

CHANGING BELIEFS ABOUT VOICES

control. Did your answers give you some clues about your beliefs about the power and control of your voice? Try going back to Figure 16 and review the answers you gave in the B section. Were your responses accurate or, upon reflection, do they need revising?

Figure 18: Rating beliefs about the harmful intentions of my voice

(Items taken from the Beliefs About Voices questionnaire – revised [BAVQ-R], Chadwick et al., 2000)

	Disagree (score 0)	Unsure (score 1)	Slightly agree (score 2)	Strongly agree (score 3)
My voice is punishing me for something I have done				
My voice is persecuting me for no good reason				
My voice is evil				
My voice wants to harm me				
My voice wants me to do bad things				
My voice is trying to corrupt or destroy me				

The rating of my belief about my voice’s harmful intentions is /18