

Personality and Behaviour

After a TBI, sometime people behave differently to how they would have done before. Their family might comment that while they are the same person as before, they are at the same time somehow different. Some differences that people might notice are:

- The person with a brain injury might become irritated more quickly or have a shorter temper than before. This can happen for a number of reasons:
 - They might get tired more easily and this can cause them to become irritable.
 - They might feel worried or stressed about other changes that have happened in themselves or in their situation. Feelings of stress can cause people to be more quickly irritated.
 - Sometimes the brain injury itself can make it harder for people to control how they express their emotions. So while before the injury, the person may have been able to stop themselves having an anger outburst, this might be more difficult afterwards. People with a TBI can still learn strategies however to help them to manage their emotional reactions if this is a problem for them.
- People with a TBI might think of their own needs before others.
 - Sometimes the nature of the TBI can make it difficult for the person to be able to see things from someone else's point of view. This may come across as the person being more selfish than before, but it doesn't mean the person with a TBI doesn't care about the people around them.
- Sometimes after a TBI, a person might be more likely to rush into things without thinking them through carefully.
 - For example, they might spend their money at once and have nothing left for the rest of the week. Their family might describe them as more impulsive than before.
- People might have trouble in social situations after a TBI.
 - They might have trouble working out what is the right thing to say and when is the right time is to say it is.
 - Sometimes they might have trouble listening to other people.
 - They might also find that, without meaning to, they say things that offend people or are taken the wrong way.

Sometimes the person with a TBI might have experienced some of the changes outlined above, but not realise that they have changed. This is not necessarily because they want to deny that things are different now.

Sometimes the injury can affect the part of the brain that helps us to be 'self-aware', causing the person to have trouble with recognising the changes that have happened.

If you've noticed some of these changes have happened and they are causing some problems, the best thing to do is to talk to a professional who can help you and your family to understand what's happening and work out ways to deal with the changes. Your doctor or case manager will be able to provide you with more information.

Mood Swings

As a result of the injury to the brain, a person can have less control of his/her emotions and might, for example, cry more easily but after only a few minutes be in a happy mood again.