



Introduction to Hearing Voices

WORKSHEETS



**These worksheets work best after you've watched
the 'Introduction to Hearing Voices' video**



Voice Hearing: The Statistics

The Voices Hall of Fame

Debunking the Myths

**Exploring the Meaningful
Aspects of Voice Hearing**

Working with Voices

If this is your first time exploring your voices, it may be helpful to work through these worksheets with someone you trust to keep you feeling safe and supported. This could be your:



Family



Friends



**Clinicians and
support workers**



Voice Hearing: The Statistics

Do you hear voices when there is no-one around? You are not alone! Around 5-15% of people will hear voices at some point in their lives.



**15 out of 100 people
hear voices**



**Around 3.7 million people in
Australia hear voices**



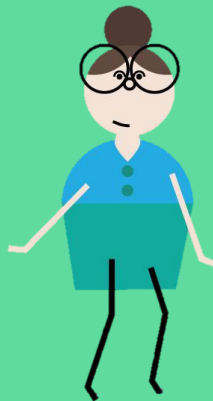
**Approximately 1.1 billion
people world wide have had
a voice hearing experience**

For some people the voices they hear can be frightening and distressing. For others, voices can be encouraging or even comforting and they don't get in the way of them living a meaningful and enjoyable life. Some people hear one voice, others hear many. Everyone's experience is different!

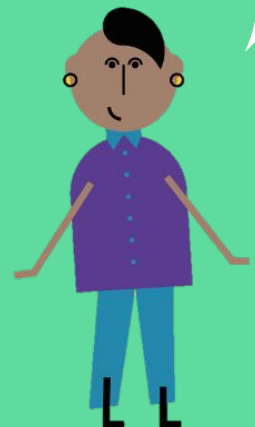
**I hear two voices – one positive
that gives me compliments and
keeps me company, and one
negative that says frightening
things.**



**I hear negative and critical voices
who tell me to do things I don't
want to do.**



**I hear caring and protective
voices, as well as mean and nasty
voices. I also see visions and
sometimes hear music too.**



Reflections

Take a moment to think about the following questions:

Can you relate to any of the character's voice hearing experiences?

How does it feel to know that there are other people who hear voices?

Voices Hall of Fame

Did you know that throughout history, many historical figures have described hearing voices. In today's society many famous people have also talked about their voice hearing experiences!

Take a look at some of the most well known voice hearers in our Voices Hall of Fame!

**BRIAN
WILSON**

Musician who
was a member
of The Beach
Boys

LADY GAGA

Musician and
actress known
for 'A Star is
Born'

**ANTHONY
HOPKINS**

Actor known for
'The Silence of
the Lambs

**CHARLES
DICKENS**

Author known
for 'A Christmas
Carol'

**JOHN
FRUSCIANTE**

Musician who
was a member
of the Red Hot
Chili Peppers

JOAN OF ARC

Heroine and
Catholic saint

GANDHI

Social activist,
lawyer and
politician

**OSHER
GÜNSBERG**

Australian
television host

**JENNIFER
HUDSON**

Singer and
actress known
for 'Dreamgirls'

**SIGMUND
FREUD**

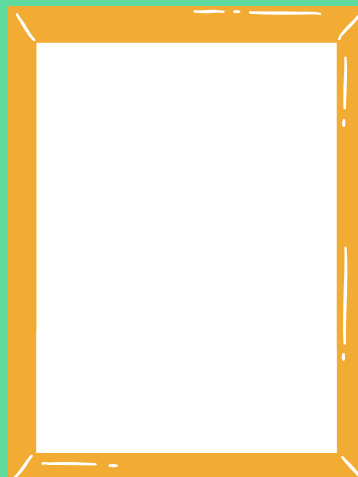
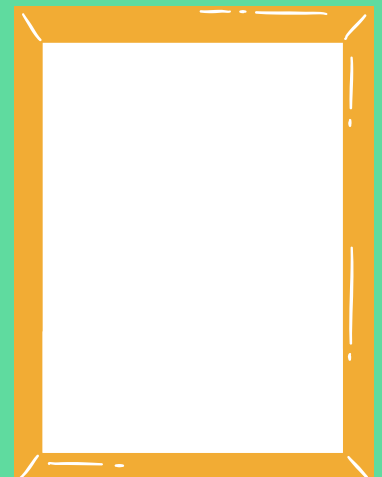
Founder of
psychoanalysis

All of these people have different voice hearing experiences and ways of coping. They also all have their own strengths, interests and abilities! Hearing voices doesn't stop you from doing amazing things!



Activity

Have you heard of any celebrities or historical figures who hear voices? Add them to our Voices Hall of Fame below.

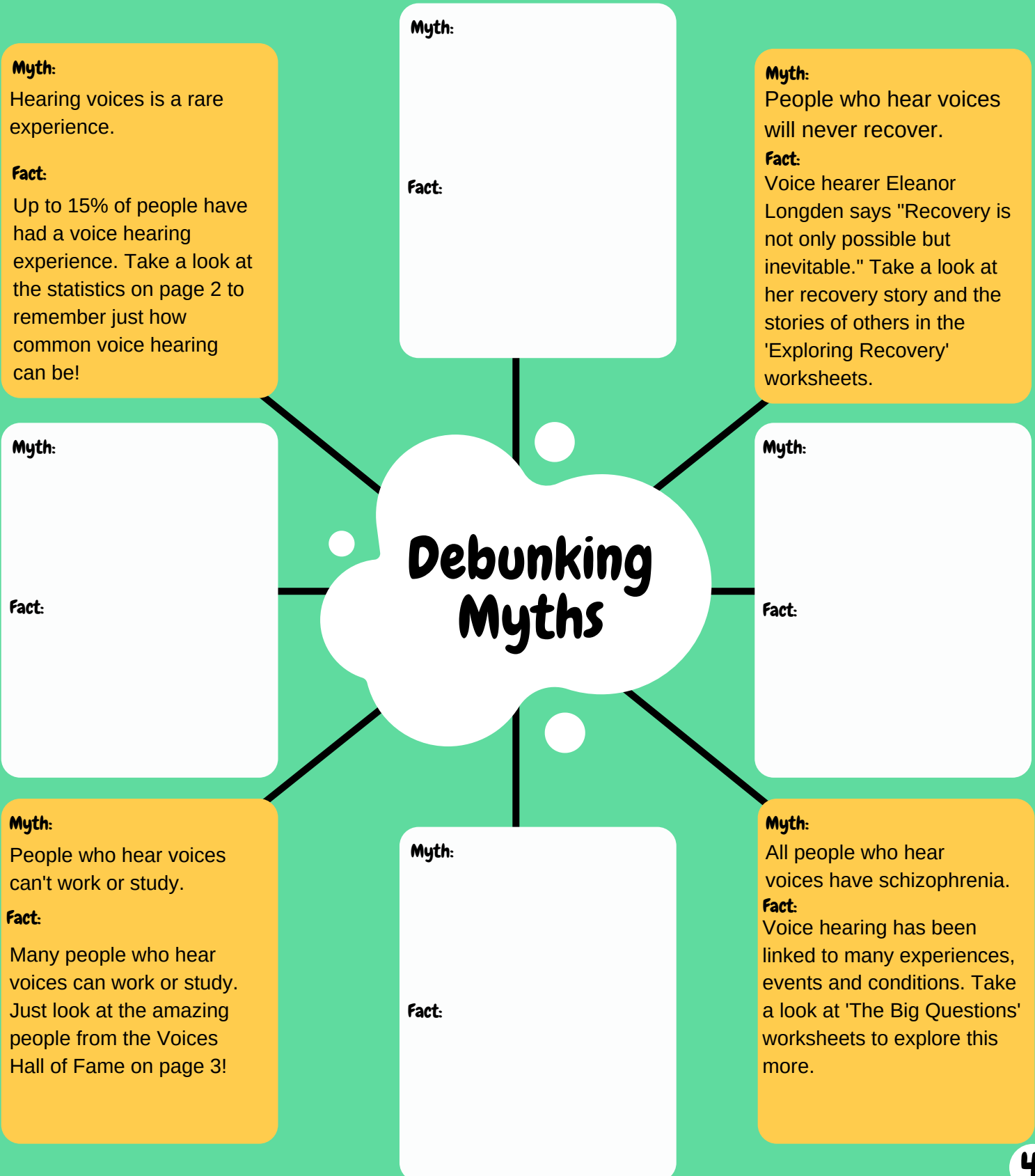


Debunking the Myths



Activity

There are many myths and conceptions about hearing voices. Let's debunk a few of them! In the boxes below, write some myths you've heard about voice hearing. Now, think about how you have proven these myths wrong through your own experiences, knowledge or research. A few of the boxes have been filled in with examples to get you started.



Exploring the Meaningful Aspects of Voice Hearing

Hearing voices may at times feel like it can be a distressing or negative experience. However some voice hearers have been able to identify meaningful aspects to their experiences. These include:



Voices can highlight an emotional need



Voices can provide company and ease loneliness



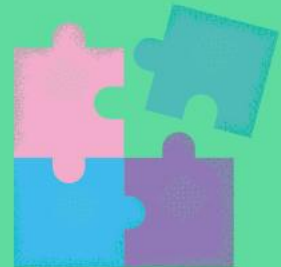
Voices can help to resolve unprocessed grief



Voices can strengthen spiritual connections



Voices can help identify and work through past traumas



Voices can provide a creative outlet for the mind

Reflections

Take a moment to think about the following questions:

Can you relate to any of the meaningful aspects above?

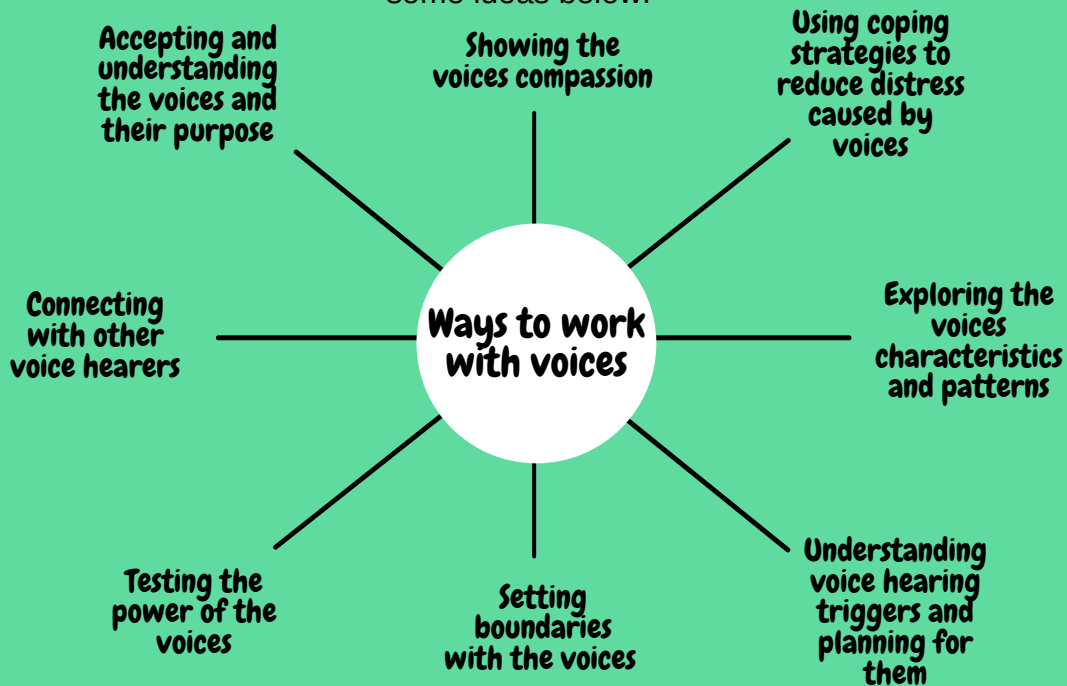
Can you identify any other meaningful aspects of your voices?

Everyone's voice hearing experience is unique. It's OK if you haven't thought about the meaningful aspects of your voices. This can take some time!



Working with Voices

There are many different ways that people learn to engage and work with their voices. Take a look at some ideas below.



Activity

How do you engage or interact with your voices? Do you talk to them? Do you avoid them? Think about how you might like to engage with them differently. Would you like to show them compassion? Or maybe set some boundaries with them? Write down your thoughts in the boxes below.

There are lots of different ways to work with voices. We will be exploring these ideas further in some of our other worksheets!



How I currently relate to and interact with my voices

What I would like to change about the interactions I have with my voices?



Congratulations!

You have completed all the worksheets for 'Hearing Voices: the introduction'! Great job!

Want to keep exploring and working with your voices?

Take a look at these videos and worksheets:



The Big Questions



Exploring Recovery



Navigating the Tough Times



Practical Coping Strategies



The Compassionate Approach



Exploring and Explaining Voices

Reference List

National Hearing Voices Network (2022). Hearing Voices Network.

<https://www.hearing-voices.org>

These worksheets have been developed by the MHDA Specialist Rehabilitation Service.