

Social Survival Skills For People with a Brain Injury

The following are skills and tips for people with TBI to be able to lead fuller lives. These are Do's and Don'ts provided by CCCIL's TBI Advisory Committee

Do's

- Learn by doing the wrong thing.
- Try not to repeat the same mistakes.
- Take self-responsibility for my behaviors
- Use physical tools and prompts such as post it notes and notebooks
- Use electronic tools –phones, computers and calendars
- Laugh at myself before anyone else does
- Anticipate problems and solve them ahead of time. An example is in a restaurant. Find a quieter area with less visual and noise distraction. Find a place for my service dog.
- Learn responses to Anger and Rudeness
- Use humor to reduce tension
- Clarify misunderstandings
- Learn to say no and set boundaries
- Challenge myself
- Listen first to be able to frame what I am going to say.
- Know why I am here and not giving up.
- Be involved, go to school and get more skills.
- Family is very important (however you define family). Keep those who are close to me involved in my life.
- Maintain respect for others.
- Have a positive environment and be around positive people.
- Use the buddy system and help each other out.
- It is good to have others besides yourself to think about. This can include a buddy, dog or volunteer.
- Support groups are very helpful.
- Always have something to look forward to.

Don'ts

- Don't be afraid to make mistakes.
- Don't walk on slippery or uneven ground.
- Don't re-injury myself.
- Don't take things too seriously
- Don't spend time and energy talking to people I consider toxic
- Don't over-commit.
- Don't always take the easy way out if I feel my rights are being violated – be willing to self-advocate.
- Don't put myself down.

As you can see the list of Do's is longer than the list of don'ts. Stay positive! Seek support and reach your full potential.