

It takes a lot of effort to be angry

Interviewee1: I would outburst in anger over the smallest things.

Interviewee2: Carrying around that emotionally mental baggage, you know, it hardens you. You know, it hardens your heart. It takes a lot of effort to be angry and to keep that stuff bottled up.

Interviewee1: Relatives were saying, “We literally have to walk on eggshells around you. We don’t know what to say. You make us cry. You have no tact. You don’t care.”

Interviewee3: I was stacking it all away and I wouldn’t release it until it exploded, and that’s when I started getting help and understanding where the anger was coming from.

Interviewee4: They had different kind of classes for anger management to help the Veterans to try to overcome their fears and triggers and the tools that you can use to control it.

Interviewee2: I did experience a lot, or saw a lot of differences when I actually started to receive help.

Interviewee3: And now I can control the release and I can control how I put it away. So, it’s very empowering.



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