

Romeo's Trans Masc Voice Training Guide

I've noticed that there aren't a lot of good detailed and comprehensive resources on ftm voice training out there. Most of the videos about it on youtube and tik tok are not very helpful or could even be harmful to your voice and many trans mascs are struggling due to the lack of information. I've also seen transmascs be told that voice training would be a waste of time and that they can't sound male without taking testosterone which is **not** true. Many trans mascs don't know that they can use mtf resources but do the opposite, many will probably never learn that. So today I'm going to be compiling a lot of info I learned from mtf resources and reversed to create a comprehensive resource for trans masc voice training.

This video gives a quick rundown of voice masculinization components. I'd recommend watching this as a good starting point.

<https://www.youtube.com/watch?v=0TYGM1UbUfw&list=PLhFgDA3gHmq-VHU4KAxv2ZncA1G1NNPGx&index=7>

Things not to do:

DON'T waste your time with the humming trick. This is a really common trick I see for ftm masculinization but it won't really get you anywhere as far as actually changing your voice for good. You can train your voice to sound deeper without having to hum every 10 minutes! Humming can be good as an exercise to loosen up tension in the neck but I wouldn't use it to pitch train.

DON'T waste time trying to find chest voice or belly voice. Feeling for vibrations in different parts of your body doesn't mean much.

DO NOT just try and lower your pitch and stay in that range even if it hurts or is uncomfortable. I seriously watched a video that recommended that. **DON'T** do that. It can damage your vocal cords. You have to work at pitch slowly over time and remember that other things such as resonance and closed quotient are more important than pitch. It's why characters like spongebob still sound obviously male despite high pitch

So What do I do? Good question.

https://www.reddit.com/r/transvoice/comments/d3clhe/ls_voice_training_guide_level_1_for_mtf/

I'm going to work off of L's guide for mtf but reverse a lot of the info and add some more info

1: Inspiration

find a recording of a male speaking voice that you'd like to be able to imitate, that can serve as an *inspiration* and a point of reference. It doesn't have to be the one perfect, ultimate voice - just find one or two examples that seem pleasant and relatable. Think of male actresses or characters with nice voices, or YouTubers or podcast hosts you enjoy. Try and pick a male voice with reasonable pitch. Then start listening to it, at least a little bit every day. This will help you internalize the sounds and speech patterns of the voice that you like. And be on the lookout for new voices - if you find one you like better, start listening to that one instead!

2: Resonance

Lowering your larynx and increasing your mouth space will increase resonance which is a big factor in having a male sounding voice. A common mistake is not being able to tell the difference between resonance and pitch. I thought it'd be a good idea to cover this sooner than later so the next sections will make more sense

Watch [this video](#) to hear a great demonstration of the difference between resonance and pitch and how to put them together- you want your voice to be in the lower left quadrant of the diagram

3: Increasing oral space

Increasing oral space is a great way to help you increase your resonance and have a darker voice. The difference may not be massive but it is noticeable. Let's go over some things you can do to increase oral space

1: relax and lower your tongue. Do not keep your tongue clenched and arched against the roof of your mouth or teeth except for when pronouncing certain words. This will increase mouth space. Important to note that trying to push the back of the tongue lower than it would normally rest is unnecessary and might be counterproductive by causing other muscles in your mouth to tighten and constrict. Just keep your tongue relaxed, do not try and force it to go lower than it's relaxed state.

2: learn to raise your soft palate. This video is a great resource for learning to find and control your soft palate <https://www.youtube.com/watch?v=phuaeXjWpSQ> raising your soft palate will increase space in your mouth which increases oral resonance.

3: Open your pharyngeal walls. The EE AH exercise is a great way to learn how to increase pharyngeal size and just mouth size in general. You can find it in this video starting at 6:16 <https://www.youtube.com/watch?v=0TYGM1UbUfw&list=PLhFgDA3gHmq-VHU4KAxv2ZncA1G1NNPGx&index=8>

4: Vocal tract lengthening

Next you want to start strengthening and learning to control the muscles that lower your *larynx* (or voice box). This is how you increase the *length of your vocal tract*, from your larynx to your lips, to come closer to the proportions of a typical male vocal tract. Building these muscles will take a while, so we'll start with this first.

watch this video and try the **small dog big dog** exercise at 5:03

<https://www.youtube.com/watch?v=0TYGM1UbUfw&list=PLhFgDA3gHmq-VHU4KAxv2ZncA1G1NNGPg&index=9> As the dog gets bigger you should feel your larynx drop lower. Then watch [this video](#) and try the *whisper siren* exercise but reverse the exercise. You want to smoothly slide from a small dog "ehh" to a big dog "uhh" as your larynx slides downward. Again, place a finger or two *lightly* on your throat to feel your larynx move up and down.

Your homework is to practice the whisper siren for a few minutes whenever you remember, throughout the day - say, whenever you go to the bathroom. It's almost silent, so you can do it anywhere and practice holding your muscles in place at the bottom (the low end of the siren, or the big dog) to build strength. Eventually, you want to learn to lower your larynx easily, without straining the muscles in your jaw and neck. As you get more comfortable with it, try to relax your neck a little bit more each time, until you can do it without tension.

5: Pitch

Keep doing the previous exercises every day, but when you're ready for something more, you can start working on your *pitch*, or how high or low your voice is. Pitch is just one of many elements, and not even the most important, but it's probably the most well-known difference between the average male and female voice.

The original guide says to download this Android app [Vocal Pitch Monitor](#) (or [Vocal Pitch Monitor](#) on iOS)

but I've tried that app and found this app to be more helpful

(android:

https://play.google.com/store/apps/details?id=com.DevExtras.VoiceTools&hl=en_US&gl=US)

(ios: <https://apps.apple.com/us/app/voice-tools/id1447495900>)

For the vocal pitch monitor app (**The first app**) you will have to do a little tweaking of the settings before you can start using it. Go into settings and change the scale to F major, and check the box to *display frequency in hz*. The **second app** will be ready to use without changing the settings. Start talking to see where your voice falls. Typical male speaking pitch is F2 to F3. You may be above that range or perhaps on the very top of the male pitch range. Try talking a bit lower. Make it a goal to consistently stay below a certain pitch until you've mastered it and can comfortably stay below it. Don't go too much lower than your comfortable pitch, especially if

you feel a lot of stress on your vocal cords! **Stop immediately if you feel pain or if your voice is getting hoarse.** Remember to drink water throughout practice and just throughout the day. Being dehydrated and voice training is not a good combination.

6: putting it together

Once you are comfortable with manipulating your larynx and your pitch, and you'd like an additional challenge, you can try doing them at the same time. That means, while you are trying to talk in the male pitch range, you also lower your larynx to increase your vocal tract length.

Your homework is to take your daily speaking practice, where you try to keep your pitch between F2 and F3, and spend at least half that time talking with your larynx lowered as well, for a deeper sound.

7: Closed quotient

Female voices often sound softer (**not to be confused with breathiness**) and male voices sound rougher. This is because male voices have a higher closed quotient. Closed quotient is the amount of time your vocal cords stay closed during a glottal cycle.

Now to better explain closed quotient and what you can do to increase it, I'm going to send you back to the video I linked in the beginning. At 2:55 the video starts talking about closed quotient, how to increase it, and the difference between closed/open quotient and breathiness.

<https://www.youtube.com/watch?v=0TYGM1UbUfw&list=PLhFgDA3gHmq-VHU4KAxv2ZncA1G1NNPGx&index=9>

Your homework is to practice increasing your closed quotient by doing quotient slides for a few minutes every day. Once you have mastered the quotient slide try talking with your higher closed quotient.

8: Intonation

All right. It's time to start imitating some voices!

Intonation is the rise and fall of pitch as you speak. Masculine voices tend to be very monotone, where the pitch changes very slightly and infrequently from word to word, and important words are spoken **louder** for emphasis. Oftentimes if pitch does change it gets **lower** rather than higher.

Your homework is to listen to a clip of a male voice and study their intonation or listen to the men in your life talking and study how their pitch changes when they talk. Then try to imitate their intonation.

9: Articulation

Ready to refine your resonance with another round of voice impressions?

vowel mods and consonant mods are the way we make these sounds brighter and darker. For a transmasculine voice you want to make your vowels and consonants darker.

What I will say about vowel mods is that you want to make sure you're not pronouncing your vowels in a very bright way like in the valley girl kind of way. What Valley girls do is they replace each vowel sound in their speech with a slightly brighter vowel. Their "oh" becomes "uh", their "uh" becomes "eh", their "eh" becomes "ih", their "ih" becomes "ee" if you notice that this is the way you pronounce your vowels, you want to try and reverse that. If you don't pronounce your vowels like a valley girl you are good and should move on to consonant mods.

This video gives a good example of masculine consonant mods starting at 7:16

<https://www.youtube.com/watch?v=0TYGM1UbUfw&list=PLhFgDA3gHmq-VHU4KAxv2ZncA1G1NPPGx&index=8>

Basically you want to learn to move your tongue in a way that makes consonants sound darker.

Consonants interrupt the flow of air from your lungs, by temporarily blocking your vocal tract with your lips, tongue, or soft palate. A heavier, more intense interruption will generally come across as more masculine, while a lighter, more subtle articulation will come across as more feminine. For example, if you explosively say "bah!" in disgust, it will sound more masculine. If you quickly say "bababababa" it will sound more feminine, especially if you tighten your lips together to minimize the movement. If you say "arr!" like a pirate, it will sound more masculine. If you stop your tongue halfway through saying that heavy "r" sound, it will sound more feminine, especially if you also raise the back of your tongue at the same time to shrink the space in your mouth. Watch [this video](#) to hear the difference between a masculine and feminine "r" and "s" sound. You want to learn to make your consonants more heavy and intense.

10: exploration and mastery

Congratulations. You have learned to manipulate every single element involved in vocal masculinization! Now for the fun part - you get to play around with all these knobs and dials on the control panel of your voice, and find the configuration that you like best. You get to *explore* the possibility space of your voice!

A great way to do this is with a **mantra phrase**. The idea is to say the same phrase over and over again while tweaking different aspects of your voice, so you can easily compare the sound without thinking about what you're going to say. Watch [this video](#) for an overview of the concept and some great example phrases that you can use yourself.

Your homework is to practice these mantra phrases or any other mantra phrases you like, to lock in your most masculine voice before your regular speaking practice every day, after warming up. You can also say them throughout your practice as a reminder, or even throughout your day! Try whispering them, too - not only so you can stealthily practice even with other people around, but so you can focus on the resonance, without worrying about pitch! Ideally you want to get in the habit of

whispering to yourself in different voices, whenever you can get away with it - this will really accelerate your progress.

Also, use these mantra phrases to experiment with different masculine voices, to see what you like - bringing the pitch higher or lower, adjusting your larynx and tongue position, using more or less closed quotient, different articulation, raising or lowering the soft palate, and playing with different patterns of intonation. The goal is not perfection, it's exploration! Then try practicing those voices while speaking for longer amounts of time - reading out loud or just saying whatever comes into your head. And whenever you get discouraged or frustrated, take a moment to *smile and breathe!*

11: performance

Eventually, there will come a time when you are pretty happy with your voice, and you want to be able to start using it in front of other people. It might not be perfect, but you feel compelled to tackle what may be the most challenging step of all: going from practice to *performance*.

There are two parts to this. One is learning to launch into your masculine voice whenever you choose, even when you haven't warmed up. And the other is getting over the performance anxiety of using your voice in front of other people - which is totally normal! You just have to take it one step at a time.

To start with, you want to train your brain to experience your masculine voice as the default, not the exception. One way to do this is by *bookending* your day with your voice, by practicing a few mantra phrases in your masculine voice immediately after waking up, before using your voice for anything else, and then again as the last thing you do before going to sleep. Whatever you practice just before sleeping will be given higher priority when your experiences are consolidated into long-term memory.

Then, take some time every day to practice *alternating* between your feminine starting voice and your masculine voice. Read a book out loud and switch voices on every paragraph, or read reddit comment threads and use one voice for the original poster and another for the replies.

To make it easier to shift into your masculine voice, you can start with a mantra phrase to help you lock in the sound. This is something you can even do in front of other people, if you whisper it or practice a *stealth mantra phrase*, like "ummm, let's see..." or "ummm, so..." You can use the "ummm" to find the pitch, sliding downward until you reach the right range, and then use the "let's see..." or "so..." to find your resonance. Sneaky!

Your homework is to practice these exercises every day, in addition to any of the previous exercises that you still find helpful. Then, you want to slowly start pushing your comfort zone when it comes to performing your voice in front of other people. Start by using your voice in front of people.

First, find a supportive friend or two, and tell them that you'd like their help in practicing your voice. If you don't feel comfortable asking anyone you know, you can try finding an anonymous friend on the [TransVoice Discord](#) or the [Scinguistics Discord](#). Tell them that you would like to be able to call them up and have a conversation in your masculine voice, without having to explain yourself, and without them commenting on whether your voice is good or bad. You just need them to listen and be patient with you.

Then, when you have warmed up by practicing your voice in private, start speaking using your masculine voice to people. Speaking to people you don't know personally may be easier in the

beginning. People like the cashier or fast food worker or delivery worker. Then you can work your way to using your masculine voice in front of friends.