

OVERCOMING DISTRESSING VOICES

Figure 17: Rating beliefs about the power and control of my voice

(Items taken from the Beliefs About Voices questionnaire – revised [BAVQ-R], Chadwick et al., 2000)

	Disagree (score 0)	Unsure (score 1)	Slightly agree (score 2)	Strongly agree (score 3)
My voice is very powerful				
My voice seems to know everything about me				
My voice makes me do things I really don't want to do				
I cannot control my voice				
My voice will harm or kill me if I disobey or resist it				
My voice rules my life				

The rating of my belief about my voice's power and control is ____ /18

How did you get on? A higher score means a stronger belief in the power and control of the voice, whereas a lower score indicates a belief that the voice has limited power and