

## Madison Wisconsin Hearing Voices Network

Group meeting February 12, 2004

*List of what works and what doesn't- when learning to manage negative voices*

### What Works

Creativity

Yoga

Self talk

Music

Sleep

Talking back-aloud

Politely telling voices "we can talk later"

Moderate lifestyle habits

Appealing mental health decisions *example: external decisions that effect disability eligibility*

Realistic expectations

The help of good voices in negotiating with bad voices

"Favorite movies that inspire us; *Examples:*

*A Beautiful Mind, Pay It Forward, The ShawShank Redemption, Cast Away*

Vivid fantasy life

Medication

Learning from mistakes

Being kinder to self

Reading

Exercising

Using a cellphone (-activated or not-) as a tool, when you have to talk aloud to voices in public, but don't want to attract attention.

Comedy Central

Video games

T.V.

Calling friends

Meditation

Art in general

Nature

going outside when it is peaceful and quiet

cooking

taking a bath

better boundaries with people

encouragement from friends

praise from friends

pets

chocolate

## **What Doesn't Work**

Professionals having too high or too low expectations

Labeling

Stigma

Being worried about doing so well you might lose your benefits

Overmedicating-by self or by Doctor

Getting drunk

Skipping meds

Doing too much, over doing it

Wasting energy on fruitless sfforts-like fighting

Staying up late

Caffeine

Skipping meals

Too much news in one day

The pessimism of social security disability representatives and of SSI/SSDI itself

Constipation

“verbal constipation” of being unable to speak of emotional issues (alexithemia)