

CBT Tinnitus Worksheet

Patient Information

Name:

Date of Birth:

Contact Information:

Session Date:

Objective:

Section 1: Tinnitus Education

- Explain what tinnitus is.
- Discuss common causes and triggers.
- Debunk myths and misconceptions.

Section 2: Self-Assessment

- Ask the patient to describe their tinnitus experiences.
- Explore emotions and behaviors linked to tinnitus.

Section 3: Identifying Negative Beliefs

- Encourage the patient to list negative beliefs about tinnitus.
- Highlight irrational or catastrophic thoughts.

Section 4: Cognitive Restructuring

- Help the patient challenge negative beliefs.
- Guide them in reframing thoughts positively.

Section 5: Behavioral Strategies

- Introduce relaxation exercises.
- Explore sound therapy options.
- Discuss habituation techniques.

Section 6: Personalized Goal Setting

- Work with the patient to set specific goals.
- Goals can include reducing distress, improving sleep, or enhancing daily life.

Section 7: Progress Tracking

- Instruct the patient to revisit this worksheet regularly.
- Have them note any changes in thoughts, emotions, and behaviors related to tinnitus.
- Use this information for ongoing assessment and adjustments.

Homework Assignments:

- Provide exercises or tasks for the patient to complete between sessions.
- These may include relaxation practices, journaling, or sound exposure exercises.

Next Session Date:

Provider's Notes:

Signature (Provider):

Signature (Patient):