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)