

<p><b>Tinnitus-related difficulty</b></p> <p><i>When? What? How loud is my tinnitus on a scale from 0 to 10? Where? Who?</i></p>	<p><b>How does it make me feel?</b></p> <p><i>Emotion</i></p>	<p><b>Tinnitus-related thoughts</b></p> <p><i>What is going through my mind about tinnitus right now? Why does that matter to me? What is the worst that can happen? What images or memories come to my mind in such a situation?</i></p>	<p><b>Rating</b></p> <p><b>Rate how much each thought produced negative feelings, on a scale from 0–100% (0 = not at all)</b></p>
