

APPENDIX A

The title: *'I can do things now that people thought were impossible, actually, things that I thought were impossible'* (Day, 2013; p.2067)

"A lot of times it [disability] does disrupt what you see as defining your life."
(Salick & Auerbach, 2006, p.1031).

"I have a greater appreciation for life because you realize that it can be taken away or, you know, it can vanish at any point."
(Chun & Lee, 2008, p.884)

"Law school is something that I was always going to do. But prior to my injury, it was going to be like corporate law let's see how far I can take this, and I would pull the 80-hour weeks and see how long it would take me to get to 500,000 dollars. Now I am totally not into that. I don't want to work in [a large city] even though that is where all the big money jobs are. It is not worth it to me. My priorities have drastically changed. My family and my friends and the relationships that I have with my community and giving back things like that. I used to be quite anxious. Stressed all the time about nothing. I always laugh and say then I broke my back and have real things to worry about."
(Crawford, Gayman, & Tracey, 2014, p.402).

"That was a really important part of me trying to define myself after the accident. The whole self-concept, it was sort of tied up in physical activity. The physical side of it was trying to reclaim my identity and reclaim what had been taken away. Was I ever going to play soccer again the way I had—no, but I was going to do other things physically that were more challenging than probably anything I had ever done."
(Salick, & Auerbach, 2006, p.1030).

*"I've made that decision that my accident was a sh** thing to happen, but it's given me new opportunities in that it's given me new doors and I've taken them."*
(Griffiths & Kennedy, 2012, p.247).

“Dealing with the physical aspect, the physical changes to your being. Dealing with psychological and psychosocial difficulties, so how do the physical changes impact on you as a person, and your environment, how does that all fit together.”

(Griffiths & Kennedy, 2012, p.245).

“I guess suffering makes you feel more human. You relate to other people.”

(Salick, & Auerbach, 2006, p.1033).

"I have come along way. I've become better as a person ... more compassionate"

(Turner & Cox, 2004, p.34).

“When I was the old [self], I was just like to speak, like to shout. I was just of that anger, you see. I was normal and I don’t care. But now I’m nice person, I’m changed.”

(Lau, & Van Niekerk, 2011, p.1173).

“It has made me respect other people’s disabilities, whereas before I hadn’t noticed them. It has really made me stop and notice how underprivileged and disadvantaged disabled people are, in their mobility, you know.”

(Oaksford, Frude, & Cuddihy, 2005, p.271)

“You know I say to people, you wouldn’t have liked me when I was able-bodied. I really do mean it. This has given me such a different perspective on life, and I look back at the attitude I had towards others and even myself and I don’t think I would have liked me. My outlook on life is so different now. I go down to the gym and I’ve got great friends, people who really mean something to me, I’ve got something to aim for and something that I’m good at. But overall I’m a much nicer person.”

(Day, 2013, p.2069)

"I think I have a fitter attitude ... I don't know whether you compensate more in the mind or the spirit or something because of the physical [loss] ... I have a healthier attitude now"

(Turner & Cox, 2004, p.34).

“Some old neighbors, without contacting each other for five or six years, still came to see me

on purpose and gave me a red packet [red paper containing money as a gift]. ... I just worked for two months, my colleagues came twice and brought me money or presents. It's quite inconvenient for me to go outside or pee, and they just asked to help me. It's really a great surprise."

(Wang, Wang, & Liu, 2012, p.303).

"I got to know new and nice people. I have a strong company and alliance that I didn't know before."

(Kennedy, Lude, Elfström, & Cox, 2013, p.206).

"I'm definitely less judgmental because I realize that people may have many reasons for things. I no longer jump to conclusions about someone or think I know what's going on with them. It's given me a lot more empathy."

(Salick & Auerbach, 2006, p.1033).

"I think ... my life philosophy is a little bit more forgiving.

I am a bit more able to understand other people [with problems]"

(Turner & Cox, 2004, p.34).

"I never considered others' suffering before. This experience altered my perspective toward life, maybe it just changed my view of life."

(Wang, Wang, & Liu, 2012, p.305).

"My empathy just overflows now, I can't control myself to help others. I've never thought like this before. There's a community near my home, and I will be a volunteer after my recovery. Many disabled need help and I may do them some favor."

(Wang, Wang, & Liu, 2012, p.304).

"Because of the course of events in my life, I see a need to become involved now rather than later. Satisfying my urge to contribute . . . because I think I can contribute and have a forum to contribute because of my personal experience."

(Salick, & Auerbach, 2006, p.1032).

"I really never was much of an athlete back in those days, long time ago. I walked every day, but I never was okay going to do the marathon or anything. I hated running...

[After my injury] I've been doing the swimming, going to these sailing clinics, attending tennis clinics, anything that gets me out... I was just on Channel 8 TV a couple of weeks ago. I went down there to a tennis clinic during the RCA championships, and they interviewed me. So there a picture of me hitting tennis balls and talking a little bit about my life."
(Chun & Lee, 2010, p.404).

"I love soul music and dancing. I would just dance and I would dance until I got tired... I didn't realize that I had that ability. I used to do it just for play... If I would have been practicing and dancing before I got shot, just like I always tell people, if I had been introduced to drums before I got shot, may be I would have changed my direction."
(Chun & Lee, 2010, p.403).

"I've gone to the Keys by myself and had a wonderful time. I didn't need to have other people to have a good time. I could just take my tricycle out, and I was riding on those old bridges....I fished. I was on vacation, but I was with myselfI could have fun. I could entertain myself."
(Chun & Lee, 2008, p.883).

"I love playing basketball more than my work as a teacher. It's important going to battle with your team mates and obviously it's a lot more fun to win... I got second place for this tournament, but almost every three tournament that we go to we win. So that was a little bit of a disappointment."
(Chun & Lee, 2010, p.404).

"I can do things now that people thought were impossible, actually, things that I thought were impossible. But I've learnt now that I couldn't start with the impossible. I tried to push those limits at first and would wheel myself into the hospital gym when no one was around. I got so frustrated and angry with what I couldn't do, honestly you wouldn't have wanted to know me. I look back on it now and think that you have to find the right start place. If you

start with the possible then you've got a better chance of reaching the impossible."
(Day, 2013; p.2067)

"Taking part in sport has given me my life philosophy, small steps – permanent gains"
(Day, 2013).

"It's like that moment in [sport] when you just get so caught up in everything that you forget that you're disabled. You forget all the cant's because everything in your body is telling you that you can. You feel powerful."
(Day, 2013, p.2070)

"I always played contact sports growing up. You think you kind of lost that ability to do that type of thing. But when I found out about rugby and realized it was full contact, I was like even though I can't walk and run around, I can still play full contact in a chair. And that was pretty cool for me knowing that aspect was still there. In high school, I was always the "athlete" that is just who I was. . Knowing that part of my life was still there was huge for me."
(Crawford, Gayman, & Tracey, 2014, p.402).

"I was just going to make the best of it, and go on with my life." -- "I decided to go back to school, to college to get my degree, and at that point my vision was gone, so I learned Braille, and I decided I was just going to make the best of it and go on with my life."
(Salick, & Auerbach, 2006, p.1029).

"I can do things now that people thought were impossible, actually, things that I thought were impossible. But I've learnt now that I couldn't start with the impossible."
(Day, 2013, p.2067)

"Was I ever going to play soccer again the way I had—no, but I was going to do other things physically that were more challenging than probably anything I had ever done."
(Salick & Auerbach, 2006, p.1030).

"During skin grafting, I received local anesthesia because of my bad overall condition, but I just tolerated the huge pain without even crying. The doctor joked 'You must be a

communist.’ [Communist could refer to a tough person in China.] When my relatives saw me changing dressings, they couldn’t help crying while I held my tears back. They were really surprised, ‘you’re such a brave guy’ ... I had stepped on the threshold of hell, and I realized that everything, compared to the marvels of life, could fade.”

(Wang, Wang, & Liu, 2012, p.302).

“to be more patient, to open up,” “Learning to inform others what I need myself” -- “coping strategies” -- “improved communication skills”

(Kennedy, Lude, Elfström, & Cox, 2013, p.205).

“By having to constantly manage social interaction, it may not be fun, but it forces you to think about social situations and scenarios in a more creative way . . .

I think you’re more socially sensitive. Because I’m more attuned to other people in social situations. I’m better at approaching people, or getting them to open up to me and trust me.”

(Salick & Auerbach, 2006, p.1033).

“More open, learned to laugh at myself,” “stronger person,” “able to help others, nicer person,” “grown up, more open minded and grounded.” -- “problem-solving abilities.”

(Kennedy, Lude, Elfström, & Cox, 2013, p.205).