

# Learning to Control Negative Thinking

- Takes a conscious effort!
  - Visual cues (handouts that can be put in a visible place)
  - Coping cards/Wild cards
  - Thought-stopping Techniques
  - Distraction Methods
  - Increasing Positive Thoughts (case example of catatonic pt – M-Ms)
  - Increasing Pleasant Events (Scheduling them into your routine/showers/drives in the car/)
  - Increasing Pleasant Sounds
  - Use of mantras
  - Allow the tinnitus to be present; it's not good or bad, it's just a sound
  - Help pt feel a shift in the physical sense when going from negative to neutral
  - Use neutral thoughts as much as possible when thinking or referring to your tinnitus
    - “I can't do this” – “This is okay, I can do this”
    - “I'm so tired of this sound” – “This sound is okay”
- Letter to a Tinnitus Sufferer by Stephen M. Nagler, M.D., F.A.C.S.  
(Nagler SM. Letter to a Tinnitus Sufferer. Tinnitus Talk (Australian Tinnitus Association, NSW). 2008 Jun.)