



What, realistically, can I do after my ABI?

“This has been really difficult to try and come to terms with. I used to get really good grades at school and I wanted to go and train to be a vet. I can’t believe that I might struggle at school and I will find this really hard.

I hate it when people say I am not being realistic. That makes me feel really mad and then I just want to do it more. Mum says that if I think of things I can’t do I will just upset myself more in the long run and will only be disappointed.

No-one can say for certain what I will and won’t be able to do. I just have to see how well I adjust and see how long it takes my brain to adjust.

I don’t even want to talk about school and college and jobs yet. I’m still too sad. I know Mike is coping but he is a bit further on in his adjustment. Maybe I will feel better in time but right now, being ‘realistic’ is just too much to think about.”

