

OVERCOMING DISTRESSING VOICES

- Can you tweak your current coping strategies to increase the benefit you get from them?
- Try some different coping strategies in order to find additional strategies that work for you.
- Keep a record of your different ways of trying to cope and keep monitoring their effectiveness.

Coping worksheet

- What are the **times of day** when distressing voices are active, or feel more distressing?

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- What are the **places** where distressing voices are active, or feel more distressing?

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- What **feelings** are around before distressing voices start talking?

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- Is there anything else you can think of, including things you do, or particular smells or sounds, that can trigger the distressing voices?

COPING WITH VOICES

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- 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 they work better (i.e. leave you feeling better) at particular times?

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- 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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OVERCOMING DISTRESSING VOICES

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

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- Okay – now is the time to select one new approach to coping with voices – either tweaking something that you do either before or after voices start talking. What are you going to do differently?

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- When are you going to do it?

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- When you've tried it, check how effective it was:
 - It may not have solved the problem but did it help just a little?
 - Could you have done it differently?
 - Is it worth using it again? Or trying something different?

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