

## Coping with auditory hallucinations worksheet

What types of voices do you hear?

At what time of the day do you hear these voices?



What do these voices say to you?

Do you respond to these voices? If yes in what ways?

### COPING STRATEGIES WITH AUDITORY HALLUCINATIONS:

Listen to music or any audio book to keep yourself distracted from the voices.

Practice grounding techniques, when you feel distracted by the voices start naming 10 things you see at the moment.

Challenge the voices

Talk to someone, to the one you trust the most or to your family member, share with them.

Go for an exercise, it will help you to stay fit, occupied and focused.

## References

[Ng, P., Chun, R. W., & Tsun, A. \(2012\). Recovering from hallucinations: a qualitative study of coping with voices hearing of people with schizophrenia in Hong Kong. \*TheScientificWorldJournal\*, 232619. <https://doi.org/10.1100/2012/232619>](#)

[Carter, D. M., Mackinnon, A., & Copolov, D. L. \(1996\). Patients' strategies for coping with auditory hallucinations. \*The Journal of nervous and mental disease\*, 184\(3\), 159–164. <https://doi.org/10.1097/00005053-199603000-00004>](#)

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.