

REFLECTING WITHOUT WRITING

Voice Notes and Audio Reflection

Let your thoughts find a voice

A practical guide with no written answers required.

START HERE

A way to reflect that fits you

A voice note can hold a thought without asking you to organise it on a page. You can talk for a few seconds, pause, repeat yourself or leave the recording unfinished. Listening back is optional.

What this approach can offer

Audio reflection may help when speaking feels easier than typing, when you want to capture a thought before it slips away, or when you need to hear your own words from a little distance. You do not need polished speech or a complete story.

Set it up gently

Choose a device or recording method you already know how to use. Check whether the space is private enough for you. Decide in advance if you want to save, replay or delete the recording. A voice note can be temporary; it does not have to become a diary.

When it may be useful

Audio can help capture a thought while it is fresh, especially if typing feels slow or organising a paragraph feels difficult. You choose whether it stays private, is shared or is deleted.

A few reminders

- There is no right answer or correct way to take part.
- You can use a word, gesture, choice, image, AAC, pause or silence.
- You can skip, change or stop the activity at any point.

You are the person who decides what your response means.

TRY IT

A short guided practice

Move through these steps at your own pace. You can do one step and stop, or ask someone you trust to read each step aloud.

1. Choose a small focus

Think of one moment, feeling, preference or decision from today. Keep the focus small enough to approach without explaining everything.

2. Try the method

- Step 1. Pick one small focus: a moment, a feeling, a choice or something you need.
- Step 2. Start with a simple opening: "Right now I notice...", "The part I keep thinking about is...", or "I do not know yet, but..."
- Step 3. Speak for a short time, then pause. You can stop after one sentence or continue if it helps. Silence and unfinished thoughts are welcome.
- Step 4. If you choose to replay it, listen for one phrase that feels important. You do not have to analyse your voice, tone or grammar.
- Step 5. Decide what happens to the recording: keep it, rename it, share it with someone you trust, or delete it.

3. Let a question guide you

- What would I say if nobody needed me to explain it perfectly?
- Which phrase sounds most like what I need?
- Would replaying or deleting this feel better?

A short example

Imagine weighing an extra commitment. You record, "I want to help, and I feel stretched. I need to know what would have to move if I said yes." You hear that capacity, rather than willingness, is the question.

4. Choose how to finish

Notice whether you want to continue, pause, ask for support, take one practical step or leave the reflection unfinished. No written record is needed.

MAKE IT YOURS

Adapt the activity to your needs

The method should fit the person, not the other way around. Keep what helps and change anything that adds pressure.

Ways to adapt

- Use speech-to-text if seeing the words helps, or turn the screen away if it distracts you.
- Record one-word clips, use a timer, or speak while looking away from the device.
- If recording is not comfortable, speak into a switched-off phone, talk to a trusted person, hum a tune that matches the mood, or use another method in this series.

Keep it workable

Try an audio postcard: one sentence about what mattered, one about what you need, and one about what can wait. Use a timer if helpful. If replaying feels uncomfortable, do not listen back; speaking may be enough.

When to pause

Voice recordings can contain private information. Consider device privacy and storage settings, and only share a clip if you choose. You can stop if hearing your voice feels uncomfortable.

Take something with you

You are allowed to keep no record at all. The value is in the moment of noticing, not in saving evidence of it.

A gentle reminder

Reflection can be spoken, shown, felt, chosen, moved through or shared. You do not have to turn an experience into writing for it to matter.

For more support, you can speak with someone you trust or a qualified professional. Space to Breathe Therapy can be contacted to ask whether its support may be right for you.