



# talking voice

Active Voice Management and Communication Skills

<b>Vocal awareness</b>	<b>Never</b>	<b>Almost never</b>	<b>Sometimes</b>	<b>Almost always</b>	<b>Always</b>
My voice makes it hard for people to hear me					
I run out of breath when I talk					
The sound of my voice varies throughout the day					
People seem irritated with my voice					
I feel as though I have to strain to produce voice					
My voice difficulties restrict my personal and social life					
I am less out going because of my voice					
My voice feels dry and croaky					
My voice is worse in the evening					
I find it a strain to talk over background noise					
People ask me what is wrong with my voice					
I find others unsympathetic over my voice issues					
I am tense around others because of my voice					
I am asked to repeat myself					
I use a great deal of effort to speak					
I am embarrassed by my voice					
I feel as though I have a constant lump in my throat					
There is a delay in my speech					
I want to rest my voice					