

Negative thoughts	Is this thought true?  Is there any distortion?	What are the advantages and disadvantages of thinking this way?	How confident am I that I can change this thought, should I decide to do so? Rate from 0–10, where 0 means not confident at all?	My counter-statements
I cannot get rid of tinnitus and there is no way out. I am trapped.	I feel trapped because I cannot control tinnitus. But I do not feel trapped because I cannot control a lot of other things in life. This is emotional reasoning and magnification.	Thinking there is no way out or that I am trapped makes me feel depressed and panicky. There is no benefit in thinking this way.	I am 6/10 confident that I can change these. I have changed my mind many times in the past. I can do it now too!	There are lots of things that are out of my control, and I am OK with them. In fact, most things in life are out of our control. Despite this, people can live their lives happily.

