Participant number 17 - Female, 20, Newham

Part 2 – Female, 20, Newham

Interviewer: -do the same thing as before [Interviewee: Alright.] Um… so, can we talk about what you’ve put in the first box please?

Interviewee: Yeah. Um… so, I feel like it’s not really a place where you are, if you’re feeling socially connected. I feel like, it’s who you’re with, that is a big part of it… ‘cause you could be somewhere with the wrong people and you don’t feel connected to them, where if you’re with the right people, no matter where you are, you’re gonna feel good if you know that you’re safe and you’ve got good people around you.

Interviewer: So when you say… when you’ve written family and friends, um, can you tell me more about that?

Interviewee: Yeah, so family is a like… some people don’t have family, but I feel like to me, family is a big part of my life. And good friends as well. They are… but some friends are a bit funny sometimes, so you’ve got to be careful who you choose as your friends. And then your… your close friends will become your family kind of thing. But yeah, if you’re like connected, if you connect with someone, then you’ve got that connection no matter where you are or who else you’re with. As long as know you’ve got one good person by your side that you can trust enough, or like, you’re alright, no matter what situation you’re in, kind of thing…Yeah.

Interviewer: When you said one- like when you said a friend that you can trust, [interviewee: yeah] um, can you tell me more about that?

Interviewee: Yeah, just someone that you can talk to about things, no matter what’s going on. Even if you’ve got family problems, you can go to your friends and talk to your friends about it… some friends. But yeah, it’s good to have good friends, to know that you’ve grown up with, that you’ve bonded with, you’ve shared moments with. ‘Cause if you’re antisocial and you ain’t had none of that, then you ain’t got no good memories to hold on to, kind of thing.

Interviewer: And how does that make you feel? You know, having a friend that you can trust?

Interviewee: Yeah, good. I feel like everyone should have friends and try to connect with people, because you actually meet some good people out there. Like you might like think, oh I don’t like them, but when you actually get to know them, then they… they can be the loveliest person ever.

Interviewer: And when you said, um, some friends of yours can be funny [interviewee: yeah], can you tell me more about that?

Interviewee: Yeah, so some friends ain’t really you friends, they just wanna be around you or use you for things kind of thing. But when you ain’t got nothing, and you’ve hit rock bottom, you’ll see where your good friends are and where your friends are that just wanted you for something. But yeah.

Interviewer: And how did that… how would that make you feel?

Interviewee: Um, yeah, sometimes quite sad, but sometimes it makes me feel good kind of thing. [Phone noise] I’ll put my phone on silent… So yeah, sometimes it’s like, you thought someone was actually your friend, but they’re not, and it’s like quite sad because you’re like oh, in your head you’re thinking we actually like had a good connection and you’ve been thinking we got on, but in their head their thinking completely different kind of thing, do you know what I mean?

Interviewer: When you say completely different, can you tell me more about that?

Interviewee: Yeah, so in your head you’re thinking yeah, yous are friends, yous are getting on, things are going well, but in their head their like, oh yeah like… they don’t really like you, they’re just using you for things or they’re trying to be your friend because of you’re friends with someone else and they want to becomes friends with them. Just like little things, do you know what I mean? You realise who’s got your back and who ain’t and I feel like…

Interviewer: And when you say they’re using you for example…

Interviewee: Yeah, it could be like little things like… for who you hang around with, for what you like do kind of thing, for like who you are, or like little things like money or like going places or like lifts or like if you’re dropping them somewhere or something, just like any little thing, do you know what I mean?

Interviewer: When you say like, they might want to hang out with you because of who you’re with [interviewee: yeah], tell me more about that?

Interviewee: Well if you’ve got a good connection with someone else, and some… someone new comes along, they only want to be your friend because of who you’re with. Do you know what I mean? Not because of you. They just want to be who you’re with, so they’ll use you to get close to other people. Do you know what I mean?

Interruption

Interviewer: So it sounds like what you’re saying is some people come into your life-

Interviewee: For bad reasons, do you know what I mean? Some people are blessings and some people are lessons in disguise. Do you know what I mean?

Interviewer: So when you said like some people come into your life because they want to like use you for the people that you are… for the people that you hang out with [interviewee: yeah], um… okay. So, tell me who that person might be, like, that you’re around [interviewee: anyone] that you want to… that they want to come to you for, to get to them.

Interviewee: Anyone. Some people like... if there’s like, I dunno like, a known person, or a person that gets on with everyone, and that person just wants to be with them because they’ll get a name for themselves and things like that, do you understand what I mean?

Interviewer: Tell me more about if they want to get names for themselves.

Interviewee: People… it’s their reputation kind of thing... Yeah, just who they are. That’s so like round here, everyone kind of knows everyone, do you know what I mean? So… some people will say good things about other people, some people will say bad things about other people. But… yeah, so it’s like if you’ve got a good reputation and people like you, then some people might just want to be around you for that, not because they actually like who you are kind of thing, do you know what I mean?

Interviewer: So when you said not because of who you are, but because of your reputation [interviewee: yeah], tell me more about that.

Interviewee: Some people don’t want to be friends… like, some people don’t want to be your friend. Like, they’re acting like they’re your friend but really they’re not your friend. They just wanna… be round you, or like, do you know what I mean? Some people they’ll sit there, they’ll smile in your face, then they’ll leave you and they’ll chat shit about you behind your back kind of thing. Do you know what I mean? So you know that’s not a real connection, because that don’t happen if they’re really your friend. Do you… do you get what I’m saying? Where if… some… if if someone’s my good friend and I know that they’re my good friend, I would speak to them the same way that I would speak about them when they’re not there. That shouldn’t change. So I wouldn’t sit there and say oh yeah I really like you and then leave them and be like I fucking hate them. You shouldn’t do that, do you know what I mean? That… that’s not normal I don’t feel like.

Interviewer: And um… and when you have like friends for example that talk behind your back, and in front of you they say something but behind you they say something else [interviewee: mm], how does that make you feel?

Interviewee: Sad, I suppose. It would make anyone feel sad. It’s not a nice thing.

Interruption

Interviewer: So um, you also mentioned that… well you said it makes you feel sad [interviewee: yeah] yeah, so tell me more about that.

Interviewee: Well you’ll feel sad because… you’re thinking yeah, I really like them, you’ve got a good connection, you can trust them… then you’ll hear from other people no they don’t even like you, they’re just chatting shit about you kind of thing. They’re just bad mouthing you. That’s not really good.

Interviewer: Um… you also mentioned that some people might want to be friends with you because of the places you go to. [Interviewee: yeah.] Tell me more about that.

Interviewee: Well… if you’re going to like a party or you going out and… there’ll be a group of people that are going. Some people might not be invited but they’ll try and be friends with you just to be able to go to places kind of thing. Do you know what I mean? Yeah.

Interviewer: And how does that make you feel?

Interviewee: Mm… I would say sad, but it’s just one of them things that happen in life, so… you can’t really be sad about everything that happens, do you know what I mean?

Interviewer: When you say it’s one of those things that happens in life [interviewee: mm], tell me more about that.

Interviewee: Well, things happen in life, even if you want them to happen or even if you don’t want them to happen. Like, maybe you can prevent it, but if it’s meant… if it’s like that was meant to happen in your life then I feel like that was meant to happen. So it’s literally just like one of them things that happen.

Interviewer: And how do you feel about that?

Interviewee: Um… quite sad but you can’t really change it. But some things you feel like… you feel sad when you’re going through it, but once you’re through it, you’re happy because you’re like I needed to know that, I needed to learn that kind of thing. So it does actually make you a better person in the future But at them time when you’re going through it you might not feel strong like that kind of thing. Do you get what I mean? Yeah?

Interviewer: So when you say that it um… it, it’s a learning lesson for you [interviewee: yeah], tell me more about that.

Interviewee: Well you’ve got to go through things in life to learn certain things, and do things to realise certain things. So it’s literally like you’re going through life and you’re growing through it at the same time. Do you get what I mean? Yeah.

Interviewer: So it sounds like what you’re saying is… um, it might be good that you experience some form of hardship [interviewee: yeah] um… because something good’s gonna come out of it. As in you’re gonna grow [interviewee: yeah] and learn [interviewee: from situations, yeah]. And how do you feel about that?

Interviewee: Yeah good, but at the time you might not feel good. But you’ll… it’ll… it’ll get better in the end I feel like.

Interviewer: Okay. Um, do you want to say more about that box?

Interviewee: No.

Interviewer: Okay, can we talk about what you’ve put in the second box please.

Interviewee: Yeah. So… I feel like my lonely place is probably home. ‘Cause if I’m feeling lonely and I don’t want to be around anyone I can literally just isolate myself kind of thing. Not being around anyone, not talk to anyone, can just be by myself if I want to. So… if you’re like out with your mates and stuff and you’re not feeling right, or you’re feeling sad or low, then… if you don’t want to be around them then obviously go home, do you know what I mean?

Interviewer: When you say you don’t want to be around people, you just want to be home [interviewee: yeah], tell me more about that.

Interviewee: Well if you’re in a bad mood, you’re not gonna want to sit round everyone while everyone’s all happy. You’re gonna want to be by yourself… to think about what’s going on in your life. You’re not gonna want to sit round everyone while everyone’s happy and you’re gonna have to pretend or force yourself to act fine around them. But when you leave you know that you’re not fine, in your head, the whole time you’re sitting there thinking I’m not really fine. You’ve just got to be by yourself in certain situations.

Interviewer: And how does that make you feel?

Interviewee: Mm… sometimes quite sad, but sometimes I feel like you maybe need some time to yourself. You don’t always need to be around other people. You should get comfortable with who you are and being round… being in your own company, to make you realise that you don’t actually need anyone because you’re fine by yourself kind of thing. But… yeah, it isn’t so good to be around your friends, but when you’re feeling like you want to be around everyone and you’re feeling like you just want to be by yourself, then that… I feel like the best place to be is home. You don’t have to see anyone, walk past anyone, talk to anyone. You can just literally be by yourself and do what you have to do.

Interviewer: And how would you feel in that situation?

Interviewee: Alright, I feel like. ‘Cause if I know that I want to be by myself, then I know I’ll be alright when I want to be by myself. I know that if I want to be with one of my friends, I could call one of my friends. But I know that if I want to be by myself, then I’ll be by myself. I’ll leave my friends and the company that I was in.

Interviewer: So it sound like what you’re saying is home is a place where… where um you… you basically feel lonely the most.

Interviewee: Yeah. Unless you’ve got people around your house. But if there’s no on round your house, then yeah, home.

Interviewer: Because you just want to shut down and-

Interviewee: -and be by yourself. Yeah. In your own comfort zone.

Interviewer: Um… you also mentioned when you’re at home, for example, when you can’t go out, you might watch telly or go on your phone. [Interviewee: mm… yeah] Tell me about that.

Interviewee: Well, if I don’t want to be around anyone, I wanna be by myself, I’ll sit in doors and I’ll literally just watch telly or be on my phone un… until I feel like I wanted to be around people or whatever I wanted to do next, I’ll go in and do. But if I didn’t want to do anything, then I’ll sit in bed and go on my phone, watch telly, until it’s night time. And then I’ll probably fall asleep.

Interviewer: And how would it make you feel in that moment that you want to be alone and you go on your phone and you watch telly?

Interviewee: Sometimes I feel like it’s good to be alone. So you can just be by yourself and think about things or just chill out. I feel like sometimes it’s good to be by yourself. But I feel like you shouldn’t be by yourself all the time. You should go out and socialise with people.

Interviewer: I guess um… um I’m… I’m wondering, um, when you’re at… when you’re home, and you’re feeling lonely, you don’t want to be around people [interviewee: yeah] um, you said you might go on your… you might go on your phone and use social media, um [interviewee: yeah] um, or you might watch telly for example. How would it make you feel, when you feel alone, and when you’re on your social media for example, seeing your friends?

Interviewee: Yeah, sometimes it does make you feel like… a bit sad. ‘Cause you’re… you think why can’t my life be easy like there’s or they look so happy all the time or things like that, do you know what I mean? So sometimes it is a bit like hmm but… yeah. Like on social media you can also like watch things, do you know what I mean? Have you like seen like little like there’s things that you can watch, it’s not just literally your mate’s photos or what your mate posts. You can watch other people that you don’t know that… do you know what I mean? And like some people will put like inspiring things on there, so it might make you feel better about yourself, do you know what I mean? Or funny things, so it will make you laugh which will make you feel better, do you know what I mean?

Interviewer: Is there anything else you want to say about that?

Interviewee: No.

Interviewer: Okay, thank you very much. I’m gonna cancel the recording.