ABC for Voices

Activating Event Beliefs about	he event C onsequences
 How loud? How often? What triggers them? (situations, mood, emotional, physical state etc) What does it say? Other hallucinations? Vision, smell, physical sensation How do you What does How do you What does Purpose? 	 How do you feel? What would u? What would u? What do you feel like doing? What do you do? What do you do?

EXAMPLE

Activating Event	${f B}$ eliefs about the event	Consequences
Lots of voices – no-one I know Very loud Frequently during the day – mostly when I'm out Worse when I'm around other people, feeling stressed. "You're stupid and useless" "There's only one thing you can do about it, and you know what that is!"	The voices are right – they can see right through and inside me. I'm absolute crap and worthless. Life isn't worth living. I must do what they say – it's futile to resist as they'd just carry on and get louder. It's intolerable – I can't cope with it!	Horrible Depressed Anxious Angry Urge to self-harm I left to get away from everyone