**TRANSCRIBER NAME: Ryan Herrera-Murphy**

**Date: 17AUG20**

**Participant #: 38**

**Length of the Interview: 14:16**

**Interviewer: That I interview you with the recorder on?**

**Participant:** yes

**Interviewer:** and what's your number

**Participant: 38**

**Interviewer:38 okay great so when did you start buds and is this your first BUDS experience?**

**Participant: it is my first BUDS experience**

**Interviewer: So did you start with 339?**

**Participant: i started with 337**

**Interviewer:337 so you started in december?**

**Participant: i started in april of 2019**

Interviewer: okay and how many siblings do you have older brother older sister younger ?

**Participant:i have 5 siblings um 3 older sister one younger sister and one younger brother**

**Interviewer: okay were your parents married separated divorced**

**Participant: married**

**Interviewer:** alright and then what was your relationship with them ?

**Participant: close**

**Interviewer:** close are there any life changing events that happened to you prior to coming to BUDS some people say no and some people give me 5 things its whatever you think is life changing

**Participant: yes um yes**

**Interviewer:** can you share do you mind

**Participant:um yeah i was working a steady job a job i didn't like i always knew i wanted to join the military**

**Interviewer:** mhm

**Participant:um my life wasn't really going anywhere i found myself in jail one night for something i didn't do but either way i was in jail and i just thought i wasn't really doing anything with my life and i decided i wanted to join the military**

**Interviewer: um so that experience factored into your experience at BUDs cause it really led you to BUDS right or led you to join the navy?**

**Participant: led me to join the navy yes a long time ago growing up it was a dream to come here to buds**

**Interviewer: okay**

**Participant:** yeah

**Interviewer: okay i'm going to ask you more about that dont worry but how do you think your personality has contributed to your success**

**Participant: uh take everything you know i dunno the hard im a very happy guy positive guy i try to look at the brightside**

**Interviewer:** okay

**Participant: i guess that would help**

**Interviewer:** yeah absolutely so tell me about your background you said you wanted to join the navy even in highschool and become a seal what how did you even know about the seals like did you have a military family did you watch a movie did you play video games

**Participant: no military family umm it was always a desire to serve my country**

**Interviewer:** but how did you have that desire cause not everyone has that

**Participant: yes yeah i just had that desire i like serving i guess as i remember thinking im very athletic i am very patriotic i've always liked american and serving my country is something i've always wanted to do so i guess i knew i was going to join the military eventually**

**Interviewer: okay so tell me a little bit about your childhood. Like how were you disciplined did you get spanked did they put you in time out did they make you do push ups or was did they take away things**

**Participant: uhh yeah so i never i mean i guess so all of the above**

**Interviewer:** okay

**Participant: i depends on what my cons..my actions were**

**Interviewer:okay yeah for sure and did you move around when you were a kid**

**Participant: yes**

**Interviewer:** a lot like every year

**Participant: um well we didn't move around we had one house in missouri but my dad did construction and we traveled around with him to do countrucicn and we would yeah live in one place for about a month and then move to a new state and then and then i was able to go to high school in illinois all through highschool so that was good.**

**Interviewer:** so thats what im gonna ask next so in your teenage years did you participate in any sports or did you you have a close knit community

**Participant: i played football and track XC um yeah i was in a close knit community small town small school very close with my church um they had a great youth program**

**Interviewer:** and what did you do with the last 5 years of your life prior to buds so you went to highschool and you said you got a job that you didn't like and um

**Participant: i liked the job okay haha um**

**Interviewer:** okay you did like

**Participant:it was just like um the last 5 years im 24 i graduated highschool i don't actually graduate highschool i was going through I think like puberty or just like a teenage rebellion age i was**

**Interviewer:** mhm

**Participant: frustrated with my mother even though we were close she just irritated me living at home i don't know i i was also i just i don tk ow pressure from school highschool i didnt i know know friends i didn't enjoy it I i guess anyways i got my GED and leave early i got a job with a company that i was able to travel with and move to a couple of states. They moved me around and i worked for them installing security systems and when i saved enough money i went on a two year mission with my church um to indonesia so that filled up two and a half years of my life uim when i got back i worked for the same company again installing security systems and security cameras and i enjoyed it i made a lot of money i was very it was very challenging i knew it wasn't going anywhere i knew that not what i wanted to do with my life for the rest of my life and um and that filled two more years i was working that job for two more years and i had that life changing experience where i found myself in jail and i knew i didn like the job so i decided to start**

**Interviewer:** doing what you really wanted to do

**Participant: doing what i really wanted to do**

**Interviewer:** would you consider yourself impulsive like do you do tattoos do you binge drink i'm just trying to figure out about your personality a little bit

**Participant: i would say i'm impulsive but it's not like recess i don't have any tattoos umm i really think about my decisions so but i if you say i dunno lets go skydiving i'll probably go skydiving if there is an adventure i'll probably do it if its reckless adventure i'll think about it for sure**

**Interviewer: okay that helps** .yeah so think about your crappiest day at BUDS you're worst day what was it and what motivated you to push through.

**Participant: umm it was being it was being beat by the instructors they wanted me to quit it was 5 instructors they were beating me physically and were all tearing me down mentally words saying you should be here it was very hard and they were telling me reason i shouldn't be here and i pushed through it because i knew what they were saying was not true but if what they were saying was true i definitely would have quit i the beatings the physical beatings they physically beatings they were giving me were hard but that's just buds if it's just like everyday you go through it you get it done at the end of the day you wake up**

**Interviewer: so what motivated you while that was happening what were you thinking to say i'm not going to let this im not gonna listen to what they're saying because it's not right its not true.**

**Participant:i told them if what they were saying is true i would quit but i know its not i know i'm not that guy so i im yeah i'm not that guy i live to serve and i love serving.**

**Interviewer:** okay what so are there any mental practices that you used any spiritual things that you use to like help you get through those challenges like did you say a prayer did you meditate anything that you can think of

**Participant:um i'm religious i pray my family is religious they pray for me i don't know if that helped**

**Interviewer:i think so**

**Participant:yeah okay then yes yeah i think so i other than that**

**Interviewer:** nothing

**Participant: nothing really**

**Interviewer: okay did you have any decisions that you personally had to make about someone turning someone in or someone that was cheating give me an example and what made went through your mind as you were think about that and if you don't have anything that's fine too**

**Participant:yeah i don't have anything**

**Interviewer:** okay why do you think you were so successful at completing BUDS?

**Participant:**. Determination

**Interviewer:** mhm lemme ask it a different way there are a lot of people that were in your class who aren't here today what made them different than you

**Participant:**.yes um sometimes it wasn't even their choice you know they maybe failed a test and thats why theyre not here um other than that like during the harder stuff they quit maybe they haven't gone through pain or such a severe as challenging obstacle

**Interviewer:ahuh do you think this whole BUDs experience has changed you as a person?**

**Participant: yes definitely**

**Interviewer:** in what way

**Participant: um just during through the training i can see the um what stress can do to you and learning how to deal with that stress and learning how to work with a team to get through challenges but you don't you're not exposed to stress or you're not expected to perform under stress in the civilian world so that that really**

**Interviewer:** not like this

**Participant:**.not like this yeah

**Interviewer:** Okay so the navy hired us to try to figure out what makes people successful when they come to buds and try to learn a little more about that before they select people for BUDS what should i have asked you that i didn't ask you that might help us figure that out?

**Participant: id say you asked everything**

**Interviewer:** okay

**Participant: you asked about life experiences before that might have helped me**

**Interviewer:** okay

**Participant: yeah** .

**Interviewer:** okay