

# Houston Texans Media Conference

Sunday, October 31, 2021

Houston, Texas, USA

## Brandin Cooks

### Postgame Press Conference



Rams - 38, Texans - 22

#### Q. The loss that you guys (inaudible)?

BRANDIN COOKS: I mean, I'm handling it as best I can. It hurts. We'd be sitting up here lying to say it didn't.

All I know is work. Most of these guys, all we know is work hard and keep on fighting and keep your hope regardless what's going on. It hurts at the moment. And when you go to sleep and wake up, you know you've got to do it again because, quite frankly, that's our job.

Obviously you want it a different way, but we'll see it threw sooner or later and it's a part of life.

#### Q. Where do you find that hope (inaudible)?

BRANDIN COOKS: The fact that we continue to go out there and fight regardless of the score. And then, like I said, throughout the work week that we go back out to work like nothing happened. That's where the hope comes from. It shows we've got a bunch of guys that are willing to fight and keep trying to get better. So that's where I find it.

#### Q. Trying to establish a culture, how do you avoid allowing the mounting losses like Aaron was asking you about from that sort of damage, damaging the culture you're trying to establish?

BRANDIN COOKS: The biggest thing the message for us players is that just gotta trust the process.

You look around teams in different sports that was in this position at some point and turned it around. You look at the Golden State Warriors, it's a huge example. You look at those examples and sooner or later you see it through.

You just gotta trust the process and the people that's making those decisions, I guess.

#### Q. You were close to mark, how hard did that trade make it on you being on this team and how did it kind

#### of change or if it did how you see the future of this team?

BRANDIN COOKS: I mean, it's tough. You talk about a guy I came into the league with. One of my best friends. A guy that's a huge leader in the locker room. So I'll be sitting up here lying to say it didn't hurt and it was frustrating.

But talking with Coach about it and I understood what they were doing. But I'm human. And I love that dude and he helped me lead men in his locker room.

And it was frustrating, but at the same time gotta let it go and keep on pushing on. I'm happy for him. He got a chance to go break that record, all-time rushing leader.

So, yeah, I just gotta keep on pushing.

#### Q. You said you wouldn't be traded (inaudible)?

BRANDIN COOKS: I said I won't be traded if I'm not involved. That's what I said. I'm all in on this thing. And it would be pretty special to be a part of something that's turned around.

How that looks, I don't know. I've got to trust that. Like I said, my job is to come in every single day and be the best teammate that I can be, be the best example I can be. Continue to work on my game and just continue to work. Like I told you before, that's all I know. And that's what I'm going to continue to do.

#### Q. I know you've been through a lot, ups and downs in your career. Is this the toughest season you've been through?

BRANDIN COOKS: It's tough. It's one of the toughest ones. At the end of the day we're not winning, but it's building me, perseverance. Talk about, talks about how that perseverance creates something through the trials. That's my foundation, my faith is my foundation.

It may be hard in the moment. I genuinely feel there's light at the end and I've got to continue to trust that, be a light in



dark moments. And so I've got to continue to lean on.

**Q. What are you learning about yourself?**

BRANDIN COOKS: To be able to lead when things aren't going right. And being blessed to be part of success most of the time in my career and be able to lead from that standpoint. It's always easier but when you're going through stuff like this. It tests you. And I'm learning that I've got to be a leader through this and to keep pushing. It would be a great example for my teammates, not just my teammates but my family, too.

**Q. Where do you see this team in terms of progress of being a disciplined team you mentioned a couple weeks ago not being a disciplined team?**

BRANDIN COOKS: If I'm not mistaken we had a bunch of penalties today. From a game standpoint, not much progress.

**Q. Is it harder for the team to kind of grow and feel like it's making progress when the margins of losses can be as wide as they've been in some of these games?**

BRANDIN COOKS: No, I don't think so. Like I said, because like, for instance, today, to be able to finish the way that we did, there's no moral victories, don't get me wrong, but to be able to finish the way we did, that gives us hope that we can do this. We've just got to be more consistent and more disciplined and be better earlier.

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