

CHANGING OUR RELATIONSHIP WITH VOICES AND OTHERS

Figure 21: How I respond to my voice

| My voice says . . . | I feel . . . angry, guilty, sad, upset, frightened | I say . . . nothing, go away, swear, demand 'What do you want?' | I act by . . . listening to music, going to sleep, getting drunk |
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How did you get on? Did you notice any patterns in how you respond to the voice? Did you notice if your responses were aggressive (fighting back) or passive (giving up or trying to escape)? Both of these ways of responding are understandable, but they are unlikely to change your relationship with the voice in the long term. One way to change the relationship is to talk back in a more assertive way (this is not the same as being aggressive). By assertive,