The Voice And You (VAY) referred to on p. 73

A PERSON’S ASSESSMENT OF THE RELATIONSHIP THEY HAVE WITH THEIR PREDOMINENT VOICE

PLEASE READ THIS BEFORE YOU START

The statements listed here are the sorts of feelings and attitudes which people sometimes have about or towards the voices they hear. Please read each statement carefully and indicate, by ticking the appropriate column, the extent to which you think it applies to you in relation to your predominant voice.

Try to be completely frank and honest about yourself. Avoid answering the way you would like to be or the way you would like others to think of you, rather than the way you really are.

Try as far as possible to place your ticks in the ‘Nearly always true’ and ‘Rarely true’ columns. The two middle columns are really for if you cannot make up your mind.

<table>
<thead>
<tr>
<th></th>
<th>Nearly always true</th>
<th>Quite often true</th>
<th>Sometimes true</th>
<th>Rarely true</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. My voice wants things done his/her way</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. My voice helps me make up my mind</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## OVERCOMING DISTRESSING VOICES

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>3. I prefer to keep my voice at a safe distance</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. My voice makes hurtful remarks to me</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. My voice does not let me have time to myself</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. I have a tendency to look up to my voice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. When my voice gets too close to me, it makes me feel uneasy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. My voice constantly reminds me of my failings</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. My voice dislikes it when I exclude him/her by showing an interest in other people</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. I allow my voice to take control of me</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. I feel I have little to offer my voice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td></td>
</tr>
<tr>
<td>12. It is easy for my voice to change my mind</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13. My voice does not give me credit for the good things I do</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14. My voice tries to accompany me when I go out</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15. I feel deserted when my voice is not around</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16. I try to hide my feelings from my voice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17. My voice tries to get the better of me</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18. My voice dislikes spending time on his/her own</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19. My voice’s judgment is better than mine</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20. I do not like to get too involved with my voice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td></td>
</tr>
<tr>
<td>21. My voice makes me feel useless</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22. I need to have my voice around me a great deal</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23. I don’t like my voice to know what I am thinking</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24. I have difficulty letting go of my voice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25. My voice tries to make me out to be stupid</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26. My voice finds it hard to allow me to have time away from him/her</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27. I have a great need to talk to my voice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28. I don’t wish to spend much time listening to my voice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
APPENDIX

Voice And You (Vay)

Items by scale

Voice dominance
  1) My voice wants things done his/her way
  4) My voice makes hurtful remarks to me
  8) My voice constantly reminds me of my failings
  13) My voice does not give me credit for the good things I do
  17) My voice tries to get the better of me
  21) My voice makes me feel useless
  25) My voice tries to make me out to be stupid

Voice intrusiveness
  5) My voice does not let me have time to myself
  9) My voice dislikes it when I exclude him/her by showing an interest in other people
  14) My voice tries to accompany me when I go out
  18) My voice dislikes spending time on his/her own
  26) My voice finds it hard to allow me to have time away from him/her

Hearer dependence
  2) My voice helps me make up my mind
OVERCOMING DISTRESSING VOICES

6) I have a tendency to look up to my voice
10) I allow my voice to take control of me
12) It is easy for my voice to change my mind
15) I feel deserted when my voice is not around
19) My voice’s judgement is better than mine
22) I need to have my voice around me a great deal
24) I have difficulty letting go of my voice
27) I have a great need to talk to my voice

Hearer distance
3) I prefer to keep my voice at a safe distance
7) When my voice gets too close to me, it makes me feel uneasy
11) I feel I have little to offer my voice
16) I try to hide my feelings from my voice
20) I do not like to get too involved with my voice
23) I don’t like my voice to know what I am thinking
28) I don’t wish to spend much time listening to my voice
APPENDIX

Voice And You (VAY)

Scoring guidelines

Scoring

Responses are scored as follows:

- Nearly always true  = 3
- Quite often true    = 2
- Sometimes true     = 1
- Rarely true        = 0

Creating a possible maximum score for each scale of:

- Voice dominance    = 21
- Voice intrusiveness = 15
- Hearer dependence  = 27
- Hearer distance    = 21