

# Living Better with Tinnitus: Sound Plan Worksheet

1. One situation I want to focus on: \_\_\_\_\_

2. Check the type(s) of sound that you will try.



Soothing sound



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Background sound



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Interesting sound



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. Write down the sounds that you will try. **Be specific!** Experiment with different sounds.

4. Write down the devices that you will use. **Be mindful of the volume** that you will use.

5. Use your sound plan until our next session. How helpful was each sound?

6. Reflections  
What did you notice?

Not at all  
A little  
Moderately  
Very Much  
Extremely

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Not at all  
A little  
Moderately  
Very Much  
Extremely

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Not at all  
A little  
Moderately  
Very Much  
Extremely

\_\_\_\_\_

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\_\_\_\_\_