

FORM 9.10: Voice Avoidance Hierarchy

List of situations with voices avoided due to fear/anxiety about the voice (If there is more than one voice, start with the least distressing voice first.)	Anxiety (0–100%)	Avoidance (0–100% of time)
Thinking about the voice		
Talking about the voice		
Writing about the voice		
Listening to the voice		
Imagining the voice		
Talking about the voice with a friend		
Talking about the voice with a family member		
Talking about the voice with a health care provider		
Bringing the voice on in session with a health care provider		
Bringing the voice on outside of session with a health care provider		
Bringing the voice on with a safe other		
Bringing the voice on by self at home		
Bringing the voice on by self away from home		
Clinician role-playing the voice and me responding		
Role-playing the voice and pretending that a friend hears the voice		
Role-playing the voice with clinician responding		
Clinician role-playing voice and me responding		
Two-chair exercise responding to voice		
Coping with the voice outside of session		
Not responding to commands of the voice but doing something to appease the voice, or make it happy even though I didn't do what it said		
Not responding to commands of the voice		
Other, please list:		
Other, please list:		
Other, please list:		

Voice Avoidance Hierarchy for Situations

List of situations avoided due to fear or anxiety regarding voices	Situation Avoided? Yes/No	Not Avoided but Causes Anxiety? Yes/No
Travel by bus or train		
Listening to the radio		
Watching TV		
Being at home		
Leaving home		
Gym		
Community center		
Groups		
Classrooms		
Theaters/movies		
Shopping malls		
Church/spiritual center		
Hospital or medical clinic		
Restaurants		
Dentist		
Doctor		
Parties		
Being with unfamiliar people I don't know		
Being with people I know		
Auditoriums		
Cars		
Other, please list:		