

**Activating event**

What does my voice say?



**Beliefs and thoughts about the activating event**

For each statement delete as appropriate:

I believe my voice is very powerful / quite powerful /  
a bit powerful / not at all powerful.

I believe my voice controls me completely / quite a  
lot / a bit / not at all.



**Consequences of A & B**

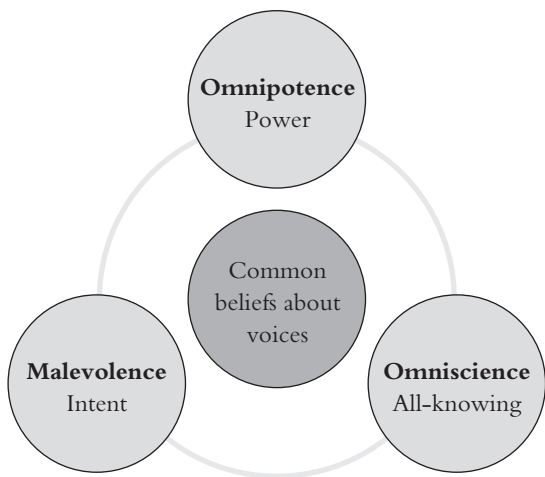
How does my voice make me feel and behave?

Feelings:

Behaviours:

After completing these exercises, you may have noticed that you have some negative beliefs related to voices. You might find it helpful to take the time to think about the beliefs you have and decide which one you would like to work on.

If you are finding it difficult to choose, it might help to remind yourself of the most common types of negative beliefs that people can have about their voices . . .



**The belief about my voices that I want to work on is that . . .**

‘I believe my voice is \_\_\_\_\_’

| <b>I feel...</b><br>Name the feeling in<br>one word | <b>Strength of feeling (%)</b><br>Where a hundred per cent<br>means the feeling is as<br>strong as possible | <b>Bodily sensations</b><br>Do you notice anything in<br>your body when you feel<br>this way? |
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**How certain are you that this belief about your voice is true?**

‘Right *now* I believe this belief about my voices is true with about \_\_\_\_\_ % certainty.’

What impact does this belief about your voice have on you? You can use the information that you put into the ABC model to fill this in.