

## **Guilt affected his well-being**

**Javier:** I just didn't have the same fervor for life that I had before. I felt guilty, obviously, a lot of guys and gals coming back feel that, but that guilt just kinda dictated what I did and how I felt and it's taken years to even get to a point where I feel like worthy of coming back.

There's been some homework that my counselor gives me and one of the things that really helped a lot was writing a letter to those that have gone on. One of the things that I worked on was being so hard on myself and having that guilt. Yeah, that was one of the big exercises that I've done at the Vet center, having that, being all right and being all right with living my life and being all right with being happy about things. It's all right to live, it's all right to think of myself as having worth. Some of the guys that I served with that aren't here anymore, they were amazing people and they had families, kids and I didn't have any of that so, it's tough like registering in your head why things happen the way they do, but now, I think with time, as long as I keep working at it, I owe it to 'em. I owe it to 'em to come back and live.



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