

Goal List

What Is a “Pre-Seizure Aura?”

- ___ Review the section of Session 7 that explains the different parts of the brain and the different kinds of auras that are produced.
- ___ In your journal, list several examples of auras experienced by others, including some that are physical sensations, body movements, and emotional states. (See this *Workbook* chapter for examples.)
- ___ Explain in your own words (to a friend, family member, or your seizure counselor) how an aura is produced in the brain and why it sometimes leads to a seizure.
- ___ Other: _____

Identifying Your Own Aura

- ___ For the upcoming week, remind yourself daily to try to observe yourself in the brief moments before your seizures. After any seizures that occur, write down your observations in your journal.
- ___ For the upcoming week, remind yourself daily to observe yourself for any unusual sensations, feelings, or body movements that might constitute your aura. Write down any observations in your journal.
- ___ After the next seizure you experience, try to remember any unusual sensation, emotion, or movement that preceded it. Write down your observations in your journal.
- ___ Ask a friend or family member to observe you carefully when you look like you may be about to have a seizure. After the next seizure that this person witnesses, ask if he or she observed any unusual movement or apparent mood swing that might be your aura. Compare your own observations with those of this other person and record in your journal.
- ___ Other: _____

<p>NOTE</p>

<p><i>Begin work on the following goals when you have identified your aura.</i></p>

Using Aura Recognition to Prevent Seizures

- When you notice your aura, sit or lie down and try to relax.
- When you notice your aura, sit or lie down and begin slow, deep breathing.
- When you notice your aura, sit or lie down and begin progressive relaxation.
- When you notice your aura, sit or lie down, take a deep breath, and attempt to go into an awake, relaxed brain wave state (as you are practicing in your relaxation training).
- When you notice your aura, sit down, take a deep breath, and try to identify your trigger and observe if you are in a negative state. Use one of the suggestions from the Goal List for Session 5 when you do find yourself in a negative state.

This is how I plan to work on dealing with my negative state:

Other: _____

Using Aura Identification to Prevent Unsafe and Unpleasant Effects of Seizures

- Sit down when you experience your aura.
- Lie down when you experience your aura.
- When you notice your aura, put down any sharp or breakable objects you are holding, such as a knife, glass, or tool.
- When you notice your aura, move away from any stairs or other hazards. Sit down if possible.
- Other: _____

I have chosen the goal checked above in order to prevent one or more of the following unsafe or unpleasant effects of seizures:

- Falling (with possible injury, such as bruises, cuts, or head injury)
- Embarrassment
- Injury from sharp objects
- Dropping breakable objects
- Too much attention from other people (when I have a seizure)
- Other: _____

After you have selected **one** of the above goals, write down in your own words specifically what you plan to do to meet this goal during the coming week. The more specific you are, the easier it will be to meet your goal.

My goal for the week ending (give date) ___/___/___ is to:

On (give date) ___/___/___, I tried to meet this goal with the following results:

I consider that I did ____, did not ____ meet the goal I set for myself this week.