

Coping with Auditory Hallucinations Worksheet

Name:					Age:				
Date of session:					Practitioner:				
Identify hallucinations									
Write down the details of your hallucinations. What sounds did you hear? Where and when did you hear these sounds?									
Rate the distress caused by these sounds on a scale of 1 (no distress at all) to 10 (extreme distress).									
1	2	3	4	5	6	7	8	9	10
Sensory grounding									
List three things you can sense right now in each of the following categories:									
See									
Hear									
Smell									
Taste									

Differentiation

Describe how these real sensations differ from the hallucination. This can help you distinguish between what is real and what is a product of the hallucination.

Coping strategies

Engaging in an activity can distract you from the hallucinations. List 3 activities you can do to distract yourself.

- 1.
- 2.
- 3.

Check with someone you trust if they can hear the same sounds. This can help confirm if the sounds are real or not. Identify 2 people you can trust to check with you.

Practice deep breathing, meditation, or other relaxation techniques that can reduce anxiety and stress. Describe a relaxation technique we have discussed that you may use or one of your own.

Support

Who can you reach out to for support when you experience auditory hallucinations? List names and contact details for supportive friends, family, or mental health professionals

Name	Relationship	Contact

Practitioner contact information

Name:

Contact number:

Email:

Healthcare practice name: