

Exercise 1: The words before the rise

I'm in the /office until around \five.

I'm in the

He's at a /restaurant having his \dinner.

He's at a

It's been the /opportunity of a \lifetime.

It's been the

There's an /apartment available in \June.

There's an a

There can be /no changes once it's \dry.

There can be

Exercise 2: The rise

I'm in the /office until around \five.

I'm in the /off

He's at a /restaurant having his \dinner.

He's at a /res

It's been the /opportunity of a \lifetime.

It's been the /op

There's an /apartment available in \June.

There's an /apart

There can be /no changes once it's \dry.

There can be /no

Exercise 3: The gradual descent (the slope)

I'm in the /office until around

He's at a /restaurant having his

It's been the /opportunity of a

There's an /apartment available in

There can be /no changes once it's

Exercise 4: The fall

I'm in the /office until around \five.

He's at a /restaurant having his \dinner.

It's been the /opportunity of a \lifetime.

There's an /apartment available in \June.

There can be /no changes once it's \dry.

Exercise 5: Putting it all together

For all five sentences, use the exact same pitch pattern. That is, make the sentences sound identical intonationally.

I'm in the /office until around \five.

He's at a /restaurant having his \dinner.

It's been the /oppportunity of a \lifetime.

There's an /apartment available in \June.

There can be /no changes once it's \dry.

Exercise 6: Putting it all together with longer sentences

I've added words to the slope, so your pitch will have to descend more slowly. This requires control.

I'm in the /office today until around \five.

He's at a /restaurant having dinner with his \family.

It's been the /oppportunity that I've always \wanted.

There's an /apartment available around \September.

There can be /no changes once the paint has become \dry.

Do these exercises daily until this common pitch pattern is easy for you and is a part of your long term memory--like riding a bike.