[illegible]

[illegible]

[illegible]

1) **Compassionate focus towards the voice**

What emotion is the voice directing towards you?

Now write down a response that names this emotion (e.g., *it sounds like you are feeling X*), and then make some offers to help with this:

……

……

Would you like to set a boundary with your voice?

Write down a response that you feel fits with this emotion. For example, for an angry voice it might be firm but respectful, or comforting/reassuring for an anxious voice. This can acknowledge that while the voice has something important to communicate, your own needs are important too and this is why a boundary is needed (e.g., a set time or place that you can set aside for later to give the voice its opportunity to speak):

……

……

2) **Compassionate focus towards the part that's *receiving* the voice**

What feeling do you have in your body as the recipient of the voice?

Now write down a response that names this emotion (e.g., *this voice is making me feel X. This is located here in my body*), and then make some offers to help with this:

……

……

3) **Compassionate focus towards both (voice and voice-hearer relationship)**

Is there a conflict between you and the voice?

If your compassionate self could act as a peacekeeper (a third party who is coming in to help the two parts who are in conflict) what would it say or do to help? Think about how a marriage counsellor might address a fight between a wife and husband. Or how a referee in sport de-escalates a conflict between opposing players or teams. What would you say to help switch from threat to calmness?

……

……

Copyright ' Heriot-Maitland, C., & Longden, E. (2022). Relating to Voices using Compassion Focused Therapy: A Self-help Companion (1st ed.). Routledge.