

Aisha

List the bothersome thoughts that Aisha had about her tinnitus.

Example: *I am vulnerable and weak*

1. _____

2. _____

3. _____

4. _____

Can you identify any errors of judgement in her thoughts?

Example: *Labelling herself as weak.*

1. _____

2. _____

3. _____

4. _____

What were her behaviours in response to her tinnitus?

Example: *She avoided certain activities.*

1. _____

2. _____

3. _____

4. _____

What is your advice for Aisha? What changes in her thoughts and behaviour do you think could help her to cope better with tinnitus?

Example for her thoughts:
She should not label herself as weak. We all have strengths and weaknesses.

Example for her behaviours:
There is no need to avoid certain activities. Tinnitus can go up and down even if you do nothing. Live your life without fear of tinnitus!

1. _____

2. _____

3. _____

4. _____