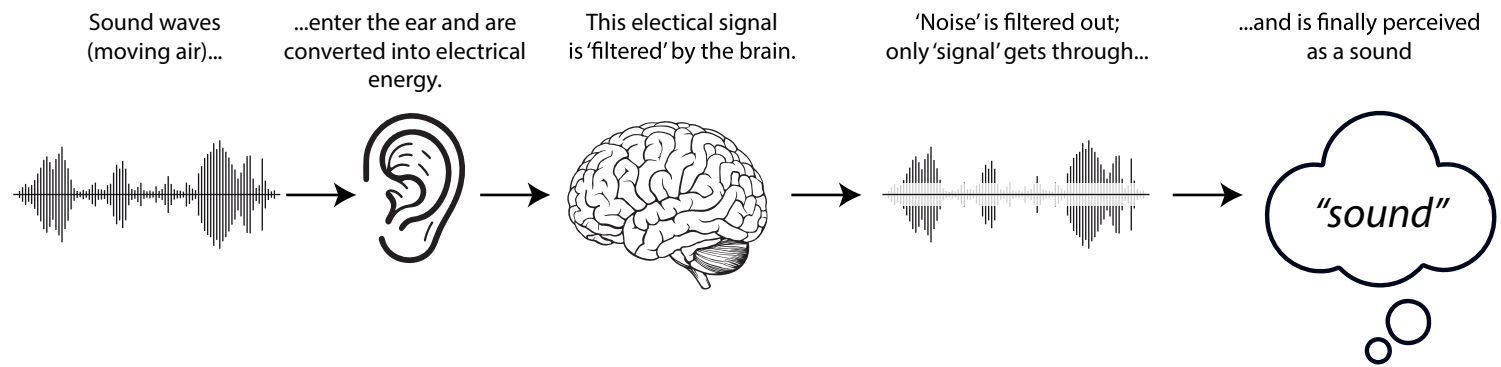
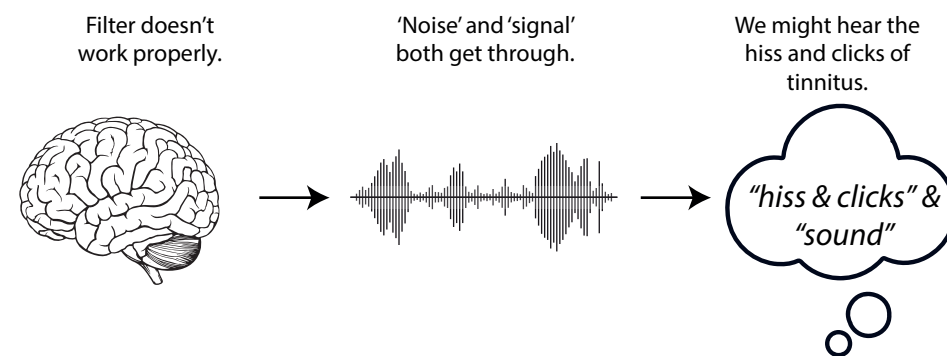


What Causes Tinnitus?

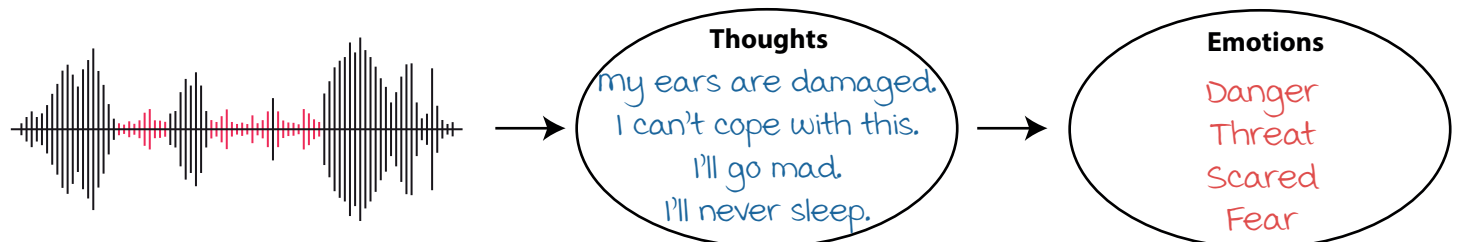
Normally



But sometimes (e.g. after a concert, an infection, a cold, hearing loss, or a trauma)



It is quite common to have worrying thoughts about the noise



The filter learns to associate noise with danger



If your filter thinks something is dangerous it will make sure to always let it through – it's trying to keep you safe by keeping you aware of danger. The problem is that tinnitus isn't dangerous or useful, so the filter is doing its job too well.

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