

Cheryl Thomas

Dr. Kwi Yun

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Multidimensional Assessment Paper Young Adult Stage Ages 20-  
40

BIOLOGICAL:

Carmen W. is in middle adulthood who was born in Brooklyn, New York, in 1985 to a mother, Ms. S., emigrated from Panama in Central America, and her father W. was from Jamaica in the West Indies. They met each other in Panama. Her father was away from the family and spent time living in different States and other Boroughs. Carmen had not seen her father since the age of two, and she does not remember him because her mother no longer wanted her father to be in her life and was not allowing that relationship to continue. He was referred to as a womanizer and had several baby mothers in Connecticut. Carmen said that her mother, Ms. S, taught her to memorize the Psalms from the Holy Bible every day and had to learn it by heart before going to Elementary School, especially Psalm 23 and Psalm 1.

She added that her mother did not speak English, so her father taught her mother how to read the Psalms in Spanish.

From the age of five to six years old, they lived in Shelters.

The risk factor of separation from a biological parent can lead to stress from separation anxiety.

The child can be more prone to anxiety disorders leading to all kinds of problems later in life.

#### PSYCHOLOGICAL:

My interview with Carmen W continued; she explained she had never received a diagnosis with Mental Health issues. In middle school, her name did not fit with how she looked. She had very low self-esteem; she felt unattractive and that she should not be here and had suicidal inclinations. She told herself she did not need to be here and became sexually active at an early between the ages of thirteen and nineteen.

Carmen W. said she started a job in her twenties, and even then, she thought her mother was more attractive because she liked people with big lips, big hips, and big breasts. As time went by, she started doing her hair and nails and found that she felt better presenting an afro-centric style, and this is when she found out this is her image and how she was supposed to look. To this day, she wears her hair in the twist and wears afro-esentric clothes and prefers to shop at Black-Owned businesses

Carmen W grew up with her two younger brothers. She met the older brother when she was twelve years old, and he was into drugs. She has an older sister who lives in Panama but met her for the first time in 2017. On that day, Carmen the doorbell rang, and she was told to go downstairs and was shocked, she was not prepared for the surprise and did not know her sister was visiting the United States. Although she never met each other before and her sister was born in Panama, she recognized her sister from pictures. Their mother and older sister had an estranged relationship and had not seen each other for years. She shared that two days prior, had dreamt about her sister, and there she was in the flesh two days later. Carmen was excited to see her sister because she was the older sister for the longest while. Twelve years before there was a missed meeting, this time, it was real and not planned, it was special. After the shock of being surprised, she felt someone should have said her sister was coming because she wanted to welcome her in a better way and prepare food for her. She felt cheated at that moment.

She does not know her father's family because they have not reached out to her. Carmen said it takes too much energy, and people do not understand what they have until it is gone. Conversations in her head about them is not worth it. She had to forgive comments. She is too busy to become angry and vindictive. She expressed having a lot of anger towards her aunt (her mother's sister), whom she felt robbed her of her relationship with her older sister. Her sister, however, has a close relationship with her cousin (her

aunt's daughter), the same aunt. Carmen W. believes her aunt is evil, and she is aware that she is unable to stop what her aunt is doing or change her.

Forgiving the situation means putting her trust in God because many times she cried, asking God she decided to let go and give it to God as well as be obedient. She does not hold onto anger; it takes too much energy.

#### SOCIAL:

Carmen W. is not into Charities or Social programs, but she likes to visit Museums, Libraries and writes Poetry. She loves to help people behind the scenes. Her relationship with her family is closer; she added even though they get on her last nerve. She is becoming closer to her mom, and if her mother were not a prayerful person, she would have gone astray. She would like to have children one day or would like to adopt. She believes in courtship and traditional ideals and considers herself a romantic person.

Forgiveness plays a significant role in her life because she was wronged before to the point where no one was going to be able to save her and have learned to let go and let God. Years later, she reminded this matter would take God to change the situation, and she decided to forgive.

Her strength?

It comes from her faith. She said she is a Christian non-denominational, but she is also a Rastafarian because of her mother. Prayer is powerful a one has to know their right position. There is no reason why others are suffering, and

others are not. Thanking God for waking us up, acknowledgment is so essential even before the blessing. Her level of faith comes from self, not the community, and not Church. Health practices she believes God brought her here, and God can take her out. She tries to eat right, no negativity practices, and lives monogamous life.

Whenever Carmen W. goes through trials and hardships, she reads Psalm 121. Then she prays for God to teach her what the lesson in this matter is? What are you trying to teach me? She believes there is a lesson to learn, especially why people are suffering?

She goes by her gut feeling, which comes from her spiritual beliefs.

When Carmen was a teenager, she wanted everything now, and she felt untouchable her beliefs change to understand life is about nature and nurture. She said because of the Grace of God; she is still here. Carmen shared despite living a promiscuous life and smoking; she graduated from Park West High School in Manhattan, Associates at Laguardia 2007, Bachelor of Science in Social Work 2014, her Master's Degree at Adelphi in 2018, in 2019 she passed her Social Work License.

It was a pleasure interviewing Carmen W. about her life of middle adulthood and reflecting on events of her past. Lastly, she learned to trust her gut and learned to memorize Psalms, which she states this carries her through to this day.

Separated from her biological father at the age of two, feeling unloved, she did not like her looks and thought her mother was prettier to the point she did not want to live. She was having an identity crisis and separation anxiety from having to be told her father was not coming back in the home. Her mother made the choice then that rather than having the father show up sometimes, she will take care of her child by herself. This decision was out of her control because he was termed as a man who had several women. There was instability in the environment. Her mother did not speak English as well as he did, and now she longer wanted to depend on him. One way or the other, she was determined to make it and raised Carmen without his help. Her older sister has a different father.

This situation left her feeling inadequate, she does not measure up, and she started comparing herself to her mother, who, in the meantime, had to convince her she was beautiful just they way she is. She believed people with full lips, and big lips were more attractive, and these are the kind of girls, boys wanted.

Visiting the Salons for her hair and nails was the best decision she made, which led to her discovering her unique style. By trying different looks, she said the Afro eccentric look speaks to who she is and how to dress and to get confidence and love herself.

Ms. S. was happy because her daughter was displaying confidence. Of course, she said that it is a slow process. Recently, she was shopping for make-up; she is not the same person.

An update, Carmen said in 2017 she was on the internet and saw an inmate picture of her father in a different State she was stunned, she showed it to her mother , who verified that is her father.

As of this interview, she is still trying to decide if she is doing the right thing by contacting him.

In moments of distress, she remembers that she is a leader, not a follower, and to trust her gut.

Carmen W. said she reminds herself every day to be patient not to rush, that people enter our lives for a season. She is reminded she has everything she needs and that everything is on God's time.

