



Make a list of any positive effects or outcomes related to having tinnitus

List as many as you can think of. You might like to use these categories as prompts.

Category	Your responses
Outlook, eg: <ul style="list-style-type: none">• Attitude• Self-awareness of emotions• Perspective• Empathy• Resilience	
Personal development, eg: <ul style="list-style-type: none">• Self-care• Self-awareness of capabilities• Self-control• Self-improvement• Motivation	
Coping, eg: <ul style="list-style-type: none">• Adaptation• Peaceful behaviour• Spirituality	

Category	Your responses
Support, eg: <ul style="list-style-type: none">• Intimate relationships• Helping others	
Treatment-related, eg: <ul style="list-style-type: none">• Added benefit of treatment• New relationships• Behaviour to protect ears	
Disease-specific, eg: <ul style="list-style-type: none">• Added benefit from tinnitus• Direct benefit from tinnitus	