

John

List the bothersome thoughts that John had about his tinnitus.

Example 'I will have to put up with this for the rest of my life'

1. _____

2. _____

3. _____

4. _____

Can you identify any errors of judgement in his thoughts?

Example: **Blaming himself for not being able to cope with his tinnitus**

1. _____

2. _____

3. _____

4. _____

What were his behaviours in response to his tinnitus?

Example: **He stopped drinking coffee**

1. _____

2. _____

3. _____

4. _____

What is your advice for John?
What changes in his thoughts and behaviours do you think could help him to cope better with his tinnitus?

Example of advice with regard to changing his thoughts: *He should not blame himself. He is only human.*

Example of advice with regard to changing his behaviours: *There is no need to reduce his caffeine intake as it has nothing to do with tinnitus. Enjoy your coffee!*

1. _____

2. _____

3. _____

4. _____