

# What My Seizures Look Like (Worksheet)

This worksheet is to record the seizure symptoms you feel and the symptoms other people saw you have. If you have different types of seizures, describe all of them. Bring this worksheet to your next appointment with the health care provider treating your seizures.

## My seizure symptoms

Changes in my movement:

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Changes in my automatic body functions:

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Changes in my senses:

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Changes in my awareness (consciousness):

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**(over)**

Changes in my thinking:

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Changes in my balance:

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Changes in my language:

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Changes in my emotions or how I feel:

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Changes in my memory:

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**Other information (seizures triggers, comments)**

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