

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.