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A.4 Individual resilience profiles

Resilience profile: Mac

| Age/Context | Concept | Category |
|----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0-7 years with birth family | Not remembering Closing down switching off Mother taught him to read | Structuring experience Structuring experience Good object/Supportive environment |
| 7-10 years with nan | Some memory comes back with nan Obsession and focus A line that must not be crossed Academic ability/Being bright Happy/sociable Resourcefulness Confronting issues Being articulate Temperament Hyper vigilance Being a violent child Formed an alliance with nan Reading/nan encouraging education Nan's violence/Dislike of girls School Teachers Humour | Structuring experience Structuring experience Structuring experience Internal resources Internal resources Internal resources Internal resources Internal resources Internal resources Internal resources Learnt strategies for dealing with others Splitting/Fighting Ally/Good object Good object/Supportive environment Bad object/Toxic environment Good object/Supportive environment Good object/Supportive environment Internal resources |
| 10-11 years Boarding School | Academic ability Being bright Hyper vigilance Loneliness/Heartbroken by nan's death | Internal resources Internal resources Learnt strategies for dealing with others Despair/Affect/Feeling |

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| 11-14 years with birth father | Academic ability/Being bright Resourcefulness Confronting issues Being articulate Temperament Hyper vigilance Dad/Step mum Sisters/Social worker | Internal resources Internal resources Internal resources Internal resources Internal resources Learnt strategies for dealing with others Bad object/Toxic environment Allies/Good objects/Supportive environment |
| 14-18 years Foster/Residential care/Independent living | Obsession and focus A line that must not be crossed Academic ability/Being bright Resourcefulness Confronting issues Being articulate/Temperament Hyper vigilance Not trusting adults Having a sense of injustice A permanent state of war Left wing politics Making lists of good and bad people Suicide of sister Peers in residential care Matron/Racist foster family Physical/Emotional /Sexual abuse Powerlessness in residential care Brother Social worker/Nice foster family Under age sex made sex nice again Assessment centres Humour | Structuring experience Structuring experience Internal resources Internal resources Internal resources Internal resources Learnt strategies for dealing with others Learnt strategies for dealing with others Splitting/Fighting Splitting/Fighting Structuring experience Structuring experience Despair Allies Bad object/Toxic environment Bad object/Toxic environment Oppressive environment Good object/Supportive environment Good object/Supportive environment Catalyst Good object/Supportive environment Internal resources |
| Independence and adulthood | Optimism/Sense of humour Having boundaries | Internal resource Structuring experience |

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| | <p> Obsession and focus A line that must not be crossed Academic ability /Being bright Confronting issues Being articulate/Temperament Constructing the story you need Coming at things from the side Working out what others could cope with. Acquiring gears Hyper vigilance Having a sense of injustice A permanent state of war/Distant empathy Talking to former neighbour/Breakdown Learning social skills Acquiring cultural capital Learning to feel emotions Becoming calm/Self regulation Middle sister/Friends from uni/Women Closing down when accused Quakers/Campaigning Some women Campaigning Therapy Out of body experience Survival guilt/Stigma of being in care Sleep disorders Fear of turning into his dad Violent fantasies about women Chameleon like </p> | <p> Structuring experience Structuring experience Internal resources Internal resources Internal resources Learnt strategies for self management Learnt strategies for dealing with others Learnt strategies for dealing with others Learnt strategy for self management Learnt strategies for dealing with others Splitting/Fighting Splitting/Fighting Catalyst Learnt strategies for self management Learnt strategies for self management Learnt strategies for self management Learnt strategies for self management Allies/Good object/Supportive environment Structuring experience Good object/Supportive environment Bad object/Toxic environment Giving something back Good object/Supportive environment Structuring experience Internal threats Internal threats Internal threats Internal threats Adaptable </p> |
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Resilience profile: Reggie

| Age/Context | Concept | Category |
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| 0-7 years privately fostered and Intermittently with mother | Illegitimate child /Unmarried mother Blotted things out/Complacency Shame Bombs/shell shock Never met Grandfather and wider birth family Easy to look after Basic needs were met Can't remember | Oppressive social mores Blurring/Flattening Affect/ Feeling Affect/ Feeling The things that got lost Adaptable Good object/Supportive environment Blurring/Flattening |
| 7-14 years Living with Aunt/Uncle | Blotted things out No Feeling for mother Complacency Afraid to be naughty Low self esteem Lack of confidence Stigma of illegitimacy Stability School Cousins/Aunt/Uncle/Moral values Nature Guardian Angel Church (CofE) Being a clever kid Intellect No contact with dad or grandparents Creating a narrative about father Felt secure enough to be naughty | Blurring/Flattening Blurring/Flattening Blurring/Flattening Learnt strategies for dealing with others Internal threats Internal threats Internal threats Good object/Supportive environment Good object/Supportive environment Good object/Supportive environment Good object/Supportive environment Good object/Supportive environment Good object/Supportive environment Internal resources Internal resources The things that got lost Learnt strategies for dealing with others Good object/Supportive environment |
| 14-17 years Reunited with Mother | Bitter, angry, powerless when leaving Uncle's | Affect/Feeling The things that got lost |

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| | <p>Loss of Uncle's family Guilt/Blamed mother/Self Rebelliousness/Cheeky/Made friends Made people laugh to cope Aunt/Uncle's values stayed with him No one talked about emotions</p> | <p>Internal threats Internal resources Learnt strategies for dealing with others Good object/Supportive environment Social mores</p> |
| <p>Independence and Adulthood</p> | <p>Navy Fog/cloud/Not remembering No feelings for mum Low self-esteem/Lack of confidence Being negative/ Guilt/Anxiety attacks Sadness/Regrets Lack of enthusiasm/Lack of passion Selfish/Secretive Pragmatism/Successful career Catholicism/Guardian Angel Able to follow rules/Disciplined Wife/In-laws/Children/Grand children Nature/Community Not looking at the baggage/Keeping busy/Sport/Music/Meditation Felt like a bad parent/Not liking himself Remembering/Not remembering Liking other people/Having a positive side Research process (it's not our fault) Community work Cancer/Near bankruptcy/Redundancy Gratitude for Aunt and Uncle</p> | <p>Good object/Supportive environment Blurring and Flattening Blurring and Flattening Internal threats Internal threats Affect/Feeling Affect/Feeling Learnt strategies for dealing with others Internal resource Good object/Supportive environment Learnt strategies for dealing with others Good object/Supportive environment Good object/Supportive environment Strategies for self-management Strategies for self-management Internal threats Structuring experience Internal resources Catalyst Giving something back Bad object/Oppressive environment Unqualified gratitude</p> |

Resilience profile: Irene

| Age/Context | Concept | Category |
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| 0-11 years with birth family | Head games with dad Not trusting/Unable to ask for help Hyper vigilance Answering back/Defiance Intellect Lost faith when baby sibling died Running away Leaving her body when beaten Disassociating [sic] Closing down – shutting off Mother first four years Grandmother/Little sister Father/Mother/Uncle/Violence Baby dying Racism towards Irish Relief/Guilt when brother beaten Drug use Murderous fantasies Suicide/Self-destructiveness Sexually abused Witnessing sexual abuse | Learnt strategies for dealing with others Learnt strategies for dealing with others Learnt strategies for dealing with others Internal resources Internal resources Internal threats Unconscious behaviour Unconscious behaviour Unconscious behaviour Unconscious behaviour Good object/Supportive environment Good object/Supportive environment Bad object/Toxic environment Bad object/Toxic environment Oppressive social more Internal threats Strategies for self-management Splitting/Fighting Internal threats Bad object/Toxic environment Bad object/Toxic environment |

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| <p>11-16 Residential care and secure units</p> | <p>Running away Maternal towards younger children Empathy for other children Conforming in secure unit to get out Allowed to refuse parents visits Not trusting – unable to ask for help Drug use Shame/Relief when other kids abused A sense of injustice about other kids Residential care Peers engaged in crime/drug use Woman who groomed her Domestic care staff Stigma from care/prostitution/drugs Being a punk /Fuck you I am so bad Self-destruction Drawn to danger/Violence Powerlessness in residential unit Losing friends by moving around Good girl/Bad girl</p> | <p>Unconscious behaviour Unconscious behaviour Unconscious behaviour Learnt strategies for dealing with others Learnt strategies for dealing with others Learnt strategies for dealing with others Strategies for self-management Affect/Feeling/Internal threats Splitting/Fighting Bad object/Toxic environment Bad object Toxic environment Bad object/Toxic environment Good object/Supportive environment Internal threats Internal threats Internal threats Internal threats Affect/Feeling/Oppressive environment The things that got lost Splitting/Fighting</p> |
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| <p>Independence and adulthood</p> | <p>Humour/Little flame inside Drug use Hope and faith Not wanting to contain others any more Limited emotions before therapy Learning to feel emotions Becoming calm/Regulation During research where was the help A sense of injustice Sugar Daddy/Best friend Best friend/Sugar Daddy Best friend's daughter in porn movie Sugar Daddy became dangerous Looking for hope in a ten pound bag Drug use/Prostitution/Being raped Rehab/Therapy/University Spiritual belief system/Grandmother Sadness /Relationship breakdown Feeling poisonous and Toxic Co-parenting with children's dad Internalisation of stigma/Self blame Self-destructive/Danger/Violence Disassociated [sic] when selling sex Mum still blames Irene Poor relationships with family Lost hope and faith when partner died Mild dissociation when partner died Not remembering Drug addiction work Gratitude for rehab/Therapy</p> | <p>Internal resources Strategies for self-management Internal resources Learnt strategies for dealing with others Strategies for self-management Strategies for self-management Strategies for self-management Catalyst Splitting/Fighting Good object/Supportive environment Bad object/Toxic environment Catalyst Catalyst Catalyst Bad object/Toxic environment Good object/Supportive environment Good object/Supportive environment Affect/Feeling Affect/Feeling Good object/Supportive environment Internal threats Internal threats Unconscious behaviour The things that got lost The things that got lost Internal threats Strategy for self-management Unconscious behaviour Giving something back Unqualified gratitude</p> |
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Resilience profile: Joy

| Age/Context | Concept | Category |
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| 0-7 weeks with birth parents | Abandonment felt like a black hole Separated from birth family/Culture/Roots/Story Broken maternal narrative Unconscious knowing Thrown out of this world Breast fed First 6 weeks with birth parents Illegitimate child/Inter –racial relationship taboos | Affect/Feeling The things that got lost The things that got lost Unconscious behaviour Alien Good object/Supportive environment Good object/Supportive environment Oppressive social mores |
| 7 weeks- 4 years residential home | Strong attachment to Matron and the home Having to make sense of it alone | Good object/Supportive environment Internal resources |
| Several months in foster home | Waiting by the window/ Missing residential home Withdrew and regressed Attachment issues Anxiety whilst waiting to be adopted | The things that got lost Unconscious behaviour Unconscious behaviour Affect /Feeling |

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| <p>4-18 years With adoptive family initially a foster child</p> | <p>Being bright and academically able Being able to adapt Boundaries/High aspirations/Values Sense of achievement from adoptive parents. Being good Cautious Repressing problems Autistic behaviour Attachment issues Anxiety/dreams about being sent back Different appearance to adoptive family Felt like an alien Not my voice Got over her attachment issues Education/Raised self esteem Education/Racism Church/Bible stories/Rural privilege Stability/ Adoptive parents/Eldest sister Family values/No therapy/Stiff upper lip Benign racism of adoptive parents Racism in wider society Absorbing the dominant racism No contact with birth family/Culture/Roots/Story Taking drugs/Shop lifting/Keeping it secret Contradictions Had to make herself up Keeping secrets</p> | <p>Internal resources Adaptable Learnt strategies for dealing with others Learnt strategies for dealing with others Learnt strategies for dealing with others Unconscious behaviour Unconscious behaviour Unconscious behaviour Unconscious behaviour Affect/ Feeling Alien/Affect/Feeling Alien/Affect/Feeling Alien/Affect/Feeling Good object/Supportive environment Good object/Supportive environment Bad object/Oppressive environment Good object/Supportive environment Good object/Supportive environment Bad object/Toxic environment Bad object/Toxic environment Bad object/Toxic environment Learnt strategies for dealing with others The things that got lost Strategies for self-management Bad object/Toxic environment Alien Learnt strategies for dealing with others</p> |
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| <p>Independence and Adulthood</p> | <p>Intellectual/Self knowledgeable Putting her children and family first Not being a coward/Sense of humour Kept boundaries /High aspirations/Values Sense of achievement from adoptive parents. Trying to understand others/Gaining perspective Stalking birth mother Projecting onto others Being comfortable with contradictions Trying to fill the void Being able to change the narrative Worked hard to make sense of things Sadness Marxist teacher Revolutionary politics Art therapy training/Education/Therapy The embodied and non-verbal Current partner/Family Theories helped her to understand Theories don't help her feel she exists Exploring nature/nurture Buddhism Birth family relatives Grandmother hood Angry/Destructive to self and others Embodied/Somatized migraines First child /failed relationship Blaming herself/Guilt that siblings are struggling</p> | <p>Internal resources Internal resources Internal resources Learnt strategies for dealing with others/Good object/Supportive environment Learnt strategies for dealing with others Unconscious behaviour Unconscious behaviour Strategies for self-management Strategies for self-management Strategies for self-management Strategies for self-management Affect/Feeling Good object/Supportive environment Structuring experience Good object/Supportive environment Good object/Supportive environment Good object/Supportive environment Good object/Supportive environment Alien/Affect feeling Strategies for self-management Good object/Supportive environment Good object/Supportive environment Catalyst Internal threats Internal threats Oppressive environment/Things that got lost Internal threats Qualified/Gratitude Giving something back</p> |
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| | <p>Gratitude for adoptive parents Work with looked after children/Adoption issues</p> | |
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