

List of Coping Strategies for Hallucinations

Distraction	Focusing	Meta-cognitive Methods
Humming	Correct the cognitive distortions in the voices	Use schema focused techniques
Talking to yourself	Respond rationally to voice content	Acceptance
Listen to modern music	Sub vocalization	Assertiveness
Listen to classical music	Dismiss the voices	Use a biological model
Prayer	Remind yourself that no one else can hear the voice	Consider shamanistic views of voice hearing
Meditation	Phone a voice buddy and tell them the voice is active	Consider cultural aspects of voice hearing
Use a mantra	Remember to take antipsychotic medication	Use positive logging to refute negative beliefs about the self
Painting	Demonstrate controllability by bringing the voices on	Use a continuum relating your own worth to that of other people
Imagery	Give the voices a ten minute slot at a specific time each day	List your positive experiences in life
Walking in the fresh air	Play a cognitive therapy tape discussing voice control	List your achievements, friendships etc.
Phone a friend	Use a normalizing explanation	Act against the voices (show them that you are better than they say)
Exercise	Use rational responses to reduce anger	
Use a relaxation tape	List the evidence in favor of the voice content	
Yoga	List the evidence against the voice content	
Warm bath	Use guided imagery to practice coping with the voices differently	
Call your mental health professional	Role play for and against the voices	

List of 60 Coping Strategies for Hallucinations

Distraction	Focusing	Meta-cognitive Methods
Attend the day center/ drop in	Remind yourself that voices are not actions and need not be viewed that way	
Watch TV	Remind yourself that the voices don't seem to know much	
Do a crossword or other puzzle	Remind yourself that you don't need to obey the voices	
Play a computer game	Talk to someone you trust about the voice content	
Try a new hobby	Use rational responses to reduce shame	
	Use rational responses to reduce anxiety	
	Use a diary to manage stress	
	Use a diary to manage your time	
	Plan your daily activities the night before	
	Use a voice diary in a scientific manner	
	Mindfulness	
	Try an earplug (right ear first if right handed)	