

## How to Cope with Mean Voices

1. **Talk to Mom.** Think about Mom's positive voice and all the things she says about how wonderful you are.
2. Play WOW or LoL (video games) until the voices get bored.
  - a. Play a game that lets you chat or talk with other players in your group.
  - b. Play a new video game.
  - c. Replay a favorite old video game.
3. Concentrate on something (e.g., read a book) to focus your mind and thoughts.
4. Do something new for enjoyment that forces you to focus on what you're doing.
  - Drawing – pencil, charcoal, ink, chalk, pastels.
    - Draw characters and have them do things, maybe something weird.
    - Manga that draws from stories, video games, or anime you've seen.
  - Painting – oil, acrylic, watercolor, gouache, fresco, spray paint.
  - Fiber Arts – cross-stitching, quilting, embroidery, knitting, macramé.
  - Writing – Short stories, poems.
  - Sound, Film, & Video Art – YouTube videos, YouTube channel, Twitch, experimental, narrative, storytelling.
  - Music – Guitar, trumpet, violin, percussion.
  - Meet with other people on Tuesday nights as part of the NAMI support group.
  - Listen to music that you really enjoy with your ear buds on a HIGH volume.
  - TV – Watch anime, new show or movie, binge a TV series
5. Play with and cuddle with our cat and dog. Or take him for a walk. Brush or bathe them.
6. Call family or friends.
7. Hang out with people in-person or online (go out to eat, go over someone's house, etc.)
8. Play Word Games (e.g., Think of words that sound alike or are off of one tangent).
  - a. For example, say cat, rat, fat, bat, mat, and then try meat, beat, feet, treat, and so on, to help focus your voice and help you concentrate.
9. Focus on happy past memories (e.g., a childhood memory, vacation, playing with friends, vacations). Force yourself to remember every detail that you can.
10. Don't automatically believe what a negative voice says, especially when it pretends (lies) to be Mom. Instead, believe what YOU want to believe.
11. Try not so isolate yourself in your bedroom as much. Schedule things to do (maybe include Mom).
12. Hit the punching bag in the garage.
13. Treat the voices like a school bully. Ignore them, don't let them upset you.
14. Take a Clonazepam tablet.
15. Consider consulting our psychiatrist about increasing clozapine (medication).

### Life Lessons from Mom

1. Focus on the **enjoyment** you get from the things you have done or plan to do. Take your time doing things you enjoy so the enjoyment lasts longer.
2. When people interact with or meet you, they like you because you are a great listener and have a natural kindness that makes people feel happy. That is just a small part of what makes you so special.
3. A great goal for life is to be happy and healthy!

### About Me

- I am a calm person, a happy person, and I don't stress about anything. Nothing bothers me much.
- I am a great listener who people like because they don't feel judged by me.
- I have a good way of bringing people together.
- I have moved past the voices and just feel happy. I don't care if the voices are bored. It is not my job to entertain them.
- I don't care about the voices or when they attack the way I cope with them.
- The voices make fun of me by trying to keep control and to feel better about themselves. They try to act like bullies.

### Things to do

1. Write your thoughts down on a piece of paper. How would you describe positive and negative voices (personalities). Who are they? What do they do? Describe your relationship with them. How do you manage (i.e., what do you say to) the negative voices.
2. Write down some things (e.g., tips, techniques, etc.) to tell yourself (or the voices) to quiet (and deal with) the voices.
3. Work on your life story. What was your childhood like? Earliest memory? Describe your relationship with friends and family. Tell the story of major events in your life, in sibling's life. How does it feel to live with schizophrenia? Help people understand what it is like.