

## The Choices App – A Quick “How-to guide”

“Choices” is an app that can support the management of distressing voice hearing experiences. The app was developed by the Sussex Voices Clinic to be used in conjunction with evidence-based talking therapies and the self-help book ‘Overcoming Distressing Voices’.

Please follow the steps below to download and use the app.

1.

Download the “Choices App by the Voices Clinic” onto your mobile smartphone device. Download free from the App Store for iPhone and Google Play Store for other devices.

2.

The home page of the app contains a Mood Tracker. You are invited to complete a brief questionnaire to rate some of your feelings - **Calm, Confident, Happy and In Control**. Graphs will display your last 10 ratings and help you to put your current feelings into a bigger picture.

3.

The app has four sections. Each section focuses upon a particular technique for managing distressing voices – **Voice Beliefs, Core Beliefs, Assertiveness and Coping Strategies**. Each of the sections and how to use them are described below.

4.

Each of the four sections maps onto a chapter within the self-help book ‘Overcoming Distressing Voices’. Each chapter offers some additional advice on how to understand and use the technique.

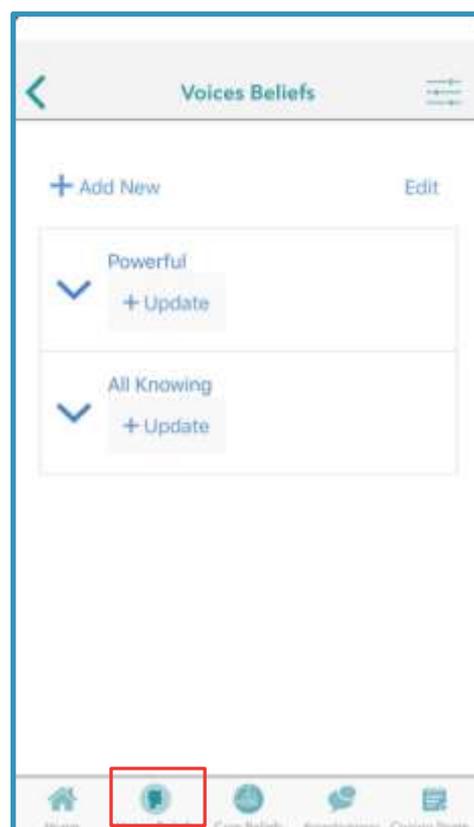


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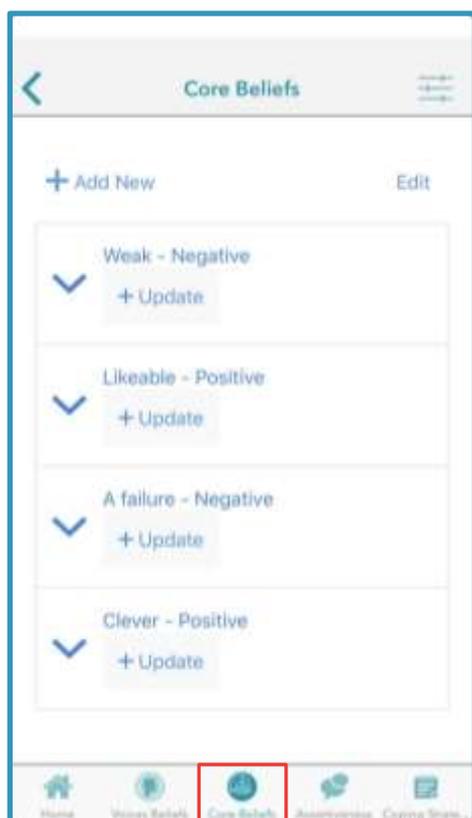
Once-a-day, the app will send you a push notification. This will be a message that asks “how are you feeling” and invites you to open and use the app.

## Section 1 – Voice Beliefs

- This section is a space for you to explore and evaluate the accuracy of the beliefs you may hold about your voices.
- You are initially invited to identify a belief about your voices, e.g. “I believe my voice is...powerful”.
- You are then invited to “describe evidence from your experience that does **not** fit with this belief”
- Finally, you are invited to rate the extent to which you consider this belief to be true.
- You can “update” the belief by adding further evidence and re-rating the belief.
- You can identify and evaluate other beliefs about your voices.



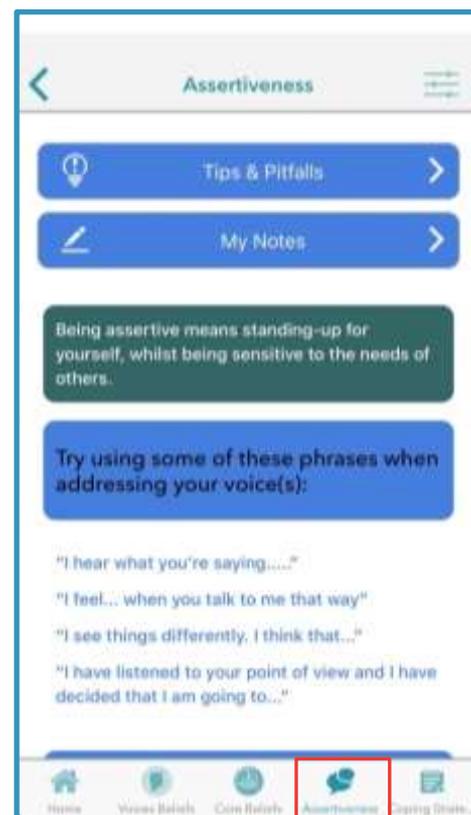
## Section 2 – Core Beliefs



- This section is a space for you to explore and evaluate the accuracy of core beliefs you may hold about yourself.
- You are initially invited to identify a core belief about yourself, either a positive belief (e.g. “I am ...likeable) or a negative belief (e.g. “I am ...weak”.
- You are then invited to “describe evidence from your experience that **does** (for positive beliefs) or **does not** (for negative beliefs) fit with this belief”
- Finally, you are invited to rate the extent to which you consider this belief to be true.
- You can add “update” the belief by adding further evidence and re-rating the belief.
- You can identify and evaluate other beliefs about yourself.

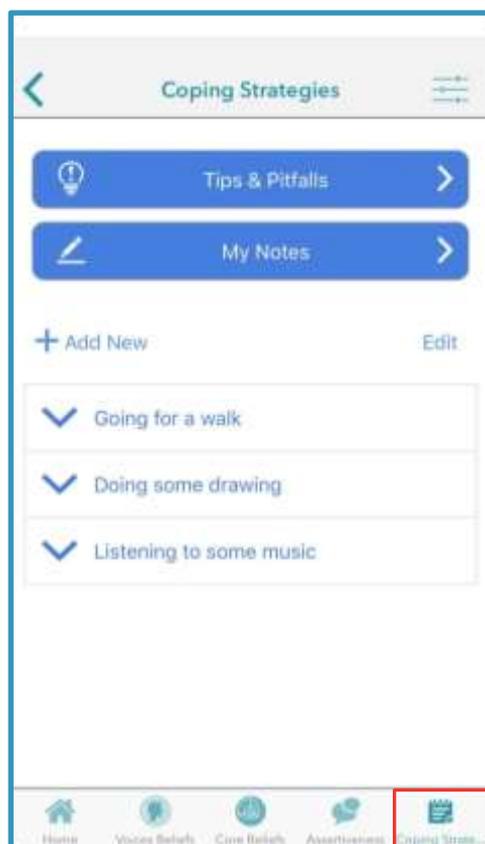
## Section 3 – Assertiveness

- This section offers some suggestions on how to respond assertively to your voices.
- You may want to use assertiveness skills to stand-up for the positive beliefs you are developing about yourself.
- “Notes” pages will enable you to capture any learning from trying to respond assertively to your voices.



## Section 4 – Coping Strategies

- The final section is a place for recording your strategies for coping with voices.
- You are invited to add new or existing coping strategies and “describe how you would use this strategy”.
- You can edit existing strategies and add new strategies.
- “Notes” pages will enable you to capture any learning from trying to cope with your voices.



## Thank you for your time

We hope you find the app to be both a beneficial and practical tool.

For more information about the Sussex Voices Clinic as well as information on past and on-going research visit our website at [www.sussexpartnership.nhs.uk/sussex-voices-clinic](http://www.sussexpartnership.nhs.uk/sussex-voices-clinic).

We would welcome your feedback on the Choice app. Please send any comments you may have to [voice.clinic@sussexpartnership.nhs.uk](mailto:voice.clinic@sussexpartnership.nhs.uk)

