

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 skills to manage the situation

Relaxation exercises

<i>breathe</i>
Relax
<i>imagine</i>

- Deep breathing*
- Imagery*
- Other* _____

3. Write down the details for each skill you will use

Plan pleasant activities

<i>golf, write, walk</i>
Pleasant activities
<i>dance, paint</i>

- Activity 1 _____
- Activity 2 _____
- Activity 3 _____

Changing thoughts



- Old thought* _____
- _____
- New thought* _____
- _____

4. Use your plan over the next week. How helpful was each exercise?

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all							
A little							
Moderately							
Very much							
Extremely							

5. 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.

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all							
A little							
Moderately							
Very much							
Extremely							

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all					
A little					
Moderately					
Very much					
Extremely					
