



maya

Coping with labelling after ABI

“I can sometimes upset Amy if I keep talking about her ABI or her encephalitis. I’m not trying to upset her, I guess I just think about it a lot and think she does too.

I really do just need to get over it. Amy is much better these days and has been out of hospital for a long time. I need to focus on all the other things we do together as friends like going shopping or to the cinema.

It’s good that I know about her problems and then I can help her out if I need to. But all the same, I need to stop talking about them all the time and making an issue of something if it isn’t even a problem for her today.”

