

Anxiety Meeting - Six Months after TBI

I prepared some notes (below) for a meeting with my rehabilitation consultant, it was about six months after my discharge from Haywood rehabilitation centre:

- I'm very uncomfortable being reminded of good things in my past, e.g. holidays, New York, London, etc.
- I'm anxious about having locked the front door after leaving my home
- I'm fearful of going to a different city with Ruth, e.g. Stratford
- I'm scared of making changes to home computers
- I'd like to go on holiday, but fearful there could be a problem which turns it into an endurance task
- My right side has a strange posture
- I have hearing problems in both ears. My GP mentioned strange colour and texture when doing syringing
- I have difficulty swallowing
- I worry about my diminishing role in Olivia's (my daughter) life
- I worry about my relationship with Ruth (my life partner) slipping away
- I worry about Deb (ex-wife and mother of my daughter) struggling with finance

Anecdote - Flight Trip

Ruth and I had wanted to visit family in Portugal, but were uncertain how I would cope with flying. The solution was to buy £20 RyanAir return tickets to Dublin from Manchester airport (near home). We didn't leave Dublin airport, but we had established that I wasn't likely to suffer an anxiety problem when travelling to Portugal.