

**If you or a loved one is experiencing any of the indicators listed below, consult with a doctor.

Persistent Intellectual Impairments
Memory problems
Difficulty concentrating
Attention Difficulties
Easily Distracted
Misplacing or difficulty tracking things
Difficulty making decisions
Difficulty solving problems
Difficulty understanding spoken instructions
Difficulty understanding written instructions
Difficulty finding words
Difficulty communicating thoughts / feelings
Unintentionally repeating the same remarks
Unintentionally repeating same activities
Stuttering or stammering
Difficulties doing simple math
Impaired abstraction or literalness
Mental rigidity
Deficits in processing information
Deficits in sequencing information
Difficulty executing or doing things
Difficulty starting or initiating things
Difficulty handling work requirements
Difficulty handling school requirements
Having to check and re-check what you do
Disoriented by slight changes in daily routine
Unsure about things that you know well
Difficulty learning new things
Doing things slowly to insure correctness
Decreased capacity for reality testing
Impaired ability to appreciate details
Impaired ability to benefit from experience
Inappropriate responses to people & things
Difficulty taking care of your self
Difficulty taking care of children
Psychological Consequences

Impaired sense of self
Fear of loss of control
Easily agitated or irritated
Easily startled
Feelings of paranoia
Spells of terror or panic
Feelings of depression
Feelings of shame or guilt
Persistent anxiety
Anxiousness or feelings of fear and dread
Feelings of discouragement
Withdrawal or social isolation
Feeling others not appreciating your difficulties
Feeling everything is an effort
Feeling inept or worthless
Laughing or crying without apparent cause
Worrisome thoughts won't leave your mind
Making up explanations for things
Insensitive to others and social context
Diminished insight
Persistent Mood Disorders
Mood swings
Having urges to beat, injure or harm someone
Shouting or throwing things
Temper outbursts that you could not control
Persistent Physiological Impairments
Heart pounding or racing
Rapid pulse
Headaches or head pains
Increased blood pressure
Increased sensitivity to touch
Ringing in ears
Easily fatigued
Numbness or tingling in parts of your body
Weakness or loss of strength
Feeling tense or keyed up
Restlessness, unable to sit still
Lessened ability to perform physically

Decreased tolerance for alcohol and drugs
Appetite disturbances
Trouble falling asleep
Awakening during the night
Sleep that is restless or disturbed
Persistent Personality Alterations
Passivity, or submissiveness
Aggressiveness
Apathy, lack of interest or emotion
Overly sensitive
Discouragement or demoralization
Increased emotional distress
Chronic frustration
Grandiosity or boastfulness
Excessively talkative
Compulsive writing
Egocentricity
Childishness
Silliness
Overly responsible
Irresponsibility
Impulsively
Self-indulgent
Indiscreet comments and acts
Obscene comments or acts
Increased sexual activity
Decreased sexual activity
Increased shame or guilt
Religiosity

Persistent Neurological Problems

Sense of observing your self from afar
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Altered consciousness

Slowed reaction time

Smelling odors that others do not smell

Hearing music that others do not hear

Making up explanations for things

Sensitivity to temperature shifts

Seeing dark spots before your eyes

Blurred vision, especially when fatigued
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Double vision especially when fatigued
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Diminished night vision

Difficulty relaxing

Twitching

Sensitivity to sound or noise

Sensitivity to light
