



## Having a boyfriend or girlfriend after an ABI

"I'm always telling Amy that there is no point worrying about boyfriends yet because she is still adjusting to her ABI.

Anyone who has hurt their head has got a lot on their plate and getting a boyfriend or girlfriend can be just too much like hard work.

Lots of my friends at school have boyfriends and girlfriends and they are always having some problem or another! It sounds like one big headache to me.

Amy worries that her wheelchair will put boys off. I've told her that we all have things about us that we worry will put people off.

We never feel attractive enough and sometimes feeling that we need to look gorgeous all the time can be really hard. It can put us under pressure that we don't really need.

My dad says there are 'plenty more fish in the sea'. I never really understood what he meant but I totally get it now! It means that just because one person doesn't fancy you or lets you down in some way doesn't mean that's the end of it! There is always someone out there who will find you attractive.

Just remember, everyone can have problems with boyfriends and girlfriends from time to time. Try not to blame yourself or your ABI. Everyone finds relationships difficult so go easy on yourself.

You will find a boyfriend or a girlfriend when the time is right for you. No-one can say when that will be but try not to worry about it. Concentrate on being happy and adjusting and you will find that finding a boyfriend or girlfriend will just fall into place."

