

Tinnitus Free Living Seminar - Part I

This seminar was recorded live on March 18, 2007. It was presented by the Canadian Hearing Society for the London Tinnitus Support Group.

How to use this workbook: Please follow along with the audio. Studies have shown that if you insert your answers and fill in the blanks your retention rate for this information can increase by up to 85%.

It's important to be educated and understand about what type of drugs?

_____ - _____

Name 4 actions Paul took to try and relieve his tinnitus? I.e.: Tinnitus Retraining Therapy.

1. _____ 2. _____ 3. _____ 4. _____

The cure may not be outside of you but _____ of you.

Read about Paul Tobey's tinnitus story which was published by the American Tinnitus Association. [Click here to read the story.](#)

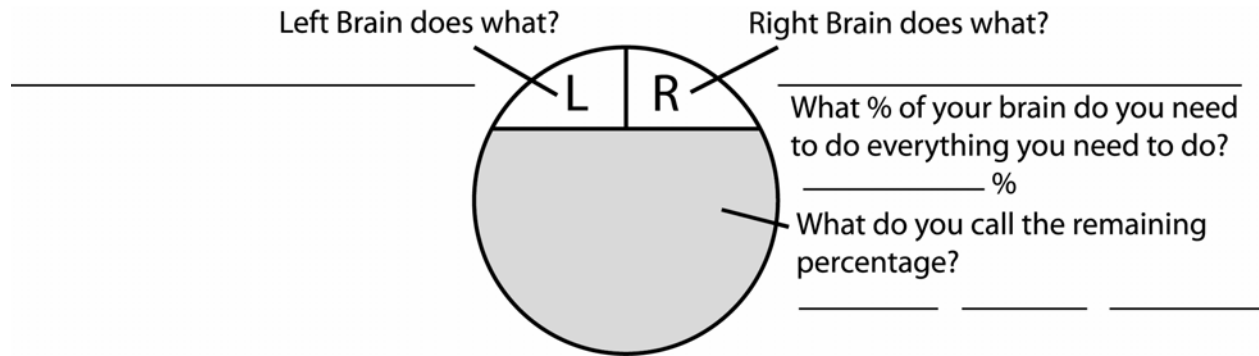
The **number # 1** to get what you want is to help others get what they _____.

Many people do the same things day after day expecting a different _____.

If you keep thinking what you've been thinking, you'll keep doing what you've been doing and you'll keep _____ what you've been _____.

Your Comfort Zone = _____

An Open Mind



Give 2 examples of repetitive negative thoughts:

1. _____

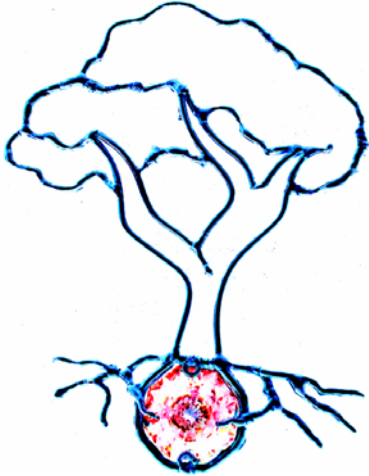
2. _____

If you have a negative thought, you must say to your little voice,
“ _____ ”

Your repetitive thoughts cause you to obsess about the _____ and worry about the _____.

The goal in life is to go from being a “Know it All” to a “_____”
_____.”

The Tree of Life



Please take a moment and draw your fruit on the Tree of Life.

The fruit represents your _____.

What do most people do if they have bad fruit?

1. _____

2. _____

3. _____

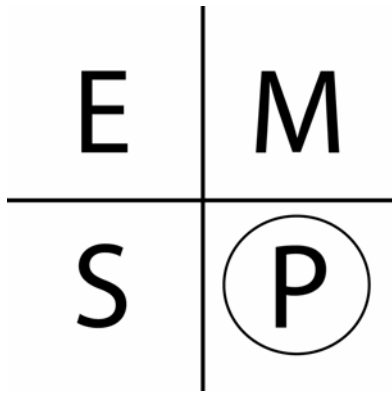
None of these things will get you better _____.

Instead you must focus on the _____ instead of the _____.

It's more important what you _____ see than what you _____ see.

What Kind of Person are you? (Please reflect on this question for a moment.)

Success is about being the _____ at the right place at the right time.



Physical World = _____ + _____ + _____

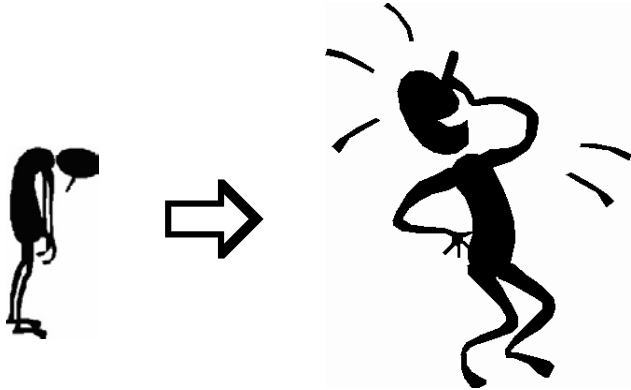
Say this out loud: **“If you keep thinking what you’ve been thinking, you’ll keep doing what you’ve been doing and you’ll keep getting what you’ve been getting.”**

There are only 2 things you can do with people:

You can either _____ them, or you can _____ them.

If you keep telling your negative story over and over again, you have to _____
_____.

Behavioural Change



When you go from being an unhappy person whose problems are always bigger than you are, to a happy person who is bigger than your problems, how do other people know it?

Because you've changed your _____.

$T \Rightarrow F \Rightarrow A = R$

Your thoughts lead to _____ which leads to _____ which equals your results.

What comes before thoughts? Your _____.

Give 4 examples of your environment.

1. _____

2. _____

3. _____

4. _____

The number reason why you don't get what you want in life is

_____!

What is fear? Fear is the _____ of _____.

#1 Secret to Tinnitus Free Living is?

Focus on what you _____ instead of what you don't _____.

Beware of _____ music that disguises itself as _____
_____.

Can you state your true heart's desire? Click here to download a worksheet to help you. [How to know what you want.](#)
