

Follow-up to Thoughts and Emotions Session

Tinnitus Diary Review

- Let's take a look at your diary
- The goal of this diary is to help you make changes in your daily life so you are doing more activities where your tinnitus is better and fewer activities where your tinnitus is worse
- The diary should also help you find alternative activities you may engage in to take your mind off tinnitus.

Your Tinnitus Diary

1. Write down your thoughts and worries about tinnitus
2. Check to see if these thoughts match what actually happens
3. List the alternative ways of thinking about tinnitus that you find helpful

Tinnitus Diary

- List the things that reduce your tinnitus

1. _____
2. _____
3. _____
4. _____
5. _____

- List the things that worsen your tinnitus

1. _____
2. _____
3. _____
4. _____
5. _____

Tinnitus Diary

- List activities you enjoy

1. _____
2. _____
3. _____
4. _____
5. _____

- List sounds you enjoy

1. _____
2. _____
3. _____
4. _____
5. _____

Tinnitus Diary

- List alternative activities to engage in when you find tinnitus bothersome

1. _____
2. _____
3. _____
4. _____
5. _____

- List any low level sounds you used, and their effect on your tinnitus

1. _____
2. _____
3. _____
4. _____
5. _____

Your Tinnitus Diary – Week 1

- Make changes in your daily life so you are doing more activities where your tinnitus is better and fewer activities where your tinnitus is worse. List the new activities and how your tinnitus was affected.

Activity

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7:

Effect on Tinnitus

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7:

Your Tinnitus Diary – Week 2

Activity

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7:

Effect on Tinnitus

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7: