

Fog Worksheet

Directions: Check the treatments you have tried already; rate them from -5 (made me much worse) through 0 (no effect) to +5 (very helpful); and check those treatments you want to try in the future. Using your answers, choose one or two areas to work on at a time.

	Tried Y/N	Rating -5/+5	Use in Future
Address Other Symptoms			
Reduce fatigue			
Improve sleep			
Pacing			
Take a rest break			
Use routine			
Pick your best time of day			
Postpone, switch or cancel activities			
Simplifying			
Do one thing at a time (Avoid multi-tasking)			
Avoid over-stimulation			
Use lists and other reminders			
Organize and de-clutter			
Other Strategies for Fog			
Do something physical			
Plan your response			
Control stress			
Check medications			
Reframe			

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