

# Brain Injury Survivor's Guide

<http://www.braininjuryguide.org>

## Brain Quiz One

All answers to this quiz can be found in the book, Brain Injury Survivor's Guide. Each question contains a clue that indicates the page number where the answer can be found. Once you have answered all the questions, please complete the second part of the quiz at the bottom of this page.

1. My most vivid memory of our protection versus independence clash came one day when we were walking out of a \_\_\_\_\_. (see page 30)
2. When Beth's boss commented about all the Get Well cards she had received, she said, "\_\_\_\_\_, but I can't read them." (see page 15)
3. What does the "B" stand for in our memory strategies using the acronym BRAIN? \_\_\_\_\_ (see page 100)
4. The second paragraph on page 105 begins with what memory instruction repeated three times? \_\_\_\_\_
5. What is the name of the recipe to be used on our sample Meal Planning list? \_\_\_\_\_ (see page 154)
6. Our discussion of behavior adjustment recommends that family members, "Encourage \_\_\_\_\_." (see page 137)
7. "\_\_\_\_\_ with other brain injured people or their family members allows you to share information." (see page 67)
8. A "morning list" we recommend is called \_\_\_\_\_ to Take When I Leave the House. (see page 78)
9. Chapter Seven is about "Dealing with Getting \_\_\_\_\_" (see page 68)
10. Beth and Larry renamed the Wheel of Metacognition and called it your Cycle of \_\_\_\_\_. (see page 61)
11. A deeply held belief of Beth's is that "\_\_\_\_\_ is Power to a Brain Injured Person." (see page 169)
12. Shortly after her brain injury, what did Beth use to sweeten her coffee? \_\_\_\_\_ (see page 71)

Take the FIRST letter of the first word of your answer and fill in the blanks below to find a message.

\_\_\_\_\_  
(Q 1) (Q 2) (Q 3) (Q 4) (Q 5) (Q 6) (Q 7) (Q 8) (Q 9) (Q 10) (Q 11) (Q 12)