

STATEMENT IN SUPPORT OF CLAIM

# Personal Statement Template

Your personal statement is your voice in the claim file. It tells the rater what happened, how your condition affects you, and connects the dots a medical record alone can't. Write in the first person, be specific, and don't minimize — describe your worst days, not your best. Submit on VA Form 21-4138 or as a signed statement attached to your claim. You file it yourself on VA.gov.

## Veteran information

Name: \_\_\_\_\_ VA File/SSN: \_\_\_\_\_

Condition(s) this statement supports: \_\_\_\_\_

### 1. What happened (the incident or onset)

Describe the in-service event, injury, or exposure — or when symptoms began. Include approximate dates, locations, and what you were doing.

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### 2. How it affects my daily life

Concrete examples: sleep, pain, mobility, concentration, things you can no longer do, tasks that now take longer or require help.

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### 3. Impact on work and relationships

Missed work, jobs lost or changed, accommodations needed, strain on family and friendships, isolation, irritability.

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### 4. Frequency and severity

How often symptoms occur, how long they last, and how bad they get at their worst. Use real numbers (e.g., “prostrating migraines 3x/month”).

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I certify that the statements above are true and correct to the best of my knowledge and belief.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Writing tips: be specific over general, describe your worst days, never exaggerate, and keep it to events and effects you have personally experienced.