



Worksheets  
&  
Reflective Journal

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# 1. DAILY PRACTICE TRACKER

DATE	START TIME	DURATION	SOUND USED	TINNITUS BEFORE (0-10)	TINNITUS AFTER (0-10)	NOTES

## 2. TRIGGER LOG

WHAT HAPPENED	WHEN?	HOW DID TINNITUS REACT?	HOW LONG DID IT LAST?	WHAT HELPED?

### 3. BACKGROUND MOMENTS LOG

TIME	ACTIVITY	WHEN TINNITUS FADED	WHAT WAS DIFFERENT?	HOW DID YOU FEEL?

## 4. REFLECTIVE JOURNAL — PAGE 1

1. This week, what did I learn about my tinnitus?

2. What moments stood out where tinnitus felt less intrusive or faded into the background?

3. What patterns am I starting to notice?

4. What helped most this week (sound choice, timing, environment, mindset)?

5. What will I adjust for next week?

## 4. REFLECTIVE JOURNAL — PAGE 2

1. How did my reactions change compared to the start of the week?

2. Did any triggers feel less powerful or shorter in duration?

3. Did I have any periods where I 'forgot' tinnitus? What was happening?

4. How consistent was my practice this week?

5. General notes or anything I want to remember for next time.

## 5. 30-DAY QNAS GUIDE

### WEEK 1 — LEARNING & SETUP

- Explore sounds and choose 2–3 options.
- Learn the daily practice flow.
- Practice gently, without pressure.
- Start noting “before/after” observations.

### WEEK 2 — ATTENTION DRIFT

- Allow the mind to wander; reduce monitoring.
- Notice moments where attention leaves tinnitus.
- Use the Daily Practice Tracker.
- Avoid chasing results.
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### WEEK 3 — HABITUATION STRENGTHENING

- Use the Background Moments Log daily.
- Notice activities that naturally reduce distress.
- Pay attention to neutrality, not loudness.
- Create predictable routines.
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### WEEK 4 — CONSOLIDATION

- Keep practice steady and light.
- Aim for a neutral relationship with tinnitus.
- Reduce checking, analysing, and tracking.
- Reflect weekly, not daily.

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