

WHAT DO YOU HEAR AND SEE?

Hallucinations are those private experiences of hearing voices or sounds, or seeing visions, that others do not experience. You may hear voices that others cannot hear or see people or objects that others cannot see. This can be a very scary experience and it can seem as if the experience is very real, not a result of your mind being confused. This exercise encourages you to describe these private experiences that are not shared by others. Please be as open and honest as you feel comfortable with as you answer these questions.

1. Do you hear voices that others do not hear? Yes _____ No _____ If yes,
 - A. When did you first hear such voices? _____

 - B. What do the voices say to you? (use additional paper, if necessary) _____

 - C. Does it seem like the voices come from outside or inside your head? _____

 - D. Do the voices ever command you to do anything? If so, what do they tell you to do? Do you do what they tell you? _____



- E. What circumstances seem to bring on the hearing of voices (when you are tired, afraid, tense, alone, with a crowd, etc.)? _____

- F. How does taking your medication affect your hearing of voices? _____

- G. On a separate piece of paper, draw a picture of what you imagine the person speaking to you looks like.
2. Do you see people or objects that others cannot see? Yes _____ No _____ If yes,
- A. When did you first experience these visions? _____

- B. Please describe what you see that others cannot see. _____

- C. What circumstances seem to bring on the visions? _____

- D. How does taking your medication affect your seeing these people or objects?

- E. On a separate piece of paper, draw a picture of what you see that others do not see.