

# SELF-AWARENESS/ANOSOGNOSIA



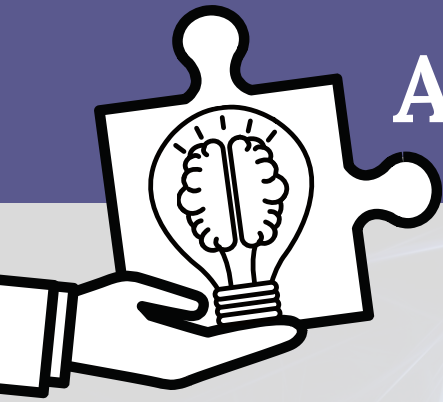
The ability to assess their own abilities and limitations. Individuals with brain injury may not recognize changes in behavior or personality.

## LOOK FOR:



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





# 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

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