

## Help after losing interest and feeling on edge

**Summer:** The problem was is I didn't feel anything. I'd also submitted my work that I did in Iraq for Military Videographer of the Year. I won my categories and I won the whole thing. Going to the ceremony. Standing there up on stage. These two WWII Vets next to me, and I'm standing there and you know all these people the one, the pinnacle of like "I am the best, I just became the best" I felt absolutely nothing, and completely dissatisfied with the whole experience.

That was a big one and I wasn't smiling and she turns to me on stage and she's like, "you know you can smile right?" You have these benchmarks, you say, "This is what I want to achieve and this is how I want to get there" so that was what I wanted, you know that was success. Before I got out of the Navy that's what I wanted, and you get that. And it feels like nothing. That was, that's sad. That's really sad.

And then the clincher, was information little bit of commotion. I was having issue with proximity of people coming close to me or loud sounds and stuff. Somebody came up behind me, grabbed my shoulders to move me, and I turned around and I flipped out. Like I turned around and I was about, I'm not a violent person towards people, and I almost took the guy down. I was violence and everybody saw it. And that's when I took a step back and on my own volition I went and started talking to somebody.



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