5 Aspects for Voices

*Padesky 5 Aspects. 1986*

**Situation**

**Thoughts & Images**
What went through my mind when the voice says that? Do I agree? If it’s true – what did that say or mean about me? What’s the worst thing about that? How can I explain it? What is its purpose? How am I making sense of it? What does it all mean?

**Body / Physical sensations**
What did I notice in my body? What did I feel? Where did I feel it?

**Moods / Emotions**
What emotion did I feel at that time? What else? How intense was that feeling? (0 – 100%)

**Behaviours / What I did or didn’t do**
What helped me cope and get through it? What didn’t I do or what did I avoid doing? What automatic reactions did I have? What would other people have seen me doing? What did I feel like doing?