Danny Roherty - July 13 2021

**SPEAKERS**

Molly Joyce, Danny Roherty

**Molly Joyce** 00:47

The first question is, what is resilience for you?

**Danny Roherty** 00:53

Resilience? Man, that's tough one. I've heard it being used. And being resilient is like, going above and beyond what you do, in my opinion. So like, I'm resilient and the way that I share my positivity towards others. So I think that would probably be what I think resilient is to be like, Dude going above and beyond what you you're comfortable with? And like, going, like, yeah, To infinity and beyond basically as being resilient. Yeah.

**Molly Joyce** 01:43

I love that. And second question is, what is isolation for you?

**Danny Roherty** 01:50

So isolation to me, it would be like when we had to quarantine for COVID-19, that was, that felt like extreme isolation. Having to not be able to go anywhere, we had the curfews for the George Floyd thing. That was kind of hard, because you can't go out after like, eight or nine o'clock because of the, the riots and stuff. So it's just, I think, isolation, if I had to give it a definition, and my terms would be being held. Not against your wishes, but against all odds, because like you want to, like isolation to me is as how to say it. I probably call it like, just on knee, like, unnecessary. Almost like a timeout, I guess you could say that, like, if you're thinking of it in good terms. It's like, having to like, do something you don't want to do but like you have to do it in this one area. And let's do it this one way and like just it's yeah, that would be kind of my definition.

**Molly Joyce** 03:09

That's great. And then kind of the opposite of that, what is connection for you?

**Danny Roherty** 03:15

So connection could be anything really could be friends calling or talking to people on the internet, networking, talking to coworkers just having mutual connection to who you're talking to be it like interests or or for business reasons or even for like fun like having a trilogy movie day or or having a meeting with with people that have the same interests. So like that would be connection to me, would be like being able to connect with others that want to be interested in what I'm trying to talk about, so like having inside connections as well as like, outside connections, so like having like a networking.

**Molly Joyce** 04:14

Alright, I really like that with the inside outside. And last question is, what is darkness for you?

**Danny Roherty** 04:23

Ah, I honestly don't feel darkness a lot. It's kind of hard for me to turn determine. I think the only time I really felt true darkness was when I was when my dad passed away. I was grieving and like that, to me felt like darkness. It felt like not being able to call him on his phone and check how he's doing or almost like a depression of depression. In a state where you're, you're sad and you're lonely, and that's like darkness to me like and I don't really feel that often. I'm more of an optimistic and positive person. So I try to stay away from the darkness. But the last time I felt it was probably when Sarah's grandmother passed away. My wife Sarah, her grandmother passed away this Easter. And like for two days, I was wallowing because it was like, I just got to know her, and then she passes. So it's like, that, to me would be darkness.