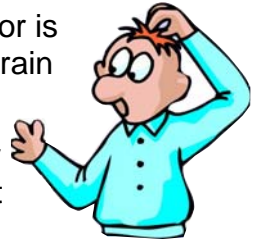


NOW WHAT DID I COME IN *HERE* FOR?

Strategies for Remembering What You're Looking For

Walking into the kitchen, Wallace stopped dead in his tracks, scratched his head, and wondered, "What the heck am I doing in here?" Last he remembered, he was sitting in front of the TV. "This is crazy," he thought. I know I came in here for something, but for the life of me, I can't remember what it was."

Wallace is in good company. Forgetting what you are looking for is another common problem reported by persons who've had a brain injury. What can be done to remedy this frustrating problem?



- Avoid trying to do too many things at once. It's much easier to forget or get confused when you are trying to do different things at the same time.
- Repetition, Repetition, Repetition. Repeat the name of the object of your search over and over until you find it.
- Write down what you're looking for. Even just one word may be enough to trigger your recall.
 - If paper isn't handy, write on your arm or hand.
 - If a pen isn't handy, "write" with you finger.
- Take something with you to remind you what you're looking for. For example, if you're looking for your checkbook, take the bill you intend to pay.
- "Retrace your steps." For some, going back to the "scene of the crime" helps them recall what they're looking for.
 - Walk back to the last place you remember being. Look all around.
 - Try to form a picture in your mind of what you were doing. Were you sitting or standing? Were you alone or with someone?
 - Pantomime or "act out" what you were doing (e.g., writing something down, opening a drawer, leafing through a book).

Wallace returned to the den and noticed his half-eaten bologna sandwich. Pickles, he thought to himself, smiling. As he returned to the kitchen, Wallace repeated "Dill" over and over again until he got to the fridge. Pickle jar in hand, Wallace strutted back into the den to, well,... relish his victory.

MY ACTION PLAN FOR REMEMBERING WHAT I'M LOOKING FOR

I seem to have
the most trouble
remembering what
I'm looking for
when...

To help me
remember what
I'm looking for,
I will do this:

Next time I
forget what I
went searching
for I will do this:

I will check my plan
on this date to see
if it's working. If not,
I'll need to try
another plan.
