

# **Change The Toilet Paper**

*And a Dozen other Helpful Tips for Working with those with  
Traumatic Brain Injury and/or other Behavior Disorders*

1. Changing from *pillow soft comfort*, to a workable *rough, 1-ply* toilet paper.
2. Give a person their *space*, or expect the *spray*.  
(*If you back a skunk into a corner...*)
3. Say “*What*”? We’ve got to *teach* others how not to.
4. Consider the *cost*. (What is *worth* what? And, creating some *margin*.)
5. Keeping a *note pad* – at all the *right places*.
6. Make a *\*banana* available – *\*or whatever will meet their need*.
7. Everybody needs a *friend*. Cultivate *friendships* for those who, otherwise, cannot.
8. Develop *eye contact* and give a *firm handshake* – build on the *helps* of others.
9. Turn *consequences* into good, *life-changing* behaviors.
10. Change the *diet* – change the health (oftentimes, *behavior health* as well).
11. Work to *fit* society’s *norms* – for their good and yours.
12. Recognize the *changes* going on within you. (Helping others truly does help us.)
13. Have *fun*.☺ It sure beats the *alternative*!