

Tinnitus Problem Checklist*

1. My **most** bothersome tinnitus situation is:

- Falling asleep at night
- Staying asleep at night
- Waking up in the morning
- Reading
- Working at the computer
- Relaxing in my recliner
- Napping during the day
- Planning activities
- Driving
- Other _____

2. My **second most** bothersome tinnitus situation is:

- Falling asleep at night
- Staying asleep at night
- Waking up in the morning
- Reading
- Working at the computer
- Relaxing in my recliner
- Napping during the day
- Planning activities
- Driving
- Other _____

3. My **third most** bothersome tinnitus situation is:

- Falling asleep at night
- Staying asleep at night
- Waking up in the morning
- Reading
- Working at the computer
- Relaxing in my recliner
- Napping during the day
- Planning Activities
- Other _____

*For use with the Sound Plan Worksheet

From *How to Manage Your Tinnitus: A Step-by-Step Workbook*, by James Henry et al. 2010