

Tinnitus Retraining Therapy Strategies

1. **To help with Tinnitus don't attach negative associations to your Tinnitus.**
 - The more you think about it, the worse you can make it.

2. **Avoid silence.**
 - When it's quiet you will be able to perceive your tinnitus easier.

3. **Listen to APPEALING background sounds, while still being able to slightly hear your Tinnitus.**
 - Your brain over time will be able to habituate to your Tinnitus.

4. **Main take home message is that there is no cure for Tinnitus! However, if you follow the strategies listed above your brain will be able to decrease the neuronal activity caused by the Autonomic and Limbic systems.**
 - **This will not happen overnight!** It can take up to 6 months to one year to start to experience relief from your Tinnitus.
 - There is no magic pill, or remedy that cures Tinnitus, so don't waste your time and money on these fictitious remedies.