

When We Were Young 60 Second

Child: It used to be simple. When I was young and couldn't figure things out. I asked for help. I let someone know when I got hurt, or scared, or sad. As I grew older things got more complicated. Sometimes people let me down so I solved my own problems. Then I joined the military. They trained me to be strong. I learned to carry my own weight and sometimes the weight of others. Now that I'm home it seems hard to fit back in. Reaching out is difficult because I want to do it on my own.

Remember when you were young? Asking for help was simple. We asked for help. You don't have to do this alone. Veterans like us have faced similar challenges. We're not alone at [Make The Connection.net](http://MakeTheConnection.net).



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