

# EXERCISE:

## Compassionate responses to your voices (with identified function)



Protective function of voices/voice-hearing	'Compassionate self' response to the voice, and to what's behind the voice
Voice-hearing to set up protective responses	<b>Engagement:</b> "I know you're trying to help. Thank you for reminding me that I get scared, you're right I do" <b>Action:</b> "I want to start overcoming my fears now. I'm ready" *
Voice-hearing to focus my mind and avoid difficult feelings	<b>Engagement:</b> "It's understandable why you've been grabbing my attention and keeping my threat system active. It hasn't felt safe to be with emotions and memories that make me feel so vulnerable" <b>Action:</b> "Now that I'm practicing safeness and grounding, I'm finding the courage to explore difficult feelings, like sadness, that didn't feel safe before. In the long-term, this will help me resolve these feelings and they'll no longer have the power to trouble me in the same way."
Voices to 'hold' my disowned anger/rage	<b>Engagement:</b> "It's understandable why you've been holding my anger for me. Getting angry in the past didn't work and may have made the situation worse" <b>Action:</b> "I'm trying to re-connect with my angry self in therapy and am learning how to say 'no', and how to be assertive without being aggressive"
Protective function of voices/voice-hearing	'Compassionate self' response to the voice, and to what's behind the voice
	<b>Engagement:</b>  <b>Action:</b>  <b>Engagement:</b>  <b>Action:</b>

\*Quote taken from the online video, 'Compassion for Voices: A tale of courage and hope'