

## **CBSST: COPING WITH UNUSUAL SENSORY PERCEPTIONS**

### **Example 1:**

#### Catch it!

Unhelpful thoughts: “The voices I hear are very powerful.” “I can’t control the voices.”

#### Check it! Is this thought true? Is it helpful?

Can you turn the voices off by humming, listening to music, repeating the voices, taking medications?

Change it! “If I can turn these voices off and on, it means I can control them sometimes, then they can’t be all powerful.”

### **Example 2:**

#### Catch it!

Unhelpful thought: “The voices I hear will hurt me if I don’t do what they say.”

#### Check it! Is this thought true? Is it helpful?

Have the voices always done what they said they would do before?

Change it! “If they didn’t actually hurt me before, they probably won’t hurt me now.”

### **Example 3:**

#### Catch it!

Unhelpful thought: “The voices are coming from outside of me.”

#### Check it! Is this thought true? Is it helpful?

Can you still hear the voices with headphones on?

Can anyone else hear the voices?

Change it! “If I still hear the voices with headphones on, then they must be coming from inside my head.”



**Adapted from the Minneapolis VA CBSST Manual**