



DEALING WITH RESISTANCE

Stop repeating yourself! Explain that you are on a “Hearing Help Quest”—one that involves your loved one by allowing him or her the opportunity to realize the significance of their hearing loss. Do not stop helping though. All you do is preface what you repeat by saying each time, “Hearing Help!” or some other identifier. In a short amount of time, your loved ones will realize how often you say this. In turn, they will come to realize how often they depend on you. (This suggestion is only for a loved one who resists the idea of getting any help).

Stop raising your voice (then complaining you’re hoarse). That results in stressing your throat and vocal chords.

Stop being the messenger by carrying the communication load for the family. Do not tell your loved one “He said” and “She said” when he or she needs to be responsible for getting this information directly from the source.

Do not engage in conversation from another room as tempting as this is and as convenient as it appears. This sets up your communication process for failure.

Create a telephone need. This means for you to stop being the interpreter on the telephone. Allow your loved one to struggle in order to recognize how much help he or she needs. We’re looking for motivation (to hear) from your loved one—not you.

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