



Having a boyfriend or girlfriend after an ABI

"I used to have a girlfriend before I had my accident. She used to come and see me in hospital when I was very sick but I don't remember her being there because I was asleep.

She found it really difficult seeing me so ill. She hoped that I would just wake up one day and everything would be okay. She thought I'd get back to normal.

My mum had to explain to her that when I woke up I wouldn't get better straight away. She told her it would take a while as my brain has to adjust to being injured.

My girlfriend found this really hard to understand and it upset her very much. We didn't fall out or anything, I think she just found it too difficult in the end so she stopped coming to see me in hospital.

I didn't know this at the time because I was still very poorly. I saw her about eight months after my accident. She came to say hello. She was still really upset and said that she felt guilty for leaving me.

I told her that I didn't blame her. She had her exams to think about and all that worrying about me was making it hard for her to concentrate.

When I got out of hospital, I went to rehabilitation so I didn't go to the same school as her anyway. She still keeps in touch with letters and it is always nice to hear from her. I don't feel sad about it. Life can be tough sometimes, and it can mean making lots of hard decisions.

I have lots to look forward to now anyway. Rehabilitation has helped me a lot. I'm still adjusting so I'll start worrying about looking for a girlfriend a bit later!"

