

Why I'm Proud of My Veteran!

I was born and raised a Marine Corps brat. I've moved nine times, lived in five different states and attended seven schools. Being the daughter of a Marine is not an easy task, nor will it ever be, but it's worth it. Having a Veteran family member changes your entire life. I always knew my father went to work training to defend our country. I was raised around the good and strong men and women who dedicate themselves to defending this country, and each of us individually. As a little girl I watched them leave and fly across the world to defend the freedom of a country I had never seen. I celebrated along with the other families when our troops returned home, but no one comes back from war the same. War changes people. Veterans have faced hardships and trials that leave a permanent mark. PTSD and Survivor's guilt are a few of the consequences of going into zone. This affects the Veteran and their family. I believe PTSD is one of the hardest things a person can face because you are at war with yourself. The war morphs Veterans' minds turning them against themselves. For a long

time my dad would get lost in his own mind, in the memories of the war. Loud noises, crowds, and many other things would set him off; he was like a completely different person. War is hard, but I think returning Veterans' greatest battle is dealing with the aftermath. It amazes me how willing Veterans are to sacrifice themselves for our country, for people that they don't even know. I am humbled and proud of my dad and his complete devotion to this country that he loves. He is willing to sacrifice his mind and body to protect our freedom. I am proud of how he has worked to heal himself to be able to continue doing the things he believes in. My dad has more strength than I would have thought possible to contain within a body. He has physical strength, bravery and mental strength. He has taught me to fight for what I believe in and stand for what is right even when it seems impossible. He has taught me that I should stand up for myself and anyone else who needs it, because we all need help at one time or another. He has taught us we can get through hard things and be stronger because of them. Being the daughter of a Veteran has made me into a stronger and

better person. It has made our family stronger and unified as we come together through hard times. It has taught us to rely on each other and be grateful for the support around us. It has taught me to be strong and brave. While being the daughter and family of a Veteran is hard, it is something that I would not change for the world. It is helping me become the person that I want to be.