

Follow-up to Concentration Session

Activities

- Which of these strategies did you find helpful in improving concentration?

1. Eliminate distractions
2. Stay focused
3. Adjust work habits and consider task difficulty
4. Decrease prominence of tinnitus
5. Take control of your attention



Activities

- What background sounds were most helpful to make tinnitus less prominent?
- Describe how you practiced attention control exercises:
 1. Visual
 2. Sound
 3. Sound plus tinnitus
 4. Sound plus reading

