

Project: **'Reflections of trauma, challenges, and healing: An oral history'**
 Respondent: Liz McVey
 Year of Birth: 1957
 Age: xxx
 Connection to project: Respondent
 Date of Interview: the 29th of June 2022
 Interviewer: Indira Pole
 Recording Agreement: Yes
 Information & Consent: Yes
 Photographic Images: No
 Length of Interview: 47 minutes and 15 seconds
 Location of Interview: East Dunbartonshire Voluntary Action, Kirkintilloch
 Recording Equipment: Zoom H4n (internal mics)



Time (from: mins/secs)	Description	Transcribed Extract (from- to: mins/secs)
0.24	Interviewer asks the respondent her year of birth	
	"1957, which was sixty five years ago (laughs)"	0.35-0.37
0.38	Interviewer asks the respondent where she grew up.	
	"In Glasgow. In a place called the Garngad which was Roystonhill. So, it was a tenement. I actually grew up in the house that my mother grew up in. So, it was a nice place. You know the neighbours knew each other really well. My granny knew their grannies and things like that."	0.41-1.04
1.06	Interviewer asks the respondent if she has childhood memories that she would like to share.	
	"Yeah, I think it was nice happy times. Children playing out in the street. Playing things like balls in the close. Nice times I remember of all the parents getting together in the back. Playing rounders. Things like that. Because all the neighbours knew each other so well. They had grew up...There was times when there was neighbours arguments. Sometimes my mum would be right in the middle of them (laughs). But it was nice happy times. And we left there when I was nine and I moved into a high flat in Sighthill. So, that was amazing because you had an indoor toilet. In the tenement it was an outside toilet. And I had my own bedroom. And we had under floor heating and a bath. So, this was just amazing. So, at that time. A lot of the neighbours that we lived beside also moved to Sighthill. So, there was a nice bond there too. So it was...It was a nice time too."	1.09-2.22
2.23	Interviewer asks the respondent if she remembers her schools.	
	"Yeah, I continued at my primary school. That was St Mungo's Primary School. And I went on to Our Lady and St Francis which was known as Charlotte Street which is no longer there. Down near London Road. And a lot of my friends went to the same school. That we even grew up since... I still have a friend today who I couldn't tell you when the first time I met her. And I think we grew up together and it's really nice to still have that friendship."	2.26-3.01
3.03-	Interviewer asks the respondent to tell her about her journey on to adult life.	

	<p>“Well. When we moved in to Sighthill. I don’t know if it was just I became more aware of what was happening. I was glad to move to secondary school. I think this was, I’d say, the first time that really something happened to me that wasn’t very pleasant. And that was bullying. So, to go to Charlotte Street was great because it meant that I got away from the bully. She didn’t pass her qualifying (laughs and she’d to go to another school. So, that got me away from that. So that was...It wasn’t a very nice experience. So, I was happy to go to Charlotte Street. And I don’t know if then I could see that I was more aware of the family situation that wasn’t very nice. I think I knew but you just think it’s normal. I was an only child. And I think, just on reflection, I don’t think I realised how difficult it was at the time. Because you just think that’s normal. But I think my Mum was a bit of a bully. And my Dad...I think it was mental health issues but we didn’t talk about them then. And that wasn’t very pleasant as the years went on.”</p>	3.09-4.37
4.38	<p>Interviewer asks the respondent if any of her childhood experiences were traumatic in her opinion.</p>	
	<p>“I think it never leaves you. And I think it is still with me to this day. And it has come up within my journey in GRACE. But I’ve had support with it and it was my Father committed suicide when I was fourteen. And that was really difficult. And in hindsight looking back, I realise now that there was no support whatsoever for me as a child. Not what they would give children today. I think I resented my Mother very much and I blamed her for that rightly or wrongly. And that carried on. That affected our relationship for years and years. And I realise that I should have had some help. You know. And thank goodness there’s help now in place for children that are going through these kinds of situations. Because in hindsight, as well, when I look back it was, it was all...My Mum was the drama queen in it. Whereas I think I would have been-How is my child coping with it? It wasn’t it was all about her and it always was. So, I think I carried that on...That did affect our relationship for years to come. “</p>	4.54-6.30
6.31	<p>Interviewer asks the respondent if she went and looked for support at that time.</p>	
	<p>“Well, if you think, I was only fourteen you know. I can remember being fifteen and going on holiday for the very first time. Because we didn’t go on any holidays there was no family holiday. So, I can also remember looking back and feeling guilty for enjoying myself you know. But in hindsight, and then, with the knowledge I have now I can go back and say-you were only a child-let it go. You know, you’re ok. But I think that was because nobody in the family spoke to me about it. It was-Oh, you’re ok. Because people didn’t talk about these kind of things. They didn’t talk about mental health issues or the effects of something like that on a fourteen year old. And the effects on my Mum too. We were all...I think it changed us all in some way.”</p>	6.42-7.48
7.48	<p>Interviewer asks the respondent why she thinks that mental health issues were not discussed then.</p>	
	<p>“I think it was because of the lack of education about mental health. It was still a taboo subject. You know it was-We don’t have that in our family. You know-That didn’t come from our side of the family. And it was really sad. People could see... They could observe my father. He was very, very, withdrawn. He didn’t have much of a conversation for anybody that came into the house. And people would say-Oh, your Da was a very, very, quiet man. But I think it was just what he was going through. You know. Everything had been stripped away. He wasn’t treated very nice by my mum.”</p>	7.58-8.51

8.54	Interviewer asks the respondent about her further experience in life.	
	<p>“My first daughter was born when I was twenty one. That wasn’t a great relationship at the beginning and there was ups and downs with that. My mum did not like the fact that I was pregnant. Actually wanted me to have a termination. And I didn’t realise how strong I was standing up to her but there was no way. That wasn’t for me. I’m not saying. I’m not judging anybody. But at that time, no, I was determined I was having my baby. The whole of the pregnancy was awful. My Mum didn’t treat me very well at all. Even some of her sisters were saying-Do you want to come and stay with me? But, I stuck it out. Soon as the baby was born my mum changed completely. And I then...When Stacey was about two...I stayed with my Mum and she supported me really, really well. And I went to college when she was two. And again my mum supported me and her older sister Rose helped take her to nursery. Things like that. I got with her Dad again for a few years. And everything was going ok. Just everybody’s up and downs that life happens to. And then it was another upheaval, because my partner got himself involved with some things that I didn’t approve of. And I went through a really difficult time. I was working in the nursery school in Sighthill and it was a very, very difficult time emotionally. I couldn’t cope with what he was doing. I think I had took... I think doctors would say to me it was a little bit of a nervous breakdown. Because I stopped going to work. I would be lying in my bed covers over my head. I would put my child to school go back to bed. Get up at three o’clock for her coming in. And I thought that was ok. I would telephone my boss and say-‘I’ll be in tomorrow.’ And then I couldn’t face it. And that went on for some time. I did go to the doctor. And It was a doctor I had known since I was a child. Knew all the family history. And he was very supportive. And I think even then he would say it’s anxiety and everything you’re going through and depression. But I’m not putting that down on your file. Because it could come back to kind of bite you on the bum at a later time. So that again lets you see what people thought about mental health. Because it was my mental health that was affected. But through that I had got involved...Well; I had dipped my toe in it before...It was Al-Anon which was a recovery group. And I went back to that. So, that was my first experience of a recovery group and how support from other people can really help and work in a, kind of, recovery programme. So, Al-Anon is the same as AA. They work the kind of twelve step programme. And what helped me was the book that they had, One Day at a Time. So, through a lot of hard work and people helping me I got back on track again. And I got stronger. And I think that. I think following that strength kind of then. It’s like a kind of journey. And when I look back I think all of it kind of led me up to GRACE in a way. And I had those kinda...I think as well it did bring me into a different kind of thinking in a kind of spiritual way. That’s my strength. I was never religious. I think I threw the baby out with the bath water kind of thing with the Catholic religion that I was brought up in. But I became more spiritual and that really helped me. I started reading a lot and realising a lot about conditioning of the mind. And how it was up to me-I could change it. I could change some of the beliefs that I had. Just because somebody told me it didn’t mean to say it was true.”</p> <p>“That was my first relationship. So, my second daughter came along with another partner. Who, again, I’m not very good at picking men (laughs). It was awful. I didn’t stay with this partner very long. We knew each other for a few years. But that would have been an abusive relationship if I’d</p>	<p>9.04-14.00</p> <p>14.05-16.17</p>

stayed. And I had the strength again...because I gave up my house. We had a bought house. He had a hotel. It all looked lovely from the outside but wasn't very nice. And I knew if I stayed in that relationship it would become violent. And I decided to remove myself before that. So, I went into Women's Aid. That again wasn't very pleasant. But I was lucky the people that I met within women's aid. And the support that I got from the police. Because my partner actually found me and they had to remove me very quickly into another Women's Aid house. And I was really lucky that I got good support. And that was just another stage in my life. And that's what actually brought me out to Kirkintilloch. Because the house that we had bought fell into East Dunbartonshire. So, through Women's Aid they got me a house in Kirkintilloch and I've never really looked back since then. My older daughter got a house in Kirkintilloch too. I now have an eighteen year old grandson. My younger daughter's still with me. She's having the time of her life. She's really enjoying herself with her work and my older daughter's doing really well with her career. And I have a lovely house with three gardens. So, if you think I came from this tenement...how much I really love my garden."

"So that then... there was other things that happened with my mother. Cause all through this time my mother had always had health issues. And she always defined herself by her health. Unfortunately, she was diagnosed with Lupus which was not a pleasant illness for her. And it did affect her mental health but she would never admit it in a million years. And it was quite hard coping with her mood swings. But I tried my best for a number of years. There was times were we didn't talk for about two years due to an argument we had on holiday. But this was a kind of on-going thing. And then it was...her health was going really, really down and she was diagnosed with Motor Neurone Disease which was really horrendous for her and for the family too. And being an only child it was quite difficult, cause I didn't have other support. My daughters wanted to support me to the best that they could. But I didn't really want to put it on to them. And eventually it was really, really difficult situation. Coping with my mum's illness and coping with her mood swings. And nothing I did was ever good enough. And she had a house in Sighthill. And we got her sheltered housing in Kirkintilloch. And I had to organise the whole move. And we got new carpets, new furniture, new kitchen appliances. She spent a fortune on the house. Three days later-'I hate this. Get me back to my flat.' And this was the kind of things we went through. But, meanwhile I was working. And I always had been working through all this time with children and with nursery school. Primary school as a class room assistant. At this time I was child-minding. And I really couldn't cope anymore. Because I was getting phone calls during the night. It was really difficult. My mum would have a fall and I would have to go down to Sighthill. And I realised I wasn't doing the job the way I should be. And my thinking at the time was. I have to give this up. Because it's not like I'm working in a factory with cardboard boxes. This is little people that I'm looking after. And I knew I was going through the activities. But my heart wasn't in it anymore. So, I'd to give my job up. And I went really downhill. And I don't think I realised how much my mum...That by this time due to falls and she'd been in hospital- that the doctor says she can't go back to her own house, you know, and she had to go into care. That was a difficult time too. She didn't like the care home, didn't like the staff. Wanted to move to St Margaret's Hospice. And she got into St Margaret's which was fantastic. She didn't like that either. But she knew

16.18-23.48



	<p>nothing would make her happy. It was very, very sad to watch this very strong woman. Very opinionated woman. Her tongue could of cut you in two. And she lost everything and she couldn't even speak. And what was sad was her mind was still there. But she could still do it. Just one look could bring you down. I knew going in just the way she looked at me if I'm gonna meet the nice little lady or the one I don't particularly like. And I did learn to cope with-I love you but I don't like you all the time Mam. That's ok. But I got that through reading a lot of self-help books. And realising with one book in particular called Four Agreements not to take things personally. And that was so, so difficult. And to work on that. That was hard work. But I had to realise this...it wasn't me. And it took me years to realise that. That I had to stop trying to make her happy. My...her happiness was not in my hands but mine was. But it did really bring me down. And I realised...I had heard about GRACE. I think it was the summer before the gala. That would have been in 2015. And I remember just when people would talk to me- How are you? And I would just be in tears. And I could recognise I was going back down again. I could remember it years ago. And I thought-No, I'm not going back there. And I knew I had the strength in me. And I met somebody from GRACE and it was over the Christmas holidays. And I met her up the street- and I think I might give this GRACE a chance. And she says, well, they're opening in January Liz. So, I decided-Ok, just go down to the centre. And I went in...I think it was the Digital Café was on and Robert was there. And I was made to feel very welcome. And so-just have a seat and just see what's going on-and I'm still there (laughs) to this day. And that was a really nice journey and I got so much support from GRACE. I think the biggest support to help me at that time was they had the SMART meeting at night. And I met another member who I clicked with right away. And we had so much in common. And it was somebody who had trouble with her relationship with her mother. And to be able to talk to somebody to say-'I can't stand my mother. I hate my mother' and somebody not to judge me. To say-I understand, I know where that's coming from. And I know how difficult it is to have a mum like that. So we had quite a bit in common. And there was other people there, including yourself Indira that gave me a lot of support. And it just helped me become a bit stronger and be able to cope with the situation that I was going through with my Mum. But that is when...how I got into GRACE."</p>	
23.48	<p>Interviewer asks the respondent if her relationship with her Mum affected her relationship with her children.</p>	
	<p>"I think I looked at...whatever my Mum was doing I wanted to do the complete opposite. To even...I mean my Mum was so house proud. You could have had your dinner off her floor. She was obsessed with it. A Friday night you just didn't want to be in the house. Cause the corners had to get cleaned. The skirting boards had to get cleaned. So from that I thought-I'm never going to be like that. And with my daughters completely different. But I think there's something in your nature that you're born with. I don't know where you get it from. If it's genetic or whatever. I really don't know. But I knew I was not like my Mum. Personality wise we were the complete opposite. Cause we would have a lot of debates and we would have completely different views on things. And I can remember her saying to me-'You're always for the underdog.' Whereas my Mum-You have to work for it. And it's...If you've made your bed lie on it. That kinda philosophy. Where, I would Just...My thoughts</p>	23.59-26.01

	were just different from her. So, with the girls, both girls I have a really lovely relationship. That I wanted them to be strong females. To have their own opinions. They didn't have to have the same views as me. And we don't have the same views. But we respect each other. That is the difference. The...you know, you're living your life and you have different opinions because you have different experiences. And that's your experiences in life that, you know, kind of build who you are and your thinking pattern and how you perceive the world. And I think that's what happens. We all perceive it from our own point of view. We're all different and you've got to respect that."	
26.03	Interviewer asks the respondent if she sees herself being part of GRACE for more years to come.	
	"I can't see myself leaving GRACE just now. I've had an amazing journey through GRACE. I've been a member then a volunteer. And I'd been doing arts and crafts classes at the beginning. And at the same time I had joined a yoga class. And that was giving me a lot of strength and really, really helping me to stay in the moment. And not to keep worrying about different things. And I was getting a lot from yoga. And my yoga teacher and I would have conversations. And then she encouraged me to do the teacher training. So, I decided to do that. And then I spoke to Robert about it and said...You know after...it was a two year course at the time. And after one year you were allowed to take a small class as a student teacher. And I had said to Robert-We could maybe bring this in to GRACE. And he was up for it. And we now have three classes in GRACE. Two face to face classes and one Zoom class. And one class can have about twenty eight people in it. And a lot of those people who come to the yoga, especially after lockdown, joined GRACE. They got a lot of support in GRACE. So, I'm now a facilitator within GRACE too. So it's been...And GRACE has supported me through that and through my training. And has put me through other training. So, I'm developing my yoga practice and the theory side. And GRACE has paid for courses for me to do. So, I'm continually kind of working on the knowledge that I got within a yoga setting. And bringing that to GRACE."	26.16-28.10
28.11	Interviewer asks the respondent how she would say her life is now.	
	"I'm content. There's days where it's not so great. Because it doesn't matter what kind of thinking you've got. You can't stop life. You know, things still happen. But it's... I realise that it's how I react to them. I can't stop things happening outside of me. Life continues. And that is it. We've got to deal with...We want everything to be the same. And that's just not life. It's constantly changing. The only thing that we can be sure of is change. And it's how I react to it. Sometimes I don't react very well to it. And then I say to myself-but I'm still human. But I know. Ok am...If I keep going the way that I am in my thinking then I won't go back there. I've got tools that I can use to say...maybe sometimes-ok I'm feeling down today. Just sit with that. You know. Don't fight it. You're human and these are emotions. There not me they're emotions. And I know it will pass. And I just have to kind of stick with that kind of thinking I think. And I'll be ok. There's some days that I can reminisce and wish that I'd done things different. But then I can draw myself back. What I'm saying is I'm still human. You know and I'm not perfect (laughs)."	28.24-30.01
30.02	Interviewer asks the respondent if she thinks that there is a cure for mental illness that is caused by trauma.	
	"I think that's difficult. I don't know if there's a cure for mental health...It's going to happen just like physical health. And I think that's what we've got to think about. And think about. More a holistic view. You	30.12-31.56

	<p>know the West tend to think about-If you've got a sore arm you go and see this doctor. If you've got this you go and see that doctor. Mental health-you need to go and see somebody else. But, it can be all connected. I don't know if there is a cure because we don't know what's going to happen. And our mental health can be fine one day and we don't know what's going to happen the next day that could affect my mental health in a different way. But if I can build up the resilience within me to say well, if I have the skills to just say-Ok, I'll take it on and do the best that I can with it. And I think that's all I can ask of myself. But I know that I've got that strength within me. That there is that. That even on a day that I'm quite down. When I look back-no-you have got strength within you and you've got support round about you. And that's what I have to remember-to say to somebody if I'm struggling. And I had that quite recently. Just with the yoga class. I was really struggling taking the yoga class because of breathing difficulties that I've had. And I had just had to say-you know, I can't take this class. And there was somebody there to say-That's ok Liz, I'll do it for you. But we have to let people know that we need that help as well. And we need that support. And to ask for it."</p>	
31.57	<p>Interviewer asks the respondent what she thinks society's view of trauma is.</p>	
	<p>"Just a kind of lay persons...I don't really know but just talking to people I think people usually think trauma is a big traumatic thing. You know it's...they don't realise that something they think is not a big thing can be traumatic to somebody else. And I think there has to be more education on that. I think we've still got quite a long, long way to go on our mental health."</p>	32.09-32.39
32.40	<p>Interviewer asks the respondent if she feels that attitudes to mental health issues have changed over time.</p>	
	<p>"I feel that it is changing and people are talking more about it. And there's more awareness of mental health issues. Whether it is the capabilities to be able to provide the services that's needed within the NHS...That's a different story. And I think we've seen that over Covid. You know, and I think there's going to be a lot more help needed with people's mental health after Covid. You know, It's the fallout from it. And I can see that within a lot of people in the yoga class. That they're saying that they're finding it really difficult to cope with certain things that they coped ok with before. Lockdown. That kind of thing and being separated from family and friends is really having an effect on people I think. And that fear factor is still there."</p>	32.45-33.44
33.45	<p>Interviewer asks the respondent what she feel's GRACE's role is for people who suffer from mental trauma.</p>	
	<p>"Well, I can observe through my time within GRACE that the support that GRACE gives to people who are struggling is fantastic. I've been able to observe first-hand changes in people. And it's really nice to see somebody coming in that can't even have eye contact with somebody. Can't have a conversation. And through the skills of some of the facilitators within GRACE and their experience. How they build up people's confidence. And it can something as simple as helping to make a cup of tea. Can just start building that person's confidence up. Till they start becoming a bit stronger and believing in themselves again. And maybe coming out of their shell a little bit. And taking on more roles within GRACE like volunteering when they're ready to do it. And then realising-giving and volunteering you get so much back. And it gives you a purpose. You know. Sometimes people have got nothing to do during the</p>	33.58-35.33

	<p>day. And to have that purpose to get up in the morning to come to GRACE. That is so beneficial for people's mental health. To have that purpose and know that people care about you. And you can...You know you're...there is something in GRACE that you can do and make a difference to other people too."</p>	
35.34	<p>Interviewer asks the respondent if she thinks NHS support alone is sufficient for the care of mental health issues.</p>	
	<p>"Well, I think they should be the first one there. Sometimes it's...they don't have the facilities and they're asking the third sector to do that. Were...I can do my role as a volunteer or a yoga teacher. But I'm not a professional mental health...So I have to be very, very careful. And we have to be careful of advice we give to people. Cos we're not professionals in this field. So, I think there is more needed within the NHS. But places like GRACE could be used maybe as...Is it social subscribing? You know to say...You know this has happened within GRACE and like a doctor's recommended-Why don't you try a yoga class? So, some people have come to the yoga class through their doctor. Which I think is changing as well. That they're not giving out medication as easy to cope with mental health. It's...you know there's a mind-set-you know there's other things that you can do. You can become more active within your community. And those things help your mental health. Or if you're...It's only my opinion- If you're given a tablet to somebody...Sometimes they need it. You know. I'm not a specialist in that but I know it can be a chemical imbalance and medication can help. But sometimes it's...It's society as well. We want a pill to fix it. And we don't want to take responsibility for our own health and our own mental health and our own physical health. And I think that's where I think it comes back again to education about your health. To take your health seriously. I think there's you know, that kind of saying-your health is your wealth. And I think that's where we should be going. We should be working together I think."</p>	35.36-37.47
37.49	<p>Interviewer asks the respondent to go through the tools to help with mental issues that she was talking about.</p>	
	<p>"I think the first one is awareness. To know yourself. You know. It's ...Sometimes we're so really good at telling you about somebody else's personality. You know-this person's this, that and that. And we're not so good at ourselves. Or we think we're a certain way. Self- awareness is so important and if you kind of look at yourself and do the inner work... And then you realise-Oh, I actually...I would have said I'm not quite anxious. But actually am quite anxious. You know, I do get...And I found that over lockdown when we were doing Zoom classes. I wouldn't have said I was anxious if you'd have asked me. But my daughter's saying-'Mum, you're getting yourself all worked up.' Because I had so much to do. You know, it was fun but I had to work a laptop, I had to work a camera. I had to...My...from their perspective, the people in the class my living room looked fantastic. But, if they seen the other side of it...You know, there was an ironing board up. There was a class plan stuck up to the wall in case I forgot it. And I...and I had to think-Ah, I am quite anxious. So, I had to say-Well. What tools have I got? So I had to practice what I preach. You know, I had to the breathing exercises. I had to do my own yoga practice. And then not take myself so seriously. You know I'd say- If you go off script, you go off script. And people don't really...Half the time they don't know my lesson plan. So I was too serious. But that was one of the tools. Don't take myself so serious. Go with the flow but be aware. Be self-aware. And ask for help when you need it. Don't let pride get in the</p>	38.00-40.28

	<p>way. And I think that's...that is a tool-to know when you do need help. You know, to even just talk to somebody. And know who to talk to. Don't go to the person you know is going to agree with you. And say-go to that person that's going to question you on your own thinking. And that's what's quite good. I really like when I talk to Robert. Because he doesn't tell me what he thinks I want to hear. You know, and that's...That's really good."</p>	
40.28	<p>Interviewer asks the respondent if she has hope for the future.</p>	
	<p>"I think I take it more -one day at a time. Rather than saying I want to plan for this or that. There's some things you can think about. Like maybe I'd like a holiday or a break. But more just appreciating the day. And I still like to do my studying yoga and look at the philosophy of yoga. Because I do have strong views on that. I think the west has milked yoga something silly. You know. It's become an exercise class and there's much more to it than that. So, I like to bring a little bit in and drop a little seed in now and again into the class without bringing a whole philosophy of yoga. But I'm learning through that as well. Because if I bring something in that's different there's usually a couple of people come up at the end of the class and say-that was really nice Liz. So, maybe I'm underestimating my class too. Maybe they want to know more about it. So, maybe I have to talk to them a wee bit more and stop thinking I know what they're thinking (laughs)."</p>	40.33-41.44
41.45	<p>Interviewer asks the respondent if there is any relationship between yoga and confidence in her opinion.</p>	
	<p>"Yes, yoga again has...I mean the same kind of skills I would say. Because I mean I can connect...There's so much within GRACE I can connect into yoga. Like my art class. I just love being part of the art class. That to me is my mindfulness. And yoga is a mindfulness practice. And it doesn't matter if I do the same thing every day. You know, there'll be something that will kind of be different. So, everything in GRACE kind of comes together. There's my classes, the art class, the yoga class. And I still do have a class. It's on Zoom and the teacher's down in England. So, I have a class for myself. Cos you really need that. Because you don't get the same out of your yoga teaching as you do just your own practice. But again, it just brings me into the moment. And it makes me aware of my body too and my health and how important it is."</p>	41.51-43.55
42.59	<p>Interviewer asks what she thinks the biggest change in her mind set has been that has made her happier.</p>	
	<p>"I tend to have the belief that everything happens for a reason. Now, I don't know the reason and I don't know that I ever will. You know it's like that kind of question that I am...I kind of try to look at who am I. The great I am. And I've not got to enlightenment yet no matter how long I've done yoga. But I don't know if there is such a thing. But I tend to think everything is for a reason. And I like to think everything I've experienced that's brought me to GRACE then I can use. It's ...I don't have to tell everybody my story. Which I don't do. But if someone's telling you something. I can have that empathy because I know how that feels. Our stories might be completely different but the emotions are the same. And I don't have to turn it and tell my story. That's not the important point. But I can sit and I can listen. And if it's...if it's going to help the situation I'm ok saying to somebody I was in a domestic...You know, a relationship where there was domestic violence. Or, I had this in childhood. Or this happened to connect with that person. But that's it. I don't have to go-Well. Wait till I tell you what happened to me! Which sometimes people can do. So, hopefully it can help. Just having that</p>	43.18-45.13

	empathy. Listening to other people.”	
45.14	Interviewer asks the respondent if being empathetic and making a difference in somebody’s life helps increase confidence in her opinion.	
	“Yes, and it’s happened quite a few times in yoga. And it sometimes happened when I’ve not been very confident in my teaching. And I think that goes back to childhood too. That I was never good enough. So I think I do have that kind of imposter syndrome. And it’s when someone...Just yesterday even. Sent me a text message to say-‘that was a fantastic yoga class.’ And it was on Zoom. ‘And it’s just what I needed. And thank you so much for that. And I’ll see you at the Friday class.’ That...When you know you’ve made that difference it helps to continue and do it.”	45.22-46.22
46.23	Interviewer asks the respondent if there is anything that she would like to add.	
	“I would just hope that GRACE continues and I can continue to put that message out to people that need it. To let them know about GRACE. Because I am so grateful.”	46.43-46.58
47.00	Interviewer asks the respondent what message she would give to anyone listening to this interview.	
	“To have hope and know that when you connect to other human beings. That’s what helps.”	47.06-47.14
	Interviewer thanks the respondent very much for her contribution to the project.	
 		
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