

### **Monitoring Voices: *using a voices diary***

Using a voices diary may be helpful in working out the times of day or situations when the voices tend to occur more frequently or intensely. It may also help with working out which practical strategies are most useful in managing the voices when they occur.

It's also possible to look back through a written diary to see the progress that results from trying out different practical strategies aimed at managing voices.

An example of a voices diary is shown on the following page.

**Managing Voices Diary**

| <b>Date / Time</b> | <b>Situation / Activity</b><br><br>Where were you?<br>Who were you with? | <b>How many voices did you hear?</b> | <b>About the Voices</b><br><br>What did the voices say?<br><br>How much did you believe the voices?<br><i>(Rate this: 0 – 100)</i> | <b>Feelings</b><br><br>How were you feeling at the time?<br>How intense was this feeling? <i>(Rate this: 0 – 100)</i> | <b>Actions</b><br><br>What did you do? How did you cope?<br>How did you feel after this? <i>(Rate this: 0 – 100)</i> |
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