



Disinhibition after ABI

“When I first came out of rehabilitation, I still had problems with disinhibition. I still have a short temper now but my friends and family help me recognise when I’m getting upset. I used to swear at people lots when they annoyed me. I got in a few fights as well which didn’t help and made me feel really bad.

I started to like girls and got a bit too fresh with them in public. My friends helped me when I did this. I still get the urge to do it now but I always think about what might happen. I don’t want to upset anyone and so I try not to do the things I want to do.

I’m still allowed to do the things I like that don’t upset anyone. I just have to stop and think for a few seconds before I do it. This was really hard at first but it got much easier with practice.”

