



Therapy Unit 1: Relationship Development and Case Histories

Worksheet 1.1 Own special idea(s)

Question	Response	Level of conviction (0-100%)	
		formerly	now
What special ideas occupy your thoughts?			
What/who is behind it? What do you think is the cause?			
How do others appraise the situation? Are there other explanations?			
How much time during the day are you preoccupied with your ideas?	(hours/minutes)		

Please mark the appropriate box		strongly	moderately	only a little	not at all
How much does the preoccupation with your special ideas interfere with your everyday life?	formerly				
	now				
How strong is your fear or the unpleasant feelings that are connected with these ideas?	formerly				
	now				



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Worksheet 1.2. Hearing voices

Question	Response				
What did/do the voices sound like? (E.g. loud or low? Clear or blurred?)					
Whose voices are they? (E.g. male or female, do the voice(s) belong to a person you know?)					
Where and when are/were the voices particularly noticeable?					
What do/did the voices say?					
Do you think the voices have been inserted by an external source or that they are your own thoughts?					
To what extent are/were you convinced that the voices are coming from an external source? <div style="text-align: right;">(0-100%): formerly _____%</div> <div style="text-align: right;">now _____%</div>					
What do you think has evoked the voice(s)? What is the cause?					
How do others evaluate the voices? Are there other explanations?					
How much time during the day are you preoccupied with the voice(s)?	formerly _____(hours/minutes) now _____(hours/minutes)				
Have you ever tried something to get rid of the voices? What did you do and how successful were you?					
<div> <div>Please mark the appropriate box</div> <div> <div>strongly</div> <div>moderately</div> <div>only a little</div> <div>not at all</div> </div> </div>					
How much do the voices interfere with our everyday life?	formerly				
	now				
How strong is your fear or the unpleasant feelings that are evoked by the voices?	formerly				
	now				