

Scenario	Should I use CBT skills for tinnitus?
Loud noises make my tinnitus worse.	Yes/No
I hear tinnitus but I can carry out my day-to-day tasks as well as if I did not have tinnitus.	Yes/No
I can't concentrate on my work due to hearing tinnitus.	Yes/No
My tinnitus sounds louder when I am under stress.	Yes/No
I fall asleep within twenty minutes even though I hear my tinnitus.	Yes/No
I hear tinnitus but I can still enjoy a TV programme.	Yes/No
My tinnitus distracts me from reading a book or newspaper.	Yes/No
I am unable to relax and rest when hearing my tinnitus.	Yes/No
Every time I have a panic attack, my tinnitus changes pitch.	Yes/No