

Speak with Confidence: How to Use Your Diaphragm

Why Your Voice Matters

Confidence is not only about what you say — it's also about **how your voice sounds**.

If your voice is weak or shaky, people may think you're unsure.

But when your voice is steady and full, people listen.

The secret? Speaking from your **diaphragm**, not your throat.

What Is the Diaphragm?

The diaphragm is a muscle just below your lungs.

When you breathe with your diaphragm, your stomach moves out as you take air in.

This gives you **more air and control** when speaking.

👉 Try it:

- Put your hand on your stomach.
 - Breathe in slowly.
 - Your stomach should move out, not your shoulders.
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Throat Voice vs. Diaphragm Voice

Say this sentence two times:

1. **Throat voice (weak)** → “My name is [your name].”
 - Notice the sound is higher and thinner.
2. **Diaphragm voice (strong)** → “My name is [your name].”
 - Notice the sound is deeper, fuller, and feels like it comes from your chest.

🎯 When you speak from your diaphragm, your voice carries more confidence.

Exercise 1: Breathing for Confidence

1. Put your hand on your stomach.
2. Take a deep breath so your stomach moves out.

3. Say slowly:
 “I can speak with confidence.”
4. Feel the vibration in your chest, not your throat.

Repeat this 3 times.

Exercise 2: Power Sentences with Breath

Now let's combine diaphragm breathing with useful confidence sentences.

Breathe in deeply → Speak slowly and clearly:

1. “I have something important to share.”
2. “That’s a great point.”
3. “Here’s what I think.”
4. “I can speak clearly and confidently.”

💡 Tip: Always pause to breathe **before** you speak. It makes your voice calm and steady.

Everyday Practice

- **Warm-up:** Take 5 deep breaths before speaking in English.
 - **Record yourself:** Say your name with throat voice, then with diaphragm voice. Listen to the difference.
 - **Daily habit:** Use one power sentence every day in a real conversation.
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Key Takeaway

Speaking with confidence comes from two things:

1. The **sentences** you choose.
2. The **way you project your voice** with your diaphragm.

Say it one last time with me:

“I can speak with confidence, and people want to hear me.”

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