

IDENTIFICATION OF **MALADAPTIVE BEHAVIOR**

| Maladaptive behavior | Alternative strategy |
|---|--|
| When I hear my tinnitus in the morning, I stay in bed all day, avoiding sound, and feeling depressed. | Being active makes me think less about my tinnitus. I should go to a mall, put on other sounds in my house so that the tinnitus isn't so apparent, and do anything except nothing! |
| | |
| | |
| | |
| | |
| | |
| | |
| | |