

## **Forgiveness | The Road to Healing**

**Drew:** I pushed everybody away. I pushed my wife at the time away. I stopped talking to my family and I just retreated inside myself. Getting help brought me together with a lot of people that I had pushed away.

**Teresa:** I'm a firm believer that talking is the key. And the more you talk to somebody, the more you learned, I guess, to forgive yourself.

**Kelly:** Someone told me about a vet center. So I entered a day treatment program. That's where I learned all about addiction and that addiction is caused from pain. I learned how to acknowledge it and forgive and forgive myself too.

**Jodie:** I suggest you go to your local VA medical center and reach out for help because they are there and they care.

**Robert:** They showed me how to start practicing the power of forgiveness. I have to start looking at myself and say, I am somebody.

**Kelly:** I'm happy again. I've got my health under control. I learned how to be forgiving and move on. And I'm still Kelly, but I'm a better Kelly. It was the best thing that I could ever do for myself.

**Drew:** Keep fighting. If you fight hard enough, you'll find somebody out there that will take your hand and help guide you to where you need to be.



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