
WEEK ONE HANDOUT: IS THERE ANYTHING WRONG WITH ME?



The main theme of today has been to identify things that people on the course struggle with, and things that are going better. It may be your memory that isn't working well, or it may be something else, like using words and names. You may also be struggling with some skills that you've taken for granted – like driving or going shopping.

On the other hand, there may well be many other things in your life that you are doing just as well now as you ever have.

Take a few minutes to make a list of each of them.

Things I do well	Problems I experience