4. Integrating, Letting Go or Living with Voices			Date:		
YOUR NAME:					
NAME or identifyer	What would you like to do with this Voice	Places where the Voice is helpful	How do you plan to achieve your chosen relationship with the Voice?	Feelings which you need to process	Maintenance tools for this Voice
Joe	Have companionship (Live with)	Shopping assistance	We make dates and we have good boundaries which work for both of us	none	Daily conversations
Sally	Have her be me (Integrate)	She helps me to cry	Accept her as memy tears	Sadness for what I lived through	Cry and let go of the sadness and the differences
Tom	l have learned all l can (let go)	Not helpful anymorethe story is over	I am going to make a funeral ceremony	Deep loss and sadness but also grateful for what Tom did	Empty spacetry to fill it with the fun things Tom did