**EMOTIONS AND THE VOICE**

**2021 – 2022**

**KCA**

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| FALSE VOCAL FOLDS  | Feels like | Sounds like |
| Constricted | Anger, fear, overexcitement, stress, suppression of sadness, uncomfortable | Tensed, flirtation, swag, tough |
| Mid/Relaxed | Relaxed, naturally, at ease | Grounded, sincere, authentic |
| Open | Free, happy, joy, relief, sadness, cry from happiness (fi after giving birth, silent joke, burst of joy, relief after sadness | Sweet, therapeutic, child-like, happy, formal, pretty, musical, pleasant |
| TRUE VOCAL FOLDS  | Feels like | Sounds like |
| Thick | Conviction, comfortable, putting yourself out there |
| Thin | Sweet, caring, emotionally unstable, you might break down and cry, fragile, delicate |
| Stiff | Happy, overenthousiastic, fragile, plain (not a lot of emotion), sexy , softSexy, soft, fragile, plain |
| Slack |  | Seductive, swag |
| HEAD AND NECK | Feels like | Sounds like |
| Anchored | Strong, putting yourself out there | Intimidating, confident, grounded, f.i. David Lynx, present, believable |
| Relaxed | Relaxed, silently confident, grounded, approachable |
| Notes: | Hard one, this one gives away issues with power, control, fear… not so clear |
| LARYNX | Feels like | Sounds like |
| Low |  | Formal (news), soothing (Klara), dark, not pleasant, annoying, tiring, uninterested, distant, calm, therapeutic, grounded, safe, relaxing, comfortable, heavy, weighty |
| Mid |  |  |
| High |  | Irritating, without backbone, unstable, innocent, naughty, playful, teasing |
|  |  |  |
| AES | Feels like | Sounds like |
| Narrowed | Putting yourself out there | Clear, with authority, leading, catching attention, little intimidating, annoying |
| Wide |  | Calming, meditation voice, inoffensive, pleasant, effortless, boring |
| TORSO-ANCHORING | Feels like | Sounds like |
| On | Permission to make sound, open, free, hiding vulnerability, defensive | Confident, connected to body, down-to-earth, grounded, demanding, open, with authority, stable, defensive against vulnerability |
| Off | Comfortable | Non-demanding, asking |
|  |  |  |
| THYROID | Feels like | Sounds like |
| Vertical | Feels less like singing | Matter-of-fact, grounded, monotonous, not connected, fluent, natural, authentic |
| Tilted | Feels like legato | Sweet, chipper, beautiful, pleasant, floating |