

CHANGING OUR RELATIONSHIP WITH VOICES AND OTHERS

to know it as well as you can. This will involve thinking about the give and take within this relationship: how do you relate to your voice, and how does the voice relate to you? The obvious place to start is by focusing on the things that the voice says to you. Voices are often quite predictable and repetitive in what they say. Try using the following questions to remind you of what your voice says.

Exercise 1

Does your voice:

- Criticise you? If yes, write down what it says:
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- Call you names? If yes, write down what it says:
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- Tell you what to do? If yes, write down what it says:
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