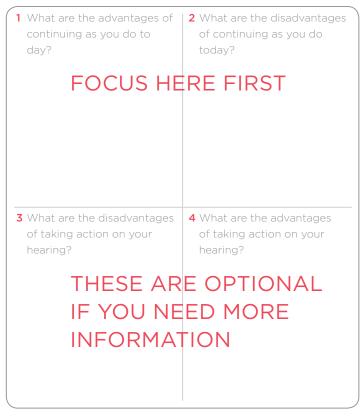
THE BOX CLINICIAN HELPER SHEET



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.

