Welcome to:

Living Well, Even With the Noise

If you're here, chances are tinnitus has been *testing your patience, your peace, or maybe even your sense of self*. I get it.

This workbook is your guide to *flipping the script*. From feeling trapped by the noise to feeling grounded, calm, and back in control.

You won't find "quick fixes" or fluffy promises here. Instead, you'll find *small, doable shifts in mindset, habits, and focus*. **It's about giving less energy to tinnitus and more to you.**

These pages are for *writing, reflecting, doodling, scribbling ideas, or even venting* a bit if you need to.

There's no "*wrong way*" to do this. Just show up, be honest with yourself, and let the work do its thing.

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How to Use This Workbook

Take your time with this. You *don't* have to do it in order or finish it in a week. **What matters is consistency**. Showing up for *yourself* regularly.

⇒ Set aside ten quiet minutes each day.
⇒ Be kind to yourself if some exercises feel emotional.
⇒ Celebrate every small win.

Consistency is where the magic happens. That's how your brain learns calm, and your energy starts to shift.

Step 1 — Your Vision of Calm

Manifestation starts with clarity. Instead of focusing on what you don't want (*"I hate this ringing"*), focus on what you do want.

Ask yourself:
⇒ What does a peaceful day with tinnitus look like?
⇒ How would I feel if tinnitus no longer controlled me?
⇒ What would I do differently if I woke up tomorrow feeling calm?

🖊️ Exercise: Create Your Vision

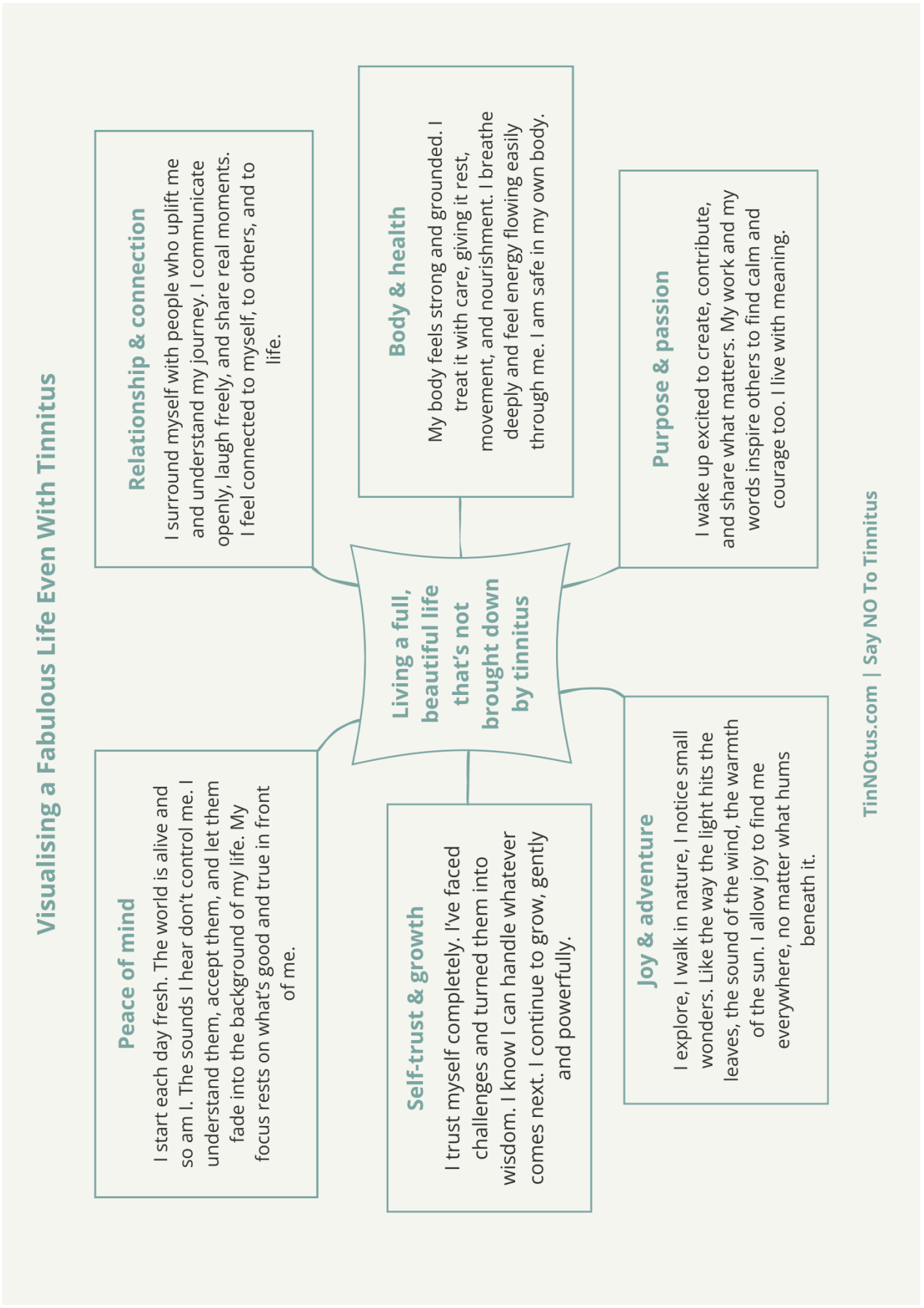
Write, draw, or map out your ideal "*calm day*."

Describe where you are, what you're doing, how you feel. The more sensory detail, the better. Your brain loves specifics.

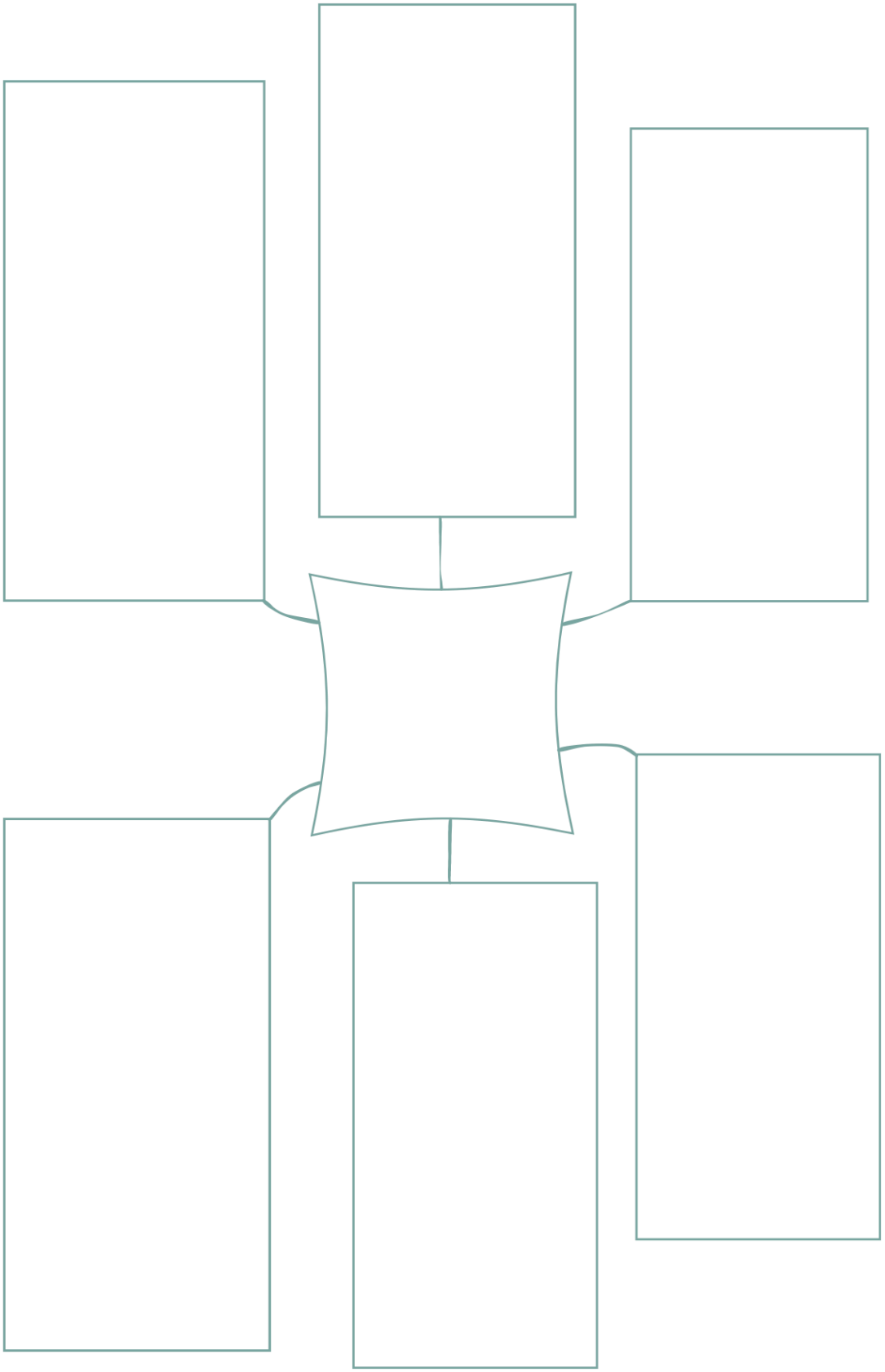
You can also create a text-based vision board.
⇒ In the middle, write "*My Calm Life*" or something that resonates with you.
⇒ Around it, jot down words, phrases, or feelings like:
⇒ peaceful mornings, laughter, focus, balance, connection, freedom.

On the following two pages, I've included a completed example plus a blank vision board for you to use however you choose.

This vision board becomes your *North Star*. It's your personal definition of calm living that you are working towards.


Visualising a Fabulous Life Even With Tinnitus
Relationship & connection
I surround myself with people who uplift me and understand my journey. I communicate openly, laugh freely, and share real moments. I feel connected to myself, to others, and to life.
Body & health
My body feels strong and grounded. I treat it with care, giving it rest, movement, and nourishment. I breathe deeply and feel energy flowing easily through me. I am safe in my own body.
Purpose & passion
I wake up excited to create, contribute, and share what matters. My work and my words inspire others to find calm and courage too. I live with meaning.
Peace of mind
I start each day fresh. The world is alive and so am I. The sounds I hear don't control me. I understand them, accept them, and let them fade into the background of my life. My focus rests on what's good and true in front of me.
Living a full, beautiful life that's not brought down by tinnitus
Self-trust & growth
I trust myself completely. I've faced challenges and turned them into wisdom. I know I can handle whatever comes next. I continue to grow, gently and powerfully.
Joy & adventure
I explore, I walk in nature, I notice small wonders. Like the way the light hits the leaves, the sound of the wind, the warmth of the sun. I allow joy to find me everywhere, no matter what hums beneath it.
TinNOtus.com | Say NO To Tinnitus

Visualising a Fabulous Life Even With Tinnitus



Step 2 — Working Through Fear and Doubt

Fear is loud. Doubt is sneaky. And both make tinnitus seem louder than it really is.

But here's the truth: **fear only has power if you *feed* it.**

Start noticing those spirals. The "*what ifs*" and "*I can't handle this.*" **Then shift your inner dialogue:**
⇒ "This is hard, but I'm learning to handle it."
⇒ "My body and mind are adapting."
⇒ "Tinnitus doesn't define me."

🖊️ Exercise: Fear Flip

Write down your *biggest* tinnitus-related fears, then *rewrite* them as positive beliefs.

Fear	New Belief
"It's getting worse."	"I've handled bad days before, and I'll handle this one too."
"I can't relax."	"Relaxation takes practice, and I'm learning."

When fear shows up, smile at it and say, "*Thanks for the warning, but I've got this*."

Remember: **if you stop feeding the monster, it starves.**

Fear Flipper

Fear	New Belief

Step 3 — Align Your Actions

You *can't* manifest calm while living in chaos. The goal here is to *start acting like the person who already feels in control*, even if it's just for a few minutes each day.

Ask yourself:
⇒ What small habits reflect the calm life I want?
⇒ What would a "peaceful me" do right now?

🖊️ Exercise: Daily Alignment

List three small actions that align with your calm vision:

1.

2.

3.

Examples:
⇒ Take a deep breath before reacting.
⇒ Journal for 5 minutes.
⇒ Go for a walk instead of scrolling.

Every calm action you take is proof you're becoming the version of you who's already thriving — tinnitus and all.

Step 4 — Overcoming the Tests from the Tinnitus Monster

Oh, the tests! They always show up just when you're doing well.

You'll have days when the ringing flares and your brain shouts, "*See? It's hopeless.*" That's your cue: this is a test.

Tests don't mean failure. They mean growth.

🖊️ Exercise: Response Plan

When tinnitus spikes, what's your plan?
Write it out below:
⇒ When the noise rises, I will:

1. _____

_____

2. _____

_____

3. _____

_____

Maybe it's breathing deeply, saying your affirmations, or walking away for a moment.

You're showing the tinnitus monster that you've changed. **You don't play its game anymore.**

Step 5 — Gratitude in the Noise

Cliché alert! But hey, it works.

Even in the buzz, there's beauty. **Gratitude teaches your brain to see it.**

Start each day, or end each night, by listing three things you're grateful for, even if tinnitus is tagging along.

🖊️ Exercise: Gratitude Journal

Today, I'm grateful for:

1. _____

2. _____

3. _____

You can include simple joys like:
⇒ The smell of coffee.
⇒ A song that lifts my mood.
⇒ A kind word from a friend.

When **gratitude becomes your focus**, tinnitus becomes *background noise*.

Step 6 — Turn Envy into Inspiration

If you catch yourself thinking, "*They've got it so easy*," pause.

Envy drains you. Inspiration fuels you.

🖊️ Exercise: Energy Role Model

Think of someone who embodies peace or resilience.
Write about them here:
⇒ Who are they?

⇒ What qualities do they show?

⇒ How could I bring some of that energy into my day?

Remember, calm isn't just possible for others — **it's possible for *you*, too**.

Step 7 — Trust and Consistency

This is the *bridge* between where you are and where you're going. You might not see results instantly, but the more you practise, the more your mind rewires itself toward calm.

🖊️ Exercise: Consistency Tracker

Each day you practise calm (even for a few minutes), tick it off here.

Day	Practised Calm?	Note
Mon	☐	
Tue	☐	
Wed	☐	
Thu	☐	
Fri	☐	
Sat	☐	
Sun	☐	

🌙 Nightly Visualisation

As you fall asleep, imagine chatting with a friend about *how your tinnitus is now completely gone*. (even if it's still there) Hear them *congratulate* you. **Feel the joy, the pride, the lightness in your body.** Let that feeling carry you into sleep.**It's your subconscious practising peace.**

Bonus — The "Whatever" Method

Here's a technique that can shift your mindset fast.

Instead of saying, "*I can't stand this ringing,*" say, "*Oh, there you are again. Whatever.*"

This simple reframe reduces the emotional charge. It's not denial, it's power, baby!

Try it:

Old Thought	"Whatever" Response
"I can't concentrate."	"That's okay, I'll take a break."
"I wish it was quiet."	"Maybe it will be later. For now, whatever."
"This is unbearable."	"I hear you. You don't bother me."

You can even get cheeky:
⇒ "Is that all you've got, you jumped up never come down?"
⇒ "You can buzz right off, you insignificant piece of mouldy turd."

It sounds silly, but this self-talk *rewires* your reactions. I often just see what ludicrously obscene or silly insult I can throw at tinnitus. It makes me chuckle.

Give it a go on the next page.

Whatever Tinnitus

Old Thought	“Whatever” Response

Reflection — Looking Back

When you've worked through these pages, take a moment to reflect.
⇒ How has your relationship with tinnitus changed?

⇒ What thoughts or feelings have softened?

⇒ What new habits or beliefs are helping you most?

You've done something powerful. You've taken back control of your mental space.

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Final Note — You're Doing Brilliantly

Living with tinnitus isn't easy, but you've *proven* you can live well with it. Keep showing up, one mindful step at a time.

Remember: you're not broken. You're rebuilding peace, calm, and confidence your way.

And that, my friend, is ***manifestation* in action**.