

# Cognitive Effects Journal

*The questions below can help you reflect on your experience as a caregiver. You can write your thoughts here, copy this page and add it to your journal if you keep one, or reflect on these questions in your journal.*

*What cognitive effects have you observed in your service member/veteran?  
How severe is the effect?*

*Is there one particular instance that stands out for you? Describe what happened and how you reacted.*

*What impact have these cognitive effects had on you? On other members of the family?*

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*What strategies have you tried to use to help your service member/veteran cope with cognitive effects? How well have they worked?*

*What strategies do you plan to try in the future?*

