

87 80: Like the people that dropped versus me?

88 CDR: Yeah, what made you successful?

89 80: Preparation and desire. And luck.

90 CDR: And what?

91 80: And luck

92 CDR: Luck, that's interesting, you recognize that because there is some aspect of it. And what about the guys that didn't make it did you see any consistent?

93 80: Uhh not physically ready.

94 CDR: Not physically ready.

95 80: And uhh, lack of life experience maybe.

96 CDR: Huhh, oh really. All right. That's good.

97 80: All righty, thank you sir.

98 CDR: I'll stop this. All right. So this is participant number one twenty one, and the time is one fifty one p.m. on five December. Let's get your informed consent. You're good with me recording this.

99 121: Yes sir.

100 CDR: And basically going to start off with some questions uh some softball questions. Get an idea of your background going into this. So how many siblings do you have?

101 121: I have four, sir.

102 CDR: Four, so what was the birth order and the ages urh the how many years apart were they?

103 121: Two years apart, overall two years apart.

104

CDR: So where were you?

105

121: I'm uh right in the middle. I've got two older siblings and two younger siblings.

106

CDR: So number one was, who's the oldest?

107

121: My sister she's 26.

108

CDR: How many years older than you?

109

121: Uhh four, uhh three years older.

110

CDR: Three years older. And then, the next one?

111

121: Umm

112

CDR: Number two is?

113

121: She's uh a twenty four.

114

CDR: Sister as well. So she's, how many, two years older? One and half maybe.

115

121: One and half. Yeah, uhh we all kind of like have were almost like two years apart each. We all have [inaudible]

116

CDR: Yep, and your number three? And number four.

117

121: Number four is my sister, she's uhh...

118

CDR: Man three sisters. So how many years younger?

119

121: Two years.

120

CDR: Two years, all right cool. Guys, just remember keep it down just a little bit. It's important, thanks.

121

121: And then I have a brother as well.

- <sup>122</sup> CDR: Oh wait, you have a brother
- <sup>123</sup> 121: Yeah, so I have four siblings and then not including myself. So...
- <sup>124</sup> CDR: Oh ok so.
- <sup>125</sup> 121: I have one, he's the youngest, he's nineteen.
- <sup>126</sup> CDR: Oh ok so that's number five, brother. So he is...
- <sup>127</sup> 121: Nineteen.
- <sup>128</sup> CDR: How many years younger?
- <sup>129</sup> 121: Close to three and half I'd say.
- <sup>130</sup> CDR: Three and half, okay. And you're how old are you?
- <sup>131</sup> 121: Twenty three.
- <sup>132</sup> CDR: You're twenty three. So looking at your life experiences, what life experience do you think probably shaped you most growing up? Like...
- <sup>133</sup> 121: [inaudible]
- <sup>134</sup> CDR: Uhhuh, Was there something that really happened that was like a crucible experience?
- <sup>135</sup> 121: Umm well, so I kind of always wanted to do this at a young age. And I think the one thing that I really like in high school, I had like a pretty serious knee injury and um the doctors, I had surgery and the doctors said that, like, there was most likely no chance I would be able to do this. And so um I was like out of sports and everything for six month because of the recovery. So it took me six months and uh yeah I got a pretty dark place in that time because I always wanted to do this and like
- <sup>136</sup> CDR: Yeah
- <sup>137</sup> 121: And they told me I won't be able to do it and um it was like an automatic disqualification. And um then I decided like once I got better. So

I'm just decided to train anyway and uh hopefully like I'd be able to it. Ended up getting a wavier once I got through college. And so I think that time in high school, though, is probably like it was pretty hard times. I just like I just wanted to do it so bad. Like I had no hope that I was going to be able to so. I had to overcome that.

<sup>138</sup> CDR: Okay, how do you think those factors played into you getting through BUD/S, like what did that do to you?

<sup>139</sup> 121: I had to like I had to do a lot of stuff to get a contract. So I just like um yeah I had to go to multiple doctors and get a lot of paperwork signed that said like I was fit to do this, so I think just like the process that it took me to get here, there was no way I was going to quit. Just based on the amount of like work I put in to get here. And um I think it just really helped me just, I can't give up there is no way I can quit.

<sup>140</sup> CDR: Okay, what do you think about your personality uh that contributed towards getting through BUD/S? Like what you things about your personality in particular were beneficial?

<sup>141</sup> 121: Um well, I'd say, I'm pretty easy going. So I can work well with like anyone. Even if they are kind of difficult to work with. I'm reliable. And uh yeah I always try to have a good attitude no matter what the situation, so I think that really helped out a lot like especailly going through Hell Week trying to encourage guys around me. It just made it so much better.

<sup>142</sup> CDR: Yep, talking a little bit more about your childhood. Things that kind of lead you to here. How were you uh disciplined while you were growing up? Were they very strict? Did they spank you? Did you do time out, did they take your toys?

<sup>143</sup> 121: Yeah, they were like pretty strict, they yeah uh spanked me if I did something stupid. So yeah, that was pretty much it. Just like...

<sup>144</sup> CDR: So what would they do? What were the thing they would do to try to discipline you?

<sup>145</sup> 121: Like if I lied or something, yeah like my mom or dad would give me a spanking. I mean, if I said like a bad word or something. They would wash my mouth out with soap and that type of stuff.

<sup>146</sup> CDR: Give you a spanking and wash out your mouth. What about your um teenage years like would you guys move around a lot? Were you in one place for a long time?

<sup>147</sup> 121: I was place the whole time.

<sup>148</sup> CDR: What kind of town. Like did you live in a small town, big town?

<sup>149</sup> 121: So I lived in a small town. So we were like 20 minutes outside like a big big city. So there was a bigger city.

<sup>150</sup> CDR: Big town, big city, what city? Uh...

<sup>151</sup> 121: Little Rock, Arkansas.

<sup>152</sup> CDR: Little Rock. Um and would you say your town was pretty tight, was pretty close, or not really?

<sup>153</sup> 121: Not really.

<sup>154</sup> CDR: Just kind of an average town.

<sup>155</sup> 121: Yeah. It's kind of an average town, I wouldn't walk around, and see someone and go 'oh hey'.

<sup>156</sup> CDR: What about activities like your teenage years sports, were you in any ECAs?

<sup>157</sup> 121: Yeah, I did a cross-country. I played basketball. I got really into rock climbing.

<sup>158</sup> CDR: So what would you say you did the most?

<sup>159</sup> 121: Uhh probably rock climbing the most and cross country too. But the rock climbing I would do I like in my off time. Probably spent the most time...

<sup>160</sup> CDR: And so as far as organized sports, and teams, it would be cross-country?

<sup>161</sup> 121: Yeah cross-country and basketball.

- <sup>162</sup> CDR: What about the last five years, uh of your life like prior to BUD/S what did you, like leading up to BUD/S?
- <sup>163</sup> 121: Like training wise or just?
- <sup>164</sup> CDR: Like yeah. I mean, were you in high school? Went from high school to boot camp into BUD/S?
- <sup>165</sup> 121: I was in college first. And then
- <sup>166</sup> CDR: So how many years?
- <sup>167</sup> 121: Four years.
- <sup>168</sup> CDR: Okay, so.
- <sup>169</sup> 121: I was in high school, graduated high school. Went to college, eh college of the Ozarks, Missouri.
- <sup>170</sup> CDR: College of the Ozarks, so you got your bachelors there?
- <sup>171</sup> 121: I did yes. And um yeah, just while I was in college, um training the entire time. I actually meet two other guys who wanted to do this program. One of them is in this class as well.
- <sup>172</sup> CDR: Oh no way.
- <sup>173</sup> 121: So we've we trained together. And um it's crazy because we actually got split up and went through he was in three three six I was in three three five, but then like I got rolled and three three eight and he got rolled into three three eight, so we ended up meeting back up. So [laughs] it worked out.
- <sup>174</sup> CDR: So, and then rolled. So when you were in three three five what did you get rolled for?
- <sup>175</sup> 121: I got rolled for SIPE and pneumonia. Umm Tuesday night.
- <sup>176</sup> CDR: Oh for pneumonia. Tuesday of Hell Week
- <sup>177</sup> 121: Yes.

178

CDR: And so, and then you got rolled into three three six.

179

121: Yep.

180

CDR: What about, how would you rate yourself impulsiveness? Like do you have a whole bunch of tattoos? Do you?

181

121: No, I don't have any tattoos. I'm not like super impulsive. Yeah it takes a lot of me. I'd say I'm more impulsive on things like food. Like, anything like bigger items. I like don't like spend a ton of money unless I really want it or need it, so.

182

CDR: What you think motivates you on a daily basis? Like what? Was it something that kind of gets you through?

183

121: Yeah, um so I'm actually a Christian.

184

CDR: mhhmm.

185

121: And um God, like really helped me get through. And yeah I'm just thinking about him every day and he really help me through the process. Like get here. And uh so, and then also just these guys that are in the class like I love being with them. There are just like the best guys, that I've ever met. There is something about coming to work and like working with people you love. And can just kind of enjoy this kind of training.

186

CDR: What would you say would be the most challenging part of BUD/S? Like what did you feel like really, just the hard part?

187

121: I'd say the grind. Like it just gets so, it just gets so tiring you, you loss that motivation and and so it kind of like turns into discipline. You just have to kind of loss a little bit of that fire um when you are that tired of doing that stuff, having to rely on that discipline that got you here. At least that's what I did.

188

CDR: Yep, awesome. Well, what do you think when you're going through the grind what do you think helped you get through that grind?

189

121: I'd say the people around me and also just knowing like how much it took me to get here. Um just it's not forgetting what got me here in the first

place.

190 CDR: So you came here through uh OCS ROTC?

191 121: What was that?

192 CDR: Were you OSC ROTC?

193 121: No I was not, I enlisted.

194 CDR: So you came in through boot camp and went straight in from boot camp to here?

195 121: Yes.

196 CDR: What practices do you feel like helped you get through this, like was there spiritual practices was there something you did on a consistent basis, daily basis that helped you?

197 121: I um would so I would listen to worship music and I would read my Bible every morning.

198 CDR: You feel like you did that every day?

199 121: And uh that, that really helped me like stay encouraged and um motivated. And I would also I always had a ritual. I would get up and I always would get up an hour early every morning and I just drink coffee and I just kind of like would collect myself and that I really just helped me because its just nice having that time to yourself to like kind of prepare yourself.

200 CDR: So you'd get up early, drink coffee, an hour early, drink coffee and what did you say? You'd listen.

201 121: Yeah, read the Bible and listen to some like worship music. Kinda gets my mind in the right spot.

202 CDR: Was there a point in BUD/S where you had to make a really, really difficult decision in your mind? Um that you kind of struggled with a little bit.

203 121: I feel like every day is almost like that. I'm trying to think of a specific one for you. Well, so when I first got rolled in Hell Week, um in my first class. I was like super just like I can't believe I just got rolled, and so I had to make that like decision to just restart and like do it again and I think that was hard to get back into the right mental mindset to like just go at it full force like I did the first time. So I think that was the hardest decision, was just like, okay, I have got to do it again, so I've got to just go train even harder and push even harder than I did the first time to help the guys that are coming and just be an asset.

204 CDR: Good, what do you think makes you like, why are you here and your successful when other people are not?

205 121: I that it's a combination of hard work and discipline. And just not letting the daily negativity, like, having a positive attitude can go a long way because you're always like, you know, getting all this negativity kind of thrown at you throughout the day and you can choose either to accept it, or you can choose to kinda of put your mind in that positive place, where you can almost have like fun with it.

206 CDR: Yeah. Good, what do you think about the guys who didn't make it? Do you remember, what did you, what would you see that is different about them?

207 121: Umm I'm like still friends with some of them. I'd say that, uh so I'd say, like, hard work is a big one that um I notice, like guys who just didn't necessarily train as hard before they came here struggled a lot more. And he ended up like suffering the consequences, especially in the first phase and logs and boats. And then um the same with the guys who in second phase did get through OC8, like they just didn't train or like take the time to practice procedures enough.

208 CDR: Mhhmm.

209 121: So I think that, just that that discipline to like work hard is uh, probably the biggest thing I've noticed. Not that they aren't hard workers. They didn't discipline themselves to um work hard over other things that they wanted to do like practicing or working out, or other things.

210 CDR: Yep, okay. Uh what do you think, how to do you think the experience change you as a person?

<sup>211</sup>

121: Just like, uh I feel like it changed me a lot in a positive way. I feel like I'm a lot stronger mentally. Like I know that I can do things now. And I'm not questioning myself. Um and I yeah, you just know that you're capable. And like you're able to put your body through things that you never thought were possible. And just kind of gives you a different confidence that you didn't realize before you started.

<sup>212</sup>

CDR: Awesome, all right. Sounds good. Number one, 21. I appreciate it. That was great. I'm going to turn this off.