

# The Voice and You (VAY)

**A PERSON'S ASSESSMENT OF THE RELATIONSHIP THEY HAVE WITH  
THEIR PREDOMINANT VOICE**

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**PLEASE READ THIS BEFORE YOU START**

The statements listed here are the sorts of feelings and attitudes which people sometimes have about or towards the voices they hear. Please read each statement carefully and indicate, by ticking the appropriate column, the extent to which you think it applies to you in relation to your predominant voice.

Try to be completely frank and honest about yourself. Avoid answering the way you would like to be or the way you would like others to think of you, rather than the way you really are.

Try as far as possible, to place your ticks in the “Nearly always true” and “Rarely true” columns. The two middle columns are really for if you cannot make up your mind.

**Please state -**

Your age: .....

Sex: M / F

Duration of voice hearing experience (years) .....

Diagnosis: (if relevant) .....

Are you currently taking anti-psychotic medication? Yes / No

	<b>Nearly always true</b>	<b>Quite often true</b>	<b>Sometimes true</b>	<b>Rarely true</b>
1. My voice wants things done his/her way				
2. My voice helps me make up my mind				
3. I prefer to keep my voice at a safe distance				
4. My voice makes hurtful remarks to me				
5. My voice does not let me have time to myself				
6. I have a tendency to look up to my voice				
7. When my voice gets too close to me, it makes me feel uneasy				
8. My voice constantly reminds me of my failings				
9. My voice dislikes it when I exclude him/her by showing an interest in other people				
10. I allow my voice to take control of me				
11. I feel I have little to offer my voice				
12. It is easy for my voice to change my mind				
13. My voice does not give me credit for the good things I do				

	<b>Nearly always true</b>	<b>Quite often true</b>	<b>Sometimes true</b>	<b>Rarely true</b>
14. My voice tries to accompany me when I go out				
15. I feel deserted when my voice is not around				
16. I try to hide my feelings from my voice				
17. My voice tries to get the better of me				
18. My voice dislikes spending time on his/her own				
19. My voice's judgment is better than mine				
20. I do not like to get too involved with my voice				
21. My voice makes me feel useless				
22. I need to have my voice around me a great deal				
23. I don't like my voice to know what I am thinking				
24. I have difficulty letting go of my voice				
25. My voice tries to make me out to be stupid				
26. My voice finds it hard to allow me to have time away from him/her				
27. I have a great need to talk to my voice				
28. I don't wish to spend much time listening to my voice				

## Voice And You (VAY)

### Items by scale

#### Voice Dominance

- 1) My voice wants things done his/her way
- 4) My voice makes hurtful remarks to me
- 8) My voice constantly reminds me of my failings
- 13) My voice does not give me credit for the good things I do
- 17) My voice tries to get the better of me
- 21) My voice makes me feel useless
- 25) My voice tries to make me out to be stupid

#### Voice Intrusiveness

- 5) My voice does not let me have time to myself
- 9) My voice dislikes it when I exclude him/her by showing an interest in other people
- 14) My voice tries to accompany me when I go out
- 18) My voice dislikes spending time on his/her own
- 26) My voice finds it hard to allow me to have time away from him/her

#### Hearer Dependence

- 2) My voice helps me make up my mind
- 6) I have a tendency to look up to my voice
- 10) I allow my voice to take control of me
- 12) It is easy for my voice to change my mind
- 15) I feel deserted when my voice is not around
- 19) My voice's judgement is better than mine
- 22) I need to have my voice around me a great deal
- 24) I have difficulty letting go of my voice
- 27) I have a great need to talk to my voice

#### Hearer Distance

- 3) I prefer to keep my voice at a safe distance
- 7) When my voice gets too close to me, it makes me feel uneasy
- 11) I feel I have little to offer my voice
- 16) I try to hide my feelings from my voice
- 20) I do not like to get too involved with my voice
- 23) I don't like my voice to know what I am thinking
- 28) I don't wish to spend much time listening to my voice

## **Voice and You (VAY)**

### **Scoring Guidelines**

#### Scoring

Responses are scored as follows:

Nearly always true	= 3
Quite often true	= 2
Sometimes true	= 1
Rarely true	= 0

Creating a possible maximum score for each scale of:

Voice dominance	= 21
Voice intrusiveness	= 15
Hearer dependence	= 27
Hearer distance	= 21