

My Hearing Explained

Date: _____

Name: _____



Brain energy

My energy for listening,
understanding and remembering



Understanding (R)

My ability to
understand speech



Understanding (L)

My ability to
understand speech



Loudness (R)

My ability to
hear sound



Loudness (L)

My ability to
hear sound

My ability to hear sound:

(R)



(L)



My ability to understand speech:

(R)



(L)



My energy for listening:



My everyday life

What I struggle with:

What I can hear:

Who and where would I like to hear better:

1. _____
2. _____
3. _____

My next steps

Technology to help me:

What can I do to hear my best:

1. _____
2. _____
3. _____

How can others help me hear my best:

Other:
