Tinnitus Problem Checklist

1. My **most** bothersome tinnitus situation is:
   - □ Falling asleep at night
   - □ Staying asleep at night
   - □ Waking up in the morning
   - □ Reading
   - □ Working at the computer
   - □ Other ______________________

   **Now, write your answer on #1 of the Sound Plan Worksheet.**
   (Copies of the Worksheet can be found at the end of this workbook.)

2. My **second most** bothersome tinnitus situation is:
   - □ Falling asleep at night
   - □ Staying asleep at night
   - □ Waking up in the morning
   - □ Reading
   - □ Working at the computer
   - □ Other ______________________

   **Now, write your answer on #1 of a separate Sound Plan Worksheet.**

3. My **third most** bothersome tinnitus situation is:
   - □ Falling asleep at night
   - □ Staying asleep at night
   - □ Waking up in the morning
   - □ Reading
   - □ Working at the computer
   - □ Other ______________________

   **Now, write your answer on #1 of a separate Sound Plan Worksheet.**