

**ANALYSIS FORM FOR A HEAD-INJURED MOMENT 3.1:** Analysis # \_\_\_\_\_

My mistake (be specific): \_\_\_\_\_  
\_\_\_\_\_

Where it started: \_\_\_\_\_ On what day? \_\_\_\_\_ At what time? \_\_\_\_\_

Who suggested writing up this head-injured moment? \_\_\_\_\_

**State of mind.** (Circle all that apply) excited optimistic enthusiastic confident motivated  
impatient annoyed frustrated irritated angry furious jealous overstimulated  
confused anxious worried tense pressured afraid hungry thirsty overheated chilled  
upset sad depressed discouraged self-doubting pessimistic guilty drunk stoned  
calm relaxed bored tired rushing disinterested other \_\_\_\_\_

**Who was I with** when I started to make the mistake? \_\_\_\_\_

**Task factors:** What was the task? \_\_\_\_\_

\_\_\_ I was trying to do something new. What was new? \_\_\_\_\_

\_\_\_ I was trying to do something hard. What was hard? \_\_\_\_\_

\_\_\_ It required planning and organizing, careful timing, or mid-course corrections.

\_\_\_ It required getting cooperation, agreement, or assistance from someone else.

**Process factors:** How I went about doing it.

\_\_\_ I should have warned myself. It happened in a situation where I have head-injured moments.

\_\_\_ I wrote up this mistake before, but I didn't use my fix-it plan this time. Why? \_\_\_\_\_

\_\_\_ I wrote up this mistake before and used my fix-it plan but it failed. Why? \_\_\_\_\_

\_\_\_ I was trying to do something the way I would have done it before I had my injury.

\_\_\_ I wasn't expecting to do it at all—it wasn't on my daily planner. Why not? \_\_\_\_\_

\_\_\_ Something unexpected happened while I was doing it. What? \_\_\_\_\_

\_\_\_ I didn't take enough time to plan out what I was going to do.

\_\_\_ I wasn't concentrating and being careful enough when I did it.

What are the main things I need to fix? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Fix-It Plan** for the next time I am in that situation:

\_\_\_ Put the activity on my daily planner and make a plan for success the night before.

\_\_\_ Trigger myself to sound a warning by \_\_\_\_\_

\_\_\_ Warn myself about a head-injured moment by saying \_\_\_\_\_

\_\_\_ Adjust my state of mind by \_\_\_\_\_

\_\_\_ Before I act, stop and think through what I need to do.

\_\_\_ Get focused and summon up the mental effort to be ready to act.

What else I will do: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_ Watch how I perform carefully to make sure my plan is working.

**Feedback from my Therapy Partner:** I think the main things that need fixing are \_\_\_\_\_  
\_\_\_\_\_

I think my Partner's Fix-It Plan \_\_\_ probably will work \_\_\_ probably won't work.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_