kodama

Hyperacusis — My Next Steps

Complete this at the end of each module. Choose one or two small, specific actions for the coming week; the third is optional.

Which module did you just complete?

Enter Module 1 through Module 10. This helps your coach read your next steps in context.

My first next step

Choose one small, checkable action. Examples: Module 2—map one sound moment after dinner; Module 3—practice muscle relaxation for 8 minutes after lunch; Module 6—try the first version of my re-engagement plan Tuesday at 5:30.

My second next step

Optional. Examples: Module 4—complete one thought record; Module 5—repeat my current sound-ladder rung twice; Module 8—prepare and use my hard-hour plan once.

My third next step

Optional; one or two steps is often plenty. Examples: Module 9—save my coping cards on my phone; Module 10—use my first wobble-plan move when I notice an early warning sign.