“The human ability to adapt, it’s an interesting thing, because people have continually wanted to talk to me about overcoming adversity, and I’m going to make an admission: This phrase never sat right with me, and I always felt uneasy trying to answer people's questions about it, and I think I'm starting to figure out why. Implicit in this phrase of "overcoming adversity" is the idea that success, or happiness, is about emerging on the other side of a challenging experience unscathed or unmarked by the experience, as if my successes in life have come about from an ability to sidestep or circumnavigate the presumed pitfalls of a life with prosthetics, or what other people perceive as my disability. But, in fact, we are changed. We are marked, of course, by a challenge, whether physically, emotionally or both. And I'm going to suggest that this is a good thing. Adversity isn't an obstacle that we need to get around in order to resume living our life. It's part of our life. And I tend to think of it like my shadow. Sometimes I see a lot of it, sometimes there's very little, but it's always with me. And, certainly, I'm not trying to diminish the impact, the weight, of a person's struggle.

There is adversity and challenge in life, and it's all very real and relative to every single person, but the question isn't whether or not you're going to meet adversity, but how you're going to meet it.”

Some clues to assess your listening skills

Key word: Adversity

What? A conference about what adversity means to Aimee Mullins (double leg amputee, cf picture seen in class).

What for? Explaining the title (why is adversity an opportunity)

Element that need spotting (short list)

- Overcoming adversity = not the right way to say things although traditional way to see it (happiness/success = stay the same all the time)
- Adversity does not leave you unchanged
- → the way it changes (physically and/or emotionally) you is what makes you unique.
- Adversity = everyday life.
- Most important question: how are you going to meet adversity
- People’s ability to adapt = very important