ordering a cup of coffee in a crowded coffee shop.

9. Limit your time on social media to 1 hour per day

Social media is without a doubt our major driver towards insecure thoughts and feelings, especially after getting off them. There is simply too much information/pictures/propaganda that is often not real but also highly geared towards negativity, fear and uncertainty. Learning to be free from social media more often throughout your day only helps you feel better emotionally. Even if your business involves social media, there are ways not to be a slave to it. Most importantly, do not allow your mind to feel insecure from being on it reading comments, viewing videos, pictures and posting up. One great tip is to breathe 3 times and focus on love when viewing pictures, videos and comments.

10. Positive People

Surround yourself with positive people who support you in your journey and reduce most of the negativity in your life by lovingly letting go of people who only make you feel down after being with them. This is a tricky one and you must be honest with yourself, but when you make that choice, the result is internally and externally wonderful for you and your voice.

Being part of a community group, a team of same minded people, all working towards a same goal has been shown scientifically to be wonderful for us when it comes to success, healing and joy. We help create this amazing family in our Facebook group: [@vocalfreedomprogram](#).

11. New Habits

Practising your new habits for your new identity without SD, helps your nervous system learn a new way of functioning. You literally feel the changes happening as your body produces more positive hormones. You feel better, your voice improves and you start to believe in your stronger self. The habits must therefore be easy to do, increase your confidence and be vocally enjoyable. The 'happy hormones' as we call it, the magical Dopamine! Flooding your stressed body with this hormone more frequently, by doing the habits, helps your body and mind 'feel good' which leads to you experiencing a happy voice. Your new habits then become your new autopilot.

12. Being Physically and Emotionally Fit

If you don't use it, you lose it. In this situation living with SD, if you keep doing your old habits that promote a negative outcome in your life emotionally and physically, it only grows a weaker body full of stress hormones. Basically, you are running on bad fuel, constantly poisoning your mind and nerves to feel stressed. With a new identity that practices new habits, you are refuelling your body by training a new message into your nerves. In doing so you are promoting positive hormones, muscle activity and organ functions. Emotionally you only grow stronger and more confident. This is your new voice.

All of this is taught in instructional video lessons in the Vocal Freedom Program guiding you back to full vocal health.

Testimonial by Gayle

"I was working as a voice over artist for many years narrating in a booth. I would read for many hours a day recording. Then I developed Spasmodic Dysphonia due to vocal fatigue and immense personal stress. I tried to keep pushing through, but I had to stop for 3 years and then I found out about Jim and the Vocal Freedom Program. I am now back working, recording and notice a huge difference in my voice because I am relaxed, settled and happy."

Gayle H

Testimonial by Rosemari

"I really need to tell you what a positive impact you and your program have had on my life. I've realised now I can switch my fearful obsessive thoughts off with a positive image. I can let things be what they are. I no longer feel the need to fix everyone and I'm taking really good care of myself. This is YOU and VFP. Your sincere caring and enthusiasm and simple step by step lessons on how to SHIFT my thinking has vastly improved the quality of my life as well as my husbands. I was never able to get out of my obsessive loop of worry and fear and had been functioning like this since childhood. I don't feel defined by my voice anymore. I feel happy, joyous and free and I'm finding more and more better days with my voice. I don't know if this is related but I haven't had a canker sore breakout since I started working with you in the Vocal Freedom Program. Doctors always did say it was stress related! How you were able to put a program together like this was a miracle."

Rosemari M

Join us today to get your voice back

Sign up for the free 7 day course today

<https://www.vocalfreedomprogram.com/pl/2147504173>

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