

Felicity

List the bothersome thoughts that Felicity had about her tinnitus.

Example: *My colleagues will think that I am not performing well at work*

1. _____

2. _____

3. _____

4. _____

Can you identify any errors of judgement in her thoughts?

Example: *She cannot know what her colleagues think about her unless she can read their minds!*

1. _____

2. _____

3. _____

4. _____

What were her behaviours in response to her tinnitus?

Example: *Avoiding work.*

1. _____

2. _____

3. _____

4. _____

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

Example for her thoughts:
It is impossible to know what others think of us. Therefore, it is better to avoid negative predictions about what they might think.

Example for her behaviours:
Avoiding work will prevent you from learning how to manage your tinnitus at work. You may forget about tinnitus when you are at work!

1. _____

2. _____

3. _____

4. _____