

## WHAT TO ASK IF INTERVENTION IS SUGGESTED

## BIRALI

- BENEFITS

  What are the BENEFITS of this course of action?
- RISKS
  What are the risks associated?
- ALTERNATIVE
  Are there alternative options?
- INTUITION
  What is my intuition telling me?
- NOTHING

  What if, for now, we do nothing and just wait?

www.thehausofhealth.com