

A1: FORMAL MEDITATION LOG

All meditations available at
<https://therapistwithtinnitus.com/meditations/>

DAY	MEDITATION	COMMENTS	Total Time
Week 1, Day 1	10 minute concentration + 10 minutes finding anchor or 20 minutes Anchorpluscounting or Concentration plus silence		
2	10 minute concentration + 10 minutes finding anchor or 20 minutes Anchorpluscounting or Concentration plus silence		
3	10 minute concentration + 10 minutes finding anchor or 20 minutes Anchorpluscounting or Concentration plus silence		
4	10 minute concentration + 10 minutes finding anchor or 20 minutes Anchorpluscounting or Concentration plus silence		
5	10 minute concentration + 10 minutes finding anchor or 20 minutes Anchorpluscounting or Concentration plus silence		
6	10 minute concentration + 10 minutes finding anchor or 20 minutes Anchorpluscounting or Concentration plus silence		
7	10 minute concentration + 10 minutes finding anchor or 20 minutes Anchorpluscounting or Concentration plus silence		
Week 2, Day 8	20 minute rotation of attention		
9	10 minute noting + any other 10 minute practice		
10	20 minute rotation of attention		
11	10 minute noting + any other 10 minute practice		
12	20 minute rotation of attention		
13	10 minute noting + any other 10 minute practice		
14	20 minutes practice—any type		
Week 3, Day 15	(a) Body Scan (20) (b) Breath Practice		

16	Pendulation + any other 10 minute practice (b) Breath Practice		
17	(a) Body Scan (20) (b) Breath Practice		
18	(a) Pendulation + any other 10 minute practice (b) Breath Practice		
19	(a) Body Scan (20) (b) Breath Practice		
20	(a) Pendulation + any other 10 minute practice (b) Breath Practice		
21	Turning Towards meditation or any 20 minute practice		
Week 4, Day 22	Concentration plus silence (20)		
23	Body Scan (20)		
24	Rotation of Attention (20)		
25	Concentration plus silence (20)		
26	Body Scan (20)		
27	Rotation of Attention (20)		
28	30 minutes practice—any style		

A3:TINNITUS LOG (Week 1)

Directions: At least once a day notice when you are bothered by your tinnitus and what your thoughts, emotions, and physical sensations are

What was your tinnitus experience?	What thoughts did you notice during the experience	Were emotions did you have during the experience?	What physical sensations did you notice?
M: Late in the afternoon it started spiking/.	"I can't take this"	Anger, frustration, sadness	Throat closed, chest tight
T:	"		
W:			
Th:			
F:			
S:			
S:			

A5: WORKING WITH UNPLEASANT EXPERIENCES (WEEK 3)

Instructions: At least once each day, bring awareness to an unpleasant experience. Write down your thoughts, emotions and physical sensations. Apply one of the breathing practices to the experience and use a mantra if you wish. You can also consciously create an unpleasant experience. For example, if you don't like standing in line, purposely stand in line and work with the experience.

	Unpleasant Experience	Physical Sensations, Emotions, Thoughts	Breathing Practice Used	Mantra
	I was unable to get through to a human being on a call	Body tense, stomach roiled, chest tight, angry, "this is ridiculous"	30 seconds paced breathing	This is one of the things that happens in life
M				
T				
W				
TH				
F				
S				
S				

A7: INFORMAL MINDFULNESS PRACTICE (Week 6)

Directions: Engage in one of the informal mindfulness activities listed below for one minute of each hour of your day. Place the letter of each informal mindfulness activity (see below) in the appropriate box ‘H1’ is the first hour you are awake, ‘H2’ is the second hour, etc. The ‘a’ in the first square, for example, would mean that you engaged in mindful self-care (e.g., taking a shower mindfully) for at least one minute in that hour. The point is not to fill every hour (but great if you can) but to slowly improve the number of squares you fill with mindful moments.

	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	H11	H12	H13	H14	H15	H16
Day 1																
D2																
D3																
D4																
D5																
D6																
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D28																

MINDUFL ACTIVITIES

With each of these activities, focus your energy on your sense experiences, not on your thoughts. Add more activities to the list.

a. Mindful self-care: Washing your face, brushing your teeth, taking a shower—can be done mindfully or an automatic pilot. Focus on the details of the activity. Use your senses.

b. Mindful coffee/tea: Just sit with your beverage of choice and let your awareness wander from sense experience to sense experience (E.g., the smell of the coffee, the sight of the trees through the window, the warmth of the cup.) When your attention wanders to thought, bring it back to the senses.

c. Mindful listening (music): So often music is the background. Focus specifically on the music for as long as you are able

d. Mindful observation of nature: Try to use as many of your senses as possible in observing your natural surroundings.

e. Mindful walking: This is different than the formal mindful walking practice introduced in chapter 3 and consists in walking at a normal pace and paying attention to the experience of the walk

f. Mindful Eating: Eating is one of the activities that takes in all the five senses, so really devote yourself to it. Focus only on your food for the entirety of the meal. If that is too much, do it for at least part of the time

g. Mindful Exercise: Often our mind wanders during exercise, or is distracted by sound (e.g., headphones while running). Mindful exercise requires we simply pay attention to our body during the practice

h. Mindful Class-attendance: Focus on the what is being said in the class, even (especially) if you feel bored.

i. Mindful Conversation: Giving someone your full attention in conversation isn't easy, but it is a skill we can practice and hone.

j. Mindful Waiting: Become aware of the times you are waiting e.g., waiting in line, waiting at a stop sign, waiting on the phone. Pay attention to your body, breath, emotions, and thoughts. Just notice what you are feeling without trying to change it.

[Create your own activities]

l. _____

m. _____

n. _____

o. _____

p. _____

q. _____

r. _____

