

Supplemental Material S3. Describe the target behavior according to who needs to do what, when, where, how often, and with whom.

Target behavior	Adaptive response to tinnitus
<i>Who</i> needs to perform the behavior?	Individual experiencing tinnitus by applying the intervention materials.
<i>What</i> do they need to do differently to achieve desired change?	React adaptively to tinnitus by implementing the strategies suggested by the intervention.
<i>When</i> do they need to do it?	Regularly, initially by daily practice of the strategies, and then anytime as needed until habituation is achieved or the strategy becomes an unconscious habit.
<i>Where</i> do they need to do it?	Any context, which may be alone initially and in time also when between other people and in varying contexts.
<i>How often</i> do they need to do it?	Ideally daily initially and then as frequently as necessary until habituation is achieved or the strategy becomes an unconscious habit.
<i>With whom</i> do they need to do it?	Alone or together with significant others.