

2-WEEK TINNITUS TRACKER



This FREE tinnitus tracker is intended to help you understand what situations seem to make your tinnitus better or worse. With this awareness, you can modify your lifestyle to increase the time where you are less likely to notice your tinnitus. The results of this diary can be extremely helpful for your own understanding and can be used as the first step towards customizing a treatment plan for your tinnitus needs.

Track your activities for 2 weeks, but no more than that. Long-term monitoring is NOT recommended, as this will only cause you to fixate on your tinnitus.

Let's start with your thoughts and worries about your tinnitus. It's important that you check and see if these worries actually happen and come up with alternative ways to think about your tinnitus.

What are your thoughts and worries about your tinnitus? (e.g., My tinnitus will...)
1.
2.
3.
Do these thoughts and worries actually happen?
1.
2.
3.
Alternative ways of thinking about your tinnitus that will be helpful (e.g., I have tinnitus, but it is actually a very small part of my life).
1.
2.
3.

Some helpful tips to keep in mind over the next 2 weeks:

- ✓ Your goal is to make changes in your daily life so that you spend more time on activities where your tinnitus is BETTER, and less time in situations where your tinnitus is worse.
- ✓ Are there any activities you currently do (or would like to try) that would take your mind off your tinnitus?
- ✓ Avoid silence! Read more about our [Sound Enrichment Program](#)

Over the next 2 weeks, list the things you did each day and whether they reduced your tinnitus or made it worse.

Week #1	Activity	Effect on Tinnitus
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

Week #2	Activity	Effect on Tinnitus
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

Things that seem to make my tinnitus better (e.g., activities, situations, environments, foods & beverages, time of day, emotions)
1.
2.
3.
4.
5.
6.

Things that seem to make my tinnitus worse (e.g., activities, situations, environments, foods & beverages, time of day, emotions)
1.
2.
3.
4.
5.
6.

Activities that I enjoy (e.g., hobbies, social activities, individual activities, relaxing activities)
1.
2.
3.
4.
5.
6.

Now make a list of alternative activities to help take your mind off your tinnitus.

Alternative activities to engage in when tinnitus is bothering me
1.
2.
3.
4.
5.
6.

Congratulations! You've made it through your Tinnitus Tracker! At this point, it is very important that you **STOP** tracking. Remember, the idea is for you to learn how your daily schedule affects your tinnitus, not to spend more time thinking about it!

At this point, if you haven't already done so, we invite you to join us for a FREE 15-minute Meet & Greet consultation by phone or Skype so that you discuss with an Audiologist the next steps to how we can implement your Tinnitus Tracker into a customized treatment plan to help you take back control of your life.

You may have tinnitus, but we're here to make sure tinnitus no longer has you.

BOOK ONLINE NOW: www.gorendezvous.com/holistichearinghealth



#12, 34 Edgedale Dr. N.W.
CALGARY, AB T3A 2R4

inquiries@holistichearinghealth.com

(587) 393-6731

www.holistichearinghealth.com