

Supplemental Material S1. Defining the tinnitus behavior in behavioral terms.

<i>What is the maladaptive behavior?</i>	Activity avoidance and maladaptive thoughts due to experiencing tinnitus
<i>What is the desired behavior?</i>	Improving successful management by adaptively responding to tinnitus, resulting in habituation reduced tinnitus distress
<i>Where does the behavior occur?</i>	Any context
<i>Who is involved in performing the behavior?</i>	Individual experiencing bothersome tinnitus