

# PROBLEM CHECKLIST

Do you experience .....

1. Visual problems – difficulty seeing
2. Poor balance
3. Doing things slowly
4. Headaches
5. Fatiguing quickly – getting tired easily
6. Difficulty remembering the right word (word-finding)
7. Expressing self in a wordy, roundabout way
8. Difficulty speaking smoothly, easily and clearly (dysarthria)
9. Being easily distractible
10. Poor concentration for extended periods of time
11. Being forgetful – difficulty remembering things
12. Difficulty planning and organizing things
13. Difficulty setting realistic goals
14. Difficulty following through or finishing things
15. Apathy, lack of interest in things
16. Lack of initiative, don't start things up
17. Irritability
18. Impatience
19. Restlessness
20. Temper outbursts
21. Mood swings, quick emotional shifts
22. Difficulty bringing emotions under control once expressed
23. Getting into arguments with others
24. Being physically violent
25. Getting bored easily
26. Complaining about things
27. Dependency on others
28. Needing supervision

29. Anxiety/tension
30. Depression
31. Lonliness
32. Low sexual drive
33. High sexual drive
34. Changed personality
35. Dizziness/Vertigo
36. Problems with coordination
37. Hearing difficulties
38. Sensitivity to noise
39. Problems with taste
40. Difficulty thinking clearly and efficiently
41. Loss of confidence
42. Changes in appetite
43. Sleep disturbances
44. Hallucinations
45. Problems getting along with spouse/partner
46. Problems getting along with family/friends
47. Decline in social activities
48. Decline in sports/recreation
49. Increased use of alcohol or illegal drugs

Not all of these symptoms will be present after a traumatic brain injury but if you are experiencing more than 10 of these you should discuss it with your physician. The symptoms should be compared to your usual condition or behavior prior to the injury.