








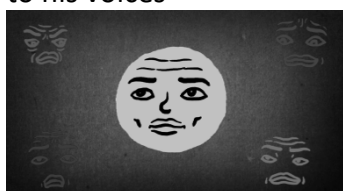
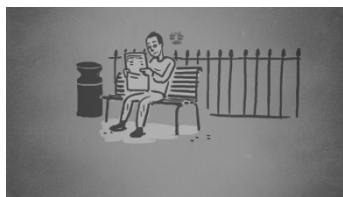
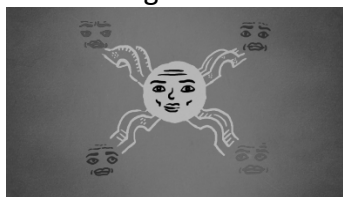


EXERCISE:

Are any of Stuart's experiences relevant to your own?



Scene	Time	Questions
<p>1. Stuart's threat system kicks in</p> 	0:30	<p><i>When do you notice your threat system kicking in?</i></p> <p>.....</p> <p><i>How does this link to your environment and social experiences?</i></p> <p>.....</p> <p><i>How does this link to your voices?</i></p> <p>.....</p>
<p>2. Stuart meets his therapist</p> 	1:46	<p><i>If you have ever met a mental health professional, how did that feel to you at first?</i></p> <p>.....</p> <p><i>What did your voices say about meeting them?</i></p> <p>.....</p> <p><i>What do they say now?</i></p> <p>.....</p>
<p>3. Stuart's compassionate self develops over time...</p>  <p>... using practices in:</p> <p>a) Soothing breathing</p>   <p>b) Imagery</p>   <p>c) Face, tone, posture</p>  	3:38	<p>It takes Stuart time to develop his compassionate self and requires plenty of practice and encouragement.</p> <p><i>When is the best time for you to practice? (e.g., mornings or evenings?)</i></p> <p>.....</p> <p><i>Do you find it useful to give yourself reminders? (e.g. on your phone or with notes in your home?)</i></p> <p>.....</p> <p>Stuart uses a range of strategies to activate his soothing system and to create cues of safeness.</p> <p><i>Which strategies do you find easiest?</i></p> <p>.....</p> <p><i>Which strategies do you find hardest?</i></p> <p>.....</p> <p><i>How would your compassionate self help you with the bits you find hard? What would s/he say?</i></p> <p>.....</p>
<p>4. Compassionate relating to his voices</p> 	2:59	<p><i>If it felt safe enough, is there anything you would like to ask your voices?</i></p> <p>.....</p> <p><i>What would be difficult about talking to them?</i></p> <p>.....</p> <p><i>What qualities would you need to draw on to talk to your voices? (e.g., courage and wisdom)</i></p> <p>.....</p>

<p>5. Feeling safe in relation to his voices</p> 	<p>4:21</p>	<p><i>What helps you to stay calm and grounded when your voices are there?</i></p> <p>.....</p> <p><i>If you were to pack a kitbag of things that made you feel safe, what would you put in it? (e.g., the safety and safeness kit in Chapter 3)</i></p> <p>.....</p> <p>.....</p>
<p>6. Part of the family, but not running the show</p> 	<p>4:29</p>	<p><i>How would you build bridges with your voice(s)?</i></p> <p>.....</p> <p><i>If you thought of your voice(s) as being different members of your team with different roles, what specific role would each of team member have?</i></p> <p>Voice..... Role.....</p> <p>Voice..... Role.....</p>

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