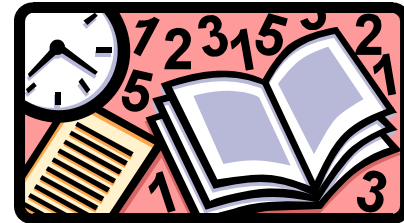


# Follow-up to Concentration

## 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