



FOR YOUR EYES ONLY

EDIT ALL **HIGHLIGHTED PORTIONS** and whatever else necessary in order to be truthful.

CLICK [HERE](#) TO DOWNLOAD THE OFFICIAL PERSONAL STATEMENT FORM 21-4138

<https://www.va.gov/find-forms/about-form-21-4138/>

ALSO! CLICK [HERE](#) TO DOWNLOAD THE OFFICIAL PTSD FORM 21-0781. Complete this IN ADDITION to your personal statement form 4138 and **submit BOTH the 4138 and 0781**

INTEL BRIEFING: 38CFR states: "A **100% VA Rating for ALL MENTAL CLAIMS** is warranted "total **occupational** and **social impairment**, due to such symptoms as: gross impairment in thought processes or communication; persistent delusions or hallucinations; grossly inappropriate behavior; persistent danger of hurting self or others; intermittent inability to perform activities of daily living (including maintenance of minimal personal hygiene); disorientation to time or place; memory loss for names of close relatives, own occupation, or own name."

{This personal statement is expertly written to consistently win a 70% rating.}

38CFR states: "A 70% VA Rating for ALL MENTAL CLAIMS is warranted with "Occupational and **social impairment**, with deficiencies in most areas, such as work, school, family relations, judgment, thinking, or mood, due to such symptoms as:



o Suicidal ideation; WARNING! If you disclose an ACTION PLAN to harm yourself or others, you may force the VA to report you and intervene. For the Veteran Crisis Hotline, dial 988

- o Near-continuous panic or depression affecting the ability to function independently, appropriately and effectively;
- o Impaired impulse control (such as unprovoked irritability with periods of violence);
- o Spatial disorientation;
- o Neglect of personal appearance and hygiene;
- o Difficulty in adapting to stressful circumstances (including work or a worklike setting);
- o Inability to establish and maintain effective relationships.”

Please remember, a veteran doesn't have to exhibit all the symptoms listed to qualify for a 70% rating. This list is not exhaustive, and severity, frequency, and duration of symptoms are considered in evaluations. The rating could be given based on the overall level of impairment and the impact on the veteran's ability to function in work, family, and social contexts.

****REMOVE THE COLORS ON YOUR FINAL DRAFT****



I am seeking service connection for [MENTAL CONDITION], which has had a severe and debilitating impact on my ability to function in both my professional and personal life. The symptoms associated with my condition have made it nearly impossible for me to maintain steady employment, engage in meaningful relationships, and participate in social activities.

At work, my [MENTAL CONDITION] has significantly hindered my productivity and overall performance. I struggle to concentrate on even the most basic tasks, often finding myself overwhelmed and unable to complete assignments within the given deadlines. My thoughts are constantly racing, making it difficult for me to follow instructions or engage in problem-solving activities. I have made numerous errors due to my inability to focus, which has led to reprimands from my supervisors and has put my job security at risk.

Moreover, my condition has made it challenging for me to communicate effectively with my colleagues and clients. I experience intense anxiety and fear in social situations, which has led me to avoid interacting with others whenever possible. When I am forced to participate in meetings or collaborate on projects, I struggle to express my ideas clearly, often stumbling over my words or becoming easily confused. This has led to misunderstandings and has strained my professional relationships.

The stress and pressure of the workplace have exacerbated my symptoms, causing me to experience panic attacks and emotional breakdowns. I have had to take frequent breaks to regain my composure, which has further impacted my productivity. On particularly bad days, I have been unable to even leave my house, causing me to miss work entirely. The fear of losing my job due to my condition has only added to my distress and has made it even more difficult for me to function in a professional setting.

In my personal life, [MENTAL CONDITION] has had a devastating impact on my relationships and social interactions. I have become increasingly



withdrawn and isolated, choosing to spend most of my time alone rather than engaging with others. The thought of attending social events or even simple gatherings with friends and family fills me with dread and anxiety. When I do force myself to participate, I often find myself feeling disconnected and unable to enjoy the experience.

My condition has put a significant strain on my closest relationships, particularly with my spouse and children. I struggle to communicate my feelings and needs, often lashing out in anger or shutting down completely. I have become emotionally distant and have difficulty showing affection or engaging in meaningful conversations. This has led to a sense of loneliness and has caused my loved ones to feel neglected and unsupported.

Furthermore, my [MENTAL CONDITION] has made it difficult for me to fulfill my responsibilities as a parent and partner. I have missed important milestones and events in my children's lives due to my inability to cope with the stress and anxiety of social situations. I have been unable to provide the emotional support and guidance that my family needs, which has led to feelings of guilt and inadequacy.

The isolation and lack of social connection have had a profound impact on my mental well-being. I have experienced feelings of hopelessness, worthlessness, and despair. The thought of facing another day filled with the challenges and limitations imposed by my condition has become overwhelming, and I have struggled to find any sense of joy or purpose in my life.

In conclusion, I respectfully request that service connection be granted for [MENTAL CONDITION]. The severity of my symptoms has made it nearly impossible for me to function in both my professional and personal life. My inability to maintain steady employment, engage in meaningful relationships, and participate in social activities has had a devastating



impact on my overall quality of life. The medical evidence and the profound functional impairments I experience support the need for a fair and appropriate disability rating.