

Adjustment skills questionnaire

Name _____ Date _____

This questionnaire assesses your adjustment to the consequences of your brain injury. Read each of the statements, and mark the box that best describes your beliefs at present. It might be helpful to ask someone who knows you well to complete the questionnaire and fill in the independent scorer column. Compare the two columns.

Scoring Agree = 2 Partially agree = 1 Disagree = 0

Question	Score					
	Self-score			Independent scorer		
	Agree	Partially agree	Disagree	Agree	Partially agree	Disagree
1 The injury was a turning point in my life.						
2 I can talk openly to people about my injury and the difficulties that I have had since then.						
3 I generally feel comfortable with myself and my life.						
4 I no longer keep comparing myself with how I used to be before the injury.						
5 I recognise my limitations now – things I cannot do.						
6 I can recognise that there have been some positive consequences of my injury.						
7 How I manage in the future depends on me, and not on what others do for me.						
8 I do not feel particularly anxious or depressed.						
9 I have a second chance, as I could have died; the future is now a new chapter in my life.						
10 I can still live a satisfying life, even though I might have some hidden disabilities as a result of my brain injury.						
TOTAL SCORE						

INTERPRETATION

Self-score

0–10: This suggests that the difficult process of adjustment might still be ongoing.

Discrepancy between self-score and independent score

5–20: This suggests that there is a difference between how you and others feel that you have adjusted.

How relevant did you find this sheet? Very Slightly Not very What was the most important point for you?

Adjustment skills quiz

1 How well do you think you have adjusted to life after your brain injury?

Reasonably well Fairly well Not well Poorly

2 There is usually a sequence of emotional stages that people pass through after brain injury. Arrange the following emotions in what you would consider to be the most common order. Number the emotions from 1 to 6.

Depression Anger Adjustment Shock Denial Acceptance

3 Rate which of these statements is the best, and which is the worst, description of adjustment to life after brain injury. Number them from 1 to 4.

Accepting that life has changed and you've got to get on with it.	
Recognising your limitations, and lowering your expectations of yourself.	
Continually striving to get back to how things were.	
Seeing your life now as a 'second chance' or 'new chapter'.	

4 Write a sentence that would be a definition of a good adjustment after brain injury:

5 Tick which of these behaviours would fall into the category of showing good adjustment, and cross those that probably show poor awareness:

- Talking openly about your brain injury and subsequent difficulties
- Being comfortable with yourself
- Comparing your present abilities and lifestyle with your pre-injury abilities and lifestyle
- Having realistic goals and plans for the future
- Accepting that your injury was a life-changing moment
- Talking about 'getting back to normal'
- Comparing yourself with others
- Having the same expectations for yourself as you've always had

6 Identify one way that a person can improve their adjustment:

How relevant did you find this sheet? Very Slightly Not very What was the most important point for you?