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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	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.
<input type="checkbox"/> Deep breathing <div style="border: 1px solid black; padding: 2px; margin: 2px;"> <div style="text-align: center; padding: 2px;"><i>inhale</i></div> <div style="text-align: center; padding: 2px;">Breathe</div> <div style="text-align: center; padding: 2px;"><i>exhale</i></div> </div>	Trial 1 _____	_____	<div style="display: flex; justify-content: space-around; font-size: small;"> Not at all A little Moderately Very much Extremely </div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____ _____ _____
<input type="checkbox"/> Imagery <div style="border: 1px solid black; padding: 2px; margin: 2px;"> <div style="text-align: center; padding: 2px;"><i>see, hear, touch</i></div> <div style="text-align: center; padding: 2px;">imagine</div> <div style="text-align: center; padding: 2px;"><i>smell, taste</i></div> </div>	Trial 1 _____	_____	<div style="display: flex; justify-content: space-around; font-size: small;"> Not at all A little Moderately Very much Extremely </div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____ _____ _____
<input type="checkbox"/> Changing thoughts <div style="border: 1px solid black; padding: 2px; margin: 2px;"> <div style="text-align: center; padding: 2px;"><i>Think</i></div> <div style="text-align: center; padding: 2px;">Feel</div> </div>	Trial 1 _____	_____	<div style="display: flex; justify-content: space-around; font-size: small;"> Not at all A little Moderately Very much Extremely </div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____ _____ _____