

# The sound isn't what's making you suffer. Your brain's response to it is.

*And that response can change.*

If you've just been told your tinnitus has no medical cause, that's a hard thing to hear. But habituation — where the sound moves from the foreground of your life to the background — is possible for most people. It doesn't require the sound to disappear. It requires your relationship with it to change.

## What actually changes

- The exhausting habit of monitoring the sound starts to ease
- Sleep improves as the nervous system calms
- Spikes become less frightening — they pass, and you recover faster
- Activities you'd started avoiding become possible again
- Over time, there are hours, then days, where you barely notice it

TRY THIS FREE, RIGHT NOW

## See if this can help you

Learn more about the path to habituation and take a short, free assessment to see whether this approach is right for you. No signup, no email.

[tinnituscoachfrieder.com/tinnitus-help](https://tinnituscoachfrieder.com/tinnitus-help)



SCAN TO START

Led by Frieder Kühne — 17 years living with tinnitus, deaf in one ear, and over 700 people coached through habituation. Not a doctor. Not a cure. A way through.