

# Part 3. Step-by-Step Guide: Changing Thoughts and Feelings to Manage Reactions to Tinnitus

Many people put a lot of time, effort, and money into trying to quiet their tinnitus. This is normal because quieting the tinnitus would solve the problem. However, there is no cure for tinnitus for most people. Usually the more people try to quiet their tinnitus, the more frustrated they become. In spite of all of their efforts they usually end up feeling worse.

There are many ways to feel better without quieting your tinnitus. You've already learned about three types of sound you can use to manage your reactions to tinnitus. Using sound is something you can *do* to help you feel better. Using sound is a *behavior*.

In this chapter, you will now learn more behaviors to manage your reactions to tinnitus, including:

- 1 Practicing **relaxation exercises**
- 2 Increasing **pleasant activities**
- 3 Learning how to **change your thoughts** about your tinnitus

These may be new behaviors for you. You can learn and practice these new behaviors. Then you will have new skills to manage your reactions to tinnitus.

**Note about sleep:** Getting enough sleep can help you feel better and think more clearly. Getting enough sleep can make it easier for you to manage your tinnitus. Appendix I gives tips for getting better sleep.