

Reflecting on Voice Hearing[†] - Exercise

Taking into account the worldview held by many voice hearers, Romme and Escher (1993)[†] suggest that for anyone who hears voices or is starting to work with a client who hears voices, it is a good idea to reflect on the following questions:

- To what extent do the voices indicate a sensitivity to other people's emotions or situations elsewhere?
- To what extent do they relate to a stage of spiritual growth, demonstrated in terms of peak experiences?
- To what extent do they reflect a destabilised identity resulting from either trauma or incomplete development?
- To what extent do they reflect recent or past traumas?
- To what extent do they reflect current emotional problems?
- To what extent do they reflect unfavourable current relationships or living circumstances?
- To what extent do they reflect interference with energies of a metaphysical nature?
- To what extent do they reflect illness, physiological or psychological?

[†] The above questions have been taken directly from Romme and Eschers book *Accepting Voice* (1993) – See references