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Starting from March 2025, this research has no more correlation to my capstone project.


Gjellesvik, Alette Bjordal. "These are the most common negative life experiences that people go through." *Sciencenorway.no*, 26 September 2022, <https://www.sciencenorway.no/disease-gender-differences-homosexuality/these-are-the-most-common-negative-life-experiences-that-people-go-through/2081716>.

Though this source doesn't come from America, it still gives me a good idea of common experiences that affect people or even traumatize them. It tells me about illness and violence, sexual assault, large social differences, not being heterosexual, and little education. I do believe that almost all Americans receive an education so I'm not sure if that's a common experience to include into my book, but if I keep looking about how people hate the environment of school then I could do that instead. This is not a source I will be taking many things into account since it is from Norway, but it will be kept in mind.

Psych2Go, "Which Type of Childhood Traumas Did You Experience," Youtube.com, November 19, 2020  Which Type of Childhood Traumas Did You Experience?

This video has given me some insight about common childhood traumas and how everyone has experienced one of them at least once in their life. One in six people might have even experienced four or more traumas on the list as well. The traumas listed were abuse, neglect, mental health issues, risky behaviors, serious injury, serious illness, and problems at school. Abuse can make you struggle with loneliness, a negative outlook on life, and other consequences. Neglect can make you have trouble making healthy relationships. Risky behaviors can cause you to grow up and be emotionally stunted and maybe have substance abuse.

Real Talk by MOSG, "People Share Their Most Difficult Life Experiences," Youtube.com, September 8th, 2020

 People Share Their Most Difficult Life Experiences | Decades Apart | Episode 5


This video here gives me depth about hard things people have gone through from ages 1-100.

Though, I don't think I should completely rely on it since the people in the video don't seem too diverse and it doesn't help my case (doesn't seem like it's filmed in America). However, I did get some things that mostly everyone in my life has experienced like being forced to eat something they don't want, getting over someone, losing someone, being broke, and many others. What also does help me is the depth that some of these people go into with their answers, while the interviewer also asks them to go deeper about their experiences. There was a woman that had a certain example about losing her mother and she had to write a speech for her at her funeral and how hard it was for her to deal with the pressure putting together this speech, I think I could use an exact example like that in my book.

Klein, Alex. "Do I Need Therapy? Will Therapy Help?" *Healthline*, 24 November 2020, <https://www.healthline.com/health/do-i-need-therapy>.

Since I will be getting hold of a therapist for my project, I decided to research why people go to therapy the most. With this source, I found that majority of people go to combat issues with an addiction, managing anxiety and stress, improving self esteem, depression, grief and loss, serious illnesses (how to cope with it happening to you or your loved one), phobias that cause emotional distress, relationship issues, insomnia, trauma and ptsd, or transitioning to something big in your life. This is very helpful as it opened my perspective to why people could go to therapy since it doesn't just have to be about trauma, especially on the last reason where sometimes people just want guidance on challenging and big life changes. Not only does it give me all the most common factors why people seek therapy, but it gives small details on the emotional factors that it affects human beings and why they would go to therapy for it.

Psych2Go, "What Trauma Does To Your Brain," Youtube.com, Jan 17, 2025

 What Trauma Does To Your Brain

I had picked this source since I want to ensure that people have motivation to actually heal rather than just knowing they aren't alone when it comes to their traumas. There are many people who recognize changes after experiences, and a lot of people don't change because

they don't know where to start or they don't have access to personalized advice for the experience that happened. My book will provide advice but also people aren't motivated to do it though they see the advice, I want to give a disclaimer on how I believe everyone should get therapy and how it may affect the brain. This video goes into how the brain reflects on our traumas throughout our body physically, emotionally, and psychologically.

Holmes, Marie. "Top Concerns Kids Share With School Counselors." *HuffPost*, 28 August 2023, https://www.huffpost.com/entry/top-issues-kids-school-counselors_I_64e8e4a0e4b0fcbb899171c/amp.

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This source goes into depth about what students go to counselors for the most at schools. I want to make this a mental health resource for everyone, especially teenagers that are the most affected by the negatives from social media. What I found is that teenagers go to the counselor for a safe space, pressure from family, identifying the feelings they go through to change behavior, a sounding board (doesn't get this one), anxiety, anger, and navigating conflict between friends. What this source had made me realize is that all of my sources had mentioned anxiety, meaning that I may have to put extra work into pouring out an anxiety experience and asking people around me how it feels.

Psych2Go, "The Different Levels of Anxiety," Youtube.com, October 21st, 2022

<https://youtu.be/ZtBlAXo8LsY?feature=shared>

Building off my last source, I saw that anxiety had been coming up in a lot of my research so I decided to research more about it. I found out that there's five levels to anxiety and how the different levels can affect your everyday life. Level one being barely noticeable and still being able to function normally and level five is stressing throughout the whole day and feeling as if everything will go wrong or having a panic attack a lot. This has changed my perspective on anxiety, also needing me to brainstorm on how exactly I will capture this into my book and as a poem, if I should do multiple poems instead of one for this topic. Or, if I should just do the

average experience of anxiety into the poem. I will definitely go into it more when I have a therapist for my project.

Marifer, Gutierrez. "A letter to my parents, who don't understand my anxiety," eldonnews.org, June 1, 2022

<https://eldonnews.org/views/2022/06/01/a-letter-to-my-parents-who-dont-understand-my-anxiety-attacks/>

I decided to dive even deeper into the research of anxiety and try to find a primary source of someone talking about how it feels to have anxiety. This is a letter from a daughter who expresses her feelings to her parents about how anxiety has impacted her life and how ignorant they're to the symptoms she has of it. She tries to explain why she has the habits she has and why she is the way she is, like how her parents call her lazy when and childish as well. She also talks about how her anxiety wasn't able to just be treated by medication, and she had just wanted the understanding of her parents. This gives me insight on how I can write my poems about anxiety, that I can include how others don't understand how a pill doesn't fix it all and how it's not just laziness, but something way deeper.

"3 Most Common Mental Health Disorders in America." *Access Community Health Network*, <https://www.achn.net/about-access/whats-new/health-resources/3-most-common-mental-health-disorders-in-america/>.

This source talks specifically about America, and what the most common mental health illnesses are. These are anxiety disorders, major depressive disorders, and bipolar disorders. It also mentions how most of these disorders can come from many factors, such as genetics, brain chemistry, trauma, abuse, or a family history of mental health illnesses. This gives me more of an idea of how common exactly these disorders are, especially bipolar. I always knew how common anxiety was as well as depression with my generation, but not as much with bipolar. This source is starting to make me think if I want to make poems specifically on actual disorders which I shouldn't since I personally haven't been diagnosed with any mental illness so I don't

believe I'm in any shape or form to make poems about how people feel with those illnesses. This will go into my list of what I shouldn't do with poems.

"Is Everyone Traumatized?!" *Optimum Joy*, 2 March 2023,

<https://optimumjoy.com/educational-resource/is-everyone-traumatized/>.

This source explains a list of traumas that is common for people to go through and it also tells you how everyone has trauma. It's not just a veteran after being in war, a woman being sexually abused, or a child being physically abused but these can be the more extreme examples. However, just anyone experiences things from death of someone close, a car accident, constant stress from a boss, can all be classified as trauma. Though I have already known this personally, it gives me more motivation to start up my book with some warnings and also reasons why I believe everyone needs therapy.