

# Coping with Auditory Hallucinations Worksheet

## Personal Information

Name:

Age:

Date:

## Step 1: Identifying 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 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:

Hear:

Smell:

Taste:

### **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.

### **Step 4: Coping Strategies**

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

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?

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

**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.

**Healthcare Professional's Notes and Contact Information**

Name:

Signature:

License Number:

Contact Number:

Email:

Healthcare Practice Name: