

**Protective function of voices/voice-hearing**

**'Compassionate self' response to the voice, and to what's behind the voice**

Voice-hearing to set up protective responses

Voice-hearing to focus my mind and avoid difficult feelings

Voices to 'hold' my disowned anger/rage

→ **Engagement:** "I know you're trying to help. Thank you for reminding me that I get scared, you're right I do"  
**Action:** "I want to start overcoming my fears now. I'm ready" \*

→ **Engagement:** "It's understandable why you've been grabbing my attention and keeping my threat system active. It hasn't felt safe to be with emotions and memories that make me feel so vulnerable"  
**Action:** "Now that I'm practicing safeness and grounding, I'm finding the courage to explore difficult feelings, like sadness, that didn't feel safe before. In the long-term, this will help me resolve these feelings and they'll no longer have the power to trouble me in the same way."

→ **Engagement:** "It's understandable why you've been holding my anger for me. Getting angry in the past didn't work and may have made the situation worse"  
**Action:** "I'm trying to re-connect with my angry self in therapy and am learning how to say 'no', and how to be assertive without being aggressive"

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**Engagement:**

**Action:**

**Engagement:**

**Action:**

\*Quote taken from the online video, 'Compassion for Voices: A tale of courage and hope'