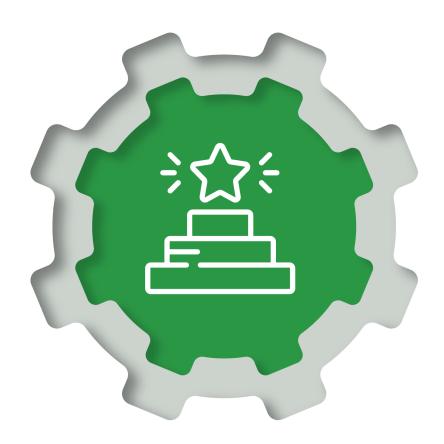
# **Exercise**

Professional Version | US English

# Meaning In Tinnitus



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## **Description**

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.

### References

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	<b>Noise</b> Tinnitus
Meaning	Meaning	Meaning	Meaning
Someone is trying to get me I'm going to be hurt	It's SO loud I'll never get to sleep I'll be tired tomorrow	It's just a clock	
Feeling	Feeling	Feeling	Feeling
§ Scared	upset	None	
Afraid	Bothered	Feeling normal	
D cus_OqE	Angry		
Action	Action	Action	Action
Pay attention	Pay more attention to it	Don't pay attention	
Hide	Try to 'not think about it'	Do something else	
Arm myself			

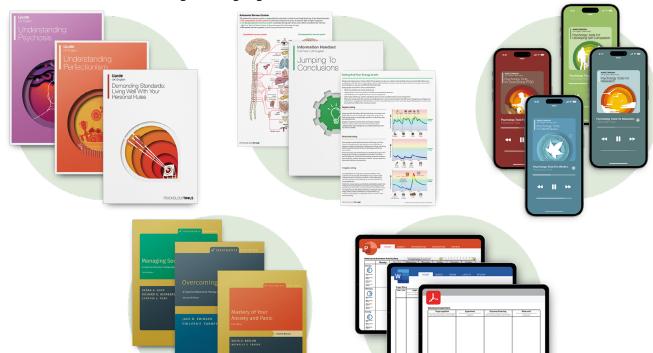
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### **Resource details**

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