

# Exercise

Professional Version | US English

# Meaning In Tinnitus



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## Description

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Many people hear sounds that others cannot, or are capable of attending to self-generated (or physiological) noise. However, only a minority of the population experience disturbing tinnitus. One reason for this is thought to be the threat-based cognitions that tinnitus sufferers have around their experiences. *Meaning In Tinnitus* is a worksheet for examining the effect of cognition upon affect, specifically looking at cognitions which make tinnitus so distressing.

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## References

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McKenna, L., Baguley, D., & McFerran, D. (2011). *Living with tinnitus and hyperacusis*. SPCK

## Meaning In Tinnitus

A key principle of cognitive behavioral therapy (CBT) is that the *meaning* we make of something influences how we feel. This is especially true in tinnitus. Look at these examples and then complete for your own tinnitus.

### Noise

Violent banging on your door at 3am

### Noise

Ticking of a clock

### Noise

Ticking of a clock

### Noise

Tinnitus

### Meaning

Someone is trying to get me  
I'm going to be hurt

### Meaning

It's SO loud  
I'll never get to sleep  
I'll be tired tomorrow

### Meaning

It's just a clock

### Meaning

### Feeling

Scared  
Afraid

### Feeling

Upset  
Bothered  
Angry

### Feeling

None  
Feeling normal

### Feeling

### Action

Pay attention  
Hide  
Arm myself

### Action

Pay more attention to it  
Try to 'not think about it'

### Action

Don't pay attention  
Do something else

### Action

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## Resource details

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