

Name:

Date:

TINNITUS COGNITIONS QUESTIONNAIRE (Wilson, Henry 1998)

This looks at the kinds of thoughts come into your head when you notice the tinnitus. Some of your thoughts might be rather negative and others might be more positive. Indicate how often you have been aware of thinking a particular thought when you have noticed the tinnitus.

0 = Never 1 = Rarely 2 = Occasionally 3 = Frequently 4 = Very Frequently

The first ones are the more *negative* thoughts that you might have:

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| 1. I think, "If only the noise would go away." | 0 1 2 3 4 |
| 2. I think, "Why me? Why do I have to suffer this horrible noise?" | 0 1 2 3 4 |
| 3. I think, "What did I do to deserve this?" | 0 1 2 3 4 |
| 4. I think, "The noise makes my life unbearable." | 0 1 2 3 4 |
| 5. I think, "Nobody understands how bad the noise is." | 0 1 2 3 4 |
| 6. I think, "If only I could get some peace and quiet." | 0 1 2 3 4 |
| 7. I think, "I can't enjoy what I'm doing because of the noise." | 0 1 2 3 4 |
| 8. I think, "How can I go on putting up with this noise." | 0 1 2 3 4 |
| 9. I think, "The noise will drive me crazy." | 0 1 2 3 4 |
| 10. I think, "Why can't anyone help me?" | 0 1 2 3 4 |
| 11. I think, "My tinnitus is never going to get better." | 0 1 2 3 4 |
| 12. I think, "The noise will overwhelm me." | 0 1 2 3 4 |
| 13. I think, "With this noise, life is not worth living." | 0 1 2 3 4 |

Now, here are the more *positive* thoughts that you might have:

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| 14. I think, "No matter how unpleasant the noise gets, I can cope." | 0 1 2 3 4 |
| 15. I think, "The noise might be unpleasant, but it won't drive me crazy." | 0 1 2 3 4 |
| 16. I think, "I'll be able to enjoy things more if I keep my attention off the noise." | 0 1 2 3 4 |
| 17. I think, "I'm not the only person with tinnitus." | 0 1 2 3 4 |
| 18. I think, "There are things in life worse than tinnitus." | 0 1 2 3 4 |
| 19. I think, "The noise will eventually get less annoying if I try to distract myself from it." | 0 1 2 3 4 |
| 20. I think, "I have coped with the noise before, so I can cope again this time." | 0 1 2 3 4 |
| 21. I say to myself, "It will help if I try to think of something pleasant." | 0 1 2 3 4 |
| 22. I tell myself, "I can learn to live with it." | 0 1 2 3 4 |
| 23. I think, "The noise might be there, but I can still enjoy things." | 0 1 2 3 4 |
| 24. I tell myself, "Think of something else other than the noise." | 0 1 2 3 4 |
| 25. I tell myself, "I won't think about the noise." | 0 1 2 3 4 |
| 26. I think, "The noise is a nuisance, but I just won't let it bother me" | 0 1 2 3 4 |