OVERCOMING DISTRESSING VOICES

ABC Model referred to on p. 61

	A: Activating Event		
	Voice(s) says		
	+		
B: Beliefs and Thoughts about Activating Event (A)			
Beliefs and thoughts about voices:			
Voices are			
Voices are			
Beliefs about myself, other people and the world:			
lam			
Others are			
	The world is		
	→		
	C: Consequences of A + B		
Feelings How I feel i		Behaviours What I do is:	
	Bodily Sensations What happens in my body is:	A A	