## **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.	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?
Soothing sound  Soft breezes Soothing voice Babbling brook TINNITUS Relaxing music Running water Ocean waves			Not stall hoderstell hud nelly	
Background sound  r Sound Other r Sound Other Sound Ot			Not at all the detate the trust and a little node of but the fresh and the first the	
Interesting sound  Talk Radio!  TINNITUS Audio Books!			Not statile detate much dely	