

Resiliency Questions Cal Poly Political Science Senior Project

1) Tell us a bit about yourself. Name (non-anonymous), School/Career, Hobbies/Interests, etc...

*I'm a mother, grandmother, aunt, and I was a good daughter for 71 years. I have worked for money, volunteered, played sports, enjoyed the outdoors, and been married for 53 years to one man.*

2) What is your personal definition of Resilience?

*Pushing through hardship or traumatic life events.*

*Cliché "Make lemonade out of lemons."*

3) Can you remember a time in your life that was difficult? When you faced adversity that you couldn't overcome?

*At age 19 my father died suddenly and unexpectedly. Second to that was a miscarriage and fear of not having children. Failing classes in my first attempt at college was hurtful to my self-esteem. I went back at age 52 and got my AA 3.6 GPA. Resiliency in slow motion.*

4) Were there individuals who encouraged your resilience after your father died?

*Not for the long term. In the first weeks people do their best, but it becomes awkward later. Looking back, I should have gone to counseling. But, in 1966 resources were limited and not in common use.*

5) Were there resources available for your recovery? Who/What were they?

*Probably a church, but I was mad at God and not comfortable in that setting. Family was close, but they were struggling too. My Grandmother's history and example were my best help.*

6) What decisions helped you get through this time?

*I quit my job to start a new career, i.e. went to cosmetology school to pursue a vocation.*

*After 3 years I separated from my husband to pursue self-happiness.*

7) Were there any habits that you formed while getting through this time?

*Trying new things helped to divert from the future that (would have) included my dad. I lived with girlfriends, played golf, snow skied, went night clubbing. Associated with new friends.*

*Marriage reconciled, and the birth of my daughter Katie, 5 years later the light came back.*

8) When did you begin to feel like your life was balanced or somewhat normal after this time?

Was there a specific moment you remember feeling better? If not, what is your hope for your future wellbeing?

*Trust came back slowly. The fact that I learned to live with the trauma made me more resilient to all of the many set-backs and challenges that came earlier.*

9) Have you met others with a similar experience? How did this effect your mental health?

*Yes, I have met others. In the beginning I tried to help with empathy. This sometimes created a PTS crisis for me.*

10) What advice would you have for those who are facing similar issues in their life?

*Seek help from a professional. I don't know if it works because I didn't. However, it now seems like a good idea. I was fortunate to have worked through it over time.*