

## Coping Strategies for Voices

Many voice-hearers have successfully increased their abilities and strengths in coping with voices.

The following list shows examples of some practical strategies that voice-hearers have found helpful. You may find it helpful to try out some of these practical strategies in finding out which ones work for you. It is better to have several strategies that you can use rather than relying on just one or two.

- Distracting company or conversation e.g. talking to other people
- Talking inwardly to yourself
- Distracting activity
- Going out
- Taking a brisk walk
- Reading
- Humming
- Whistling
- Personal stereo
- Listening to music / radio
- Television (*remember that this does not help everyone*)
- Getting involved in a distracting game e.g. play-station / board game
- Pretending to use a mobile phone to talk back to the voices (*this might be useful in a public place*)
- Reasoning with the voices e.g. asking the voice for evidence for and against it's claims, especially when it is accusing
- Telling the voice it lies and talks nonsense
- Dismissing the voices e.g. telling it to go away / to stop
- Asking the voices to come back later
- Ignoring the voice
- Questioning & challenging your thoughts and views about the voices
- Taking extra medication, if required (*discuss this with your doctor or healthcare professional first*)

This is not intended as an exhaustive list of possible practical coping strategies. You may be able to add helpful strategies of your own – *use the space below to list other ideas.*

You may also find it useful to monitor how helpful each strategy is by keeping a simple diary. Remember that, depending on the situation, you may need to use different strategies. They will become more helpful with practice.