

Suggested Techniques for Coping with Persistent Symptoms

Skill Area 2: Coping with Persistent Symptoms

Auditory Hallucinations (*voices, sounds, or idiosyncratic names*)

Hum or sing	Lie down and relax
Take a nap	Debate with the voices
Tell the voices to go away	Do physical exercise
Think “stop”	Watch TV
Talk with friends	Do your favorite hobby
Go to a movie	Fill in your <i>Persistent Symptoms Rating Sheet</i>
Read a book, newspaper, or magazine	Listen to the radio
Other _____	

Other Hallucinatory Experiences (*visions*)

Do your favorite hobby	Do physical exercise
Lie down and relax	Talk with friends
Think “stop”	Listen to the radio
Watch TV	Go to a movie
Read a book, newspaper, or magazine	Fill in your <i>Persistent Symptoms Rating Sheet</i>
Other _____	

Delusions (*Bad thoughts or feelings, unusual thoughts or beliefs, paranoia or suspiciousness*)

Lie down and relax	Do physical exercise
Talk with friends	Think “stop”
Do your favorite hobby	Watch TV
Take a nap	Listen to the radio
Read a book, newspaper, or magazine	Fill in your <i>Persistent Symptoms Rating Sheet</i>
Other _____	

Depression (*bad mood, sadness, or unhappiness*)

Do physical exercise	Do your favorite hobby
Talk with friends	Think “stop”
Listen to the radio	Watch TV
Go to a movie	Write a letter
Read a book, newspaper, or magazine	Fill in your <i>Persistent Symptoms Rating Sheet</i>
Other _____	

Anxiety (*fear, nervousness, or extreme apprehension*)

Take a nap	Talk with friends
Do your favorite hobby	Watch TV
Do physical exercise	Write a letter
Go to a movie	Listen to the radio
Read a book, newspaper, or magazine	Fill in your <i>Persistent Symptoms Rating Sheet</i>
Other _____	