Clinic name:

## ADVANTAGES AND DISADVANTAGES OF TAKING ACTION ON YOUR HEARING

1	What are the advantages of continuing as you do today?	2 What are the disadvantages of continuing as you do today?
3	What are the disadvantages of taking action on your hearing?	4 What are the advantages of taking action on your hearing?

Reference: Hanne Tønnesen et. al. (2012) *Engage in the Process of Change; Facts and Method,* WHO-CC, Clinical Health Promotion Centre, Bispebjerg Hospital, Denmark.

