kodama

Hyperacusis Module 4 — Thought Record

Use this record for one sound-related thought. This work challenges distorted predictions without dismissing real physical limits or pain.

What happened?

Describe the sound and situation.

What thought came with it?

Write the thought in your own words.

How much did you believe the thought before reviewing it?

Enter 0–100%.

What feeling did you notice?

Name the main emotion.

How strong was the feeling?

Enter 0–100.

What evidence supports the thought?

Include genuine physical limits or prior experiences.

What evidence suggests it is not the whole story?

Do not minimize pain or medical concerns.

What is a fairer, balanced thought?

Write something accurate enough to believe.

How much do you believe the original thought now?

Enter 0–100%.