**TRANSCRIBER NAME: Quinn Greenheck**

**Date:07 FEB 2020**

**Participant #: 125**

Interviewer (Code in Blue): LCDR Dietrich

Participant (Code in black)

**Interview Guide**

**A: And what’s your participant ID, the number**

**125: 25**

**A: ok it’s ok if I record**

**125: yes**

**A:so um let’s start off with asking you about your family**

**125: ok**

**A:how many siblings do you have**

**125: I’m an only child**

**A: ok, how old are you**

**125: I’m 23**

**A: uhhh so if you think about your life experiences what might you describe as your crucible or life shaping experience**

**125:umm so I uh went to the academy**

**A:ok**

**125: umm so I guess graduating there**

**A: ok**

**125:and like that whole switch thing they talked about whatever was I don’t know was kinda real and that was it for me**

**A: uhh and so did those experiences factor into your experiences at buds**

**125: I think so just cause you get to know the guys around here and when I was a tad for a year at annapolis too and I lived with four other guys who are in this class too just going through together was pretty cool**

**A: ok umm cool, how do you do you think that your personality contributed to your progression at buds and if so how**

**125:umm I think so I don’t like being uhh bottom of the barrel kinda thing umm**

**A: so a competitor**

**125: and ya I get like a closet competitor uh**

**A: ok**

**125: I’m not out there like screaming at everybody just a mild brain I don’t like to salute and stuff**

**A: ok that’s great anything else about your personality**

**125: ummI don’t, really I like following things through too that factors as well**

**A: finish what you started**

**125: yes**

**A:ok can you tell me um anything in your background that led you to pursue becoming a SEAL**

**125: so my family is a really big Navy family**

**A: ok**

**125: My dad also went to the academy my uncle did too**

**A:ok**

**125:um and then two of my uncles three of my uncles were SEALs and one of my cousins so that kinda like uhh**

**A: you have a couple uncles that were SEALs**

**125: three uncles and one cousin but their real old so**

**A: ok so tell me more about your family your childhood, did you move around a lot you said you were a Navy family**

**125: Yes**

**A: ok**

**125: So I was born in Bethesda maryland umm lived there for like fiveish something and then we moved to jacksonville Florida for three years**

**A: ok**

**125: and then moved back to the North Island for a few years**

**A: ok**

**125: and then we’ve been in Charleston South Carolina for fifteen sixteen years**

**A:ok**

**125:so we’ve definitely moved around um my dad was kinda he was a Navy doc**

**A:ok**

**125: so he was chasing different residencies and um like uh practices you could**

**A: ya**

**125: be**

**A:ya um how about your family’s parenting style so I’m especially interested in their discipline so spanking versus timeout versus grounding or taking away toys**

**125: i I had a lot of that I mean as an only child my mom was pretty um oh babying of me like coddling a little bit but my dad was just is from one of seven or something so there’s no holdbacks**

**A: ok like hand on butt spanking**

**125: ya so he was a big fan of the belt to when it was real bad**

**A:ok**

**125: and my mom would do the soap in mouth thing**

**A: ok soap in mouth um anything else**

**125: nothing extreme just like grounding or taking away the playstation or whatever**

**A: Tell me about your teenage year like did you uh participate in a team sport or activity that had a close knit community**

**125: I ran cross country in highschool I played lacrosse as well and then I did club lacrosse on the outside and i was on like a swim team when I was in middle school but that’s preteen I guess**

**A: ok, did you play for the Academy**

**125: No I did not, I rowed for the first year, light weight crew and then did not really I mean Patrick did that and stopped doing that after plebe year**

**A: ok ok anything else like either theatre or band or**

**125: I love music umm I’m not I used to play the drums umm I got reasonably good at that and then I went to the academy I couldn’t obviously bring a drum set up there and then during TAD time I picked guitar**

**A: ok but anything with like tight knit community**

**125: oh no**

**A:um so in the last five years of your life you graduate you were a Tad anything else, travel**

**125: oh we did a bunch of traveling just like a bunch of vacations**

**A: personal**

**125: Personal ya but some of my buddies went to peru iceland um italy Germany LREC from the academy**

**A:ok**

**125: um and**

**A: um Do okay do you consider yourself impulsive**

**125: sometimes I get into kinda like weird waves of um like I’ll be very frugal for a while and then whatever I’l like treat myself kinda thing but I see myself as of saving up for like certain things like for all those trips I would save up for awhile and kinda like oh stay away you know even the odds for a little while**

**A: uh ok, do you have any tattoos?**

**125: I do not**

**A: how about speeding tickets**

**125: uh not none on the record**

**A: ok just warnings, what motivates you on a daily basis**

**125: honestly it’s what I was saying earlier with the guys like I’m living with you know you try to sleep in one day and they are in your room yelling at you calling you names and stuff, it’s kinda cool**

**A: ok**

**125: it sucks but it’s kinda cool at the same time**

**A: ok, cohesion**

**125: cohesion too and then ya just like trying to keep the family proud and everything as well cause my dads’ side is very tight knit**

**A: ya**

**125: um and involved with messages and everything and everybody knows everything**

**A: ok, what was the most challenging thing about bud/s so like looking at your time here, your experience here what was the hardest and uh it could be a day or an event**

**125: so I hate the cold so that was bad for me**

**A: oik**

**125: uh I think what was probably the worst was life saving for me uh I just had I like saving an instructor and I had to grab a big guy like and I kicked him in the groin accidentally and he was not not too comfortable with that um so usually you swim to the otherside of the pool and he meets you half-way and he chased me all the way across the pool and then some so I’m seeing stars by the end of that about to pass out uh whole life saving and just like everyday grind**

**A:ok everyday**

**125: it started to add up**

**A:ok so when it got hard what motivated you to push through**

**125: um on a daily basis it was just like I can’t wait to go to my bed**

**A:ok**

**125: and then I’d just keep saying in my head the faster you go the faster you’re done**

**A:ok**

**125: kinda deal so I’d do that for runs um for swims and all those like like earned yourself a little break here and there**

**A: ok**

**125: and that just helped me a lot**

**A: were there any practices physical mental or spiritual that you used for the daily challenges**

**125: um I would do I’m catholic so I’d like pray every night kinda deal**

**A: ok you’d pray**

**125: nothing insane, just before I go to bed**

**A: do you do like rosary or like**

**125: no I just like in my head kinda thing**

**A: do you do like meditation or stretching routine where you do something physical**

**125: um I would stretch um I would start getting like kina hip pain a little bit so I would have to stretch out my hip spend a little more time at night doing that**

**A: ok**

**125: and then just hitting the verbal way harder whole friend group was just and like**

**A: so like a team psych outs**

**125: and then my roommate and I back in first and second phase um it was just communal complaining just lets you see a funny side of stuff kinda makes you less angry there’s that so**

**A: ya ok ummm so like like a vent session**

**125: essentially**

**A: um come from the academy with a sense of**

**125: definitely**

**A: ah did you make any tough decision while you were training at buds and if you did what went through your mind when you making a decision**

**125: tough in like**

**A: like you were faced with something and you said uhh I gotta decide whether to do A or B and I’m having a hard time with both of them**

**125: nothing nothing monumental like or earth shattering stuff but there’d be times when you're running on skill and jump in the ocean but since you’re already wet you don’t need to cause they won’t notice kinda thing umm and and you would get back faster and it paid if you got back faste they’d be like ok you guys go you’re good and keep the slower guys so there was kinda that**

**A: so the temptation to cut corners**

**125: right ya**

**A: so what went through your head and what did you decide**

**125: umm well the first time the round we were in BO um I like did did the whole I’m already wet I can turn around**

**A: ya**

**125: um and then kinda thought about it and then some of our friends were like hey man you you didn’t even do it not the second time we’re already wet just gotta do it**

**A: ya**

**125: so I just thought about that and stopped and then um ya just the the knowing that as it comes as we used to say as an officer or whatever people are still looking at you so kinda keep it good professional**

**A: ok uh why do you think that you were successful in completing buds and why do you think others didn’t**

**125: um I think coming from the academy we knew a little more what to expect you are around it more I had pretty good resources um Rick Joslin over in the leadership hall he’s really good at kinda giving us insight**

**A: ya**

**125: and helping us out um and then I had my family that I reach out to as well**

**A:ok**

**125:just really good community personal face**

**A: ok**

**125: which was great**

**A: ok**

**125: uh and then just going back to the personal traits from whatever I said earlier, um I forgot what I was but I think that helped out**

**A: ya so what about the people that didn’t make it through**

**125: I think again they probably didn’t have the good exposure like knowing what to expect like they show up these big meaty guys and thinking they're gonna throw logs and boats around and it’s a lot of running and stuff and then the daily grind can be is more than just what they account for I think they catch people off guard and the younger guys I’m sure it’s a maturity stand point and they’re more focused on the near and now which like I definitely couldn't do this at 18 so guys that do um just everyday I’m impressed by that um I think the guys sometimes come for like the wrong reasons too like I wanna be cool or whatever or just watched to much movies umm ya I think it;s a big one and a lot of people just sometimes they hurt themselves and that catches up pretty quick**

**A: ok do you think this experience has changed you as a person**

**125: I think so**

**A: how**

**125: Uh I think I can handle stress pretty well now like it doesn;t shock shock and awe as much**

**A: so better coping skills**

**125: better coping skilling and I think the word they were using was compartmentalize just kinda like break down problems as they rather then focus on the whole deal like um like cluster you’re in at the moment um I think it’s cool seeing like it was not fun at all or anything but it was cool seeing how much you can go through and still go um physically and um not sleeping for a while**

**A: so like confidence**

**125: confidence so like physical confidence whatever knowing that you can do it if you had too is a nice nice fall back**

**A: ya anything else that I didn’t cover that you wanted to share or that you think we should cover**

**125: not really**

**A: I’m gonna hit stop**

**125: ok**