## **Persecutory Beliefs and Hearing Threatening Voices**

What Happened	How I made sense of this	How I felt	What I did
Wakes up with a headache	The chip in my brain has been activated		
At door about to leave house; hears threatening voices saying they will snatch me if I go out	They are telling the truth; it is  going to happen (100% belief)  It's people from the government;  I'm part of an experiment	Frightened, stressed, struggling to breathe, heart racing	Check the doors are locked; tried to make self go out; shouted at voices; shut curtains to avoid being watched; sat down in living room instead of leaving