



Will I ever be independent after my ABI?

“When I first came out of hospital everything felt like it would never be the same again. I was still having problems with headaches and being disinhibited. This meant I wasn’t thinking twice before I did or said things which meant I upset people and scared them off. This was really difficult.

When I got to rehabilitation, I talked to a therapist who was going to help me with some of my problems. He helped me to notice when I was being disinhibited and then told me things I could do to control it. This helped me stop frightening people away and then they would be friendlier to me.

I’m getting better at managing my disinhibition now. I still need help but just not so much. It’s great because I can see I am improving. I will hopefully get my independence back one day. I’m doing really well and I just have to focus on what I want and try not to get down about things.”

