

Vocal Challenge Bingo

For people living with a vocal disorder, these are common comments or situations that they experience over and over again. This card is not meant to make light of it, but rather to raise awareness and build sensitivity around assumptions made about a person's voice. *Kindness, patience, and empathy can make all the difference.*

"WHAT IS WRONG WITH YOUR VOICE?"	"DO YOU STILL HAVE THAT VOICE THING?"	HAVING SOMEONE FINISH YOUR SENTENCE	"IT'S OK, YOU DON'T HAVE TO TALK."	"HOW LONG HAVE YOU HAD THAT COLD?"
"MAYBE IT WOULD BE EASIER IF YOU JUST WRITE IT DOWN?"	"I DON'T WANT TO CATCH WHAT YOU HAVE."	GETTING THE WRONG ORDER FROM THE DRIVE THRU	"SOUNDS LIKE WE HAVE A BAD PHONE CONNECTION."	"LET'S PICK ANOTHER TIME TO TALK WHEN YOU FEEL BETTER."
"YOUR VOICE SOUNDS GOOD TODAY."	"ARE YOU GOING TO CRY?"	<i>Free</i>	"IT SOUNDS LIKE IT HURTS."	"I CAN'T UNDERSTAND A WORD YOU ARE SAYING."
"I DON'T UNDERSTAND WHY YOU WON'T TALK ON THE PHONE?"	"SPEAK UP. BE MORE CONFIDENT WHEN YOU TALK."	CHANGE IN LISTENER'S EXPRESSION WHEN YOU START TALKING	"I WISH PEOPLE WHO WERE SICK WOULD STAY HOME."	"YOUR VOICE WOULD GET BETTER IF YOU WOULD JUST..."
"YOU SOUND AWFUL."	"JUST RELAX. IT IS ALL IN YOUR HEAD."	BEING EXCLUDED FROM A CONVERSATION	"CAN YOU REPEAT THAT?"	"WHY ARE YOU SO NERVOUS?"

The National Spasmodic Dysphonia Association is dedicated to improving the lives of people with spasmodic dysphonia and related voice conditions through research, education, awareness, and support.