

Item	Event, thought or emotion?
Anger.	Emotion
Hearing a loud noise at workplace.	Event
If I hear my tinnitus, I will not be able to concentrate.	Thought
Tinnitus will ruin my day.	
Noticing tinnitus when going to bed.	

Anxiety.

Fear.

Sadness.

Tinnitus gets louder after being at a party.

I will never have peace and quiet.

Mishearing conversations in noisy places.

Tinnitus is a terrible disease.

I cannot cope.

I will not be able to enjoy certain activities.

Noticing tinnitus when trying to relax.

I will never be able to relax or chill out.

I will be able to cope.

I must change my job in order to deal with tinnitus.

I am resilient so I can manage this problem.

I am a failure.

Watching TV and hearing tinnitus.

Irritation.

I am a loser.

Depression.

Happiness.

Feeling confident.

Driving my car and tinnitus seemed very quiet.

While walking with a friend in the park, I could hear my tinnitus in the background.

Tinnitus will make me a stronger person.

Tinnitus makes me crazy.

Feeling content.