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

- Imagery
  - see, hear, touch
  - imagine
  - smell, taste

- Changing thoughts
  - Think
  - Feel

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?

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

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.

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