**Interview 42 - Male, 24, B&D**

**PART 2**

**Thank you very much, now we move on to the second part.So basically this is about where you feel most socially connected and where you feel most socially lonely in your neighbourhood. Can we start by talking about what you put in box 1 please?**

Okay so I wrote down being around friends and being at the movies for the socially connected and for the socially detached…

**Sorry, before we move on to the socially detached, can we, can you tell me more about…**

Socially connected.

**Yes, let’s explore that first and then we go to the most lonely one afterwards.**

Yeah, so I feel like everyone likes to do something so whether it’s read a book, watch a movie, go play football, any type of thing that you can do on your own but you can also go do as a group, it’s great in a group situation. For example, going to the movies, I like going to movies because it’s quiet, yes you’re with people but the main aim is to watch a movie and be quiet and do it that way. But then to enjoy it with people that are also trying to do the same thing is great because you all have the same mentality, you all have the same focus, you’re all trying to do the same thing at that one point which simplifies social interaction because there’s no trying to be a different person in the movies, there’s no, there’s no trying to fake your way through it, you’re watching a movie, it’s something you can do on your own as I said, or in a group, because the requirements are minimal, you watch a movie and then if you’re with a group you talk about it, if you’re on your own, you just enjoy it because it’s a movie, everyone likes movies, I love movies, but that type of interaction is easy which I like being around that type of interaction. And the second one was being in a group…

**Oh, sorry, no, no, I was just going to ask you, so, you said basically that, just to reflect back, you said that you like going to the movies because you’re there for a purpose and doing it with people who also are in it for the same reason, you know, it’s good in a way for you, it makes you more socially connected.**

Yeah, when we all have the same goal, and you know they have the same goal, no one goes to the movies thinking I’m gonna be destructive and I’m gonna do this and that. No, you go to a movies because you know I’m going to it or watch a movie, I’m going to do this. Loads of things can have this type of thing, if you wanna go to a friends house to watch, play football or go to a friend’s house to play Play Station, but then that type of stuff you know you’re going there for that thing, there’s no hidden curtains, there’s gonna be other things maybe after, like, after the movies you go and get ice cream and then you put it into a different type of situation, like, depending on who's there type thing, so yeah, if you’re, if you're with a group, preferably a small group for those type of interactions where it’s movies and there but if you’re with a group that’s let’s say playing football and stuff like, you’re playing a game, you’re pretty much, the whole rules and regulations of those types of interactions are, I like those types of interactions where you’re at a movie, rules are ‘be quiet, don’t ruin it for other people’. You go to football, rules are ‘play football, enjoy it, be sporty like, that type of stuff. Everything has a set of rules and the more the rules can be followed without being broken the better the situations are so, because, I don’t know, maybe I’m a perfectionist but, if I’m going to watch a movie, I’m  going to watch a movie, I’m not going to talk to people in the movie, so, it’s an easier, it’s an easier way to interact with a group without having to interact with a group if you understand? It’s a, it’s a way to be social without actually being social cause obviously introverts hate being social, but, but yeah.

**So it sounds like what you’re saying is, you know, when you’re at the movies, it sounds like just having that sense of common purpose can add to you know, making a place, making you feel more socially connected in a way, be it football or be it movies, um, you guys are there for the same reason and so on.**

Yeah. Yeah, cause obviously. If you’re going to a night club as a big group, everyone’s got their own thing to do and if I’m going to a night club, I’m here to enjoy myself and have a good time with the people that I come with. But then you also got other people in the group that are there to enjoy themselves, probably pick up a chick or enjoy themselves and basically get into fights. I know people that literally go out to have fights with people, they’re basically **(vigilans? - 36:12)**, so, so the different types of motives in a group that are hard to basically if someone, if you’re in a group and there’s enough people that just wanna go out, it’s fine, you’re kind of stuck in that situation unless you leave which is socially wrong to leave a group when they’re, when they’re about to get in a fight, it makes you look weak, which you can’t do so then you’re obligated to stay with the group and participate, which isn’t, which isn’t a good mindset because that means instead of you enjoying yourself you have an obligation to do this type of stuff, for example, I just came back from a funeral, I hate funerals, it’s not something I like doing, I hate it, it’s not worth, I know it’s for grieving purposes but I don’t like that type of situation you have to be put in, type thing. Yes, it’s around family, so, so the social construct is different but it’s the same type of interactions - you’re reading people, if someone’s acting up, that is enough, people that agreed, they, it becomes their own thing, for example, we had a few children running around and the family is not, this is while they’re talking in the, like standing up and doing all the hymns [song of praise that Christians sing to God] and that type of stuff and the children running around screaming and that’s socially fine for some people, for other people, it’s wrong, so the people that feel this is wrong got up and tried to control the situation but the person that died would have hated that type of control, she is the opposite, she loves when children run around even at her funeral, she used to love children run around and having fun cause it’s not fun to be at funeral, so there’s George having fun, it aligns the situation type of thing so a lot of the other people getting angry at people that wanted to control because the situation was almost good because these children felt that they could have fun running around and doing their own thing at a funeral because it’s that lightening of the mood type thing but obviously I just didn’t wanna be there so, it was pretty negative to me to, that’s not my type of grieving and I can’t grieve in that situation so it kind of felt like, I know it’s bad but it felt like a waste of time in my eyes like the whole day was wasted because that’s not my way of grieving. I mainly did that for the people that ask me to go, that type of situation. But yeah so, it’s that obligation to do something that puts a negative effect onto it because, cause it wasn’t, it wasn’t that I didn’t want to go but it’s just not my grieving process and do that type of thing so when I’m obligated to go do that it puts a negative reaction to it because I didn’t wanna go do that type thing.

**Okay, thank you.**

So, yeah.

**And, how does that make you feel when you’re for example at the movies with like minded friends or when you’re just being with your friends and having things to talk about?**

Relieved. In a way, in a way, you don’t have to build yourself up to this, you don’t have to wear this mask that everyone wears, it’s a social thing. You’re around people that you’re like, if you’re around like-minded people then you know you can be open with and enjoy the same thing you do that type of stuff, it’s, it’s quite relieving because you don’t have to, you don’t have to put a facade up for people, type, because, let’s say, I used to like rugby, I used to enjoy it a lot so I’ve got a friend group that are big rugby guys, I fell out of that type of social norm of talking about rugby, it kind of got bored for me cause of injuries and then, I kind of went into a dislike for it because of what the injuries affected me now type thing so, I kind of dislike it, I still watch it and have a connectivity to it but it’s the whole, because I got injury from it I don’t like it anymore. So then when I’m in that group situation and they're all talking about it it’s like it’s boring for me cause I don’t actually care about this type of stuff anymore. I know it’s, I know it’s, what’s the word, I know it’s like being, being, being single minded because if it doesn’t, if it doesn’t keep me in intellectually sated then I don’t wanna be involved in it type thing, I know other people like to talk about it so, just cause I don’t like to talk about it, if they wanna talk about it, you kind have to acknowledge and allow them, and the lack of words - indulgence, indulging in what they wanna do because obviously social, social norm isn’t just about you, it’s about the group so if they’re looking to talk about something you don’t wanna talk about, you either disconnect yourself or you go with it, and if you disconnect yourself,  as I said, that could have a negative effect, which, yeah, so.

**Thank you. Um, is there anything else you want to say about box 1?**

Box 1?

**Or should we move on to box 2?**

Okay, one sec, let me, let me have a look at the picture?

**I think you said everything.**

Which box are we on right now?

**So, we’re basically, in task 2, so, it’s the second page. But, I think you’ve said enough, to be honest, we can move on to the place where you feel most lonely, if you just wanna have a look at your notes.**

Okay.

**Sure.**

Okay, I remember writing them down. Basically, my, my, my mindset when I wrote that down was that I’ve had not enough interactions in the upcoming weeks so you, so basically, as I said the whole needing to set a side **(something - 44:28)** for social interaction so you have a mentality of ‘I need to go out with friends and do something’ and then you, once you’ve done that, you be like, ‘okay, I’ve had enough of this, I wanna go home and a read book or I wanna go watch a movie or watch some Netflix, type thing, I don’t wanna be in this situation anymore type thing, not cause it’s a negative situation just cause you had enough of it type thing but it’s fun until you have too much of it, everything is like that, you can only eat chocolate until you get sick, type thing so when I wrote that down it was the whole thing of being at home because I haven’t had the type of interactions I was in, wanting, wanting [or waiting] for that type of interaction of being around people and things so you’re not gonna have, the views I had when I wrote that down, I just wanna be left alone type thing, I wanna watch Netflix, I wanna read a book, I’m actually, before you called, I was listening to an audio book, so, I’ve had that interaction and I was done with that, it’ll probably be in the next week or two before I need, I need that huger sate again type, if you understand, so, so when I wrote that down I was kind of, it was that loneliness that you feel when you're not in a social, you’ve not had social connectivity but basically being at home, letting your, letting my mind run, it’s never good, never good, I’ll be honest. I overthink things way too much, I really over analyse things and I’ll go back and think about things that I did wrong if at one point of time in a social environment or I’ll think about things that were good that haven’t happened since, so, so it’s always on a playback with me, I’m always looking back at things that were good and were bad and see what I did in that situation to make them good or bad, so, and usually it runs to the bad side or I messed up in that way or I messed up in this way type thing, so it’s, it almost always goes to the negative side so when obviously it’s just a better idea not to go into that type of mindset of thinking about things that I did wrong or things I did right type of thing, because it almost always goes to the thing I did wrong cause everyone thinks about the stuff they did wrong before they, everyone will obsess about the stuff they did wrong even if you did more right than you did wrong you’re still gonna obsess on stuff that you did wrong because I think you’re chemically wired to do so, so you can correct yourself in a way, in one way or another so yeah, just, just being at home, cause as I said it’s not at a 100 percent answer, because yes the answer is being at home but there’s times where being at home is a good thing like you don’t have to be lonely at home type thing, sometimes, but loneliness is, being on your own and being lonely are completely different. You wanna be on your own, sometimes, it’s a good thing because having social interactions should feed the loneliness you have because i don't think loneliness is affected by, well not affected, i don't think loneliness can be sated or fixed by being in a group because sometimes being in a group can affect you in that type of way of feeling lonely. For example, you learn different views and the group, the group won’t help you in your views type thing so you’re basically isolated even though you’re in a group, you’re isolated to your own views, to your own wants, which you can’t really, which, if you’re on your own, yes you’re isolated because you’re on your own that might be loneliness as well but for some, for different people it’ll be different, some people have to be in groups because they’re, they’re chemically bound to that type of situation but then there’s other people, basically introverts and extroverts. Introverts don’t need that type of chemical, they’re not imbalanced in the way other people are imbalanced so its easier, it’s easier for me to be at home reading a book than it would be for someone else to be at home, do you understand? But yeah, so when I wrote that it was kind of, it was kind of in the context of this is arms up, it’s correct at some point in time but it’s also the opposite at some point in time, do you understand by? The answer is never gonna be 100 percent because the status changes whether you want to be in situations with groups or you don’t wanna be in situations. If you don’t want to be in situations, the answer that I gave is wrong but if you do wanna be in a group situation the answer that I gave was right, type thing, so, so, so it doesn’t even, it’s, it’s weird because it kind of puts everything on its edge [or edge or head] because it turns everything upside down because, because your feeling of loneliness can be sated in multiple different ways like, for example, reading a book can take your loneliness away because you’re, you’re working to forget about it in your own different way, like, going on, going on a console to play a game, you’re forgetting about things, those type of negative things than if you’re just sitting here hoping to go out with a group of people, you’re not, you’re feeling that negativity because but when you preoccupy yourself you don’t have that negativity, you don’t  you don’t think about it type thing so yeah it’s basically, yeah, the answer can be different during the times of the **(something -  52:16)** you have at the effect and the, the outcome of, yeah, I don’t know how to explain that more that I already did.

**Sure, no problem, thank you. Just a quick question, going back to what you put in this box [I guess referring to box 2], I wondered, you know, how does that make you feel when you’re at home? Cause you said, the box is basically categorised as the place where you feel most lonely and put in my house. How does that make you feel when you’re at home?**

Well, as I said, it’s not, it’s not the situation of at home, it’s the situation of not being in, not being sociable type thing but at home you’re not sociable, you’re on your own or you’re in a situation where it’s just you type thing. The whole being at home, it’s not, it’s not, it is, the whole, the whole feeling negativity at being at home, loneliness, that type of, that type of circles emotions, and, like, it’s on a, it’s on a **(cease / these? -  54:31)** so it could be good, it can be bad but at some moments it’s bad, for example, just straight up loneliness, being at home, it’s weird, it’s hard to explain, it’s like a, the answer, as I said the answer that I put down was, it’s an ‘and/or’ answer. I’m lonely, I’m lonely, no, it’s an ‘if’ answer, cause I’m lonely at my house if I haven’t had social interactions but I’m lonely at my house, I’m not lonely at my house if I’ve had that social interaction so it’s a question of ‘if’, there’s other stuff that go with that, that can change the outcome of that answer, so, so, being at my house is not a bad thing but it also is a bad thing because if you understand, I don’t know if I’ve lost you but the whole ‘if you had that social interaction that sated your hunger for it, do you know what I mean? Being at your house will be fine because you, basically, the context of that answer was that I haven’t had my social interaction for, let’s say, that month or that week and being at my house had me thinking, I need to go and do something and being stuck inside is not helping type thing so it’s something adding to the loneliness. If you understand? So basically, the answer was as long as I haven’t had my social interactions for that week or for that month, being at my house affects the loneliness because you’re not out doing stuff, you’re not actively working towards being connected with people, which, which could be also the opposite, you could be on the other side because being at your house after you had a social interaction like let’s say, yea, the day before we went out, we had fun, now I don’t need, I don’t need to go out the next day and have fun, I don’t need go out the next day and have fun and do stuff. Being at home is enough at that point. So it’s, it’s, if all the circumstances are met then it could be a good reason to be at home or if all the circumstances haven’t been met then it could be a bad reason for being at home, so, it’s, it’s weird, it’s like a console box type answer, so if it gets at a no answer like, you can’t get a definitive answer because the situation, as long as the situation is different, the outcome will be different type thing. Yeah.

**Yeah, thank you. Thank you very much. I think we’ve come to the end of the recording. I’m just going to pause the recording.**