

COPING WITH VOICES

<p>What are the times of day when distressing voices are active, or feel more distressing?</p>	
<p>What are the places where distressing voices are active, or feel more distressing?</p>	
<p>What feelings are around before distressing voices start talking?</p>	
<p>Is there anything else you can think of, including things you do, or particular smells or sounds that can trigger the distressing voices?</p>	