

OVERCOMING DISTRESSING VOICES

chosen voice and see what scope there is for you to be more assertive. We can do this by re-examining your responses to what your voice says, and trying to change this response into one that is more respectful to both yourself and the voice. Use the things that you previously wrote in Figure 21 to complete the first two columns of Table 3 below.

How would you describe your typical response to your voices – aggressive or passive? A lot of people will respond in both ways – sometimes passively and sometimes aggressively. Now use the third column to label your response as either aggressive, assertive or passive.

If you rated your response as aggressive, you may have been using ‘I’ statements that left little room for the views of the voice, e.g. ‘I must . . .’ You may also have been expressing your views as facts that cannot be disputed, e.g. ‘What is going to happen is . . .’

Table 3: Responding assertively to my voice

My voice says . . .	I respond by . . . (feelings, actions, what I say)	Is my response passive, aggressive or assertive?	An assertive response would be . . .