

# SELF-AWARENESS



The ability to assess one's own abilities and limitations. Individuals with brain injury may not recognize changes in behavior or personality.

## LOOK FOR:

- Difficulty recognizing a problem while it is happening
- Difficulty understanding why rehabilitation therapies are needed
- Difficulty putting goals and strategies into action
- Difficulty generalizing knowledge from one situation to another
- Difficulty monitoring your progress
- Not following recommendations of providers

# SELF AWARENESS ACCOMMODATIONS

- Learn how to use safe “supported risk taking” techniques from providers
- Work with providers to develop effective problem solving techniques
- Ask for realistic feedback from members of your support system
- Use a memory notebook, video reviews, or device (*e.g., cellphone*) to track progress and setbacks
- Consider participating in individual therapy to help you process the changes in your life

## ADJUSTMENTS AND CHANGE TAKE TIME!

CITATIONS

[www.ndbin.org](http://www.ndbin.org) • 1 (855) 866-1884 • [info@ndbin.org](mailto:info@ndbin.org)

