

What is the event?

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What goes through my mind about my tinnitus?

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What does that mean to me?

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Identifying Core Beliefs about Self

Identifying Core Beliefs about the World

Identifying Core Beliefs about the Future

If this is true, what does it mean about me?

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If this is true, what does it mean about the world around me or my life?

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If this is true, what does it mean about the future?

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If this is true,
what does it
mean about me?

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If this is true,
what does it
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world around me
or my life?

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If this is true,
what does it
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future?

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