

Follow-up to Thoughts and Emotions

Session 3

Tinnitus Diary

- 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 your tinnitus.

Tinnitus Diary

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

e.g. I have tinnitus, but it is really a small part of my life.

 1. _____
 2. _____

Tinnitus Diary

- List things that reduce your tinnitus

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

- List things that worsen your tinnitus

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Tinnitus Diary

- List sounds you enjoy

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

- List activities you enjoy

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Tinnitus Diary

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

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

- List any low level background sound you used & its effect on your tinnitus

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

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 _____

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 _____
