

A ctivating Event - Hearing a voice(s) What did the voice(s) say?	B eliefs / Thoughts What were you thinking? (tip: think about your belief regarding the voice's purpose, identity, power, control, ability to punish, dominance)	C onsequences	
		F eelings What did you feel? Rate that feeling (0-10)	B ehaviours What did you do in response?

