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Definitions

AA: Alcoholics Anonymous

Critical Voices:

Psychiatrists call critical voices hallucinations, claiming that the person hears, sees, feels, smells or tastes something that is not actually there. But they are actually there, and can cause a person to hear, see, feel, smell or taste something that isn't actually real (although it may seem real).

Things such as criticizing what you are doing, mocking you, making sounds talk, be abusive, causing smells, pains in the body, keeping you up at night, stopping you from going to the toilet, making pain worse, coughing, hiccups, crying, farting, sweating, itching, cramps etc.

If you think back into your past, you will find many instances where there have been critical voices of one description or another. For example:

- When you were younger, if your parents left you home alone at night, critical voices may have tried to scare you, telling you that a murderer or thief may try to break in etc.
- You may have been jogging and got a stitch, and a critical voice, thinking you are stupid, may have asked if you could tell if he was doing it or not.

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