**VA Buddy Letter From Spouse EXAMPLE**

**Note**:This is a fictional example for illustration purposes only.

[Your Wife's Full Name]  
[Your Address]  
[City, State, Zip Code]  
[Date]

Department of Veterans Affairs  
Claims Intake Center  
P.O. Box 4444  
Janesville, WI 53547-4444

**Subject: Lay Statement in Support of [Veteran's Name], VA Claim Number: [Veteran’s SSN]**

**To Whom It May Concern,**

My name is [Your Wife's Full Name], and I am writing this letter in support of my husband, [Veteran’s Name], and his VA disability claim for Post-Traumatic Stress Disorder (PTSD). I have been married to [Veteran’s Name] for [X years], and throughout this time, I have witnessed the profound changes in him due to his PTSD. His symptoms have worsened over the years, and the impact on his daily life, work, relationships, and our family has been overwhelming.

**Background on Condition:**

When I first met [Veteran's Name], he was full of energy and enthusiasm. He was always optimistic and had a strong sense of purpose. However, since returning from his military service, I have seen a complete transformation. His PTSD started off with occasional mood swings and anxiety, but as time went on, these episodes became much more frequent and severe. He now experiences regular nightmares, flashbacks, and uncontrollable bouts of anger that were not present before his service. His hypervigilance has become a constant source of stress for him and our family.

**How His PTSD Symptoms Have Worsened:**

Over the years, I have noticed a significant decline in [Veteran’s Name]’s ability to manage his PTSD symptoms. Initially, he would have bad days, but now it feels like every day is a struggle. His nightmares have become more intense and more frequent, leading to more sleepless nights for both of us. He wakes up in a state of panic almost every night, drenched in sweat and confused about where he is. This leaves him exhausted and emotionally drained during the day.

His anxiety, which used to be occasional, is now constant. It affects everything he does—from daily activities to important family events. Tasks that once seemed simple, like going to the grocery store or picking up our children, have become overwhelming for him. He can no longer tolerate crowded places and avoids social gatherings, even with close family. His hypervigilance has increased to the point where he constantly feels threatened in situations that are completely safe.

Emotionally, he has become more distant and irritable. His temper flares up over minor issues, and he often reacts with anger or frustration. He no longer finds joy in things he used to love, and it feels like he’s trapped in his own mind, unable to escape the trauma he experienced.

**Impact on Daily Life:**

His PTSD makes it nearly impossible for him to sleep through the night. Most nights, he wakes up sweating, shaking, and disoriented due to vivid nightmares that relive traumatic experiences. These sleepless nights have severely affected his overall well-being, leaving him exhausted and irritable throughout the day.

Simple activities that were once normal for us—such as going to the grocery store or visiting family—are now a major challenge. Crowded spaces trigger his anxiety and cause panic attacks, making him avoid public places whenever possible. He is always on edge, scanning his surroundings as if expecting danger at any moment.

**Effects on Work and Social Functioning:**

[Veteran's Name]'s PTSD has also impacted his ability to work. His concentration has deteriorated, and he struggles to stay focused on tasks. There have been numerous occasions where he has had to leave work early due to panic attacks or overwhelming anxiety. His relationships with colleagues have suffered because he often isolates himself, avoiding social interactions in and out of the workplace.

At home, his emotional outbursts have become more frequent. He has trouble controlling his anger, sometimes over the smallest things, which has created a tense environment for both me and our children. The once peaceful home we shared now feels unpredictable and stressful.

**Effects on Family and Marriage:**

Our marriage has been deeply affected by his PTSD. [Veteran's Name] often withdraws, isolating himself in his own world because he feels like a burden to the family. It breaks my heart to see him struggling to maintain the connections he once cherished. His mood swings have created emotional distance between us, and it has become more difficult to engage in activities we once enjoyed together. Our children are also affected, as they don’t understand why their father acts the way he does.

Family gatherings or events are often skipped because he feels too overwhelmed by the idea of being around others. His PTSD has taken away many of the joyful moments we used to share, and it has placed a strain on our relationship that we are both struggling to manage.

**Conclusion:**

In conclusion, I have witnessed firsthand the toll that PTSD has taken on [Veteran's Name]'s mental health, daily life, and relationships. His condition has progressively worsened over time, and it affects every aspect of our family’s life. I strongly believe that he deserves increased compensation for the severity of his condition, as it significantly impairs his ability to function normally. I hope this statement provides additional insight into the impact of his PTSD on our lives.

This statement is true and accurate to the best of my knowledge and belief. Thank you for considering my statement in support of his claim.

Sincerely,

[Your Wife’s Signature]   
[Your Wife’s Full Name]  
[Phone Number]  
[Email Address]