Follow-up to Concentration

Session 9
Activities

• Which of these strategies did you find helpful to improve your concentration?
  – Eliminate distractions
  – Adjust work habits
  – Stay focused
  – Consider task difficulty
  – Decrease prominence of tinnitus
  – Take control of your attention
Activities

• What background sounds were most helpful to make tinnitus less prominent?

• Describe how you practiced the attention control exercises.
  – Visual
  – Sound
  – Sound plus tinnitus
  – Sound plus reading