

TRAUMATIC BRAIN INJURY SYMPTOM CHECKLIST

Your Name: _____ Date _____

PHYSICAL SYMPTOMS	Ongoing	Resolved	EMOTIONAL SYMPTOMS	Ongoing	Resolved
Headaches or pressure in head			Depression or sadness		
Fatigue or feeling tired			Irritable		
Dizziness or balance problems			Nervous		
Nausea or vomiting			Loss of temper easily		
Blurred or double vision			Anxiety		
Bothered by noise			Wide mood swings		
Change in smell			Negative Attitudes		
Sense of taste or food preference altered			Argumentative		
Vision problems-focusing or blank spots			Apathy		
Hearing loss			Fearfulness		
Ringing in ears			Tactlessness		
Numbness or tingling			Loss of self confidence		
			Reduced stress tolerance		
			Personality changes		
			Explosive irrational anger		
COGNITIVE SYMPTOMS			Increased suspiciousness		
Difficulty thinking clearly			Paranoia		
Difficulty concentrating			Defensiveness		
Difficulty remembering			Impatience		
Feeling sluggish, hazy, foggy, or groggy			Loss of Initiative		
Decreased judgment			Sudden Emotional outbursts		
Decreased academic functioning (reading, spelling, math)			Withdrawal from family & friends		
Confusion			Attributes bad motives to others		
Word finding difficulty			Loss of sense of purpose		
Stuttering or slurring of words					
Decreased ability to plan					
Difficulty expressing self			SLEEP DISTURBANCES		
Slower reading			Insomnia		
Loss of creativity			Trouble falling asleep		
Difficulty following conversations			Excessive daytime sleepiness		
Difficulty understanding others			Narcolepsy-suddenly go to sleep during the daytime		
Decreased comprehension			Sleeping less than usual		
Lack of self control			Sleeping more than usual		
Loss of intelligence			Restless leg syndrome		
Unable to follow maps-get lost more			Inconsistent sleep patterns		