

I will look for
patterns of when
my voices happen
and when they
don't

Many of us find voices have a pattern. They usually occur before, after or during certain situations. For example, they might occur after we see family on a holiday. When we discover the patterns, we can plan for what to do.

Step 1: When the voices start, I will use my phone or a notepad to record:

Which voice	Who is around me	Where I am
The time	What I am feeling	What I am doing

Step 2: Review my journal. What am I learning? _____

Step 3: My plan: _____

Did this Personal Medicine work for me?

☐ Yes, I will use it again ☐ No, I will try another

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I will use
my own voice

fold
pop



Many of us have noticed that voices can't speak at the exact moment we are speaking. Using our own voice can block out distressing voices.

I will:

- ☐ Whisper or sing softly
- ☐ Repeat a phrase (*e.g. "I am safe. I am ok."*)
- ☐ Read out loud
- ☐ Count quietly to myself
- ☐ _____
- ☐ _____
- ☐ _____

Did this Personal Medicine work for me?

☐ **Yes, I will use it again** ☐ **No, I will try another**

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Did this Personal Medicine work for me?

☐ **Yes, I will use it again** ☐ **No, I will try another**

I will use an
earplug in one ear

fold
pop



There are reports that using an earplug in one ear can reduce or eliminate distressing voices. Noise reduction earplugs are inexpensive and can be found at the pharmacy.

When the voices start, I will:

- ▶ Put the earplug in one ear
- ▶ Wait _____ minutes to see if this helps
- ▶ If it doesn't, I will put the earplug in the other ear
- ▶ Wait _____ minutes to see if this helps

Did this Personal Medicine work for me?

☐ **Yes, I will use it again** ☐ **No, I will try another**



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I will focus my
attention on
something else

fold
pop

Voices can become less intrusive and more manageable when we don't let them dominate our attention. Shifting our focus to something else can help.

I will:

- | | |
|--|--|
| <input type="checkbox"/> Take a shower | <input type="checkbox"/> If outside, go inside |
| <input type="checkbox"/> Watch TV | <input type="checkbox"/> If inside, go outside |
| <input type="checkbox"/> Play a card game | <input type="checkbox"/> Organize my playlist |
| <input type="checkbox"/> Take a walk | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Play a video game | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Listen to music | <input type="checkbox"/> _____ |

Did this Personal Medicine work for me?

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Did this Personal Medicine work for me?

☐ **Yes, I will use it again** ☐ **No, I will try another**





I will use my
cell phone

fold
poly

Rather than speaking to our voices out loud in public, we can pretend we are talking to someone on our phone. That way, we won't attract unwanted attention to ourselves.

I will:

- ☐ Hold my cell phone
- ☐ Use ear buds
- ☐ Use a Bluetooth headset
- ☐ _____
- ☐ _____

Did this Personal Medicine work for me?

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I will listen to
music through
headphones

Research has shown that listening to talk or music through headphones can help reduce or eliminate distressing voices. The key isn't how loud we play the music, but that we enjoy it and actively listen to it.

I will:

- ☐ Listen to my favorite band: _____
- ☐ Create a "no more voices" playlist
- ☐ Listen to talk radio or a podcast
- ☐ Listen to a sports event, like a football game
- ☐ Listen to: _____

Did this Personal Medicine work for me?

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Did this Personal Medicine work for me?

- ☐ Yes, I will use it again ☐ No, I will try another

I will get physical

fold
pop



Any physical activity can help reduce or eliminate voices.

I will:

- ☐ Bike, walk, run, swim
- ☐ Dance
- ☐ Clean the house
- ☐ Play air guitar
- ☐ Use my Personal Medicine: _____
- ☐ _____
- ☐ _____

Did this Personal Medicine work for me?

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Did this Personal Medicine work for me?

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I will
practice relaxing

fold
poy



Stress can make distressing voices worse. Reducing stress through relaxation can help. Practice relaxation techniques when not hearing voices. That will make it easier to relax when distressing voices are happening.

- ▶ Take a slow breath in through your nose
- ▶ Hold your breath for 2 seconds
- ▶ Exhale slowly through your mouth
- ▶ Repeat until your breathing is calm and stress is decreased

I will practice this when: _____

Did this Personal Medicine work for me?

☐ Yes, I will use it again ☐ No, I will try another



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Did this Personal Medicine work for me?

☐ Yes, I will use it again ☐ No, I will try another



I will learn how
substance use
affects my voices

fold
poly



Street drugs, alcohol, caffeine and some over-the-counter medications (e.g. certain cold medicines) **can trigger voices or increase their intensity.**

For the next week, I will track and learn:

	Su	M	T	W	Th	F	S
Did I use?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Intensity of voices: 1 to 10 1 = low 10 = high							

What I learned: _____

Did this Personal Medicine work for me?

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What I learned: _____

Did this Personal Medicine work for me?

☐ **Yes, I will use it again** ☐ **No, I will try another**

I will take a break
away from other
people

There is a difference between isolation and taking a break from people. Isolating means cutting ourselves off from people. This can make voices more distressing. However, taking a break from people and returning when we feel more relaxed can help.

When I am around people and I need to take a break, I will say: *(Example: "I am going up to my room to chill out for a bit. I'll be back soon.")*

fold
poly

Did this Personal Medicine work for me?

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Did this Personal Medicine work for me?

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I will write
down what the
voices say

Some voices want our undivided attention. This can make it difficult to concentrate on our responsibilities. Setting aside time each day to listen to voices and writing down what they say can help them be less intrusive, and increase our understanding of them.

My plan:

Start listening each day at: _____

Set a timer to stop listening at: _____

What the voices are saying: _____

What I am learning: _____

Did this Personal Medicine work for me?

☐ Yes, I will use it again ☐ No, I will try another

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I will check out a
hearing voices
support group

We are not alone. People who hear voices are gathering in small groups to support each other in many different countries. Groups are non-judgmental and a place to meet others who share our experience. There are also meetings online.

I will check out a support group by:

- ☐ Searching Google (e.g. "Hearing Voices Network"; "Intervoice")
- ☐ Searching Facebook Groups (e.g. "Hearing Voices Network"; "Intervoice")
- ☐ Contacting my local Peer Center for info on support groups near me: (contact info) _____

My next step: _____

Did this Personal Medicine work for me?

☐ Yes, I will use it again ☐ No, I will try another

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My next step: _____

Did this Personal Medicine work for me?

☐ Yes, I will use it again ☐ No, I will try another

I will choose a
positive phrase
about myself and
repeat it

Sometimes distressing voices say terrible things about us. Hearing these terrible things over and over again can leave us feeling bad about ourselves. We can counter this negativity by repeating positive statements (out loud or silently).

My positive statement: *(example: "I'm a good, worthwhile person and people like me")*

fold
pop

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fold
pop

Did this Personal Medicine work for me?

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I will choose the
voices I listen to

Not all voices are distressing. In the midst of harsh voices, some of us experience voices that offer good advice or teach us important lessons. We don't have to let go of all the voices. Making a list of the ones we choose to listen to can help.

The voices I hear *(example: "Scary female voice")*:

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

Which ones do I choose to listen to? *(check the boxes)*

Did this Personal Medicine work for me?

☐ **Yes, I will use it again** ☐ **No, I will try another**



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☐ _____

Which ones do I choose to listen to? *(check the boxes)*

Did this Personal Medicine work for me?

☐ **Yes, I will use it again** ☐ **No, I will try another**

I will develop
compassion for
my voices

It can be helpful to think of our voices as an early warning system trying to protect us from harm. Seen from this perspective, voices may be trying to help us. Using our compassionate self, we can thank them for the warning and tell them we will stay safe as we go about our day.

My voices warn me:

My compassionate
response:

fold
poly

*(example: Neighbors are
talking trash about me)*

*(example: Thank you. I'll
ignore them)*

- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____

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- _____
- _____
- _____
- _____

Did this Personal Medicine work for me?

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Voices sometimes seem bigger and more powerful than us. Using art to create an image of each of our voices can help us get a new perspective on them. Drawing, painting, creating a collage of each voice helps make them tangible and shrinks them down to size.

My voices:

My art medium:

- *(example: angry male)*

- *(example: scrapbooking)*

- _____

- _____

- _____

- _____

- _____

- _____

- _____

- _____

Did this Personal Medicine work for me?

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Did this Personal Medicine work for me?

☐ Yes, I will use it again ☐ No, I will try another

fold
pop

fold
pop

I will shrink
my voices down
to size

I will shrink
my voices down
to size



I will change
my voices into
voice-thoughts

What would happen if we called the voices our voice-thoughts? For instance, if a voice says, “Get out of the house”, we could change it into a voice-thought by saying to ourselves, “I am going outside”. Changing voices into voice-thoughts can help us to take charge.

The voices say (example: you are ugly) My voice-thought (example: I don't feel attractive right now)

fold
pop

- | | |
|---------|---------|
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |

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fold
pop

- | | |
|---------|---------|
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |

Did this Personal Medicine work for me?

☐ Yes, I will use it again ☐ No, I will try another



I will name the
oppression that is
contributing to my
distressing voices

fold
poly

There are many kinds of oppression that can have a negative affect on our mental and physical health. Examples of oppression include racism, homophobia, poverty and sexism. Naming the oppression we experience, how it affects us and joining with others to fight it can help.

The oppression I experience and how it affects me:

Organizations or groups I will consider joining:

1. Name and contact info: _____
2. Name and contact info: _____

Did this Personal Medicine work for me?

☐ Yes, I will use it again ☐ No, I will try another

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I will...

fold
glue

Is my Personal Medicine powerful?

Is it a specific activity, not a feeling or state-of-being? ☐ Yes ☐ No

Is it something I do now, not a future goal? ☐ Yes ☐ No

Is it something I do, not something I take? ☐ Yes ☐ No

Does it say how it helps me? ☐ Yes ☐ No

Did this Personal Medicine work for me?

☐ **Yes, I will use it again** ☐ **No, I will try another**

Distressing Voices Blank

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