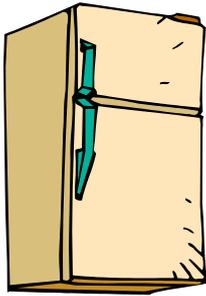




Refrigerator Quote*
Number 1.



Eleanor Roosevelt^ and how:

“You must do the thing you think you cannot do”

Eleanor Roosevelt, the widow of the thirty-third U.S. president, wrote early in widowhood, “*You must do the thing you think you cannot do*” (E. Roosevelt, 1960, p. 30). Initially, she thought she could not make a significant contribution without Franklin. She confided to a granddaughter that no one would remember her in a decade.

Later, she reflected back on transitioning from first lady to private citizen:

Every time you meet a situation, though you may think at the time it is an impossibility and you go through the tortures of the damned, once you have met it and lived through it you find that forever after you are freer than you ever were before. If you can live through that you can live through anything. You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. (E. Roosevelt, 1960, p. 29)

P. 10, Harold Ivan Smith 2012. #

^ Who was Eleanor Roosevelt?

She was First Lady of the United States from 1933-45, during the four presidential terms of her husband, Franklin Delano Roosevelt. *Roosevelt* was both her birth name and her married name; she was the niece of former president Teddy Roosevelt, and was a distant cousin to her husband Franklin, whom she married in 1905. Eleanor was active in social work and Democratic politics even before her husband became president, and after his election she helped to shape the social programs known as the New Deal. She was a new kind of First Lady: she traveled the country independently of FDR, visited coal miners and factory workers, wrote newspaper columns and opinion pieces, visited soldiers overseas during World War II, and advocated for the poor. After FDR's death, she continued to lecture and write about racial equality, women's rights and world peace. She was also an American delegate in the early days of the United Nations, a post she held from 1945-52.

(Excerpted from: <http://www.factmonster.com/biography/var/eleanorroosevelt.html>)

* From a book about grieving# “I call these “refrigerator quotes” and ask grievors to put the quotation on a refrigerator door so they and members of the family, or friends, will see it. Some participants photocopy the quotes and pass them on. Others carry the quotes in a purse, notebook, or wallet for further reflection. The more they read and ponder a refrigerator quote, the more meaning it offers.” (p.11.)

#Borrowed Narratives: Using Biographical and Historical Grief Narratives With the Bereaving by Harold Ivan Smith, published by Routledge Mental Health.