**INTERVIEW 37 – Female, B&D**

**PART 2**

**I: okay, this is part 2 now. Can we start by talking about what you put in box 1 please?**

R: so for box 1 i put the place I feel most socially connected. It’s like i said in my home. Like in my bedroom using my phone. And with people I'm comfortable with. It could be anywhere but as long as i can be comfortable so its like my partner that I'm comfortable with and in work, uhm, being in bed with my phone it's like I can be myself and still be accepted. And i can also switch off that level of communication. So if i feel like i'm too far into a situation where I can't get out and i feel like i just can't do it. I can just log off, you know. When you're with people you cannot just walk away. It doesn't work like that. Uhm, so i know when i'm at home or in my bed , its like I'm using my phone and its fine, like I'm in my comfort zone and nobody can break that because nobody’s like physically there with me. Umm.. when I'm with people i'm comfortable with i can just be around them and feel my like myself you know. To the point where it’s like i do feel that I have people around me but at the same time I am judging myself. Because there's people around me. Because I'm so comfortable with them that I don't look at them as one person who's gonna give me an opinion. And make me feel less valued. It's like we could be at the park, we could be at a restaurant. Anywhere. And I don't feel that bad because I'm with people who I'm comfortable with so the world don't seem so frightening- like because you know there’s people who actually like you, who if -worst case scenario- that somebody didn't, that some people there do but it takes a lot to get comfortable with a person like that. A lot like- like my own small friendship group at the moment, uhm, Is my partner and my partner’s friends. And I can be around them. I can happily sit there and be okay with them, uhm, but there is a slight difference. We could be- if it's just us, Its fine, but if we’re out somewhere, I don't feel that comfortable. Uhm, cause then it comes down to what if the people outside start looking at me, looking at these like, looking at me with these, having an opinion so it becomes automatically like oh there's another way of getting an opinion. Uhm, at work, I think work must be the

**I: just before we move onto work, i was just gonna ask you if I may, you said it's not as frightening with these people. Can you tell me more about what you mean by frightening**

R: so when- like when I'm on my own I feel like everyone’s staring at me and its like...I'm the main character in this book. And everyone’s waiting for the next sentence. Umm. when I'm with other people it's like i don't have to give answers for everything. They can talk on my behalf. So i know i can just turn to someone and be like oh well you might as well answer that. Instead of me having to answer for it. Umm..it feels frightening because you just feel like this little fish in a big pond. And you feel like the only little fish in this big pond. And you feel like you can't .. you can't just run away and go home, you know. You can't just disappear. It doesn't work like that. I mean there’s been occasions where i just sit on a toilet just because i feel like i need some time out you know. But you can't just disappear and go home. You cant click your fingers and be in your room. So it's something that does frighten you but. You have to kind of just hope for the best. But with other people its like you know what i don't have to give an answer. You know what I don't have to speak. I don't even have to look at anybody else if I don't want to. Because I'm with other people. They're like a shield. Its like your protective armour, and it's like you don't have to say speak or look. They can do it all for you. Ummm in your head anyway. But i mean when other people do speak to you. That's when you feel most happiest because when somebody new comes to speak to you. It gives you a bit of anxiety but you feel that they've come to you not them. So it makes you feel better. But when shoes on the other foot it kinda like you're a standing piece of object. And you don't know what to do with yourself. Ummm. but it does make it easier when you're with people you're comfortable with. Cause I think it's, yeah it is, they are like your little soldiers. That's what it feels like. When you're on your own, you feel like a king without you know no soldiers. It's not the best…. Yea its not great. It's like, it's even the same for work cause I speak to everyone there and everyone speaks to me. And in a way we have to anyway because of work related topics. I feel the most achieved at work. And I feel my best at work. And there's probably why I haven't left there in like 3 years. Because I speak to everyone i get along with everyone. As far as I'm aware, everyone gets along with me and because people do rely on me for a lot. It does make me feel better in myself because i feel like... not in a horrible way...but i feel like if i wasn't there doing that nobody else- like i'm the one who's carrying this. I'm carrying all of us right now. And it makes me feel a lot better like i've got a responsibility where people appreciate you for it. And they give you a sense of accomplishment. Its like every time i go in there i know that i'll feel okay. I've got people who are willing to be behind me all the way and we have conversations and when i've done … something good, i get a praise on it you know. It’s 24/7 like its just corresponding to everything that you need. With being so lonely, it just makes you feel ...it makes everything hell just go away. Because you're not home that's an achievement in itself. You know you got people around you. Who are willing to put the effort in the way you want them to. And it's just the best feeling i think. And that's the place I feel most socially connected. I can talk for hours with people at work. When i'm at home i choose not to. So… there is the best.

**I: and when u said home in bed using your phone, and you said using your phone. Can you tell me more about that.**

R: yeah, so just communicating with people like on snapchat, facebook or instagram like anything, any social networking. I can decide how long I want to speak with people. I'm not in face to face- like radiance for you to give me an opinion or see me give you an opinion. Like physically. With your eyes or anything because there's a lot of people you see straight away that can give you impressions that make you feel like oh you know… are we not… like hey or have i done something wrong like all they might do is squint cos the sun’s out you know. But when you're home you don't have to see all of that. It stops you from seeing all of that. And it's like you could choose how long you want to speak to these people. Choose how long you want to exist in the social world. If that makes sense but at the same time, while socialising i can also be like in my pyjamas, I could go about my day on how i want it to be. But i didn't. A bit of social life. To it when i feel like i want to. So its better-it is better that way i think. It does make me feel like socially connected i suppose. Because I can just chose, when i want to do it. There's no one telling me that you have to do that or not to do that.

**I: it sounds like you like that control aspect**

R: yeah, I like knowing that nobody can tell me from right from wrong. I feel like when im at home it's so nice to know that I can control my life style and my lifestyle is not controlling me. Whereas when i'm out i feel like my lifestyle is controlling me because of how im going about my day with other people. When-it’s just-it’s all a bit- it’s all just long-it’s horrible and its draining. But when you're on your own and when you just do it. It's like having a side job. It makes you feel a bit better cause you know that you don't always have to go in. but you can if you want to. So- yeah it’s nice-i like having control over my life i think.

**I: sorry I think I disrupted you when you were pointing to some other points.**

R: Uhm, So like, no i've gone over all of them really. They're like the points coming off of them.

**I: so for home in bed, using your phone because you feel safe and you can-**

R: Yeah, I can use my level. I can choose the level of sociability. It’s - like I said I can range between whether I want to be talking to people for hours or not at all. Uhm, being comfortable with people because I could still be myself and I still feel accepted. And that just- it makes you have a different view in society. It makes you a different view on being- like socialising with others cause like I said it feels like you’ve got people behind you, ready to fight your battles. But minus the fighting. It’s like they’re there, even if it goes wrong. But they’re also there to catch you if you fall.. which is nice. Uhm, and like I said with work, it’s just that I get on with everyone and people rely on me quite a lot. It gives me a sense of achievement. And I don’t know. It just- It covers every area that I feel like I’m not doing my best in, like achieving goals, making friends, being happy in general. Uhm, working to the best of my ability, like reaching my full potential and that’s what I can do there so yeah.

**I: Is there anything else that you want to say about box 1?**

R: No

**I: Thank you. Can you talk about box 2 please?**

R: Yeah so box 2, the person who most feel lonely, so I’ve wrote three points. The biggest one is with a group of people. So being in a big group of friends.

**I: Sorry, is it - oh- is that number one?**

R: Yeah, so the biggest point out of all of these is .. being with a group of friends. Uhm, it gives me anxiety really bad and I feel like it shouldn’t be there. So, when I am in a situation like that, the first thing that I think about is I wanna go home. And it sometimes gets to a point where I really get emotional, where I feel like I’ve got no option but to go home, or other people are gonna have a bigger opinion. That leads them to meeting new people, because I feel like when people- when new people are surrounded by me I feel like the first- the last thing they want to do is be my friend. And it’s more of

**I: I’m sorry, could you say that again please?**

R: So it’s like being with new people, the last thing I think of is the fact that they want to be my friend. So it’s like when there’s new people around, it goes back to like, you just want to, either compete or achieve. So you either want to achieve to a level to what they’re doing or better. So that’s when competition comes in and you want to make them laugh, you wanna make them smile, or - the same stuff they do to other people. You just don’t know how. Uhm, but when you do get on that level with someone and they go out of their way to be friends with you. It’s- I think for me, it’s worse because it’s nice to know somebody wants to be friends but then also it flips, reverses it into, because there’s loads of people here, is it more of a sympathy thing? And I feel like with new people, it might be sympathy, it might feel like- I feel like - they look at me and they realise that I’m the odd one out so they try to include me but I don’t want to be included for the sympathy card, you know. I want to be included because you want to be my friend not because you feel like you have to. Paranoia comes into it and then it’s just - it’s a situation I hate to be in. I always avoid all of them situations. That’s the first thing I do cause I don’t like being around new people, let alone being in a big group, or anything like that because i feel like I’m not supposed to be there at all. I don’t know how to explain it. It’s just - it’s uhm, a heart pounding feeling. You don’t want to - you just don’t want to be there. You really don’t want to be there because of so many factors like they’re new, you don’t know what their personality is like, you don’t know how they’re gonna react, like, there’s so many things to it. Uhm, I think that might be the biggest thing, with a lot of people. Uhm, and being at home, other then not being in my room, is not one that I enjoy either. Uhm, I feel like everyone's got a bad opinion of me, or that I’m not doing enough in life or i’m not making anyone else proud of me, or I'm not making anyone else feel like they can show me off, if that makes sense so like I mean I didn’t do the best in school, uhm, I come out with all the things I needed but not the things I wanted, uhm, so I come out with passes but it wasn't good enough for- like my family. And I know when -so I kind of hid my GCSE grades for a very very long time because I was worried about bad opinion like not being good enough because, you know, I didn’t get an A\* in everything or uhm, and then it’s like money situations, uhm, like being around because I don’t want them to tell me, I'm doing that wrong, Uhm, everything someone tells me I'm doing something wrong, I just kind of - you take it a lot more literal and you take it a lot more on board because you try to impress those close to you and you try and gain their - like- friendship from family but it’s hard to explain because you don’t want to be friends with your family but you just - you want to feel accepted to the point where you feel like.. Do you know what.. I can tell you stuff and like you just want to feel normal around people and I don’t know how to express normal as being normal but you can’t do that. And it’s even the same with family like - you just- how you are with friends and stuff it’s exactly the same with family, if not worse. Because you feel like you’re around these people 24/7 and you can’t get rid of these people. And they’re always gonna have an opinion and they’re always gonna have something to say based on what you do in your life and I don’t like that. I don’t like - I don’t mind being told what’s- what I’m doing wrong but not to the extent that it is wrong and you need to be doing something different. Like, I don’t like - I think a lot of my problem is I don’t like being told a lot of things. Uhm, I very much like learning from myself, or if someone else tells me, I feel like it’s a dig. And that throws me back and it makes me feel lonely cause I feel like I’m in this on my own and then I feel lonely in general because I feel like everybody else is gonna see me the same as how my family sees it and then you just end up hibernating because you don’t want people knowing what’s going on and then it just becomes all secretive. Uhm, pretty much it. It doesn't make you feel any better, if anything with family, it makes you feel a lot worse because you feel like you can’t give them what they want. And that’s- out of everything in life- that’s like my biggest issue. I feel like I can’t give my family what they expect of me. So yeah, that’s probably the thing that.. Does make me feel loneliest. But yeah. Yeah. pretty much it.

**I: And you said with a group of friends.**

R: Yeah..

**I: Is that number 2 or -**

R: yeah. It gives me anxiety, it makes me feel like I shouldn’t be there.

**I: Tell me more about that**

R: so I feel like I just want to leave the group of friends and go back to being on my own. I feel like it’s too overwhelming, I feel like there’s too much to live up to with a big group of friends. Like if it was a couple of people, it’s hard for me but I can deal with it better than a large group of people because I feel like there’s more opinion, there’s more people there staring, there’s more people that you’ve got to impress and you know, compete with and even speaking about it gives me anxiety. It’s just - it’s not- I hate being in a big group of people let alone a big group of people and new people. That is my worst fear. My worst fear is being with a large group of people who I don’t know. Uhm, whenever I’ve been in a situation like that, I have always made an excuse to leave and I have always left like I’ve never contemplated it. I’ve always done it because I don’t want to- i don’t know- like once I know that I’m leaving, the opinion is invalid. Uhm, straight away I think- do you know what, if I’m not gonna be a part of this and I do leave. I just don’t - I prefer not to speak to them type of people again because I don’t want to have to explain myself. I don’t want to explain why I left and I don’t want to have to explain why I don’t like being there, you know, why i’m never there, stuff like that.

**I: when you say like to impress them, can you tell me more about that?**

R: so it’s like, you know when you see somebody, you automatically get your first impressions, like, so when I met my partner- first- straight away I thought comfort, like he’s genuinely nice and stuff like that and I don’t want with new people or just people in general to, you know - it’s like another opinion type of thing. It’s their first impression of you could make or break the whole situation. And because you never know what they are, it puts me into a lot of anxiety and just throws me off and makes me wanna walk back because I don’t know what their impressions are so I don’t - I can’t go off anything, I can’t continue, I can’t like- it’s like you're stuck on pause. It’s either pause or rewind, nothing more. Uhm, yeah it’s not nice at all but yeah it’s - I think it’s one of them things say **(1:32)** it will always happen but you know, I think it’s just how you adapt to it, whether you’re willing to let it ruin you or not. Or whether you’re willing to change things so it don’t ruin you, you know. But yeah.

**I: thank you. I need (1:32:27) home, you know, one of the places you feel most lonely and also home, one of the place you feel most socially connected**

R: yeah so home, in my room, on my own, I feel the most socially connected but at home not being in my room, on my own, I feel the most lonely. Uhm, but i think it does come down to who’s around you, you know, and how you let it affect you. Uhm, I mean like I said I’m never really here to let it affect me but I know if I am here, I know it would affect me. So you just kind of change your lifestyle to ... fit around how you feel rather than how others feel, at this point. It’s crazy, like your home could be one of your most comfortable, but also one of the most lonely places. It’s crazy to think that. You wouldn’t really expect it either but yeah. I think that’s all.

**I: is there anything else you’d like to say**

R: no..

**I: Thank you very much.**

R: you’re welcome