

## Stories of Veteran Strength and Resilience

**Veteran 1:** It didn't hit me till 9/11. And my first reaction was, why now?

**Veteran 2:** The dreams of years ago, of what had happened in a combat area, all these things start to accumulate on you and almost get the best of you.

**Veteran 3:** 40 years later, and that damn war still had a hold of me.

**Veteran 4:** I just didn't seem like I fit in anymore. I just didn't seem like I had the patience for a lot of things.

**Veteran 5:** Who am I going to talk to? Nobody understands this. Nobody understands this. How many people could possibly understand what I'm going through?

**Veteran 6:** Drugs and alcohol is what allowed me to self-medicate. And what I didn't understand was that drugs and alcohol were removing me from life.

**Veteran 7:** What I had was survivor guilt. I really didn't think I deserved to be here and have the success that I was enjoying because a lot of people I cared about and respected didn't get to come home.

**Veteran 8:** I do go to counseling now. It's amazing what they can do once you get beyond those emotions.

**Veteran 9:** It's really something that the VA has helped us with. I have nothing but good things to say about them. They've treated me very well. I think it's very important especially if you're having some problems.

**Veteran 3:** That was the beginning of coming back.

**Veteran 6:** Once you have a support network, and your family is crucial, there is nothing you can't do.



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