

THE BOX CLINICIAN HELPER SHEET

1 What are the advantages of continuing as you do today?	2 What are the disadvantages of continuing as you do today?
FOCUS HERE FIRST	
3 What are the disadvantages of taking action on your hearing?	4 What are the advantages of taking action on your hearing?
THESE ARE OPTIONAL IF YOU NEED MORE INFORMATION	

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

1. Focus on the two top boxes first. Ask the patient to fill in both sides, i.e. questions 1 and 2.
2. Summarize their responses by contrasting the advantages and disadvantages.
3. Ask 'How would you like to move on from here?'
4. Be sure to accept the patient's decision. If they prefer to continue as they do today, provide them with information and encourage them to reflect on their hearing and return later if they wish.