



Feeling frustrated after an ABI

"I felt really frustrated when I first hit my head. All I remember is lots of people coming to see me. They kept asking lots of questions and said that they were going to help me adjust.

I didn't really know who they were. It felt like I was being seen by hundreds of people at one point. I couldn't even remember their names and that was really frustrating too.

They spent a lot of time talking to me and talking to mum. They were all trying to think of ways to help me adjust to my ABI. They would talk about rehabilitation and all that sort of stuff and I had no idea what they were talking about.

I got really cross with mum one day and said that I didn't want any more people to come and see me until someone had told me what was going on and what was going to happen to me.

Mum sat me down and we had a good chat about how I felt. I felt very out of control. Everyone was making decisions about me and no-one was asking how I felt or what I wanted to do. This was really frustrating. Feeling out of control feels like one of the most frustrating things ever.

The best way of dealing with it is to talk to people. It's true, talking won't necessarily make things change but it will help you express how you are feeling. If people know how you feel they will be able to help you through the tough times. It helps a lot."

