FOR YOUR EYES ONLY

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

CLICK [HERE](https://www.vba.va.gov/pubs/forms/VBA-21-4138-ARE.pdf) TO DOWNLOAD THE OFFICIAL PERSONAL STATEMENT FORM 21-4138

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

A screenshot of a computer

Description automatically generated

38CFR: https://ecfr.io/Title-38/Section-4.88a

**INTEL BRIEFING**: 38CFR states: A **100 Percent Chronic Fatigue Syndrome VA Rating** is warranted when a veteran has debilitating fatigue, cognitive impairments (such as inability to concentrate, forgetfulness, or confusion), or a combination of other signs and symptoms, which are nearly constant and so severe as to restrict routine daily activities almost completely and which may occasionally preclude self-care.

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

--------------------------------------------------------------------------------------------------------------------------------------------DO NOT INCLUDE ANYTHING ABOVE THIS BREAK-------------------------------------------------------------------------------------------------------------------------------------------

To Whom It May Concern,

My name is [Your Full Name], and I served in the [Branch of Military] from [Start Date] to [End Date]. Since leaving active duty, I have been struggling with a condition that has now been diagnosed as Chronic Fatigue Syndrome (CFS). This letter will detail my journey, the debilitating nature of this illness, and its profound impact on my daily life.

1. Diagnosis and Onset:

I was diagnosed with CFS by Dr. [Doctor's Name] on [Date of Diagnosis]. Reflecting back, I realize the first signs of fatigue appeared during my deployment to [Location], though I brushed them off as mere exhaustion from my duties. The symptoms gradually escalated over time, manifesting in fatigue that no amount of rest could alleviate.

2. Symptoms and Debilitation:

CFS has ravaged my life in ways I never could have foreseen. I suffer from:

Fatigue: Not just ordinary tiredness, but an overwhelming exhaustion that restricts my daily activities almost completely.

Memory lapses and confusion have become my daily companions. I sometimes forget essential things, even the names of close family members.

Muscle pain, joint pain, and a constant feeling of malaise accompany me daily. It gets to the point where there are many days I cannot muster up the will to get up and brush my teeth or shower.

3. Impact on Daily Life:

Before CFS, I was active, engaged, and loved hiking, socializing, and spending time with my family. Now:

Work: I had to leave my job as I could no longer concentrate or fulfill my responsibilities.

Home Life: Simple chores like cooking or even bathing occasionally preclude self-care. I have become dependent on my family for basic needs.

Social Life: My friends have become distant memories as I no longer have the energy to maintain relationships.

4. Connection to Military Service:

I believe the onset of my condition might be linked to my military service, but understanding that connection has been a complex process, wrapped in layers of confusion and masked by other health issues.

5. Hope and Gratitude:

While this journey has been a battle, I maintain hope in the support and understanding of the VA system. Attached are the relevant medical documents and statements that validate my diagnosis and the severity of my condition.

I respectfully request that you consider my claim in light of the chronic, all-consuming nature of Chronic Fatigue Syndrome that has reshaped my life. Your compassion and fairness in this matter are deeply appreciated.

Thank you for your attention and assistance.

Sincerely,

[Signature, if submitting in print]

[Your Full Name]

[Service Number, if applicable]