

5 Aspects for Voices

Padesky 5 Aspects. 1986

Situation

Where? When? Who with? What happened? How many voices? How loud? How often? How powerful? What does the voice say? Other hallucinations (visual, smell, physical sensation)?

Thoughts & Images

What went through my mind when the voice says that? Do I agree? If it's true – what did that say or mean about me? What's the worst thing about that? How can I explain it? What is its purpose? How am I making sense of it? What does it all mean?

Body / Physical sensations

What did I notice in my body? What did I feel? Where did I feel it?

Moods / Emotions

What emotion did I feel at that time? What else? How intense was that feeling? (0 – 100%)

Behaviours / What I did or didn't do

What helped me cope and get through it? What didn't I do or what did I avoid doing? What automatic reactions did I have? What would other people have seen me doing? What did I feel like doing?