

FINDING YOUR VOICE

A FREE INSIGHT MINI GUIDE



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Insight Therapy and Consulting

An Insight
Framework

Insight Mini Guide Series

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THE INSIGHT

Your voice is more than the words you speak. It's your ability to know what you think, feel, and need, and to express those things honestly in your relationships. It's the courage to say no when you mean no, to ask for what you want, to disagree without apologizing, to take up space without permission. For many women, that voice has been silenced, gradually and systematically, over years of being told that being agreeable was safer than being honest.

Finding your voice is not just about learning to speak up. It's about reconnecting with the internal signal that tells you what you actually think and feel in the first place. You can't express yourself if you don't know what's inside you. Many women have been ignoring their internal cues for so long that the signal has gone quiet. They've outsourced their opinions, their preferences, their needs to the people around them. Finding your voice means turning the volume back up on your own internal world, slowly and with patience for the static.

Your voice may sound different depending on the context. It may be strong and clear in some relationships and barely a whisper in others. That's normal. The goal is not to be the same person in every room. The goal is to have access to your voice when you need it, and to trust that what you have to say matters.

THE ACTION

One Thing You Can Try Today

Identify one situation today where you would normally stay quiet. A meeting, a conversation, a decision about dinner, a moment with your partner. Ask yourself: "What do I actually think or want right now?" Then say it out loud. Even if your voice shakes. Even if it comes out awkwardly. Even if you apologize afterward.

The goal is not eloquence. The goal is practice. Every time you speak your truth, you strengthen the muscle. Every time you stay silent, the muscle atrophies further. One honest sentence today is a victory.



THE REFLECTION

Want to Go More In-Depth?

Finding your voice is central to the Good Girl Contract Workbook, which addresses the Conflict Avoidance Clause and the gradual silencing of women's voices. The Self-Abandonment Set-Up Workbook identifies voice loss as one of the first things traded away and voice recovery as a key part of reclamation. You can also take the free Pattern Quiz to discover which pattern is running your life right now.

The Good Girl Contract Workbook is available for purchase here: **Good Girl Contract Workbook**. The other workbooks are under construction and will be available for purchase shortly.

You can also take the **free Pattern Recognition Quiz** here, to discover which pattern is running in your life right now.

I offer virtual therapy across Ontario for women who are ready to understand their patterns and build lives that feel authentic and sustainable. If that's you, I'd love to hear from you. Book a session with me and/or ask a question here: **Insight Therapy and Consulting**.

Let's talk about it.

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