

CHANGING OUR RELATIONSHIP WITH VOICES AND OTHERS

assertive way? If yes, how did the voice respond? Voices often respond quite aggressively to assertiveness as they don't like you standing up for yourself. The voice may also have tried to manipulate you by playing on your weaknesses and trying to undermine your confidence. And how did the conversation make you feel? Remember, relating is a two-way process, so the response of the voice to your assertiveness would have generated feelings and behaviours in you. Use Figure 22 below to describe and review the conversation that you had.

Figure 22: Reviewing my assertive response to my voice

My voice says . . .	My assertive response was . . .	My voice responded by . . .	This conversation made me feel . . .

Maybe you were not able to talk to the voice in an assertive way. Some of your beliefs about the voice (from Chapter 1) and yourself (from Chapter 2) may have taken away your