

Before – Now – After

Worksheet: Reflecting on life before the injury, now, and what you would like the future to be like can help focus on positives



A week in rehabilitation

Think about you and your family. It is normal to experience changes with all family members. Your special person may be in hospital, your parent(s) may be going between home and hospital, or you may be getting looked after by other family members or friends.

Reflecting on your relationships will help to start safe and open conversations. It is sometimes hard to know what the future will be like, but starting to think about it and what you may like to see happen, can help make beautiful things happen. Remember to ask questions to your parents, family or staff working with your special person.

Write or draw in the boxes below.

	What was it like to spend time before the brain injury with...?	What is it like to spend time now with...?	What do you think it will be like to spend time in the future with...?
<i>Your special person</i>			
<i>Your parent(s)</i>			
<i>Your brother / sister</i>			
<i>Your family</i>			
<i>Your friends</i>			