



**nurse  
anna**

## Rebelling after ABI

“Every teenager will want to rebel at some time. This will be true of you too even if you have an ABI! If you have problems with disinhibition you may rebel more extremely and this could get you into situations you’d rather not be in!

I’m speaking from experience! When I was sixteen I went down to the local tattoo shop and had a belly button piercing done. It hurt badly when they did it and I nearly passed out. My mum went nuts when I showed her. It started to hurt and I had to take it out in the end as it got infected.

Imagine what could happen if you decided to have lots of piercings done all at the same time or wanted a massive tattoo because it seemed like a really good idea at the time? The problem with being disinhibited is that you don’t think things through before you do something!

Ask someone you trust about what they think about things. They might help you come to some decisions and maybe rebelling might not seem such a good idea. There are other ways of rebelling that aren’t so permanent! Think very carefully before you do anything that will be hard to undo if you change your mind later!”

