

Negative thoughts	Write your counter-statements here
<p>I cannot control my tinnitus or my feelings about it.</p>	
<p>Tinnitus makes me feel tired as I cannot sleep well at night. Tinnitus is a terrible disease with no cure!</p>	
<p>Tinnitus affects my sleep and concentration. Hence, it reduces my efficiency. I can no longer be in control at my workplace.</p>	
<p>Tinnitus invades every aspect of my life and makes me feel useless.</p>	
<p>I make a lot of mistakes because of my tinnitus.</p>	
<p>Tinnitus is like a fog that affects my performance.</p>	