

RELATIONSHIPS WITH VOICES AND OTHER PEOPLE

Figure 10: Rating the power of your voice (Items taken from the Voice and You questionnaire, Hayward et al., 2008)

	Nearly always true (score 3)	Quite often true (score 2)	Some- times true (score 1)	Rarely true (score 0)
My voice tries to get the better of me				
My voice makes me feel useless				
My voice tries to make me out to be stupid				
My voice wants things done his/ her way				
My voice makes hurtful remarks to me				
My voice constantly reminds me of my failings				
My voice does not give me credit for the good things I do				

The power rating for my voice is ___ / 21