

Auditory Hallucinations Suggestions

Below are some suggestions of phrases that individuals hearing voices may experience. Feel free to use them or create your own phrases. Remember that in many cases individuals report their **voices are critical of themselves and others. They contribute to their mistrust of others and distort their perceptions.** The voices may speak rapidly and at various volumes, making it difficult for the person to hear/understand the person speaking to them. Feel free to speak at different paces and volumes to create a realistic experience.

Prior to the beginning of the exercise, roll up this piece of paper. Place one end to the ear of the person whom represents the individual experiencing hallucinations and place the other end to your mouth. This will help the individual understand the difficulty of listening to someone else while simultaneously listening to their inner voices.

You are worthless.

What are you thinking?!

Don't trust them.

Don't tell them the truth.

Lie to them.

They're lying to you.

You are so stupid.

They know you'll believe anything!

You're pitiful.

You're not worth the breath you breathe.

They're after you.

They're trying to trick you.

They want to kill you.

You have to get away.

They're going to lock you away for the rest of you life.

You're life isn't worth living anyway.

End it. Get it over with.

Drive off the bridge.

No one will miss you.

No one will care when you're gone.

Do everyone a favor and kill yourself.

They work for the government.

The FBI is talking to them through their radio.

They can read your mind.

They know you're a horrible person.

Run away.

Run into traffic.