

## Considering Your Thoughts About Epilepsy – Reflection Questionnaire

It is natural to experience anxiety, fear and trepidation after finding out your co-worker has epilepsy. But with open communication, education and examining your own thinking about your co-worker, you can learn to act with confidence as well as positively and appropriately at work beside your co-worker and his/her condition.

Review the following questions and record your responses and thoughts in detail in the spaces provided. Be sure to provide evidence of your thoughts by listing experiences and specific interactions with your co-worker that make you feel and think the ways you are. This is for your own benefit and is not to be shared with others unless you would like it to be.

1. After finding out my co-worker has epilepsy, my thoughts of him/her are:
2. How has my relationship changed with my co-worker after finding out he/she has epilepsy?  
Positively:  
  
Negatively:  
  
If negatively, how can I make it more positive?
3. Do I resent my co-worker for having to take extra time away from work to deal with his/her condition? List reasons why for both responses to help clarify your thoughts.
4. Do I understand the exchange of specific job tasks because of his/her condition? If no, what am I thinking?
5. What more can I do to support my co-worker at work?
6. What has happened to me in the past that can help me empathize with my co-worker about his/her fear of having a seizure at work?
7. Do I feel confident that I have enough knowledge about epilepsy? If not, what am I still afraid of or feel that I need more information about?

Think about your responses and how you might deal with them. Do you need to set a time to talk one-on-one with your co-worker, your manager, someone from HR or counseling services your benefit package at work provides? Do you think additional training on epilepsy would be useful to you? Based on your responses, take the appropriate action to ensure a productive workplace. Epilepsy is a manageable condition and it does not need to be a stress factor at work.