

OVERCOMING DISTRESSING VOICES

note of the physical sensations that you notice in response to the belief and how strong these sensations are. If you notice a range of different feelings or sensations you can use a separate row to write about each one.

When I think about this negative core belief:

I feel (Name the feeling in one word)	Strength of feeling (%) (Where 100% means the feeling is as strong as possible)	Feelings in body (Do you notice anything in your body when you feel this way?)