

## Voice Diary

<b>Situation</b> Where are you? When? Day and Time? What are you doing?	<b>Voice Present</b> Yes/No	<b>Voice Content</b> What did voice (s) say?	<b>Distress Level</b> 1(None)-10 (Extremely Distressed)	<b>Response</b> What did you do (behavior)?	<b>Outcome</b> What happened? Voices- stop or continue? Distress- go up or down? Re-rate (1-10)