

What am I doing to make my life better

Reagan: Yeah, my mother got with me and she said, “You know, you’re really hard to deal with now.” And it might made me think, and at the time, in the back of my mind, I think that I knew something was wrong. I think I was in a denial stage. I know I was in a denial stage. And my relationship with my family just really started to disintegrate, and I’ve always been tight with my family. I couldn’t get along with anybody. I couldn’t get, I could be alone with myself in a room and start arguing about something.

And people did notice, people did make comments. But not only that, when my mom made that comment, it just gave me a minute to stop and look back at everything and just be—and I had to ask myself “What am I doing right now that’s making my life better?” And even though I had a good job, but was on the fringe of losing it because of my actions, I had lost friendships, I had lost relationships, and that’s when I was able to step back and see the bigger picture and there was a problem.



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