

List of 60 Coping Strategies for Hallucinations

- Distraction**
1. Hum
 2. Talk to yourself
 3. Listen to modern music
 4. Listen to classical music
 5. Prayer
 6. Meditation
 7. Use a mantra
 8. Painting
 9. Imagery
 10. Walk in the fresh air
 11. Phone a friend
 12. Exercise
 13. Use a relaxation tape
 14. Yoga
 15. Take a warm bath
 16. Call your mental health professional
 17. Attend the day center/drop in
 18. Watch TV
 19. Do a crossword or other puzzle
 20. Play a computer game
 21. Try a new hobby

- Focusing**
1. Correct the cognitive distortions in the voices
 2. Respond rationally to voice content
 3. Use subvocalization
 4. Dismiss the voices
 5. Remind yourself that no one else can hear the voice
 6. Phone a voice buddy and tell him or her the voice is active
 7. Remember to take antipsychotic medication
 8. Demonstrate controllability by bringing the voices on
 9. Give the voices a 10-minute slot at a specific time each day
 10. Play a cognitive therapy tape discussing voice control
 11. Use a normalizing explanation
 12. Use rational responses to reduce anger
 13. List the evidence in favor of the voice content
 14. List the evidence against the voice content
 15. Use guided imagery to practice coping with the voices differently
 16. Role-play for and against the voices
 17. Remind yourself that voices are not actions and need not be viewed that way
 18. Remind yourself that the voices don't seem to know much
 19. Remind yourself that you don't need to obey the voices
 20. Talk to someone you trust about the voice content
 21. Use rational responses to reduce shame
 22. Use rational responses to reduce anxiety
 23. Use a diary to manage stress
 24. Use a diary to manage your time
 25. Plan your daily activities the night before
 26. Use a voice diary in a scientific manner

List of 60 Coping Strategies for Hallucinations (*continued*)

Focusing

(*continued*)

27. Mindfulness
28. Try an earplug (right ear first if right-handed)

Meta-cognitive Methods

1. Use schema-focused techniques
2. Acceptance
3. Assertiveness
4. Use a biological model
5. Consider shamanistic views of voice hearing
6. Consider cultural aspects of voice hearing
7. Keep a list of daily behaviors to prove that you are not as bad as the voices say
8. Use a continuum relating your own worth to that of other people
9. List your positive experiences in life
10. List your achievements, friendships, etc.
11. Act against the voices (show them that you are better than they say)