

Coping with Auditory Hallucinations Worksheet

Personal Information

Name: Michael Gonzalo

Age: 30

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Step 1: Identifying Hallucinations

Write down the details of your hallucinations. What sounds did you hear? Where and when did you hear these sounds?

I heard whispering voices calling my name and laughter in my living room around 10 minutes ago

Rate the distress caused by these sounds on a scale of 1 to 10.



1



2



3



4



5



6



7



8



9



10

Step 2: Sensory Grounding

List three things you can sense right now in each of the following categories.

See:

A red book, a green plant, a white lamp

Hear:

Birds chirping, clock ticking, cars passing

Smell:

Fresh coffee, lavender perfume, rain on concrete

Taste:

Coffee, chocolate chip cookie, metal spoon

Step 3: 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.

The sounds felt far away even though they were loud. They came from in front of me.

Step 4: Coping Strategies

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

I like playing video games, and I usually focus enough when I play to not notice hallucinations.

Check with someone you trust if they can hear the same sounds. This can help confirm if the sounds are real or not. Who can you check with?

I asked my sister Sarah, she said she didn't hear any sounds. It helped me figure out that the eerie laughing was a hallucination.

Practicing deep breathing, meditation, or other relaxation techniques can reduce anxiety and stress. Describe a relaxation technique you can use.

Breathing deeply helps me relax can calm down my nerves. It feels like I'm being haunted and that scares me so much. It helps to know that these are just hallucinations, like when I'm watching horror movies and think to myself that it's just a movie. But I can't do that while I'm panicking

Step 5: Seeking Support

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

my mom Debbie 555-1234

my sister Sara 555 1235

Dr Smith 555 9874

Healthcare Professional's Notes and Contact Information

Name:	Dr. Lizette Smith
Signature:	
License Number:	PSY123456
Contact Number:	555 678 9874
Email:	Dr.L.Smith@email.com
Healthcare Practice Name:	Therapy Center Solutions