APPENDIX 2  Changing Thoughts and Feelings Worksheet

Changing Thoughts and Feelings Worksheet

1. From the Tinnitus Problem Checklist, write down one bothersome tinnitus situation ______________________________________

2. Check one or more of the three exercises you will practice
   - Deep breathing
     - Inhale
     - Breathe
     - Exhale
     - Trial 1
     - Trial 2
     - Trial 3
   - Imagery
     - See, hear, touch
     - Imagine
     - Smell, taste
     - Trial 1
     - Trial 2
     - Trial 3
   - Changing thoughts

3. Write down how you feel before you try the exercise

4. Write down how you feel after the exercise

5. Use your plan plan over the next week. How helpful was each exercise?

6. Comments
   When you find something that works well (or not so well) please comment. You do not need to wait 1 week to write your comments.

   Not at all  | A little  | Moderately | Very much | Extremely
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