

## Triggers | Signs of a Mental Health Challenge

**Hector:** Everything in your world becomes a potential threat. Everything is triggering something inside of you.

**Ryan:** Going through traffic circles, roundabouts. Traffic circles are bad. It's a 360 degree area for a bomb. You don't go through traffic circles. Well, now I have to.

**Jennet:** You go into tunnel vision. It seems like everything around you gets black and it just kind of goes in. I ended up going to the VA, that's when I started to realize, well, all of this makes sense.

**Hector:** This purging of the things that I'd experienced and the things that I was feeling was therapy. And as I did over that next year, I got better.

**Ryan:** Now, I can drive through a traffic circle without an issue, other than the fact that most people don't know how to use them properly.

**Jennet:** You don't want to admit that there's something wrong with you. I didn't see the importance. I didn't know it was as deep as it was.

**Ryan:** I don't know what it is about facing your fears that makes it work. I'm not a psychologist. I don't pretend to be, but I can tell you it worked.



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