This study used qualitative secondary analysis to determine the psychosocial adjustment and adaptation status of a woman with childhood-onset Spinal Muscular Atrophy. Analysis revealed that she has indeed successfully adjusted and adapted to her condition and her mindset was identified as the single factor that aided the process throughout each developmental period. Specific qualities of her mentality were isolated that played a major role in her effective accommodation to her illness. Future studies should be aimed at specific interventions that can be performed by health professionals to help foster a mindset that allows for the development of resilience and successful adjustment and adaptation.