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Grit and challenges thoughts

I scored higher than 30 % of American adults. I believe this is accurate because I answered honestly. First I did a test-run of what I would have liked to enter, and it came out as 40 %, but I decided I would like to have the most accurate score possible to make this a sort of learning experience, so I re-took the test with 100 % honest answers. In the past it has been common for me to get involved in a new field or hobby, but dropping it because limitations prevent me from fully immersing myself. Then, my interest just kind of fizzles out, and I put that hobby in the back of my mind until I am able to figure out what is stopping me, how, and what to do to fix it. I would say I end up being successful at 50% of these ideas or hobbies. Grit is something I haven’t really thought of before, but the idea could not have come at a better time. I have been displaying a great amount of grit so far this semester with my RA position, which I have worked so hard to keep up with and not quit. It was truly a challenge the first few weeks, but I have shown an amazing amount of perseverance and dedication, definitely to a level that has surprised me. I have far surpassed my own expectations with this job, school, and juggling my time between them. I have felt this overwhelming sense of accomplishment this past week as I have finally found my footing, and as things appear to be all downhill from here! Not to say I won’t come across any more challenges – I know I will. But, I do think the hardest part is over. I don’t brag about myself often, but overcoming my fears through perseverance is something I am so proud of myself for.

I have overcome so much in my life. This is the aspect of “grit” that I actually do believe I have. I have faced many too many challenges to even count. I have been in terrible and unsafe situations with people who didn’t give a single damn about me. I have dealt with abusive relationships, mental health problems, drug addiction, and have overdosed 3 times. It really is quite amazing that I am even still alive. I count my blessings daily, and I am so grateful to have a second chance at living a better life. I have experienced a fair amount of loss, as well. I lost my stepbrother, who was my best friend just a few years ago. I just recently lost my mother. I feel this has been the greatest loss or challenge I have faced. I miss her so much. I just want to talk to her again.

I have been in therapy for close to 2 years now. I work daily to better myself. To understand where things went wrong in my formative years and how that affects my day-to-day life, behaviors, and thoughts, and what needs to be done in order to set my mind straight. It has not been easy in the slightest, but I have not given up with this effort. I will never give up if it means I get to lead a long, happy, and healthy life. It truly is amazing to think of where I was in 2016 – in some trap house in Baltimore with bad people doing terrible things (I’m not excluding myself from this – I know my decisions lead me to where I was at back then). But it has to say something about the people I was with – not once when I wasn’t breathing did someone I was with call an ambulance for me.

My life is so dramatically different now. Back then, I had never envisioned this for myself. Yes, I am still struggling, especially with the loss of my mother, but I am in such a better place. I know she would be so proud of me. She WAS so proud of me… But even she thought this position and school would be too much for me. It is the most amazing feeling to overcome the challenges I’ve faced in just a short 6 weeks. I just wish she could be here to see me accomplishing things I never would have thought I’d be able to accomplish.

I’m sorry this is so long, and might have gone off-track a bit. This week’s subject material has been emotional for me. It has made me think deeply about these things, so I can’t help but to cry. I also don’t mean to get so personal and deep with my experiences, but they are essentially what makes me who I am today. I’m pretty proud of that person, so I figured it would be beneficial to my recovery and mental health to share!