

Hearing Threatening Voices

What Happened

Hearing hostile older woman's voice telling me to harm myself.



How I made sense of this

It might be a teacher trying to get revenge (80% belief)
It might be the Devil (70%)
I am a bad person (100%)



How I felt

Scared (100%)
Down (85%)



What I did

Went home quickly
Tried to ignore voices
Tried telling voices to shut up