

3b – Capturing sounds

Action movies – the sound they always add to show that a bomb has just gone off – why do they do this, the sound is painful, the high-pitched whine, it makes me uncomfortable as I sit and watch. This is the sound that is in my left ear.

A windy beach – so overwhelming, it fills every part of my ear, it takes over, there's no space for tinnitus or anything else. This is when my head is at peace.

Summer rain shower falling on a lake – up close the metallic tinkle replaces all other sounds, it is the sound of my tinnitus but broken up into a thousand pieces, each falling in the water and being absorbed.