

Assertive Responding to Voices (Approve - Voices)

Please select the answer that best reflects your typical response to voices on the scale 0 (disagree completely) to 10 (agree completely). Where the item is not relevant to you then please select the not applicable (N/A) option.

When voices are being difficult (e.g., treating me badly), I respond by:

		← Disagree Completely					Agree Completely →						
		0	1	2	3	4	5	6	7	8	9	10	
1.	Telling them to shut up												N/A
2.	Giving in												N/A
3.	Shouting and screaming												N/A
4.	Hearing what they are saying but also stating my own views												N/A
5.	Standing up for myself												N/A
6.	Swearing at them												N/A
7.	Repeating my own opinion if they don't listen the first time												N/A
8.	Yelling at them												N/A
9.	Presenting and defending my own view												N/A
10.	Finding myself at their mercy												N/A
11.	Shouting out loud at them												N/A
12.	Letting them know that I wish to be left in peace right now												N/A
13.	Allowing them to get on top of me												N/A
14.	Telling myself they are right even though I don't believe they are right												N/A
15.	Doing what they want												N/A

Approve – Voices Subscales

Assertive

Q4	Hearing what they are saying but also stating my own views
Q5	Standing up for myself
Q7	Repeating my own opinion if they don't listen the first time
Q9	Presenting and defending my own view
Q12	Letting them know that I wish to be left in peace right now

Aggressive

Q1	Telling them to shut up
Q3	Shouting and screaming
Q6	Swearing at them
Q8	Yelling at them
Q11	Shouting out loud at them

Passive

Q2	Giving in
Q10	Finding myself at their mercy
Q13	Allowing them to get on top of me
Q14	Telling myself they are right even though I don't believe they are right
Q15	Doing what they want