Helpful **strategies and goals in making sense of voices and improving relationships with loved ones:**

Accept that voices are real, respect the voices

Offer good listening, be open minded

Ask open and follow up questions that might reveal more of the experience

Sound encouraging

Try not to interpret or interrupt

Do not deny or contradict loved one’s experience

Develop our curiosity toward voices, visions, etc

Identify feelings of voice hearer

Create mindful engagement with voices

Normalize experience to reduce anxiety

Avoid criticism, instead offer warmth and support

Tackle problems that might come up calmly and objectively as possible

Check in with yourself to see how you are feeling