**Activity Part 2: Enhancing Reporting of Concussion Suspected in Teammates**

**Instructions:** 1) Write down at least one cognition/thought in the left hand column that might **prevent** you from reporting a concussion that you suspect your teammate has. 2) In the second column, write down a replacement cognition that will increase the likelihood that **you will report** a concussion that you suspect your teammate has.

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| **Thought that prevents reporting a suspected concussion in your teammate** | **Replacement thought that increases reporting** |
| Example: It is not my place to report a teammate’s concussion. | Example: If a teammate has a concussion and doesn’t realize it, I am looking out for his or her health and well-being by reporting it to the trainer. |
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