

You Are Not Required to Believe Every Thought **About Your Tinnitus**

This is your official permission slip.

You are not required to believe every thought your mind offers about tinnitus.

Not the ones that say:

- *“This is unbearable.”*
- *“This will never get better.”*
- *“I can’t handle this.”*
- *“Something must be wrong.”*

Your brain is trying to help and protect you. It is just doing its job. But sometimes, it can be a bit dramatic.

That doesn’t make the thoughts true.

You are allowed to:

- Notice a thought without agreeing with it
- Feel discomfort without calling it dangerous
- Let a thought pass without fixing it
- Return to what you’re doing, even if the sound is there

This isn’t about ignoring tinnitus.

It’s about changing your relationship with it

Each time you practice using sound for support or skills for regulating your nervous system, you teach your brain,

“This is uncomfortable... but not unsafe.”

Signed,

Your Brain (working on it)