

Voice Day – Reflective Journalling

These prompts are invitations, not assignments. You may choose one question at random and explore it deeply, or move through them slowly in sequence. There is no requirement to complete them all. Follow your nervous system rather than your ambition.

As you write, allow the process to be embodied. You may notice impulses to sigh, hum, rock gently, pause, or make sound. You are welcome to do so. Journalling is not purely cognitive; it is a somatic process. If emotion arises, slow down. Let the breath lengthen. There is no need to analyse — simply notice and record what is present.

Some participants may prefer to:

- Write continuously without editing
- Set a timer and write continuously in this time
- Hum or tone softly between entries
- Place a hand on the chest or lower belly while reflecting

There is no correct way to journal here. The aim is awareness, not performance.

My History With Being Heard

- When I was a child, what happened when I spoke up?
 - Was I listened to, interrupted, corrected, encouraged or ignored?
 - What did I learn about using my voice?
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My Adaptations

- Did I learn to speak more to be heard?
 - Did I learn to stay quiet to stay safe?
 - Do I fill silence or avoid it?
 - What am I protecting when I do that?
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My Inner Voice

- What is the tone of my self-talk?
 - Is it kind, critical, hurried, doubtful, steady?
 - Whose voice does it resemble?
 - If my inner voice softened by 10%, what would that sound like?
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Listening

- How do I feel when someone truly listens to me?
 - How often do I truly listen to myself?
 - What sensations arise in my body when I feel heard?
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Permission

- What am I afraid might happen if I let my authentic voice be heard?
- What becomes possible if I trust it?

- One sentence my voice deserves to hear is...
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Unspoken Words

Complete the following privately:

Things I was never allowed to say...

Things I am allowed to say now...