

Hearing Voices That Are Distressing

Guided Reflection

1. How has this experience influenced your perception of people who hear voices that are distressing?
2. Which activity was most difficult for you during the voice hearing experience? What was it that you found difficult about this activity?
3. What are some communication strategies that you could use with a patient experiencing hearing voices that are distressing?
4. What are some assessment questions that you would anticipate asking a patient who is experiencing unwanted auditory hallucination?
5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination?
6. How will this experience influence your future nursing practice?