StreamGearLab

Echo Fix Checklist

Record 30 seconds in OBS, listen back, then match what you hear.

Step 1: Diagnose (30-second test recording)

What you hear	Cause	Fix
Your voice twice, slightly delayed	Mic on "Monitor and Output", monitoring to the speakers Desktop Audio captures	Monitor Off (Step 2)
Game or friends repeated / hollow	Speakers bleeding into your mic	Headphones (Step 3)
Friends hear themselves	Your mic sends your speakers back into Discord	Headphones, Discord echo cancellation
Everything doubled	Same audio captured twice	Remove the duplicate source

Step 2: Fix the OBS monitoring loop

- [ ] Edit → Advanced Audio Properties → mic → Audio Monitoring: **Monitor Off**.
- [ ] Check every other source for "Monitor and Output".
- [ ] Need monitoring? Settings → Audio → Advanced → Monitoring Device = a device Desktop Audio doesn't capture.

Step 3: Break the speaker loop

- [ ] Wear headphones (closed-back leak the least).
- [ ] No headphones? Speakers down, pointed away from the mic. Mic closer to your mouth.
- [ ] Discord: User Settings → Voice & Video → Echo Cancellation + Noise Suppression.
- [ ] OBS: Noise Suppression or Noise Gate filter on the mic (helps with quiet bleed only).

Still echoing?

- [ ] Windows: Sound settings → Recording → mic → Properties → Listen → untick "Listen to this device".
- [ ] Desktop Audio plus Application Audio Capture of the same app? Mute one.
- [ ] Phone or second device playing your stream in the room? Mute it.

> **You can't hear a doubled voice yourself.** Always check with a local recording.