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Narrative approaches to studying self and personality development in our lives is a natural extension of narrative work on development (Fiese, 1999; Finusch, 2004). This study examines the ways that individuals cope with difficult events. We introduce the concept of acknowledgement versus non-acknowledgement, in an attempt to assess individual differences in the meaning underlying crises in their lives. Drawing from past narrative research; redemption and contamination, discontinuity versus continuity, gaining insight, and repression are all narrative strategies individuals may employ in talking about crises they experience. This qualitative study is based on narratives of individuals in the context of conversational interviews where individuals were asked if they had experienced crises in their lives. Individuals acknowledging the impact of difficult events has been under-examined. Analyzing/comparing conversational interviews, and in particular, interviews where individuals do not acknowledge crises in their lives is the focus of this study. Individuals who choose not to acknowledge crises in their lives during conversational interviews, may be using repression as a defense mechanism to keep from exposing difficult life events that cause stress in their life experiences. On the other hand, from a positioning point of view, individuals position themselves across social interactions while conversing with others (Bamberg, 2004). Individuals may resist acknowledging crises during conversational interviews as a direct result of feeling uncomfortable with the interviewer in question, and individuals position themselves accordingly. In this vein, non-acknowledgers may feel that the interviewer is not a confidant or a friend and will not allow themselves to be vulnerable to the interviewer or the questions he/she poses. A lifetime may be viewed as a process of actively discovering and acknowledging ones 'true' wants and needs. We propose: Individuals who acknowledge their crises will report better mental and physical health in their lives.