

**ASSESS YOUR PSYCHOLOGICAL STATE FOR POSSIBLE CAUSES  
OF CONFUSION OR MEMORY LOSS**

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Go back over the psychological conditions listed in this **and the previous chapter**.

**It may well be helpful to discuss your thoughts with family or friends.** It is often hard to know how we “really” are, especially if we are putting on a brave front.

Do any of these psychological conditions apply to you?

What are the appropriate steps you should take to alleviate them?

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