

A1: FORMAL MEDITATION LOG

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

DAY	MEDITATION	COMMENTS	Total Time
Week 1, Day 1	10 minutes finding anchor (x2) or 10 minutes finding anchor + concentration		
2	20 minutes Anchorpluscounting		
3	10 minutes finding anchor (x2) or 10 minutes finding anchor + concentration		
4	20 minutes Anchorpluscounting		
5	10 minutes finding anchor (x2) or 10 minutes finding anchor + concentration		
6	20 minutes Anchorpluscounting		
7	20 minutes your choice		
Week 2, Day 8	10 minute noting + any other 10 minute practice		
9	20 minute rotation of awareness		
10	10 minute noting + any other 10 minute practice		
11	20 minute rotation of awareness		
12	10 minute noting + any other 10 minute practice		
13	20 minute rotation of awareness		
14	10 minute noting + any other 10 minute practice or 20 minute rotation of awareness		
Week 3, Day 15	(a) Body Scan (20) (b) Breath Practice		
16	(a) Rotation of Awareness (20) (b) Breath Practice		
17	(a) Body Scan (20) (b) Breath Practice		

18	(a)Rotation of Awareness (20) (b)Breath Practice		
19	(a)Body Scan (20) (b)Breath Practice		
20	(a)Rotation of Awareness (b)Breath Practice		
21	30 Minutes meditation (any combination)		
Week 4, Day 22	Loving Kindness Meditation (20)		
23	Body Scan or Rotation		
24	Loving Kindness Meditation (20)		
25	Body Scan or Rotation		
26	Loving Kindness Meditation (20)		
27	Body Scan or Rotation		
28	Thirty minutes (any combination)		

A2:PAUSE IN AWARENESS LOG:

Directions: At least once a day, simply stop and become aware of your surroundings for 30 seconds to 2 minutes. Focus in particular on your sense experience. Write down what you notice and any thoughts about the experience.

[illegible]

A3:TINNITUS LOG

At least once a day (preferably more) 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:			

A4: Informal Mindfulness Practice Log

Instructions: Each day this week, see if you can bring mindful awareness to some otherwise routine activity. For instance, washing the dishes, waiting in line, sitting in a boring meeting, walking from the car to your office. Remembering the raisin exercise, you could also use this as an opportunity to bring mindful awareness to eating, noting textures, smell, taste, touch, etc. Before you go to bed each night, see if you can recall at least one example of “simple awareness”.

[illegible]

A5:INFORMAL PRACTICE PLEASANT SENSE EXPERIENCES

Directions: For each day try to focus on one or more pleasant sense experiences. Do this especially at times when your tinnitus is bothersome. But you can engage in pleasant sense experiences at other times as well. Write down which sense you used and how you used them

	SIGHT	SOUND	SMELL	TASTE	TOUCH
MON					
TUES					
WED					
THUR					
FRI					
SAT					
SUN					

--	--	--	--	--	--

A6: THREE POSITIVE PSYCHOLOGY EXERCISES (H6)

I. GRATITUDE JOURNAL

There's no wrong way to keep a gratitude journal, but here are some general instructions as you get started.

Write down up to five things for which you feel grateful. The physical record is important—don't just do this exercise in your head. The things you list can be relatively small in importance ("The tasty sandwich I had for lunch today.") or relatively large ("My sister gave birth to a healthy baby boy."). The goal of the exercise is to remember a good event, experience, person, or thing in your life—then enjoy the good emotions that come with it.

As you write, here are nine important tips:

1. Be as specific as possible—specificity is key to fostering gratitude. "I'm grateful that my co-workers brought me soup when I was sick on Tuesday" will be more effective than "I'm grateful for my co-workers."
2. Go for depth over breadth. Elaborating in detail about a particular person or thing for which you're grateful carries more benefits than a superficial list of many things.
3. Get personal. Focusing on people to whom you are grateful has more of an impact than focusing on things for which you are grateful.
4. Try subtraction, not just addition. Consider what your life would be like without certain people or things, rather than just tallying up all the good stuff. Be grateful for the negative outcomes you avoided, escaped, prevented, or turned into something positive—try not to take that good fortune for granted.
5. See good things as "gifts." Thinking of the good things in your life as gifts guards against taking them for granted. Try to relish and savor the gifts you've received.
6. Savor surprises. Try to record events that were unexpected or surprising, as these tend to elicit stronger levels of gratitude.
7. Revise if you repeat. Writing about some of the same people and things is OK, but zero in on a different aspect in detail.
8. Write regularly. Whether you write daily or every other day, commit to a regular time to journal, then honor that commitment.

II. AWE WALK

Sometimes it can feel like we're at the center of our own universe, fixated on our personal concerns without much regard for other people. Experiencing awe can jolt us out of this self-focused mindset, stirring feelings of wonder and inspiration by reminding us that we're a part of something larger than ourselves. Researchers define awe as a response to things that we perceive as vast and that transcend the way we understand the world. Research

suggests that experiencing awe not only enhances happiness and physical health but also reduces feelings of entitlement and increases generosity. Experiencing awe may seem like something that requires travel to distant lands, but there are many opportunities closer to home—we just need to seek them out and notice them. This practice helps you do just that.

With the right outlook, awe can be found in almost any environment, turning a mundane experience into a flight of inspiration and wonder. It is most likely to occur in places that have two key features: **physical vastness** and **novelty**. These could include natural settings, like a hiking trail lined with tall trees, or urban settings, like at the top of a skyscraper. You're more likely to feel awe in a new place, where the sights and sounds are unfamiliar to you. That said, some places never seem to get old. No matter where you are, the key is to be in the right frame of mind. This practice is designed to help you get there—to turn an ordinary walk into a series of awe-inspiring moments, filled with delightful surprises. To get started, turn off your cell phone. Cell phones (and other gadgets) can be distracting and draw your attention away from what's happening around you. Even better, don't bring your phone with you at all so that you won't be tempted to check it.

During your walk, try to approach what you see with fresh eyes, imagining that you're seeing it for the first time.

Then follow these steps:

1. Take a deep breath in. Count to six as you inhale and six as you exhale. Feel the air move through your nasal passages and hear the sound of your breath. Come back to this breath throughout the walk.
2. As you start to walk, feel your feet on the ground and listen to the surrounding sounds.
3. Shift your awareness now so that you are open to what is around you, to things that are vast, unexpected, things that surprise and delight.
4. Take another deep breath in. Again, count to six as you inhale and six as you exhale.
5. Let your attention be open in exploration for what inspires awe in you. Is it a wide landscape? The small patterns of light and shadow? Let your attention move from the vast to the small.
6. Continue your walk and, every so often, bring your attention back to your breath. Count to six as you inhale and six as you exhale.

Notice—really notice—the multitude of sights, sounds, smells, and other sensations that are dancing through your awareness, usually undetected.

Once you get in the habit of taking walks like this, you may be struck by how frequently you have opportunities to experience awe—they are practically infinite.

III. Taking in the Good

© Rick Hanson, Ph.D. 2010

www.RickHanson.net

The Problem

Over millions of years of evolution, it was more important for our ancestors to react to threats than to opportunities. Here's why: if you live in the wild under dangerous conditions and miss out on a "carrot," you could go get another one later – but if you

fail to avoid a “stick,” then WHAP, no more carrots forever. That’s why scientists say the brain has a “negativity bias.” In effect, it’s like Velcro for negative experiences, but Teflon for positive ones. The unfair and unfortunate result is that negative experiences get captured in emotional memory instead of positive ones, gradually darkening your outlook, mood, and sense of self.

One Good Solution

To overcome the negativity bias, and instead, make your brain like Velcro for the good stuff of daily life, take in the good in three simple steps:

1. Let positive facts become positive experiences. (Let yourself feel good if you get something done, if someone is nice to you, or if you notice a good quality in yourself.)
2. Savor the positive experience for 10-20-30 seconds. Try to let it fill your body, and be as intense as possible.
3. Intend and sense that the positive experience is soaking into you, like water into a sponge, becoming a part of you.

Self-Directed Neuroplasticity

Try to “take in the good” (TIG) several times a day. Any single time won’t make much difference. But over time, you will be weaving new resources into the fabric of your brain and your self. That’s because *neurons that fire together, wire together*. How you use your mind sculpts your brain. It’s like building a muscle: if you get a bunch of neurons firing together for positive experiences, that will build new neural structures. The more you take in the good, the more your brain will change for the better.

Filling the Hole in Your Heart

There is an optional, 4th step that is a great way to take in important experiences that may have been lacking when you were young, or even to heal old painful experiences. When you are having a good experience today – let’s say you are feeling cared about or appreciated – imagine that it is sinking down into old places of lack or pain (like being neglected or rejected), and gradually soothing them, and giving them what they need. The key is to keep the current positive experience intense and in the foreground of awareness, with the old material dim and in the background; if you get sucked into the old material, drop it and just focus on the positive experience.

Resources

There is much more on this method in my new book, *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*.