



University of the  
West of England

**BRISTOL**

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### A.3 Individual tables of resilience

Mac. Table of resilience after the life story interview

| Area of resilience as a child   | Area of resilience as an adult  |
|---|---|
| <b>Individual qualities</b>   | <b>Individual qualities</b>   |
| <u>Protective factors</u><br>Reading<br>Academic ability<br>Closing down shutting off<br>Working out what people can cope with<br>Humour<br>Distant empathy<br>A sense of injustice<br>Having a line that must not be crossed<br>Temperament<br>Belief that things can get better<br>Optimism<br>Not remembering<br>Being bright<br>Resourcefulness<br>A permanent state of war<br>Surviving<br>Obsession and focus<br>Confronting issues<br>Being a violent child<br>Being articulate<br>Under age sex<br>Hypervigilance<br>Adaptability | <u>Protective factors</u><br>Academic ability<br>Closing down shutting off<br>Working out what people can cope with<br>Humour<br>Distant empathy<br>A sense of injustice<br>Breaking down<br>Temperament<br>Belief that things can get better<br>Optimism<br>Not remembering<br>Resourcefulness<br>A permanent state of war<br>Surviving<br>Obsession and focus<br>Confronting issues<br>Having boundaries<br>Learning to feel emotions<br>Becoming calm<br>Learning social skills<br>Acquiring cultural capital<br>Acquiring gears<br>Regulation<br>Out of body experience<br>Coming at things from the side |

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| <p><u>Risk factors</u></p> <p>Closing down shutting off</p> <p>Distant empathy</p> <p>Breaking down</p> <p>Not remembering</p> <p>A permanent state of war</p> <p>Obsession and focus</p> <p>Being a violent child</p> <p>Under age sex</p> <p>Hypervigilance</p> <p><u>Protective and risk factors</u></p> <p>Closing down shutting off</p> <p>Distant empathy</p> <p>Breaking down</p> <p>Not remembering</p> <p>A permanent state of war</p> <p>Obsession and focus</p> <p>Being a violent child</p> <p>Under age sex</p> <p>Hypervigilance</p> | <p>Constructing the story that you need</p> <p>Hypervigilance</p> <p><u>Risk factors</u></p> <p>Closing down shutting off</p> <p>Distant empathy</p> <p>Breaking down</p> <p>Not remembering</p> <p>A permanent state of war</p> <p>Obsession and focus</p> <p>Learning to feel emotions</p> <p>Hypervigilance</p> <p><u>Protective and risk factors</u></p> <p>Closing down shutting off</p> <p>Distant empathy</p> <p>Breaking down</p> <p>Not remembering</p> <p>A permanent state of war</p> <p>Obsession and focus</p> <p>Learning to feel emotions</p> <p>Hypervigilance</p> |
|  |  |
| <p><b>Family</b></p> <p><u>Protective factors</u></p> <p>Nan</p> <p>Sisters</p> <p>Brother</p>   | <p><b>Family</b></p> <p><u>Protective factors</u></p> <p>Nan</p> <p>Sisters</p> <p>Brother</p>   |

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|---|--|
| <p>Mum</p> <p><u>Risk factors</u></p> <p>Dad</p> <p>Step mum</p> <p>Sisters</p> <p>Nan</p> <p>Brother</p> <p><u>Protective and risk factors</u></p> <p>Sisters</p> <p>Nan</p> <p>Brother</p>  | <p>Mum</p> <p><u>Risk factors</u></p> <p>Dad</p> <p>Eldest sister</p> <p><u>Protective and risk factors</u></p> <p>Eldest and middle sisters</p>   |
| <p><b>People outside the family</b></p> <p><u>Protective factors</u></p> <p>Social Worker</p> <p>Foster Parents B and P</p> <p>Revolutionary politics</p> <p>Anti arms campaigners</p> <p>Friends</p> <p>Psychotherapist</p> <p>Having a social network</p> <p>Neighbours</p> <p>Women</p> <p>Teachers</p> <p>Assessment centre staff</p> <p>Care leavers</p> | <p><b>People outside the family</b></p> <p><u>Protective factors</u></p> <p>Social Worker</p> <p>Foster Parents B and P</p> <p>Revolutionary politics</p> <p>Anti arms campaigners</p> <p>Friends</p> <p>Psychotherapist</p> <p>Having a social network</p> <p>Women</p> <p>Care leavers</p> |

|   |   |
|---|---|
| <p><u>Risk factors</u></p> <p>Women</p> <p>Brothers and sisters</p> <p>Friends</p> <p>Other social workers</p> <p>Residential care staff</p> <p><u>Protective and risk factors</u></p> <p>Women</p> <p>Brothers and sisters</p> <p>Other Social workers</p> <p>Residential care staff</p> | <p><u>Risk factors</u></p> <p>Women</p> <p>Eldest sister</p> <p><u>Protective and risk factors</u></p> <p>Women</p> <p>Eldest sister</p>                                      |
|   |   |
| <p><b>Education</b></p> <p><u>Protective factors</u></p> <p>Primary School</p> <p>Boarding school</p> <p>Secondary School</p> <p>A levels</p> <p><u>Risk factors</u></p> <p>Boarding school</p> <p><u>Protective and risk factors</u></p> <p>Boarding school</p>                          | <p><u>Education</u></p> <p><u>Protective factors</u></p> <p>University</p> <p>Revolutionary politics</p> <p><u>Risk factors</u></p> <p><u>Protective and risk factors</u></p> |
|   |   |
|   | <p><b><u>His homes</u></b></p> <p><u>Protective factors</u></p> <p>First flat he owned</p> <p>Current home</p>  |

|   |   |
|---|---|
|   | <p><u>Risk factors</u></p> <p>First flat he owned</p> <p>Current home</p> <p><u>Protective and risk factors</u></p> <p>First flat he owned</p> <p>Current home</p>              |
|   |   |
| <p><b>Other externals</b></p> <p><u>Protective factors</u></p> <p>Little boosters</p> <p>The good guys</p> <p>The diamond</p>   | <p><b>Other externals</b></p> <p><u>Protective factors</u></p> <p>Politics</p> <p>Work</p> <p>The good guys</p> <p><u>Risk factors</u></p> <p>Visiting the former neighbour</p> |
|   |   |
| <p><b>Statutory services</b></p> <p><u>Protective factors</u></p> <p>His local LA</p> <p>Schools</p> <p>Assessment centres</p> <p>Residential homes</p> <p>Foster placements</p> <p><u>Risk factors</u></p> <p>His local LA</p> |   |

|                                    |  |
|------------------------------------|--|
| Residential homes                  |  |
| Foster placements                  |  |
| <u>Protective and risk factors</u> |  |
| His local LA                       |  |
| Residential homes                  |  |
| Foster placements                  |  |

**Reggie. Table of resilience after the life story interview**

| <b>Area of resilience as a child</b>   | <b>Area of resilience as an adult</b>   |
|--|---|
| <b>Individual qualities</b>  | <b>Individual qualities</b>   |
| <u>Protective factors</u><br>Being a clever kid<br>Confident<br>Cheeky<br>No feelings for mum<br>Complacency<br>Doing as he was told<br>Able to follow the rules<br>Living in a fog<br>Making up stories about his dad | <u>Protective factors</u><br>Doing as he was told<br>Following the rules<br>Able to make friends<br>Humour<br>Selfishness<br>Not looking at the baggage<br>Keeping busy<br>Sport<br>Voluntary work<br>Successful career<br>Faith<br>Meditation<br>Music<br>Having a positive side |
| <u>Risk factors</u><br>Low self esteem<br>Cheeky at school in K<br>No feelings for mum<br>Rebelliousness when sent to mum<br>Complacency<br>Doing as he was told<br>Able to follow the rules<br>Living in a fog        | <u>Risk factors</u><br>Guilt<br>Being negative<br>Complacency<br>Low self –esteem<br>Selfishness<br>Not looking at the baggage<br>Felt he was a poor parent<br>Anxiety<br>Sadness<br>A cloud over him   |



|  |  |
|--|--|
| <p><u>Protective and risk factors</u></p> <p>Cheeky</p> <p>No feelings for mum</p> <p>Complacency</p> <p>Doing as he was told</p> <p>Able to follow the rules</p> <p>Living in a fog</p>   | <p>Lack of passion</p> <p>Lack of enthusiasm</p> <p>Regrets</p> <p><u>Protective and risk factors</u></p> <p>Keeping busy</p> <p>Selfishness</p> <p>Not looking at the baggage</p> |
|  |  |
| <p><b>Family</b></p> <p><u>Protective factors</u></p> <p>Uncle/Aunt/Cousins</p> <p>Good family values</p> <p>Self discipline</p> <p>Faith C of E</p> <p><u>Risk factors</u></p> <p>Being a secret to wider family</p> <p>Secrecy around his father</p> <p>Being sent back to live with Mum</p> | <p><b>Family</b></p> <p><u>Protective factors</u></p> <p>Wife</p> <p>In-laws</p> <p>Children and Grandchildren</p> <p>Cousins</p> <p><u>Risk factors</u></p>                       |
|  |  |
|  | <p><b>People outside the family</b></p> <p><u>Protective factors</u></p> <p>Small community</p> <p>Cancer doctor</p> <p><u>Risk factors</u></p>                                    |
|  |  |

|  |  |
|--|--|
| <p><b>Education</b></p> <p><u>Protective factors</u></p> <p>Village School</p> <p>Teacher in W</p> <p>Grammar school W</p> <p><u>Risk factors</u></p> <p>Being put in wrong school year in K</p>   | <p><b>Education</b></p> <p><u>Protective factors</u></p> <p>Nature</p> <p>Living in a small community</p> <p><u>Risk factors</u></p> |
|  |  |
| <p><b>Other externals</b></p> <p><u>Protective</u></p> <p>Being part of a small community</p> <p><u>Risk factors</u></p> <p>Secrets</p> <p>Multiple foster placements</p> <p>Stigma of illegitimacy</p> <p>No one talked about emotions</p> <p>The Blitz</p> | <p><b>Other externals</b></p> <p><u>Protective</u></p> <p><u>Risk factors</u></p> <p>Redundancy</p> <p>Near bankruptcy</p>           |
|  |  |

**Irene. Table of resilience after the life story interview**

| Area of resilience as a child  | Area of resilience as an adult  |
|--|---|
| <b>Individual qualities</b>  | Individual qualities  |
| <u>Protective factors</u><br>Disassociating [sic]<br>Maternal to little boys<br>A sense of injustice – in homes, racism<br>Hope<br>Faith<br>Not remembering<br>Answering back<br>Running away<br>Conforming to leave secure<br>Allowed to refuse to see parents<br>Hyper alertness | <u>Protective factors</u><br>Hyper alertness<br>Disassociating [sic]<br>Humour<br>Hope<br>Faith<br>Learning to feel emotions<br>Becoming calm<br>Regulation<br>Sobriety<br>Disbelief<br>Container for others<br>Mothering herself now           |
| <u>Risk factors</u><br>Closing down shutting off<br>Not remembering<br>Answering back<br>Running away<br>Losing hope and faith<br>Guilt<br>Shame<br>Not trusting<br>Drugs<br>Being groomed for sex work<br>Hyper alertness   | <u>Risk factors</u><br>Hyper alertness<br>Disassociation [sic]<br>Drugs<br>Prostitution<br>Closing down shutting off<br>Not remembering<br>Losing hope and faith<br>Guilt<br>Shame<br>Disbelief<br>Not trusting?<br>Feeling poisonous and toxic |

|  |   |
|--|---|
| <p><u>Protective and risk factors</u></p> <p>Closing down shutting off</p> <p>Hyper alertness</p> <p>Distant empathy</p> <p>Breaking down</p> <p>Not remembering</p> <p>Answering back</p> <p>Running away</p> <p>Drugs</p>  | <p>Container for children's father and clients</p> <p><u>Protective and risk factors</u></p> <p>Closing down shutting off</p> <p>Hyper alertness</p> <p>Distant empathy</p> <p>Breaking down</p> <p>Not remembering</p> <p>Learning to feel emotions</p> <p>Disbelief</p> |
|  |   |
| <p><b>Family</b></p> <p><u>Protective factors</u></p> <p>Grandmother</p><br><p><u>Risk factors</u></p> <p>Dad, violence/Head games</p> <p>Mum, violence/Lack of affection</p> <p>Uncle</p> <p>Baby that died</p> <p>Alcoholic granddad (paternal)</p> <p>Witch grandmother (paternal)</p> <p>Secrets</p> <p>Being immigrants</p> <p>Severe overcrowding</p><br><p><u>Protective and risk factors</u></p> | <p><b>Family</b></p> <p><u>Protective factors</u></p> <p>Grandmother</p> <p>Children's father</p><br><p><u>Risk factors</u></p> <p>Children's father when he broke down</p><br><p><u>Protective and risk factors</u></p> <p>Children's father</p>                         |

|   |   |
|---|---|
| <p><b>People outside the family</b></p> <p><u>Protective factors</u></p> <p>Domestic care workers</p> <p>Friends in care</p><br><p><u>Risk factors</u></p> <p>Residential care staff</p> <p>Sexually abusive older girls</p> <p>Woman who groomed her</p> <p>Friends sexually abusive father</p> <p>Loss of friends in care</p> | <p><b>People outside the family</b></p> <p><u>Protective factors</u></p> <p>Analysis</p> <p>Rehab counselors</p> <p>Sugar Daddy</p> <p>Recent partner</p> <p>Best friend</p><br><p><u>Risk factors</u></p> <p>Sugar Daddy</p> <p>Man who raped her</p> <p>Death of recent partner</p> <p>Best friend</p><br><p><u>Protective and risk factors</u></p> <p>Sugar Daddy</p> <p>Best friend</p> |
|   |   |
| <p><b>Education</b></p>   | <p><b>Education</b></p> <p><u>Protective factors</u></p> <p>University getting an education</p> <p>Some supportive tutors</p> <p><u>Risk factors</u></p> <p>University not feeling safe/supported</p> <p>Having to disclose criminal records</p>  |
|   |   |
| <p><b>Other externals</b></p>   | <p><b>Other externals</b></p> <p><u>Protective factors</u></p> <p>Work</p> <p>Drug addiction work</p>   |

|  |  |
|--|--|
| <p><u>Risk factors</u></p> <p>Stigma of Irishness, Being in care</p>   | <p>First housing association flat</p> <p><u>Risk factors</u></p> <p>Heroin</p> <p>Crack</p> <p>Prostitution</p> <p>Crime</p> <p>Stigma of Care, drugs, crime, prostitution</p> |
|  |  |
| <p><b>Statutory services</b></p> <p><u>Protective factors</u></p> <p>local LA gave rights</p> <p>Residential homes</p> <p><u>Risk factors</u></p> <p>local LA</p> <p>Residential homes</p> <p>Secure unit</p> <p><u>Protective and risk factors</u></p> <p>local LA</p> <p>Residential homes</p> |  |

**Joy. Table of resilience after the life story interview**

| Area of resilience as a child   | Area of resilience as an adult  |
|---|---|
| <b>Individual qualities</b>   | <b>Individual qualities</b>   |
| <u>Protective factors</u><br>Being a good child<br>Being bright/academically able<br>Repressing problems<br>Having high aspirations<br>Unconscious knowing<br>Being a survivor<br>Keeping things secret<br>Believing her childhood had been happy<br>Feeling like an alien<br>Autistic making sense of the world<br>Caution<br>Contradictions | <u>Protective factors</u><br>Being able to change the narrative<br>Writing on adoption issues<br>Taking care of herself in our interview<br>Being content now<br>Putting family first<br>Making sense of things<br>Not being a coward<br>Exploring the non-verbal<br>Exploring the embodied<br>Optimism<br>Self management<br>Gaining a perspective<br>Searching for birth parents<br>Anger<br>Feeling this stuff<br>Trying to understand others<br>Feeling entitled a sense of self<br>A sense of own agency<br>Trying to fill the void put a surface on it<br>Recognising the contradictions<br>Rejecting birth parents<br>A sense of personal achievement<br>Working things out through career<br>Finding the information she needed<br>Getting over attachment disorder<br>Childhood made her interesting and complicated |

|   |   |
|---|---|
| <p><u>Risk factors</u></p> <p>A wobbly childhood</p> <p>Sense of loss as a child</p> <p>Being a good child</p> <p>Repressing problems</p> <p>Anxiety</p> <p>Loneliness</p> <p>Terror of being sent back to kid's home</p> <p>Believing her childhood had been happy</p> <p>Absorbing the dominant racism</p> <p>Feeling like an alien</p> <p>Avoiding attachment</p> <p>Wishing she wasn't brown</p> <p>Contradictions</p> <p><u>Protective and risk factors</u></p> <p>Being a good child</p> <p>Repressing problems</p> | <p>A solid sense of self now</p> <p>Being able to grow up</p> <p>Sense of humour</p> <p>Caution</p> <p><u>Risk factors</u></p> <p>Lack of knowledge about birth parents</p> <p>Anxiety</p> <p>Getting sick</p> <p>Searching for birth parents</p> <p>Relationship difficulties</p> <p>Blaming herself</p> |
|   |   |
| <p><b>Family</b></p> <p><u>Protective factors</u></p> <p>Being breastfed by birth mum</p> <p>Continuity</p> <p>Adoptive parents aspirations</p>   | <p><b>Family</b></p> <p><u>Protective factors</u></p> <p>Having children</p> <p>Becoming a grandmother</p> <p>Reconfiguring herself as someone who belongs</p>  |



|   |  |
|---|--|
| <p>Adoptive parents functional</p> <p>Benign racism</p> <p>Social status of vicar father</p> <p>Siblings</p> <p>Eldest Sister</p> <p>Materially privileged</p> <p>Adoptive mother undemanding emotionally</p> <p>Good clear boundaries from Adoptive mum</p> <p>Adoptive mum treated them equally</p> <p><u>Risk factors</u></p> <p>Foster parent breakdown</p> <p>Adoptive parents ignoring trauma</p> <p>Adoptive parents assimilation policy</p> <p>Adoption family complexity</p> <p>Benign racism</p> <p>Siblings</p> <p>Looking racially different from family</p> <p>Transracial adoption</p> <p>Suppressing things</p> <p>Toxic</p> <p>Parents could not control racism</p> <p><u>Protective and risk factors</u></p> <p>Adoptive family</p> <p>Benign racism</p> | <p>Coming to a new position about mum</p> <p>Brothers</p> <p>Eldest sister</p> <p>Current partner</p> <p><u>Risk factors</u></p> <p>Having her first son</p> <p>Son's father having similar trauma</p> <p><u>Protective and risk factors</u></p> |
|   |  |
| <p><b>People outside the family</b></p> <p><u>Protective factors</u></p> <p>Attached to Matron and the home</p>   | <p><b>People outside the family</b></p> <p><u>Protective factors</u></p> <p>Friends</p>  |

|  |  |
|--|--|
| <p>Good role models</p> <p><u>Risk factors</u></p> <p>Racists</p>  | <p>Therapy</p> <p>Knowing kids in care now are worse off</p> <p>Moving to a multicultural environment</p> <p><u>Risk factors</u></p>   |
| <p><b>Education</b></p> <p><u>Protective factors</u></p> <p>Doing well at school</p> <p>University</p> <p><u>Risk factors</u></p> <p>Doing well at school = suppressing issues</p> | <p><b>Education</b></p> <p><u>Protective factors</u></p> <p><u>Risk factors</u></p>  |
| <p><b>Other externals</b></p> <p><u>Protective</u></p> <p>Sense of belonging to children's home</p> <p><u>Risk factors</u></p> <p>Racism</p> <p>Being in a home</p>                | <p><b>Other externals</b></p> <p><u>Protective</u></p> <p>Art work</p> <p>Time</p> <p>Bowlby/Psychology</p> <p>Exploring nature/nurture</p> <p>Marxism</p> <p>Working on adoption issues</p> |