

Anosognosia and Communication

Understanding lack of insight and motivational approaches.

What is anosognosia?

- Biological condition—not denial.
- Blocks self-awareness so person cannot perceive their condition.
- Person with SMI believes nothing is wrong, even when their behavior or functioning has clearly changed.
- Leading cause of treatment refusal or non-adherence.

[Click Here](#) [For more about anosognosia](#)

How to communicate with someone with anosognosia:

Are you struggling to figure out the best way to communicate with your loved one with SMI who does not have insight into their illness?

[Click Here](#) [For communication tips](#)

Video resources:



[Psychosis and Anosognosia](#)



[Ask Dr. Amador: Top Anosognosia Questions Answered](#)



[Anosognosia](#)

Research summary:



[TAC Research Summary on Anosognosia](#)

Tips for communicating with someone who has anosognosia:

- Prioritize trust.
- Avoid telling them they are wrong or “crazy.”
- Ask for permission to share your ideas.
- Reflect back what you hear without judgment.
- Ask questions instead of giving advice.
- Offer empathy without agreeing with the altered perception.