**Activity Part 1: Enhancing Self Reporting of Concussion**

**Instructions:** 1) In the first column, write at least one cognition/thought that might **prevent** you from reporting a concussion that you either know or think you have. 2) In the second column, write a replacement cognition that will increase the likelihood that **you will report** a concussion that you know or think you have.

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| Thought that prevents concussion reporting | Replacement thought that increases reporting |
| Example: If I report my concussion, I will be taken out of the game, which will hurt my team’s performance. | Example: If I report my concussion, not only will I be protecting my brain, but I will return to play when I am at 100%, which will be helpful to my team. |
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