

# Follow-up to Thoughts and Emotions Session

Review of Thoughts and  
Emotions 1

- This session is to be completed at the start of the follow-up appointment after the Thoughts and Emotions session.
- Ask the patient to bring their diary to this follow-up appointment and review it together using these slides.

## Tinnitus Diary Review

- Let's take a look at your diary
- The goal of this diary is to help you make changes in your daily life so you are doing more activities where your tinnitus is better and fewer activities where your tinnitus is worse
- The diary should also help you find alternative activities you may engage in to take your mind off tinnitus.

Review of Thoughts and  
Emotions 2

- By completing the activities and diary, the goal is to:
  - Neutralize the patient's negative thoughts about tinnitus
  - Modify their lifestyle to engage in activities where tinnitus is less noticeable/bothersome
  - Use low-level background sound to make tinnitus less prominent

## Your Tinnitus Diary

1. Write down your thoughts and worries about tinnitus
2. Check to see if these thoughts match what actually happens
3. List the alternative ways of thinking about tinnitus that you find helpful

Review of Thoughts and  
Emotions 3

An example of what a patient might report on their diary:

1. Write down your thoughts and worries about tinnitus

*My tinnitus will get worse over time.*

2. Check to see if these thoughts match what actually happens

*Though some days can be worse, my tinnitus is about the same.*

3. List the alternative ways of thinking about tinnitus that you find helpful

*I have tinnitus, but it is really a small part of my life.*

## Tinnitus Diary

- List the things that reduce your tinnitus

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

- List the things that worsen your tinnitus

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

Review of Thoughts and  
Emotions 4

- Examples of things that reduce tinnitus:
  - Background sound from fan, radio, music
  - Stress reduction/ relaxation exercises
  - Being in a quiet place
- Examples of things that make tinnitus worse:
  - Alcohol
  - Being in a noisy place
  - Lack of sleep
  - Caffeine (coffee/tea/cola)

## Tinnitus Diary

- List activities you enjoy

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

- List sounds you enjoy

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Review of Thoughts and  
Emotions 5

- This is completed to help the patient to refocus attention on other, more enjoyable activities and sounds beyond tinnitus.
- Examples of activities they may enjoy: gardening, piano playing, music listening, knitting
- Examples of sounds they may enjoy: ocean waves, rain, waterfall, white noise, classical music, piano

## Tinnitus Diary

- List alternative activities to engage in when you find tinnitus bothersome

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

- List any low level sounds you used, and their effect on your tinnitus

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Review of Thoughts and Emotions 6

Discuss the activities and sounds used and their effect on tinnitus.

1. Try to determine what can be modified in their routine to increase good situations and decrease bad ones.
2. Try to determine what sounds can be added to their environment to provide masking of tinnitus, and reduce the neural prominence of tinnitus.

## Your Tinnitus Diary – Week 1

- Make changes in your daily life so you are doing more activities where your tinnitus is better and fewer activities where your tinnitus is worse. List the new activities and how your tinnitus was affected.

### **Activity**

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7:

### **Effect on Tinnitus**

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7:

Thoughts and Emotions 7

After two weeks of a diary, the patient should have a list of new activities that they engaged in each day, and the effect those activities have on tinnitus.

Example: Day 1 – gardening; Effect on tinnitus – did not notice tinnitus as much when hearing birds and other outside noises



## Your Tinnitus Diary – Week 2

### Activity

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7:

### Effect on Tinnitus

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7:

Thoughts and Emotions 8