



amy

Feeling confused after ABI

“Some days I really don’t get why I got so sick in the first place. It sounds like a silly thing to get confused about but it really does bother me. I only had a bit of a cough one day and the next day I was really sick and fighting for my life in hospital.

I get confused when I think about why it happened to me. I’m a good person and I’ve never been in any serious trouble. It all seems really unfair.

Mum says that people get sick for all sorts of reasons and there is nothing that we can do about it.

I’ve stopped thinking about the ‘what ifs’ and ‘why’s’ now. It doesn’t really matter. I got sick and it was just unlucky.

I also get confused when I think about being in hospital. My memories are blurry and I always get things confused. I can’t remember what happened or when it happened. This adds to the confusion and can make me feel frustrated. It’s hardest when people ask me to explain what happened. I have to say that I just don’t know and then I feel really silly. I’m going to talk to nurses who treated me when I got ill so I can find out more.”

