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/>

**INTEL BRIEFING:** Tinnitus is a 10% rating if granted service-connection. [HERE](https://usafals-afe.net/wp-content/uploads/2020/07/Duty-MOS-Noise-Exposure-Listing.pdf) is a list of in-service jobs/MOS that are deemed a HIGH noise exposure. **If you have one of these jobs, reference it in the statement!**

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

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

To Whom It May Concern,

My name is [YOUR NAME]. During my military service, I held the position of [JOB/MOS], which exposed me to various loud and jarring environments. Since completing my service, I have been continually plagued by a persistent ringing in my ears, a condition known as tinnitus. This constant noise has become an intrusive part of my daily life, affecting my ability to concentrate, communicate, and even sleep.

Before my time in the military and my role as [JOB/MOS], I had never experienced any issues with my hearing or encountered such a disruptive auditory sensation. The specific duties and responsibilities associated with my [JOB/MOS] placed me in situations with gunfire, explosions, machinery, and more. I believe these environments are the root cause of my current ailment.

Over time, the ringing has become more pronounced, and there are days when it's almost deafening. This persistent noise has not only affected my hearing but has also taken a toll on my mental well-being. Simple tasks, such as engaging in conversations or enjoying quiet moments, have become challenges. The continuous ringing has made social interactions difficult, and the lack of quiet moments has significantly impacted my overall quality of life.

My Tinnitus began in service, continued throughout service and as I have noted, it continued to the present.

I kindly request that my tinnitus condition be acknowledged and considered in light of the potentially harmful sound environments I was exposed to in my [JOB/MOS] role during my military service. Understanding the probable connection between my service and the onset of tinnitus would be invaluable.

Thanks for your time.

Sincerely,

[YOUR NAME]