

Coping Workbook

Planning My Sessions

This workbook is yours to keep, and you can decide if you want to share it with anyone. Feel free to write notes in this workbook, and to complete any activities that are helpful to you.

If you would like additional copies of any of the activities that are in this workbook then just let your therapist know.

There are some diary pages at the back of this workbook that you might want to use to track your progress over these sessions.

My therapist is: _____

When are my sessions?

Session	Date	Time
1		
2		
3		
4		

Where are my sessions?

How will I get there?

Who do I contact if I have any questions?

You can contact the Voices Clinic using the following contact information: **Email:** voices.clinic@sussexpartnership.nhs.uk

Twitter: @sussexvoices **Telephone:** 07825753379

Please note that the Voices Clinic does not provide telephone support or a crisis service. If you are in crisis or need immediate help or support, please contact your mental health practitioner or GP. For out of hours support, please contact:

The Sussex Mental Health Line: 0300 500 0101



What is hearing voices?

'Voice hearing' means hearing someone or something talking when the source of the voice does not seem to be present.

Voice hearing is common to many different mental health problems. But lots of people who do not experience mental health problems hear voices too. Many famous people also report hearing voices, including actor Anthony Hopkins, footballer Vinnie Jones, singer Lady Gaga and actress Zoe Wanamaker.

Everybody's experiences with voices are different. It can be a pleasant experience, but sometimes it can be very distressing.

Here are some examples of different ways people might experience hearing voices:

Content

- Some voices may say nasty things or talk about us in a negative way
- Some may say things that are personally meaningful
- Some may say things that are pleasant or comforting

Location

- Some voices may be heard from a specific place (like the corner of the room) or heard 'on the air'
- Sometimes they may come from within our body

Frequency

- Some voices may be fleeting and disappear with time
- Some voices may last longer
- Some voices may speak constantly, whilst others only occasionally

Whilst it may not be possible to make voices go away, there are lots of things that can be done to manage these experiences. You have received this workbook because you are seeing a therapist for an individual therapy that looks at ways of coping with voices.



What is coping strategy enhancement?

Using coping strategies is one way of helping people manage their voices. Coping strategies can help make voices less distressing and help us feel more in control and able to get on with our lives.

You may already use coping strategies without being aware of it.

Coping strategy enhancement is focused on exploring your coping strategies for voice hearing. **The aim is to help you identify your helpful coping strategies and use these as consistently and effectively as possible.**

The therapist will help you to explore the ways you cope with voices.

What are these coping strategies, **when** do you use them, how **helpful** are they?

Is there a way of using the coping strategies slightly differently to manage voices better? Does anything prevent you from using the strategies?

What is this workbook for?

This workbook provides you with an introduction to coping strategy enhancement. It also contains worksheets.

Your therapist will talk to you about how you want to use these worksheets. You might complete them in therapy sessions or at home between sessions.

You might hear more than one voice. If that is the case then you can choose to focus on a particular voice or voices more generally.

The background of the slide features a soft, out-of-focus image of concentric ripples on a body of water, transitioning from a light blue at the top to a deeper blue at the bottom. A white rectangular box with a thin blue border is centered in the upper half of the slide, containing the title text.

Session One: My Experiences



My Experiences

Answering these questions might help you to get an understanding of your voice(s), and how you are currently coping with them. Your therapist can help you to answer these questions.

- I would describe my voice(s) in the following ways (e.g. gender, age, identity, volume, purpose):

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- My voice(s) usually say (e.g. criticisms, commands, abuse, comments, advice):

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- I am most likely to hear my voice(s) when... (e.g. time of day, location, activities I am engaged in at the time)

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■ Is there anything that can trigger the voice(s)? Can I do this less often?

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■ When am I least likely to hear my voices (i.e. time of day, location, activities I am engaged in at the time)?

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■ What activities do I engage in that give me a sense of achievement or help me to feel good about myself? What happens to voices when I do these activities?

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■ Are there other times when voices are not around or are less distressing? What am I doing at these times?

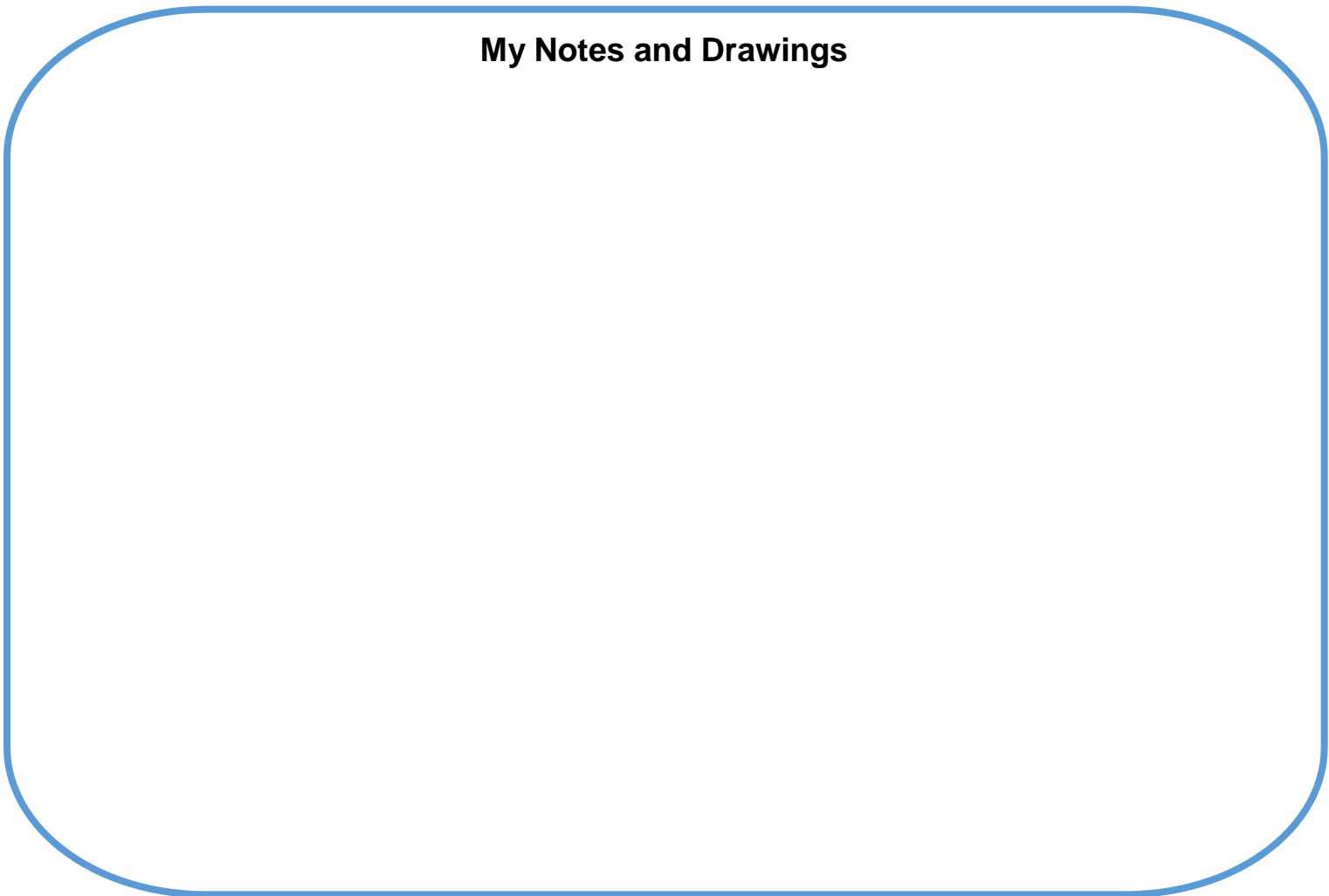
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■ What can I do more or less of over the next week to manage my voices better and to help me to feel better about myself?

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Don't forget to use the diary pages at the back of this workbook to help you keep track of and use what you've learnt this week!

My Notes and Drawings



1

After Session One

You might find it helpful to answer these questions after your first session. It is best if you do this after you have had the opportunity to engage in the helpful responses and activities you identified in session one.

- How did you feel when discussing your voices and activities with the therapist?

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- What did you learn from discussing your voices and activities with the therapist?

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- When and how have you tried increasing / reducing certain activities (identified in session one) since the last session?

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■ Did anything make it difficult for you to engage in these activities?

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My Notes and Drawings

The background of the slide features a soft, out-of-focus image of blue water ripples, centered in the lower half of the frame. The ripples are concentric circles that fade out towards the edges, creating a sense of depth and movement. The overall color palette is a range of light to medium blues, giving the slide a calm and serene appearance.

Session Two: My Experiences

2

My experiences

Answering these questions might help you to get an understanding of how you respond to and cope with your voice(s), and how helpful your coping strategies are. Your therapist can help you to answer these questions.

- I cope with voice(s) by... (e.g. distraction, ignoring, talking back, relaxing)

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- When do you use the coping strategies (e.g. times, places, situations)?

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- How helpful are these coping strategies? Do they work better at particular times?

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- Do any of these coping strategies make voices worse (e.g. shouting back can sometimes lead to voices getting louder)?

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- Is there a coping strategy that you could use more often / differently? What will you do and when?

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- Are there any activities that give you a sense of achievement or make you feel good about yourself that you can do more of this week? What will you do and when?

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2

Using my coping strategy

You might find it helpful to answer these questions after your second session. It is best if you do this after you have just heard your voice(s) and had the chance to try your coping strategy.

- What feelings were generated by discussing your coping strategies with the therapist?

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- What did you learn from discussing your coping strategies with the therapist?

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- When and how have you practiced using the chosen coping strategy since the last session?

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- What was it like to use this coping strategy? Has it been difficult or challenging? Was it helpful or beneficial? What have you learned?

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My Notes and Drawings

Session Three: Review

3

Review

Answering these questions might help you to evaluate the coping strategy that you decided to try out. Your therapist can help you to answer these questions.

- Since the last session, what strategies have you used to cope with voices? Did you use the strategy that we chose to focus upon?

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- What impact did the strategies have upon your voices and how were you were feeling?

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- Did anything help you to use these coping strategies?

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- Did anything make it difficult to use these coping strategies?

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- Over the next week, is there a coping strategy that you could use differently? What will you do and when?

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- Are there any activities that give you a sense of achievement or feel good about yourself that you can do more of this week? What will you do and when?

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Don't forget to use the diary pages at the back of this workbook to help you keep track of and use what you've learnt this week!

My Notes and Drawings

3

Using my coping strategy

You might find it helpful to answer these questions after your third session. It is best if you do this after you have just heard your voice(s) and had the chance to try your coping strategy.

- What feelings were generated by discussing your coping strategies with the therapist?

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- What did you learn from discussing your coping strategies with the therapist?

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- When and how have you practiced using the chosen coping strategy since the last session?

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- What was it like to use this coping strategy? Has it been difficult or challenging? Was it helpful or beneficial? What have you learned?

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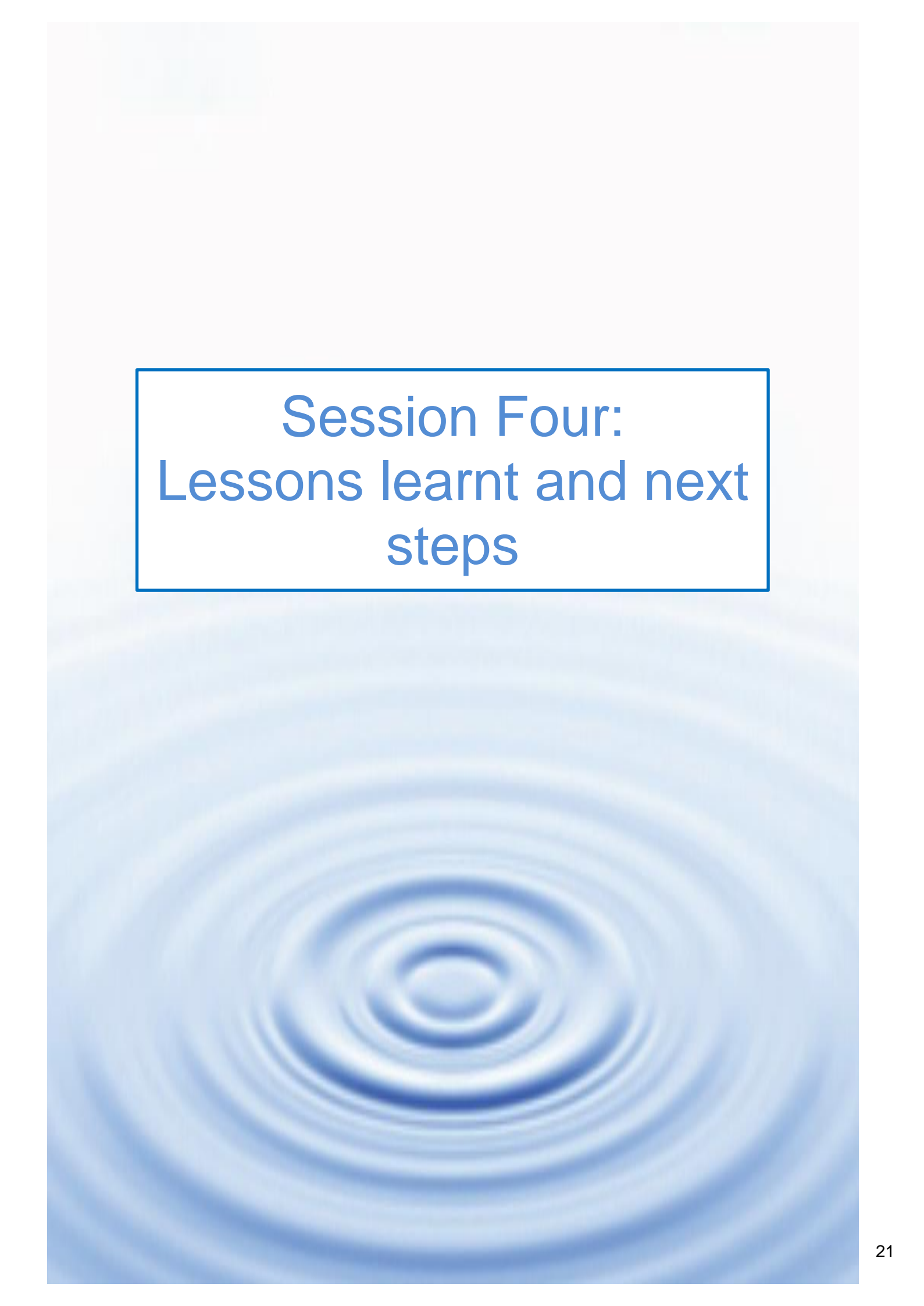
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My Notes and Drawings

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Session Four: Lessons learnt and next steps

4

Lessons learnt & next steps

Answering these questions might help to recap everything you have learnt over these sessions and to identify what has been most helpful. Your therapist can help you to answer these questions.

- Over the past few weeks, what have you learnt about your voices?

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- What have you learnt about yourself?

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- Is there anything you can do now that you couldn't do a few weeks ago?

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■ Are there any other changes that have happened as a result of attending these sessions?

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■ How will you respond to your voice(s) over the next few weeks?

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My Notes and Drawings

Diary



Week One Diary...

Take the time to think about what you have learnt this week and choose one thing you would like to try this week to make a positive change.

WEEK ONE: My goal for this week is...

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Use the diary below to monitor your progress towards your goal

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Week Two Diary...

Take the time to think about what you have learnt this week and choose one thing you would like to try this week to make a positive change.

WEEK TWO: My goal for this week is...

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Use the diary below to monitor your progress towards your goal

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Week Three Diary...

Take the time to think about what you have learnt this week and choose one thing you would like to try this week to make a positive change.

WEEK THREE: My goal for this week is...

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Use the diary below to monitor your progress towards your goal

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Week Four Diary...

Take the time to think about what you have learnt this week and choose one thing you would like to try this week to make a positive change.

WEEK FOUR: My goal for this week is...

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Use the diary below to monitor your progress towards your goal

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday