**Interview 41 - Male, 18, B&D**

Part 2

I: Now we move on to the second part of the study. So can we start by talking about box 1, a place where you feel most socially connected.

R: Alright, for the most socially place I wrote ‘home’ because, of course, home is where the heart is. It’s where your family is, it’s where you’re most loved. You can go out into the world and think someone loves you but you never know, you’ve lived with your family your entire life or known them your entire life, so you know that they either love you or hate you, you know their emotions when they feel them. That’s the only place you could really let your emotions out. And even just talking to your family makes you feel better, makes you feel happier, makes you feel like you have something whereas say, college, school or education in box 2, you, once again, you’re surrounded by people but you don’t know any of them really, you don’t really know anyone, you may have known someone five years, they don’t know you, they don’t know where you’re from, what your life is, they only know your education, your college, they only know you’re from there, so they don’t understand you as much as your family does, your people at home, your people who live with you, have greater understanding of your ins and outs because they see it everyday, they see what you do, they see everything, they see how long you’re in the toilet for, they see how much you shower, how much you brush your teeth, how much you do this, and it makes you more connected in a weird way because no matter what you do, you’re always going to be loved by someone from your home, even if they’re all dead, even if you’re alone, you still know that you were loved by them and it brings a kind of bliss. It’s not a strong one but it’s there and it makes you feel a sort of euphoric happiness, it’s not really a real happiness but it’s, it helps [laughing] so that’s why I wrote ‘home’ under the socially connected because it is the place that you know the people the wellest, the best, where you know them.

I: So it sounds like what you’re saying is you like, basically, it sounds like you like that familiarity, you like that aspect that no matter what happens, they know you, they’ve seen everything about you, so that the element of judgement is less, a lot less so.

R: Yes, they know, say you do something wrong, your family will be the first people that judge you correctly because they know if you’re a good person they know that you’re good, this must have been a mistake, this must have been something you did by accident. If you’re a bad person, they know ‘oh, this is routine, this is normal’, so you get the most honest judgement out of your family, whereas someone on the street would be like ‘oh, he did it something bad, he must be bad person’, they don’t see you for who you are, whereas your family or the people you live with already know you so they aren’t gonna see you and judge you whereas random people will. Your family not already judged you, they judged from when you were born, they judged you as a lovely little baby so they will always see you as that lovely little baby, they’ll never see as a, anything too horrible because they already know that you’re this kind of person, they can’t, you most of the time can’t shock them with your actions because they already know that you probably did or didn’t do that because of who you are so no matter what you do they always think you’re a certain, they always have that good thought about you even though say, like, my brother someone like that, he will say ‘oh, I hate you’, but he don’t mean that, he’d be like ‘oh, I hate you’ and then walk out to me and like shake my hand or snub me, which he’s joking obviously but it shows that you can say something and mean completely different so your mom could be like ‘oh yeah, I hate you so much’ and it could be meant in a loving way and that, you can only get that with family or loved one because you can’t walk onto the street and be like ‘I f\*\*\*ing hate you’ and they’ll be like ‘what?’, like they take it the wrong way whereas you meant it in a nice way or you meant it in like an enduring way and that’s why you can never really replace your family, you can just add people to it, you can never really get rid of your family, it’s always there and that’s why you’re always connected with them because they will never leave you mentally or like in your heart they’ll always be there and that’s why I feel like home is the most socially connected place.

I: So it sounds like your family don’t judge you at face value whereas, it sounds like what you’re saying is people may judge you, I’m just referring back to what you said earlier that people, when they see you, the first time when they see you, however way they see you, that’s what their perception of you is gonna be so they will judge essentially based on first time impression or based on face value I mean.

R: Yeah, if you think about, someone on the street is gonna judge you from your cover, what you look like, how you sound, whereas your family have already read the book, they’re gonna judge you for what’s inside, what you’ve done, what you’re all about so someone on the street will be like ‘oh, bruv, look, he’s an idiot cause he dresses weird, he kind of yeah’, whereas your family is like they’ve read the book, they know that you dress weird because of this, you do this because of that, you are this way because you’re that way whereas someone on the street is like ‘they’re an idiot’, your family is like ‘oh, no, he’s just quirky’ [laughing]. Your family has the whole experience, whereas someone on the street has only seen the first page, you can never trust someone’s opinion on the street, you can always trust your family, that’s why I wrote ‘family’ or ‘home’.

I: So it sounds like you like this sort of familiarity and certainty because previously you mentioned that you said that you worried about what if and, about the future, if someone leaves or if someone dies or whatever, um, so it sounds like you like that certainty that knowing that your family supports you, accepts you, includes you, um.

R: Yeah, you don't have the ‘what if’ when it comes to your family, you don’t have ‘wow what if they love me, what if they don’t love me’. You know they love you so you don’t really have those questions about your family whereas someone on the street be like ‘ah, does this guy like me, does this guy hate me?’, whereas with your family it’s ‘oh, yeah, he jokes with me, he hates me but he loves me’ kind of thing, you never have to worry when it comes to family, obviously in certain situations you do but let’s forget that for now, we’re just doing it’s a perfect happy family situation and then, yea, your family it’s certain, it’s not lonely, you go there and you’re at home, you know what you’re doing, you know why you’re here, you know what is here, you know who is here, you know how they feel about you. You walk into college, boom, you don’t know who's here, you don’t know what they think about you, you don’t know what they feel about you, yeah, in a way it is certainty, you know, you don’t have to think, you just do, whereas with other places you have to why, where, when, who? Whereas home you’re like ‘oh, yeah, I know’, it’s a kind of calming situation that you don’t have to think but yeah.

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

R: Not really [laughing].

I: Can we talk about box 2, please?

R: We can. Um in box 2 I’ve written the words ‘college, park and’, well, not college, ‘education and streets in general’ because I’m gonna go back to obviously I’m gonna refer to box on the other thing [referring to the previous task - part 1], streets in general say, the Thames, you’re walking down beside the Thames, yeah, there’s hundreds, thousands of people around you but you don't fit in, you don’t know any of them, you don’t, unless you have family there you’re on your own, you’re isolated, even though you’re surrounded by people, you’re in your own bubble, no one knows you, you have to question ‘is that guy safe? Is that guy happy? Is that guy angry? Is that guy’, you never know, so yeah when you’re in an unfamiliar area, unfamiliar place, unfamiliar state of mind, you start to question, you start to think why am I here? I wanna be on my own, I wanna, like walk away, gonna be on my own, lonely is better than scared, lonely is better worried, lonely is better than thinking, so you rather be lonely than stand there and think ‘does that girl like wanna walk in front me? Does that girl wanna go around me?’ kind of thing. You don’t wanna have to question so you remove yourself from a situation and that happens in any public place, happens in a park, you’d be sitting on a bench and you see someone walking towards the bench, you’re gonna want to get up, you’re gonna want to leave, cause you don’t know who that person is, you don't know what they’re gonna try to do, I’m gonna take myself out of the situation or you could be in in school, college, university and even if it’s a teacher approaching you or a lecturer, you don’t know what they’re gonna do so you rather avoid that situation and that brings you back to lonely, you’re on your own, you have no one around, if you were to stay there you’d be worried, you’d be scared, you’d be second guessing. You moved away and now you’re still second guessing but you only feel loneliness, you don’t feel anxious, you don’t feel scared, you don’t feel sad, you feel loneliness, it’s better to have one than all the rest in your brain, that’s why I feel like these free things in general are more isolating, lonely and more melancholy situations, they make you feel sad, they make you feel depressed, make you feel kind of not whole, they don’t make you feel like you know what you’re doing, they just make you feel like ‘I need to go, I need to get out of it, I need to remove myself from the situation’, which then makes you feel lonely so you could go home, you could do whatever and you’d feel happy, but in those situations you don’t know what to feel so your brain automatically goes to lonely, your brain wants you to feel lonely so you don’t feel sad, it makes you feel lonely so you don’t feel depressed, it makes you feel lonely so you don’t try to feel happy cause you try to feel happy and fail, it’s gonna be worse so yeah those situations places that are the places I feel would be the most lonely.

I: So when you said that you’re sitting on a bench in a park and then someone came close to you and then you’d wanna get up and leave, can you tell me more about that?

R: Yeah, um, so, it all goes back to judging. You see that person, you don’t know them, you don’t know who they are. If they’re a homeless dude, you could, your brain automatically thinks ‘oh, he wants money, he wants this, he wants that, he wants to sit near me. What if he smells? What if he’s dirty, like, la, la, la, la’. If it’s a businessman, you don’t know if that’s someone trying to deal you a weed, you don’t know if it’s someone trying to do something to you, someone trying to get your information trying to scam you, so your brain automatically assumes ‘yo, if I leave, I ain't gonna deal, I ain’t gonna be in this situation so I’m gonna go’ and that’s happened before many times, like or you’ll be ‘there’s a kid’s park and it’s empty so you sit and swing, yeah, and then a family comes with their kids so you leave because you don’t wanna be in the situation ‘oh, who's the weirdo sitting on the kids swing?’ ‘who's the weirdo in the kids park?’ yeah, so you remove yourself then you feel lonely but it’s better to feel lonely than sad, it’s better to feel lonely than anything, so yeah it all comes back to the idea of judging people before you know who they are and the fact that you should, your brain tells you to get out of that situation so you don’t have to deal with what they are.

I: So you mean, they are what they are, as in, you don’t have to be judged?

R: You don’t have to find out if what you, your brain assumed about them is right or not, you don’t have to worry what if they’re bad, what if they’re good, what if they’re trying to do this one, they are not. What if they’re, it, your brain tries to save itself so much time, it’s better to be alone than to try to figure out who that person is whereas with your family, I already know that is, my brain doesn’t need to figure out who that is. With a random person ‘oh, I don’t know who this is’, if I leave I don’t have to figure out who it is, I don't have to figure out if my brain assumed right, I don’t have to figure out if I judged him correctly, if I leave I don’t have to do that. So of course leaving is the, in most situations it’s the bad thing to do cause it makes you look like an idiot, and makes you, the guy assumes you’re avoiding them or something like that and it makes you look bad but your brain wants you to be lonely instead of hurt, lonely instead of sad, lonely instead of getting mugged or some crap like that, then it’s really a survival instinct, it’s fight or flight (cause you’ve asked if they’re here and I fight it out  - 1:16:47) or I leave and your brain most of the time will say ‘yeah, I leave’ and then I don’t have to deal but then it’s your brain finds that easier than having to figure out who they are, are they bad, why are they here? What they are doing? Why are they sitting near me kind of thing. So yeah you can never really be, unless you’re with a family in the park or something like that, it’s a different thing, this is kind of thing if you’re on your own in these situations cause even being on your own in your house you know the only people in that house are your family or someone that broke it. And in the park if you’re on your own, you don’t know anyone, you don’t know anyone who's there so your brain will automatically assume that person is bad, why are they in the park? Or why are they doing this? I, I don’t wanna think about this, I’m gonna go cause, yea, that’s the way I think that.

I: And how does that make you feel, not knowing…

R: Not knowing...it’d be anxious, maybe a bit confused because you, obviously you don’t know and your brain doesn’t wanna know, it wants to leave so when you do leave you’re gonna be sitting there thinking what if that was a nice guy? What if that was a, what if he needed help? What if I just left him and he bleeded out or something, something like that, stupid, and so no matter, if you’re in that situation, then you stay, you learn about the person but your brain doesn’t want to you stay, if you leave you never learn about that person but your brain wants to know what was so in both situations you’re, it’s bad but it’s, only one is good. If you stay and learn who that person is, you make a friend, you make a new person who you know, it makes that park a little less lonely but if you leave then it just adds up these questions to your head: who was that? Was he nice? Was he bad? Was he good? Was he evil? Was he trying to hurt me? And then it makes you worry, it makes you think, so no matter what you do in that situation you’re always gonna be either scared or lonely or worried or happy or angry and you can’t really stop that, so yeah, it’s kind of depressing, confusing and it’s a deadend really cause you can do one of two things and both of the things are bad so you can’t really do anything to benefit yourself other than staying and talking and staying and talking has its risks so you brain wants you to leave you don’t wanna leave, you talk to him and it turns out he’s bad and now you’re thinking why didn’t I listen to my brain? Why didn’t I go? Why didn’t I do this? And no matter that you do you’re always gonna have questions and like I said before, it’s better to replace those negative questions with good ones: what if he was good? What if he just wanted a nice chat? What if he is lonely and he wants to talk to someone instead of oh what if he is bad, what if he was trying to hurt me, what if he was trying to look for someone to kill. Yeah, so always trying to replace negative with positive is the best thing to do so you could be like ‘oh, one of my grandchildren or some crap like that, one of my grandchildren is going to the hospital but because of that my grandchild is coming to stay with me’ so of course there’s a negative ‘oh my grandchild is in hospital’ but there’s a positive ‘I get to be with my grandchild’ and of course it’s negative cause your grandchild is hurt, injured or something but it’s positive because you get to spend time with him you get to have contact, you get to feel a little less lonely. So there’s always a negative and a good, you should always try and see the good but at some point you’re gonna have to see the negative cause you can’t always dismiss negatives cause they build up and if you don’t sort out the issue, it’s just gonna get worse so if you’re thinking ‘oh did I leave the stove on?’ or ‘is that electric?’ those why, messed up or some crap like that and you leave it, the house could burn down so somethings you have to address straight away other things you can leave, but it’s not healthy to leave them because if you do leave them they get worse because when you do leave them they get worse, they start eating away your mind and if you have too many concerns, too many doubts, too many worries, eventually your mind is gonna break, it’s going to give up all thoughts, it’s going to be like there’s too many things going on at once and your brain is gonna forget everything, it’s just gonna be ‘I don’t wanna know anything right now’. And there’s cases where people have had amnesia because they've gone through, they’ve come out of the army, they’ve gone through massive stress and they try to block it all out and the burden was to like hard to carry and so their brain is just ‘I can’t do it anymore’ and they forgot everything and it’s very rare but it does happen that when a soldier has PTSD he starts to enjoy the thing that gave him PTSD so he’s go paintballing, he’d enjoy it, he’d enjoy hurting people and that’s because he didn’t address the issue of ‘do I like hurting people?’ if he was to address that and when himself think ‘no, I don’t like hurting people’ then that wouldn’t have happened but if he didn’t address it and it got worse and then it nagged, and it nagged and then he began to enjoy it so you can’t really leave certain issues to fester cause they grow and in the end all you can really do it you either deal with your issues, block them out or forget about them and both those things are bad cause dealing with your issues makes you think about them, it makes you experience them and it hurts you for a short amount of time but it could be a long amount of time depending on what it is but if you leave to fester it grows and becomes a constant problem so most serial killers have a reason, say, like Ted Bondy, he did it because he wanted to, he’s one of those people who are just evil or there was the guy who killed because he had a foot fetish, a shoe fetish and he saw pretty women with shoes, he killed them and take their shoes and that was his whole thing because when he was younger he used to get beaten with shoes, his mum used to beat him with them so he become to like them instead of hating them to kind of, his brain was teaching them that they’re not a bad thing, when you get hit with shoe it’s a pleasurable experience not a painful one to try and fix his PTSD and so in the end he started murdering because of that it messed him up so much mentally that he thought that killing people for their shoes was a good thing that ‘oh, it’s not pain, it’s pleasure’ and so, yeah, leaving your worries unchecked can wop your personality and it’s a negative thing not just for you but for everyone around you because you can change on the flip of a coin, a roll of a dice, it can be you’re nice one day and the next day you’re a murderer, you never know, nothing happens for a reason, it happens cause it happens and you can’t predict that so you just live your life to the best you can and if you start to fest up on a certain worry deal with it, sort it out, make sure it’s done, cause if you don’t, it’s gonna get worse, it’s gonna (eat away 1:24:46) at you, it’s gonna make you a different person and you don’t want because you can become anyone. That’s all I have to say [laughing]. We went from talking about a park to talking about murders [laughing].

I: That’s okay, thank you very much. Is there anything else you’d like to say about box 2?

R: No, not particularly.

I: Okay, thank you very much. This is now the end of the recording.