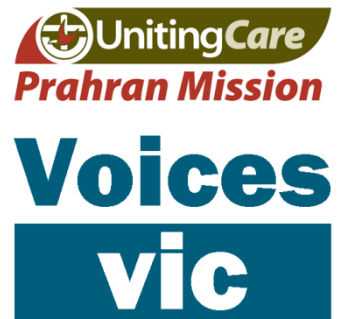


Voices Vic Fact Sheet 3

Information to help voice hearers, carers/family, and workers to help reduce distress that can be associated with hearing voices.

To learn more, attend our training, visit our website or read some of the recommended books.



Read real recovery stories

Sharing real recovery stories gives us a powerful sense of hope - and practical ideas to try out for ourselves.

You can find recovery stories in:

- 'Living with Voices: Fifty Stories of Recovery', by Prof Marius Romme, Dr Sandra Escher, Jacqui Dillon, Dr Dirk Corstens & Prof Mervyn Morris.
- Ron Coleman's book 'An Alien Concept'.
- The Intervoice or Voices Vic websites.
- Listening to people speak – keep an eye out for Voices Vic events.
- DVDs – eg., talks from the 2008 conference 'Recovery from Psychoses'

Explore recovery stories:

- How does it make you feel?
- What parts can you relate to?
- Does it prompt you to do anything differently?
- Was there anything challenging or negative in the story? Why?
- What enabled this person to recover/change their life – what can we learn?

Talking with voices

People who cope well know how to talk with their voices. It's a starting point for improving the relationship with voices.

***Do you talk to your voices?
If so, do the voices respond?***

If so, dialogue is already happening. Look at ways to talk with voices without drawing attention to yourself (eg, using a mobile phone, or setting an appointment with them for later on when you're alone).

- If you have any, try asking your supportive voices to deal with your more negative voices.
- Try asking the voices questions, and laying down some rules. Eg., why are you here? What do you want? Try saying 'no', and explaining why.

Voice dialoguing is a skill that takes time. Give yourself lots of time to practice – and try asking a support worker, friend or family member for help.

Voices Vic is a consumer-led initiative of Prahran Mission

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At Voices Vic we believe everyone can recover!