

ADVANTAGES AND DISADVANTAGES OF TAKING ACTION ON YOUR HEARING

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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.