

CHANGING BELIEFS ABOUT VOICES

When I think about this belief about my voice:

I feel (Name the feeling in one word)	Strength of feeling (Where 100% means the feeling is as strong as possible)	Feelings in body (Do you notice anything in your body when you feel this way?)

It is important to notice these feelings and physical sensations, because they can unhelpfully act as evidence that the belief about our voice is true. So, if we feel intimidated and notice our heart racing, we might conclude that this is because our voice is very powerful. Yet, it is the belief that the voice is powerful that makes us feel intimidated, rather than the actual power of the voice. And as we have previously seen, this belief is just a best guess.