

## Dealing with the effects of TBI

**Owen:** I could hear myself stumble on words. I could hear myself forget things and I would get frustrated and get angry with myself. One of the biggest things I felt was frustration with myself because I'm normally very in control of myself and with my brain injury, I couldn't speak right. I couldn't act right and it was something I couldn't control. So, I would get frustrated with myself and get angry with myself and whenever my wife would try to help me, I would angry at her because she was trying to help me and my kids... the first couple of years was kind of scary for them because they wouldn't know what would make me angry and what wouldn't. The best example my son spilled a cup of water, I didn't say anything to him. I just cleaned it up. My daughter spilled a cup of water and I totally freaked out on her.



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