kodama

Hyperacusis Module 2 — Map a Sound Moment

Use this CBT map for a recent sound experience. Submit one honest example; you may repeat the form for additional moments.

The sound — what happened?

Describe the camera view: sound, place, time, and what was happening. Example: At 6 p.m. in the kitchen, a pan clanged into the sink while I was putting dishes away.

What thought came with it?

Write the first thought as it sounded in your mind. Example: That was too loud—my ears are going to hurt for the rest of the night.

What feeling did you notice?

Name the feeling and, if useful, its strength. Example: fear 8/10 and frustration 5/10.

What did you do?

Include avoidance, protection, leaving, bracing, checking, or staying engaged.