

## **There are lots of others who feel the same way**

**Reagan:** It was different because at the time, talking about my military service or the war or something like that, it was really frustrating and to talk about with anybody except for the guys that I was there with because they understood it.

I could be somewhere telling a story and somebody just doesn't understand it and it would just be to me, "what's the point, you don't get it, you weren't there, you didn't hear what I heard, you didn't see it, you didn't smell it, you don't know." And, I shouldn't have been frustrated because this guy wasn't there with me but I was until I got to talk to other people and I thought, "man, something's wrong with me," and then I realized there's a lot of people that feel the exact same way but if I never was put in front of them no telling how far this problem would've went.

So, it was good for me to listen to Scott Perkins dad who says, get your butt in the VA and talk to somebody because even though as tough as you think you are, everybody's got to get some help sometimes. And then, that was a blessing and that really started the whole chain of me getting help and trying to make a better life for myself and it has helped.



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