

OVERCOMING DISTRESSING VOICES

Step 5: Relationships with other people

In Chapter 3 we learnt that distressing relationships with voices often go hand in hand with distressing relationships with family and friends. Return to Figure 20 in Step 1 and find the names of people that you struggle to get along with. Being assertive with these people and developing balanced relationships with them is really important, and is likely to affect both your relationships with your voices and your views of yourself.

Take the name of someone from Figure 20 and use Figure 23 below (taken from Step 2) to identify a negative comment that they often make – and your usual response.

Figure 23: How I respond to other people

The other person says . . .	I feel . . . angry, guilty, sad, upset, frightened	I say . . . nothing, go away, swear, ask 'What do you want?'	I act by . . . listening to music, going to sleep, getting drunk