

OVERCOMING DISTRESSING VOICES

Step 4: Putting our alternative belief into practice

Have another look at the alternative belief you have identified. What would you be *doing* differently if you believed it was true with a little more certainty?

Use the space below to write down the kinds of things you might be doing differently if you really believed your new, alternative belief was true. What would you be doing that you are not doing now?

Alternative belief: 'I am
.....'

If I believed this was true with 100 per cent certainty I would be:

1.
2.
3.
4.
5.

Step 4 is about starting to act *as if* your new, alternative belief is true, even when you don't believe it is true. This might seem like an odd thing to do. We might think we have to wait until we believe it is true before changing our behaviour. The problem with this is that often we behave in ways that fit with our negative core beliefs. What might