# List of 60 Coping Strategies for Hallucinations

<table>
<thead>
<tr>
<th>Distraction</th>
<th>Focusing</th>
<th>Meta-cognitive Methods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Humming</td>
<td>Correct the cognitive distortions in the voices</td>
<td>Use schema focused techniques</td>
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<tr>
<td>Talking to yourself</td>
<td>Respond rationally to voice content</td>
<td>Acceptance</td>
</tr>
<tr>
<td>Listen to modern music</td>
<td>Sub vocalization</td>
<td>Assertiveness</td>
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<tr>
<td>Listen to classical music</td>
<td>Dismiss the voices</td>
<td>Use a biological model</td>
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<tr>
<td>Prayer</td>
<td>Remind yourself that no one else can hear the voice</td>
<td>Consider shamanistic views of voice hearing</td>
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<tr>
<td>Meditation</td>
<td>Phone a voice buddy and tell them the voice is active</td>
<td>Consider cultural aspects of voice hearing</td>
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<tr>
<td>Use a mantra</td>
<td>Remember to take antipsychotic medication</td>
<td>Use positive logging to refute negative beliefs about the self</td>
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<tr>
<td>Painting</td>
<td>Demonstrate controllability by bringing the voices on</td>
<td>Use a continuum relating your own worth to that of other people</td>
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<tr>
<td>Imagery</td>
<td>Give the voices a ten minute slot at a specific time each day</td>
<td>List your positive experiences in life</td>
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<tr>
<td>Walking in the fresh air</td>
<td>Play a cognitive therapy tape discussing voice control</td>
<td>List your achievements, friendships etc.</td>
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<tr>
<td>Phone a friend</td>
<td>Use a normalizing explanation</td>
<td>Act against the voices (show them that you are better than they say)</td>
</tr>
<tr>
<td>Exercise</td>
<td>Use rational responses to reduce anger</td>
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<tr>
<td>Use a relaxation tape</td>
<td>List the evidence in favor of the voice content</td>
<td></td>
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<tr>
<td>Yoga</td>
<td>List the evidence against the voice content</td>
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<tr>
<td>Warm bath</td>
<td>Use guided imagery to practice coping with the voices differently</td>
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<tr>
<td>Call your mental health professional</td>
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<td>Role play for and against the voices</td>
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<td>Attend the day center/drop in</td>
<td>Remind yourself that voices are not actions and need not be viewed that way</td>
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<tr>
<td>Watch TV</td>
<td>Remind yourself that the voices don’t seem to know much</td>
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<tr>
<td>Do a crossword or other puzzle</td>
<td>Remind yourself that you don’t need to obey the voices</td>
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<tr>
<td>Play a computer game</td>
<td>Talk to someone you trust about the voice content</td>
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<tr>
<td>Try a new hobby</td>
<td>Use rational responses to reduce shame</td>
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<td></td>
<td>Use rational responses to reduce anxiety</td>
<td>Use a diary to manage stress</td>
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<td></td>
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<td>Use a diary to manage your time</td>
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<td></td>
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<td>Plan your daily activities the night before</td>
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<td>Use a voice diary in a scientific manner</td>
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<td>Mindfulness</td>
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<td></td>
<td>Try an earplug (right ear first if right handed)</td>
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