

**My reaction to tinnitus**

**Questions to ask myself**

**Answers**

Was there a stress-producing life event that might have predisposed me to react in this way or that contributed to the way that I reacted to my tinnitus when I developed it?

How have people who are close to me, or were close to me in the past, coped with problems similar to tinnitus?

What is my  
personality type?  
Am I a worrier, a  
perfectionist . . . ?

How was my  
general health and  
wellbeing?

Was I experienc-  
ing anxiety or  
depression prior  
to or at same time  
as my tinnitus  
started?