

## Top tip

Voices might try to influence your answers to the questionnaire below, so try your best to separate what they think from what you believe. It is important to identify what *you* believe about your voices, not what voices want you to think or believe.

		Dis-agree	Unsure	Slightly agree	Strongly agree
1	My voice is very powerful	0	1	2	3
2	My voice seems to know everything about me	0	1	2	3
3	My voice makes me do things I really don't want to do	0	1	2	3
4	I cannot control my voice	0	1	2	3

<b>5</b>	My voice will harm or kill me if I disobey or resist it	0	1	2	3
<b>6</b>	My voice rules my life	0	1	2	3

The rating of my belief about my voice's power and control is \_\_\_\_ /18

		<b>Dis-agree</b>	<b>Unsure</b>	<b>Slightly agree</b>	<b>Strongly agree</b>
<b>1</b>	My voice is punishing me for something I have done	0	1	2	3
<b>2</b>	My voice is persecuting me for no good reason	0	1	2	3
<b>3</b>	My voice is evil	0	1	2	3
<b>4</b>	My voice wants to do harm	0	1	2	3
<b>5</b>	My voice wants me to do bad things	0	1	2	3
<b>6</b>	My voice is trying to corrupt or destroy me	0	1	2	3

The rating of my belief about my voice's harmful intentions is \_\_\_\_ /18