

## EXERCISE:



### Exploring your voices and their possible function

- When you hear voices, what responses do you think are created in you?
- Do these responses remind you of any other relationships in your life?
- Is there any reason why your threat-response system might be switching on?
- What might your voices be protecting or distracting you from?
- Is there an emotion, a memory, or a part that you might be avoiding?

Early experiences	Key fears/threats carried forward in time	Protective function of voices/voice-hearing
<p><i>Social threats (e.g. abuse, bullying, loneliness, loss)</i></p>	<p><b><u>External threats</u></b> <i>Harm from others</i></p> <p><b><u>Internal threats</u></b> <i>Out of control feelings</i> <i>Helpless / powerless</i></p> <p><i>Anger (which may have made the situation worse)</i></p>	<p><i>Voice-hearing to scan for and detect threats</i></p> <p><i>Voice-hearing to set up protective responses</i></p> <p><i>Voice-hearing to focus my mind and avoid difficult feelings</i></p> <p><i>Voices to 'hold' my rejected feelings of anger / rage</i></p>
	<p><b><u>External threats</u></b></p> <p><b><u>Internal threats</u></b></p>	