

Topic #1: Your Experience of Having Seizures

Worksheet: Your Experience of Having Seizures

1. How you feel about having seizures in front of other people.

2. Factors that you and your support person have noticed that seem to bring on seizures. (These are the feelings and events that are termed “triggers,” which you will be learning to observe in Session 4.)

3. Sensations you have that precede seizures, that is, your “aura.” (These sensations may be hard to describe, but it is worth a try. If you are able to start noticing any change in feeling or sensation before you have a seizure, it will help you when you reach “Session 7: Identifying Your Pre-seizure Aura.”)

4. How your seizures look to another person, for example, your support person.

5. Are your experiences similar to or different from those of other people who have seizures?
(Your physician or seizure counselor can help answer this question.)

6. Any other observations, questions, or concerns that you or your support person wants to bring up.