



FURTHER STRATEGIES FOR COPING WITH DISTRESSING VOICES

Focusing techniques

- Accepting that voices are not 'the' problem, they are a consequence of the problem. Your job is to find out more.
- Identify your voices (age, gender etc.)
- Learn about boundaries to apply to your voices (i.e. Make a deal with your voices 'be quiet now and I'll listen later')
- Voice dialogue – let a trusted family member, friend or mental health worker talk directly to the voice.
- Listen out for positive voices too – they can be allies
- Tell negative voices that you will only talk to them if they are respectful towards you.

Positive emotional techniques

- Go for a picnic
- Make a list of good things that others have said about you
- Make an emergency comfort bundle of goodies
- Watch films - comedy or inspirational

Points to enable me to look after myself

- Do something nice for 'me' each day
- Eat a healthy diet
- Plan your day, ensure you don't have long periods with nothing to do
- Keep regular appointments with your support network even if you're feeling OK

Emotional focusing

- Discuss your feelings with another person
- Paint/draw emotions
- List emotional triggers
- Write a diary
- Write poetry regarding your feelings

Things that may help you cope

- Acupuncture
- Avoiding street drugs
- Going to Hearing Voices Group
- Humour
- Talking (to a trusted person)
- Keeping physically active

What may NOT help

- Being over-medicated
- Being told not to talk about voices
- Labeling
- Lack of sleep
- Other people denying the existence of the voices
- Professionals “thinking” they know more than you do
- Being socially isolated

Things that may help in a crisis

- Ask for help sooner than later
- Cry
- Find a safe place
- Kick boxes around outside
- Let people know where and how you are
- Hand in medication/blades etc

Comforting and relaxation techniques

- Listen to guided meditation on tapes
- Swimming/floating
- Focus on breathing deeply
- Hug someone
- Put lights/radio on
- Go to your safe place
- Sing your favourite song

General ideas

- Positive self talk
- Self forgiveness (find yourself innocent)
- Talk to the voices, see how they feel.
- Wear one earplug.