**TRANSCRIBER NAME: Quinn Greenheck**

**Date:27 Jan 2020**

**Participant #: 79**

Interviewer (Code in Blue): LCDR Alex Dietrich

Participant (Code in black)

**Interview Guide**

**A: How many siblings do you have?**

**79: three younger siblings**

**A: ok, so you’re the oldest**

**79: yes**

**A: ok and um could you tell me any brothers sisters or**

**79: two two younger brothers and a younger sister**

**A: so you brother brother sister**

**79: so myself brother brother sister**

**A: ok, how old are they?**

**79: uhhh**

**A: how old are you?**

**79: 22, 20, and 18, so I’m oh I’m 24 and 22, 20, 18**

**A: ok awesome, do you cluster there, um so you you what life experience, what might you describe as your crucible or life changing experience?**

**79: uhhh**

**A: so were there any hardships or events that happened in your childhood, teenage years, growing up that uh you went in one shape and came out altered formed in a different**

**79: not like really like comes to mind I guess, I don’t know um**

**A: Did you go to college?**

**79: the uh Naval Academy so**

**A: ok so you did some**

**79: yes**

**A: Did you feel that that was hard or shaping in anyway**

**79: yea probably, just like adjusting to it and I think ya so that probably shaped me I guess**

**A: ok**

**79: to here**

**A: ok and then did that factor into your experience at BUD/s?**

**79: Uh ya I think it like prepared me so I was on the hockey team, I think that team aspect kind of like**

**A: ya**

**79: helped**

**A: Awesome and then how do you think your personality contributed to your progression through BUD/S?**

**79: I think so as BUD/S went on umm**

**A: ya, do you think your personality contributed?**

**79: yes ya I think so the like put in the like leadership position kind of was not the first time but like sort of um kind of like beginning to take more people that I I um I don’t know**

**A: ok**

**79: sorry**

**A: that’s good, um so in your background is there anything that led you to pursue becoming a SEAL in the community, did you have a military family or**

**79: so ya, my dad was, he went to the Naval Academy to**

**A: Ok**

**79: so that was probably like my original interest in the Navy**

**A: ok**

**79: I guess and then Captain Duncan Smith, he is like a family friend and he was in the teams**

**A: ok**

**79: and he was kinda the reason I wanted to go down this path**

**A: ok**

**79: um and just and his one of his sons is also in the teams and like I spent like a lot of time at their house over the summer and that kinda just like seeing the way he was kinda uhh**

**A: So would you say you were exposed to it early?**

**79: yes**

**A: ok**

**79: err no so ok not super, that was probably junior year I think**

**A: ok, at the Academy**

**79: yes**

**A: Ok, so tell me about your childhood, um, in like your families parenting style, discipline style,**

**79: there were some, my mom was pretty, they were both pretty disciplined with us and**

**A: ok**

**79: umm, with us like pretty strict so I think that helped um**

**A: how like, was there spanking versus timeouts versus withholding toys**

**79: umm**

**A: or video games**

**79: probably, like a little bit of everything**

**A: ok**

**79 : I’d say more like just being like grounded sorta thing**

**A: ok**

**79: um**

**A: were you ever spanked?**

**79: yes**

**A: ok, uh, like hand on the butt or like belt**

**79: like hand, belt, soap in mouth**

**A: ok really ok**

**79: mainly the soap when my mom was mad**

**A: really, ok, and then how about you teenage years, so did you move around a lot, did you**

**79: no so I lived in Moscow for two years**

**A: ok**

**79: and then Huston for two years and then uhh I’ve been in Michigan the rest of the time so I pretty much grew up in Michigan uhh**

**A: were you**

**79: the other**

**A: how old were you when you were in Moscow**

**79: uhh From when I was born till about like two years old**

**A: ok**

**79: and then two to four in Huston**

**A: ok**

**79: and then Michigan for the rest**

**A: ok great, did you participate in uh any team sports when you were younger**

**79: yes, so I played pretty much, my parents got me involved in like every sport so I’d always be doing something**

**A: ok**

**79: and one of my brothers the closest one would just like be on the team with me even though he wasn’t necessarily old enough so we were always doin something going sport to sport**

**A: ok and then**

**79: staying busy**

**A: like landed on hockey**

**79: hockey was like my main**

**A: and then you played at uh USNA**

**79: yes**

**A: which was a D1 program?**

**79: their a club team**

**A: ok**

**79: yep ya**

**A: ok great umm what have you done is the last five years of your life prior to BUD/s and would you consider um the like any of that to be uh relevant to your experience here?**

**79: umm so with the Naval Academy I guess that helped with leadership like team aspect and everything, getting different exposure to different communities and just like seeing where I didn’t want to be and where I’m interested in umm how about that**

**A: ok**

**79: is that**

**A: so like summer training at the academy**

**79: yes um so I guess SOAS helped**

**A: ya**

**79: get exposure to it**

**A: great, what motivates you on a daily basis**

**79: just getting just getting better and seeing other guys who are better than me makes me kinda want to push myself to be the best that you can be**

**A: inspired by others**

**79: yes**

**A: Great, what was the most challenging component of BUD/s uh and this is like a big picture question it could be a specific event or a day or**

**79: um**

**A: um**

**79: probably the first day of first phase or I’d say that um the the the uh first it’s like uh barracks inspections**

**A: yep**

**79: that was ya**

**A: ok what motivated you to push through it**

**79: uh just telling myself not to be like uh just the idea of having to call my parents after that and my brothers and stuff and just telling myself I wasn’t soft thats it**

**A: ok so positive self talk or negative self talk**

**79: yes uh I well what would that be considered**

**A: i don’t know**

**79:uh**

**A: depends on the narrative in your head, like saying I can do this like**

**79: no like so**

**A: or are you like**

**79: it’s more like don’t be like**

**A: be weak**

**79: ya be weak**

**A: um**

**79:um**

**A: and then do you feel like you were supported by the group**

**79: yes and I think that uh what motivated me so being with the same group of guys that came out from the academy with here**

**A: ok**

**79: like being with them every day helped a lot like seeing them go through the same stuff not wanting to let them down kinda thing**

**A: ok**

**79: pretty much not wanting to let them down was probably the biggest motivation piece**

**A: ok ya were there any practices physical mental or spiritual that you used to push through the challenges?**

**79: other then just like getting**

**A: purp meditation like a stretching routine**

**79:no other than just like preparing before and working out and stuff nothing specific on that one**

**A: when you made a difficult decision during training BUD/s what went through your mind as you made that decision, can you provide an example?**

**79: umm (long pause) uh I got really nothing sorry**

**A: ok Would you consider yourself impulsive for example do you have any tattoos?**

**79: I do not have any tattoos um but yes I would say impulsive I guess uh I’m just**

**A: not not**

**79: no no i am**

**A: oh ya**

**79: sort of**

**A: Do ah you have speeding tickets? or**

**79: no**

**A: ok spontaneous**

**79: spontaneous I guess ya just kinda if someone says their doing something randomly i’d be like ok ya**

**A: is that layed back or is it**

**79: ya**

**A: impulsive implies you would just um**

**79: go and straight**

**A: doing things on a whim like oh lets go get a tattoo**

**79: oh ya alright probably not like super**

**A: ok so not impulsive but spontaneous ok um when you made a difficult decision ok we already talked about that, no difficult decision**

**79: I can’t really think it’s kinda all just a blur**

**A: ok why do you think you were successful in completing bud/s so why were you successful and why do you think others didn’t complete**

**79: um preparation I think**

**A: ok**

**79:a big one**

**A: ya**

**79:coming from the academy I kinda think we have an advantage form the start because compared to the enlisted guys we have all the prior knowledge about it and knowing people that have gone through the same thing beforehand kinda get their experience from it and can learn from that**

**A: ok**

**79: and then also just I think I’m very not necessarily stubborn but I don’t like if I;m gonna do something I don’t want to quit on it I guess so**

**A: can I use the word tenacious you know what that means?**

**79: uhh not really**

**A: um it’s like you don’t quit**

**79:ok**

**A: right**

**79: ya ya**

**A: so I like your word stubborn i’m gonna write that down and then I’m gonna write tenacious, ok did you notice anything about people that didn’t make it? What would you say?**

**79: I think so not like having their heart kind of in it if their just kinda doing it on a whim I think that those like a lot of those guys quit umm some of it’s probably luck but I think most of it is just I think the majority of people that quit they make the decision ahead that they are gonna quit I think it’s more mental than physical**

**A: ok so you don’t think it was a lack of their physical strength**

**79: cause all all in around had I think**

**A: umm**

**79: for for mentoring**

**A: uh ya how did this experience change you as a person**

**79: um it makes you realize things are not that bad I guess but the majority of the time and that you can push through like a lot more than you think you could**

**A: so you think that boosts your confidence**

**79: ya ya you are more confident doing normal tasks or that you’re someone’s asking you to do something that you don’t think’s possible you’re like oh that’s not that hard**

**A: ok great anything else that you’d like to share that I didn’t ask, ok great, thanks so much.**