

For each question, please select one number based on your confidence at the moment.

Q1. How confident are you that you are able to carry out your day-to-day tasks, even with tinnitus?

0 1 2 3 4 5 6 7 8 9 10

Not confident at all

Very confident

Q2. How confident are you that you are able to rest and relax, even with tinnitus?

0 1 2 3 4 5 6 7 8 9 10

Not confident at all

Very confident

Q3. How confident are you that you can enjoy your life fully, even with tinnitus?

0 1 2 3 4 5 6 7 8 9 10

Not confident at all

Very confident

Q4. How confident are you that you can do all the above without using any avoidance behaviour?

0 1 2 3 4 5 6 7 8 9 10

Not confident at all

Very confident