

Tinnitus-related Event	Mood	Thoughts
<p>When?</p> <p>What?</p> <p>How loud is my tinnitus on a scale from 0 to 10? (0 means no tinnitus and 10 means extreme loudness)</p> <p>Where?</p> <p>Who?</p>	<p>What is my mood?</p>	<p>What is going through my mind about my tinnitus right now?</p>