Living Better – Overcoming Anger

Gus: When you're in the Army, especially when you're in the infantry, the anger is much more acceptable. You can channel that anger. The angers encouraged. But when I got out, the anger manifested in real unhealthy ways. I didn't have my emotions under control. I didn't have my anger under control. It was damaging not only to other people but to myself. So, I didn't want to live like that.

Kelly: Over the years, it was everything that I couldn't control in my life, I reacted in anger. That's how I dealt with my feelings.

Wes: When I got back to the States, I had a lot of anger management issues. I was very volatile, very confrontational.

Hodari: I saw my anger and my frustration with a lot of things in life just getting worse. I just woke up one day and said, "You know what? If I really want to overcome all this," I said, "let me accept that I have this."

Gus: I Googled mental health VA. I got to see someone right away, and it totally helped all my symptoms.

Kelly: Listening to other women talk, even though they hadn't gone through what I had went through, who want to better themselves, pushes you to want to be a better person.

Hodari: The group's therapy sessions made me feel safe being able to talk about my stories and the hardships and stuff that I've dealt with.

Kelly: It turned out to be the best decision that I had ever made. It's so much more refreshing to be able to go through life happy.

Wes: You can get help, and you can get better.

Gus: You can do everything you do without anger.

Hodari: There's all types of avenues you can go to to get you the mental health treatment that you need.

Gus: If you're feeling angry, if you're getting overwhelmed with your emotions, you go to a Vet Center and talk to somebody because it's so helpful. It'll completely change your life for the better.

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