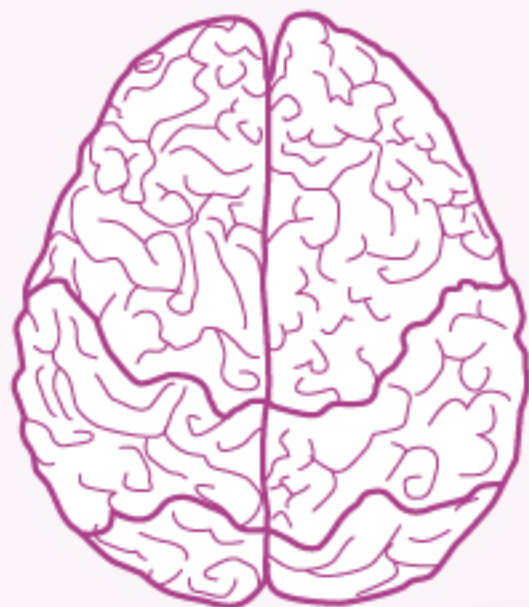


# How to Say “I Can’t Remember”

Helpful one-liners for addressing forgetfulness



**MEMORY LOSS** is one of the most common—and humbling—outcomes for people who experience partial-onset seizures.<sup>1</sup> It’s not always easy to address. Give these tips a try!



## AT A SOCIAL GATHERING

“I’m sorry. Tell me your name again. My epilepsy causes me to forget the names of really good-looking people.”



## WHEN STUMPED BY A QUESTION

“I should know that answer, but I can’t recall it. If only life were multiple choice...I could at least guess answer C!”



## WHEN YOU CAN'T RECALL THE PAST

“I’m sorry, but I just don’t remember that day. My epilepsy causes me to forget things from time to time.”



WHAT ARE YOUR BEST ONE-LINERS?

Source:

1. [epilepsy.com/learn/impact/thinking-and-memory/memory-and-seizures](http://epilepsy.com/learn/impact/thinking-and-memory/memory-and-seizures)