

*Top tip*

Here are some examples of coping strategies that people were using, but were making voices worse in the long term:

1. Becoming angry and arguing with voices.
2. Trying to ignore them rather than accepting and coping with them.
3. Drinking excessive amounts of alcohol.
4. Taking illegal drugs.

*Q & A*

You may find it useful to use the questions below to help you think about your current coping strategies. You can tell a coping strategy is working if it makes you feel more able to cope with voices and give you a greater sense of control.

**How** do you respond to voices when they start talking (e.g. distracting, ignoring, talking back, relaxing)?

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**When** do you use the coping strategies (e.g. times, places, situations)?

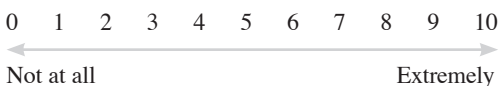
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How **helpful** are these coping strategies?



Do any of these coping strategies make voices worse (e.g. shouting back can sometimes lead to voices getting louder) or make you feel worse?

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Do any of these coping strategies help in the short term, but make things worse in the longer term?

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Is there a coping strategy that you could use more often/differently? What will you do and when?

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When you've tried your coping strategy, check how effective it was:

- It may not have solved the problem but did it help just a little?