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

   Not at all  
   A little  
   Moderately  
   Very much  
   Extremely

2. Check one or more of the three skills to manage the situation.

3. Write down the details for each skill you will use.

   Activity 1
   Activity 2
   Activity 3

   Old thought  
   New thought

   Think
   Feel

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

   Deep breathing
   Imagery
   Other

5. Write down the details for each skill you will use for next week.

   Activity 1
   Activity 2
   Activity 3

   Old thought  
   New thought

   Think
   Feel

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.