
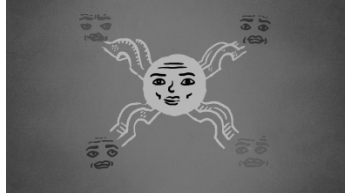


<p>5. Feeling safe in relation to his voices</p> 	<p>4:21</p>	<p><i>What helps you to stay calm and grounded when your voices are there?</i></p> <p>.....</p> <p><i>If you were to pack a kitbag of things that made you feel safe, what would you put in it? (e.g., the safety and safeness kit in Chapter 3)</i></p> <p>.....</p> <p>.....</p>
<p>6. Part of the family, but not running the show</p> 	<p>4:29</p>	<p><i>How would you build bridges with your voice(s)?</i></p> <p>.....</p> <p><i>If you thought of your voice(s) as being different members of your team with different roles, what specific role would each of team member have?</i></p> <p>Voice..... Role.....</p> <p>Voice..... Role.....</p>

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