Participant 44 – Male, 24, Tower Hamlets - Part 2

**I: Thank you very much. Uh, we move onto the second part of this study. Um, can we start by talking about what you put in the first box where it’s most socially connected.**

Where I feel most socially connected was at work, so I have a lot of colleagues and friends who I can interact with. Um, it's easy for me as the individuals who share their life experiences with me so work is one place where I kind of look forward to, so when I started the apprenticeship first, you know, that was really something I wanted or, you know, looked forward to. You know, every day I got up, go back, even though it was a routine, I enjoyed following that routine for one purpose. That purpose was really just feeling socially connected up making, you know you, there was purpose in my life. And there was also kind of where I could go to, where I can feel, um, feel connected to people, you know, just talk to them, deal with things, and stuff like that. Even though it's kind of a work mentality, you know, you'd be working, there were the occasions where, you know, you could just talk with people and just connect, really, get to know them on a personal level, you know what are their interests, hobbies, families, kids, you know, just different things.

**I: Um, um, you mentioned something about, you know, having us having a sense of purpose altogether. So, it sounds like, you know, there's a common purpose among you that kind of brought you together in a way.**

Yeah. And the purpose of, what gave me purpose was the working, you know, building that, studying, learning, that's what gave me purpose. And that's how I saw it as a kind of a path to follow if you would. So that's the route I took as a solution to social, being connected and feeling because I was surrounded by accountants, you see? So, the only thing for me to do was really learn about things, you know, learn about what's the legislations or whatever they may be. And so, I could talk, broaden my horizons you see and connect with them, really. So, that's what drove me forward. So that was kind of my life experience experiencing through, uh, working if you would, you know, working on developing and maintaining my knowledge. And so I could kind of reach their level. And so I could interact and just, yeah, let's talk about things with them.

**I: Um, sounds like you feel comfortable with people at work.**

I feel comfortable with people at work. You know, I don't have issues with I feel, at place where I can be myself and just you know, just relax. Um, people are not gonna judge. Yeah, it’s one place where I look forward to going.

**I: When you say it’s a place that you can be yourself. Can you tell me more about?**

Yeah. That was the place where I can talk to them about, you know, let's say I will just be myself as in make jokes, do this, do that, whatever it may be just be who I am in a way, you know, and show them the characteristics that I have, who I am. You know, I can express that in any way, shape, or form. And you know, there are people that accepting people, you know, they don't care, do you know, it is what it is.

I: Um, um, and what did you write there if you don't mind? Did you read what you wrote in box? What does it say?

I wrote. Ah, so “I have a lot of colleagues and friends who I can interact with. And it's easy for me as the individuals who share their life experiences with me.”

**I: See, like so now. So, you feel that with your colleagues, you can share your life experiences with them. You can share your feelings and I you can be able to express yourself.**

Yeah, I can be who, you know, I can be myself. So, you know, express myself in any, you know, in any way. And yeah, there's no kind of boundaries there. You see, it’s just you you're who you are. Yeah, I don't feel as though, you know, they’re people. There's no kind of restrictions there.

**I: And when you say that people there don't judge you, can you tell me more about that?**

Oh, they’re not, they’re not people who, you know, they don’t like or they’re bad people in that way, you know, they're not gonna look at you in an unprofessional way even if you make jokes or stuff like that, you know, they're accepting people rather than, you know, look, look at it from a point of view where all, you know, your behavior comes across unprofessionally, you know, so they're accepting people, um,

**I: Yeah, it sounds like sounds like you found an environment where you can express yourself. You don't have to worry about what you say or how you behave, because no matter what you say and how you behave, they will still accept you for that, whatever those characteristics maybe, um, yeah, you can share your experiences with them that you couldn't do when you were younger with your family or other people.**

Yeah, so that's one thing that yeah, at work is a place where I can, you know, be myself and they're individuals who, you know, who shared their life experiences, who tell me, what they've been through or what they've done. And it's just an environment where you feel as though you're at peace. You know, you feel safe, you feel happy, you feel as though you can just talk to them, you know, you're not gonna get just a dead response, really, you know, they're caring people and the atmosphere is good.

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

I: Uh, regarding box one and my workplace, uh, uh, no, I don't think so, apart from it's a really safe place. I don't think so.

**I: Thank you. Can we talk about what you put in box two, please?**

Uh, box two was the least uh, place where I feel uh, socially connected and that's at home, you know, there's just don't I feel connected in that way where I can, you know, be myself in a way or you know, really express who I am and who I am is more kind of taking adventures really, you know, just being going out, trying new things and stuff like that. It's just here, I feel as though it's more restricted, you know, I have parents who, you know, who worry a lot and they are worried at time, so that's kind of a barrier that where I can't go out and try new things.

**I: What did you write in thereif you don’t mind?**

The place where I feel most lonely is “at home”. So, I wrote my family is great, but it does come to a point where I struggle to socially connect, so, I feel things are more closed rather than an open book you want, so.

**I: When you say that things are a bit more closed at home, can you tell me more about that?**

I would say closed as in there is, I don't know, I can't really express who I am, you know, just generally people just making jokes and stuff like that, making, you can't really connect with that, you know, I feel as though it’s just, I don't know if it's culture, maybe culture but that's one of the things that's really not allow me to kind of connect with my own family. You see, yeah.

**I: So, you feel most lonely at home because even though you have your family around, because you don't necessarily feel that you can connect with them, this leads you to feel lonely.**

Yeah, uh, I agree with that. Uh, because, yeah, dealing with it here is more different, because there's no support, you know, like I said, like we talked about support and stuff like that, you know, it comes back to all of that again, you see, so it's one place where I try to avoid spending majority of my time in because It's a place where I don't associate, you know, connection with, you see, I don't associate that here. So, I try to spend more time at work doing longer shifts, because you know, I feel as though I can, I meet people over there who, you know who I can connect with. So, I’d rather spend more time out rather than, yeah, be here where, where I will spend majority of my time just studying really.

**I: um, and, um, and um, I guess, yeah, the breakup that you had some time ago, about nine years ago, is that correct? And have you ever tried, I wondered, like, um, when you say that you can't connect with them now, is it a similar kind of? Is it in a similar range? That if you were to, you know, see someone or have a partner or something, is that sort of how you, is that why you don't necessary connect with them now too or are there different factors that might play in?**

Aha. So what do you mean by that?

**I: Because I know you mentioned that, you know, about nine years ago, you broke up with your girlfriend and so on, so and now you say that you don't, you feel you feel most lonely at home, so because that event that took place nine years ago was then…**

Was that the cause of it?

**I: I’m just wondering like, yeah, like what experiences do you think are leading you to feel lonely with your parents that made you make you not feel connected with them?**

Uh, well, firstly, I think it's all the experiences that I went through, you know, dealing with that hand, it’s, yeah, going through that, you know where you know, everyone goes through tests and tribulations at life, so when you're going through that, you know, you need to turn to someone and you couldn't tend to the first place where you feel safe so I think that was the root problem, you know, not feeling as though you can, um, where we talked about the block, do you see? And that was the bit that being the root cause where I couldn't really take a leap at it and look at it as a solution rather than, you know, being a barrier where I couldn't go to them and say to them and said, you know, just express myself and just talk to them really. Um, so it felt more as a barrier, rather than, you know, being able to say, yeah, this is why, these are the problems and this is what I’m going through, you know, dealing with the problem that way.

**I: Um, is there anything else you want to say about box two?**

Uh, books two.

**I: Maybe I should ask you this, by the way, how does make you feel when you're at home?**

At home? Uh, I would say it fills me right now, well, at times it's, I try and really fill my time at home, yeah, so I don't really deal with anything, I try and go out, not really stay at home where I’m kind of doing nothing. Um, I’m taking exams too, so I’m trying to fill my time, what I’m doing when I’m at home, I’m trying to fill that time and do things that are useful. So I feel as though, yes, it's a safe place at home, yeah, I don't feel as though there is a connection to you know anyone here if you would, you know, I don't feel as though you can emotionally connect really, you know, because from a young age, if you were brought up in that instinct where you could you know where they, where they connect to you, you know, if you had the emotional connection from the beginning when they, you know, then it may be a different story and you may, may be more open, you may feel as though, oh, you know, I can go to my parents, you know, say anything, you know, just have that kind of, that kind of openness, then it would really help but me, never really had it, so I don't really see it as an option in that instance.

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

Box two? Um, I don't have anything to add.

**I: Thank you very much.**

No problem.