kodama

Hyperacusis Module 5+ — Exposure Practice Log

Use this log for planned exposure practice beginning in Module 5. Record one practice session at a time. A short entry is enough; this log helps you and your coach see how the practice plan is going over time.

About distress ratings (SUDS)

Use a 0–100 scale to estimate distress, discomfort, or activation: 0 = completely calm, 20–30 = noticeably uncomfortable but clearly bearable, 50 = moderate distress that requires effort, and 100 = the most distress you can imagine. Use your own experience as the reference.

Do not push through pain. Pain is a stop signal. If a sound causes pain or leaves you noticeably worse afterward, stop the practice and tell your coach at the check-in.

Exposure Practice Session

When did this happen?

Example: “Tuesday around 6:30 p.m.”

What sound or situation did you encounter?

Example: “Dishes clattering while I made dinner.”

What was happening around you?

Example: “I was tired after work and the kitchen was busy.”

Before practice, what exactly did you predict would happen?

Example: “This will hurt for the rest of the day,” or “I need to get away immediately.”

Before practice, what were you testing or hoping to learn?

Keep this open-ended; do not reassure yourself before the practice.

Before practice, what peak SUDS (0–100) did you predict?

Before practice, how long did you predict distress or symptoms would last afterward?

Distress before practice (SUDS 0–100)

How distressed or activated did you feel just before it began?

Highest distress during practice (SUDS 0–100)

What was the highest level you reached?

Distress after practice (SUDS 0–100)

How did you feel shortly after the sound ended or you left the situation?

Did you experience physical pain? ◯ Yes ◯ No

Pain is different from discomfort, distress, fear, or annoyance.

Highest pain level (0–10)

Did the pain continue after the sound ended? ◯ Yes ◯ No

Approximately how long did the pain continue?

Example: “A few minutes,” “about two hours,” or “still present.”

Did you use hearing protection, leave, avoid the sound, or make another adjustment?

Example: “Used earplugs,” “moved farther away,” “lowered the volume,” or “left the room.”

Practice details

How long did you practice?

Did you complete the amount of time you planned? ◯ Yes ◯ No

What helped you stay within a manageable range?

How did your distress change during or after the experience?

- ◯ Decreased
- ◯ Stayed about the same
- ◯ Increased
- ◯ Varied
- ◯ Not sure

What actually happened?

How long did distress or symptoms actually last?

Compared with your prediction, what was the outcome?

- ◯ Better than predicted
- ◯ About the same as predicted
- ◯ Worse than predicted
- ◯ Not sure

Afterward, what did this experience teach you about your prediction?

Example: “The anticipation was worse than the sound,” or “Starting farther away made it manageable.”

Did your symptoms remain noticeably worse after the experience?

Help text: “For example, increased pain or sound sensitivity that continued beyond the usual recovery period.”

What will you repeat or change next time?