

1. Change in the

Anxiety

I experience

2. Change in the

Low mood/Upset

I experience

3. Change in

How much control

I have over my experiences

4. Changes in the way I

View/Perceive

my experiences (as
good/bad)

5. Change in the feelings of

Guilt/Self Blame

over my experiences.

6. Changes in how

Preoccupied

I am with my experiences

7. Change in how much

Distress

I experience

8. Change in how

Intense the distress

is that I experience

9. Change in how much

Disruption to my life

caused by my experiences.

10. Change in how much

*Concern I have for the
future*

11. Change in how much

Hope

I experience

12. Changes in the

Negative Content

of my experiences (e.g
voices saying bad things)

13. Change in how
*Cooperative I am with
others*

14. Change in how much I
*Socially interact with
others*

15. Change in my
Ability to concentrate

16. Change in my
*Ability to remember
things.*

17. Change in my
*Hostility towards
others*

18. Change in how
Accepting I am
of my experiences.

19. Change in how much
Stress
I experience.

20. Change in how much
Fear
I experience.

21. Change in
*How Often/The
Frequency*
I have these experiences.

22. Change in
How long
the experience last for.

23. Change in the amount
Emotions
I experience.

24. A change in my
*Relationships with
friends*

25. Change in
*How much I believe my
experiences to be
true.*

26. Change in the
*Control I have over
myself.*

27. Changes in
*Adapting/redefining
myself*
to cope with experiences.

28. Changes in my
Destructive behaviours
(e.g. drug taking, alcohol etc)

29. Change in
*Understanding my
diagnosis*

30. Change in the
*Amount of input I
have in my treatment.*

31. Change in the
*Amount of help I
receive from the
mental health service.*

32. Change in the way I

Feel about myself
(feeling good about self,
self esteem etc).

33. Change in how
Optimistic
I am about my experiences.

34. Changes in the
Anger
I experience.

35. Changes in the amount
of
Self-Empowerment
I experience.

36. Changes in the
Self-Confidence
I experience.

37. Changes in my ability
To Reflect
upon my experiences.

38. Changes in ability to

Take care of self

(Being able take care of basic needs, hygiene, food, medication etc)

39. Change in/

Regaining life functioning

(Going shopping, doing daily chores etc)

40.

41. Changes in

Living Arrangements

42. Changes in

Employment Arrangements

43. Change in the

Positive Content

of my experiences. (e.g voices saying nice things about you)

44. Change in my

Relationships with Family or significant other.

45. Change in the

Amount of Support I received from friends

46. Change in the

Amount in of support I received from family.

47. Change in the

Acceptance/understanding of your experiences by others

(friends, family etc)

48. Change in your

Social behaviour

(e.g seeing friends/family, going out etc)

49. Change in
*Self-Harming
Behaviours.*
50. Change in
*Compliance with
Medication*
51. Change in
*My ability to cope with
my experiences*
52. Change in the way
*I respond to my
experiences.*
(e.g, ignore them)
53. Change in my ability to
Sleep
54. Change in how
Calm
I am.

55. Change in how
Embarrassed
I am of my experiences.

Voices Only

56. Change in
*How much I believe
what my voices say are
true*
57. Change in the
Location of the voice
58. Change in the
Loudness of the voice