

OVERCOMING DISTRESSING VOICES

Figure 11: Rating the closeness 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 finds it hard to allow me to have time away from him/her				
My voice dislikes spending time on his/her own				
My voice tries to accompany me when I go out				
My voice dislikes it when I exclude him/her by showing an interest in other people				
My voice does not let me have time to myself				

The closeness rating for my voice is \_\_\_\_ / 15