

**TRIGGERS**

On the bus  
Feeling anxious

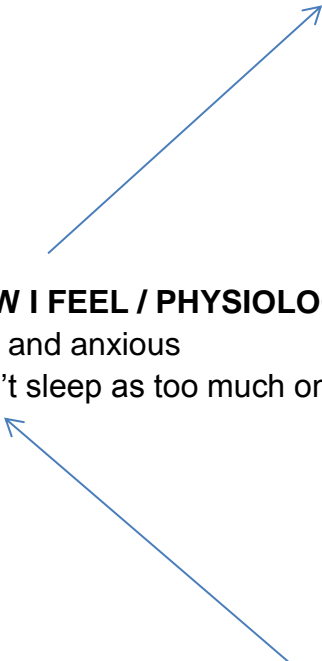


**VOICE**

Hear voice saying 'everyone hates you'  
'You are worthless, useless'  
'Everyone's talking about you'  
Image in mind of bullies talking about me

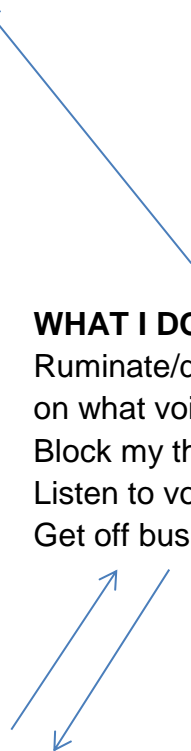
**HOW I FEEL / PHYSIOLOGY**

Sad and anxious  
Can't sleep as too much on mind



**WHAT I DO**

Ruminate/dwell  
on what voice says  
Block my thoughts  
Listen to voices  
Get off bus & go home



**HOW I MAKE SENSE OF THE VOICES**

The bullies are talking about me right now  
They are transferring their voices into my head (80% belief)  
I will lose control of my mind  
This will never stop

