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| Acute  | strongly felt, pointed, of critical importance and consequence, but also the sufferer is often one with the ability to recognize or draw fine distinctions |
| Alarm | I treat my tinnitus as a warning from my ears that I have been abusing them too frequently and need to let them recover |
| **Always** |  |
| Annoyance  | Why me?  |
| Annoying  | most of the time I try to ignore you, at night I drown you out, you follow me around |
| Anti-silence  | The inverse of peace and tranquillity. They have filled the gap that used to be quietness. |
| Anxiety | Mostly because hearing affected. Ears often itchy.  |
| Aura  | It feels like a halo of sparkly soundIt’s there around me, always and invisible It chose me to host it |
| Awareness | Why didnt i take more care, but now I know I look after my ears far more than i ever used to |
| **Background** |  |
| Barometer  | Things have changed good/bad, up/down, things change |
| Battles  | Radio block,TV block,Audible block,Water block,Silence is like the blind man imagining a sunset. |
| Blame | Too many concerts, unaware of damage, never thought it would matter. Surgical invention, life never the same, the noise never goes, what did I do to deserve this continual disruption? |
| Blanket | A blanket that gets thicker from morning too evening. It muffles the sound of the world outside. It's not a comfort blanket, more like a thick fog that descends through the course of the day.  |
| Breakdown­­­­­­­­ | My hardware has become faulty I can't operate properly I thought I would last longer Trouble is, you can't get the parts, mate |
| Breathing | calm, normal, non threatening, forgettable, masking The reason for the above, for me, is that a big part of learning to deal with tinnitus was acceptance. It's something that may never go away and me getting angry, worried, frustrated, anxious etc only made my tinnitus worse. The way I've come to accept it is by treating it as something that is a natural part of my everyday life, much like breathing. Breathing is something I do every day, I don't pay any attention to it because I've always done it but it isn't silent, in the same way my tinnitus isn't but I very rarely register the sound because I've never seen it as a threat, as I have done previously with tinnitus. The sound of my tinnitus is treated now in the same way as I view the sound of my breathing. It's a normal part of my life so when I muse on tinnitus I'm always relating it back to the sound of breathing. |
| Buzzing  | flourescent light not working properly |
| Concentration | I can make it appear just by thinking about itTrying to listen and there it isI can focus on ignoring it |
| Constant  | -Same pitch, ebb and flow of intensity, looping around and in and through, puts me on edge, gritting my teeth.\*It's always there but at different volume so...\*my tinnitus is always with me |
| Damaged |  |
| Delight | In the natural world and the sounds that soothe....crickets/bird song. I have explored and found solace in sound therapy and meditation. Realising that I have gone a day without noticing/managing /being bothered by my sounds. |
| Depression | At times when I feel low I get to hear the tinnitus more. The danger is a depression tinnitus loop. Depression feeds tinitus tinnitus feeds depression. |
| **Different** |  |
| Distraction | music used to mask it. Speech is a distraction so usually listen to programmes in gaelic which I don't speak\*it distracts me from other things - I need distractions to get away from it |
| Drilling  | It is high pitched and invasive at timesIt's inside my head all the timeIt is a constant ring |
| Effervescent  | Bubbly and livelyNever completely silentDynamic and surging  |
| Electron | Tinnitus feels like it has a positive charge |
| Everyday | I hear it every day in my left ear and some days in my right ear. It’s part of ‘normal’ life. At first I fought against it and made it worse. I carry it with me, but if I don’t think about it, it doesn’t seem so bad\*Continually with me. Varies in its nature from angry to quietly peaceful. Often antagonises me, sometimes soothes me. |
| Exhausting  | If I am tired and it is loud, I still have to do something about it. When I'm hearing it loud...I think of the years ahead that I may still be managing it. On-going sound at times is just tiring! |
| Fatigue | It's worse when I'm tired. Relaxing helps |
| Fire |  |
| Fizz |  • white noise • steam leak in my head • uncontrollable radio static • uncoordinated noise |
| Foreboding  | Worry about how it could get in the future, and try not to let it affect my own decisions too much. |
| Forgettable | by others as I look no different. |
| Friend  | I need to learn to treat my tinnitus as a welcome guest at the table of my life, in the same way that other things are, like grief or fear - these things are there to protect me and reveal love and if I treat tinnitus as an enemy, then i only cause war with myself |
| Fustration  | Just want the noise to go away |
| Fuzziness  | white noiseslight modulationstop of my head |
| Hissing  | Snake in the grass Electricity overhead linesA full-on shower |
| Incessant | It's there, whether you are thinking about it or not, whether the foreground sounds are almost at the same tone\*• always there wanting attention • wanting to make it presence felt and dominate |
| Infinity  | The sound goes on for ever it never stops. Yes there are times that I do not notice it as much but stop and look for the sound it is there as loud as ever and there. It is not the sound that goes away just the mind that can under the correct conditions hide the sound. |
| Insidious  | harmful, entrapping, spreading in a hidden and usually injurious way |
| Integrated | it is as much a part of me as my own hands I think |
| Intensity | - varies |
| Interference | Sound waves at me.My insides interrupting me.Misheard embarrassment\*it's like an invisible barrier that makes it harder to interact with the world outside your own head.\*It distracts me from music and reading sometimes It gives me a headache now and then |
| Intimate | It’s a day to day part of me. It always sounds more or less the same (high pitched leftEar, mid drone right) |
| Invasive | As I complete this exercise, the environment is quiet - the tinnitus is notI can lessen the invasiveness if I switch on the radioIt reduces enjoyment of tv programmes (films etc.) as it seems to 'fight' to be 'heard' - and it often wins... |
| Invisible  | Incomprehensible to others who don't have it. Hidden from those around me.\*the unseen distraction playing on a loop in your head. |
| Isolating  | this is uniquely your own experience, which can make empathy and understanding difficult |
| **Isolation** |  |
| Jarring | because lets face it - it can be pretty jarring when you notice it aggrivating your senses and it can be demotivating too |
| Learning | i am constantly learning what tinnitus means and revealing new things about it all through support groups and internet etc. |
| Legacy | It’s always with meWhat I was bequeathed by a virusHere to stay |
| **Life** |  |
| Luck | That I caught it before it got worse |
| **Madness** |  |
| Me | Tinnitus is a part of me. To fight against it is to fight against yourself. I've made tinnitus my friend - sometimes friends can be annoying, but you just have to accept them for what they are. |
| Migraine | Disruptive force that roars in my head, unable to hear anything else. Frightening and scary. With patience and rest , it dissipates, leaving me relieved and exhausted. Back to normal sizzle |
| Musical | despite their often minimalist and noisy forms there are times I feel like they are a particularly difficult performance or composition that I can meditate with. |
| Niggling  | it's an almost constant niggling companion, like a shoe that rubs or an image at the every edge of your vision which suddenly comes into sharp and immediate focus. When it's missing it's a shock... I suddenly realise it's lessened in volume or even gone and then a moment later it's back - as if my attention summons the sound. I always hope to wake to silence. I have not yet.  |
| Night | It lives here, night time isn't restful |
| **Noise** |  |
| Nuisance  | not good when in a group or meeting linked to partial deafness |
| **Odd**  |  |
| Pain | Part of the package, if there's pain it's time to stop and rest |
| Peace | Always background noise  |
| Permanent | I really try to ignore it but...I **CAN** acknowledge when it's quieter but...I sometimes want to **SCREAM** at it to go away |
| Persistent  | : Stubbornly persisting, recurring to the mind, but also the sufferer is persistent in the fight |
| Personal | It’s mine Emanates from me(Now) part of my make-up |
| Physical | although they are assumed to be auditory hallucinations, these sounds feel very real with a robustness that make them sound like they are from outside the head. |
| Piercing  |  |
| Pitch | only just in the audible range of the human ear |
| Positives | Listen to the sizzle and hum, often reassuring. Daily wellbeing check, what do you sound like today? Its a barometer of health. Thank goodness for the respite provided by hearing aids. |
| Present  | in the quiet when I'm alone, silence disrupted and interrupted. Early morning high-pitched screaming, wakes up my brain. Why is there so much going on?\*Always there somewhereIf I become conscious of it I can't get rid of it |
| Pressure | There are too many squeezed into my brain. There’s not enough space for the heavyweight particles that pushed atoms at speed by the endless creation of more particles by the left and right ear  |
| Quiet | It is unlikely I will know true quiet.I can quieten my mind and my surroundings.That silent cave I visited will never be so. |
| Rage |  I rage against it and it rages harder inside me |
| Relaxation | The noise is there all the time is stops relaxation – Relaxation means keeping the mind occupied. This has to be done in moderation to stop falling into Fatigue. |
| **Rest** |  |
| Ringing  | a loud tone that is fuzzy round the edges |
| **Rubbish** |  |
| Sand-blasting | What I think it sounds like |
| **Scream** |  |
| Sharp  | The sound is sharp piercing in the head it is uncomfortable like being an old radio not tuned in correctly with a degree of interference |
| ‘Ssh’  | Tinnitus appears when I am tired; and when I am tired and stressed, it is worst. Sometimes I can see only It. It is large and big, filling my vision. It is at that point that I feel the most weary. If I sleep it will go and if I rest it is less likely to come. It makes me want to make it go away by saying Ssh! at it. |
| **Sleep** |  |
| Solitude | I have none, because even when I am alone I’m in a room with you |
| Sudden | always without warning and not related to my energy levels of time of day. |
| Stress | caused by/exacerbated by - bringer/creator of = vicious circle |
| There  | I try the 'separation ' technique advocated by some |
| Thief | My quiet times have been stolen. Peaceful moments have been removed. Enjoyment of some activities taken away by having to think about how to manage them.  |
| Tin  | Thie sound of a sheet of the metal being vibrated.It blocks the beta rays that bounce off it with a fizz. The sheet of tin is blocking real sounds that can’t get through |
| TinnitUS | Because it’s me and you |
| Tiredness | not usually a factor in its volume |
| Tiring |  |
| Trapped | I am trapped by the importance I give it, but perhaps it is also trapped inside me (too fanciful??) |
| Tuneable | I can imagine my tinnitus saying words, and I can make it have a rhythm |
| Unalienable |  |
| Unpredictable  | • always doing its own thing • no idea what to expect • keeps me guessing  |
| Unremovable | I pride myself, in talking all difficult situation to a resolutionbut you, my own twisted theme, I will never reason with |
| **Unusual** |  |
| Void | The noise fills avoid the mind has to be working all the time so that there is no functioning available for the noise to fill the void. |
| Volume | No knob to turn it down |
| Wall | Frustrating obstacle.Dulled senses.Go outdoors, behind me? |
| Wave | It’s all something to surf... |
| **Weariness** |  |
| Weight | I carry it like a passenger sometimes.Faulty heavy invisible headphones. |
| Whine | • like a small child – seeking attention • an over tight fan belt – comes and goes – piercing • metal on metal – chalk on a board |
| Whistling  | a higher pitch sound |
| White noise |  a background and foreground sound, very soft round the edges |
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