**PART 2 - Interview 45 - Female, 24, B&D**

**Can we start by talking about what you put in box 1 please?**

For box one part one I put university. In university I feel like I was connected with everyone cos I've seen my friends, I see who I want to see, and in uni, I had the freedom to do what I wanted because i was living in campus so in uni that's when i feel like i was socially connected with everyone.

**Sorry, I think you mentioned that felt most lonely in uni?**

In my final year, yes. In my final year that's when I had to make a decision whether to hang out with certain people or to come out with certain people so I can get a grade that I wanted to get. But, when it comes to like socially connected, in university, my first and second year I feel like I was connected with everyone, all the latest gossips I know, all the latest this, I know and if i want to see someone it was easier because i have the freedom it was it was all, you know, all young people my age group, so, it was quite fun.

**So sounds like you felt like a part of something, you talked about the latest things you talked about different things, even gossips…**

Yeah. Go out, do things together, do you understand what I'm saying, whatever is happening on social media, the latest music come out, I know, because I was involved with certain people socially, it was fun. Whereby at home, if I'm at home, I'm not able, I was restricted in a way whereby i'm not able to do what I wanted to do, you get what i'm trying to say to you? So in uni, yes, in campus.

**And what else did you put in box 1?**

I put ‘at work’. In my workplace I feel socially connected as well because I have my friends there I have my workmates there we go out every Friday even if like to the pub, do you know what I mean because we work hard during the week so during the weekend we go out so at work yeah. And another one is when I'm around friends. Like if let's say for example I met up with a friend, catch up with the latest everything, you know what I'm saying, I feel more connected when i'm around certain people.

**So sounds like you like the idea of being around friends because there's things to do things to do, things to talk about…**

That's why I said I don't like being on my own. I only started being on my own recently I'm the kind of person I cannot be on my own I cannot sit on my own because if i sit down on my own I'm thinking so so I do it purposely not to think so I'm constantly around people because when you're around people you won't have time to sit down and think do you get what i'm trying to say to you so that's why I said that and at uni i'm always around people, at work, I'm constantly around people as well and always around friends.

**How does that make you feel now, when you spend time being being alone?**

I was wasting so many time, I was wasting time, i see as i was wasting time, I wasted most of my life because I couldn't finish uni time ago, I could have finished last year but I'm finishing this year because of the decision and around people I was in, do you understand what I'm saying? So, in a way I see it as, as a good thing, in a way because you can go out, forget about certain things, or, or they can either affect you in a negative way and I let it affect me in a negative way, do you understand what I'm saying because I could have finished uni last year but I only finish this year because I wasted one year thinking ‘oh, first-year don't count, I can go clubbing and do what i need to do do’, so it makes me feel like I wasted my life, I wasted 1 year of just socialising when I could have been doing something productive with my life.

**How does that make you feel when you feel like you've lost here?**

It makes me angry with myself it makes me upset with myself because I let that happen, do you understand what I'm saying, I made that happen. I had the opportunity to do something better but I didn't take that instead I wasted my life one year extra. Most of my friends that prioritised their times, they are doing the job they wanna do now, what am I doing, I'm looking for a job now, do you get what I'm trying to say to you so in a way I'm still i'm still paying for it, in a way, I'm still paying for that.

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

No, not really no. Probably my partner, another one could be my partner but it's alright.

**Can you tell me more about that?**

Yeah when I'm around my partner I'm a different person like with him it's just like yeah I feel accepted I feel like I could, I can be myself if that makes sense, without getting judged or without feeling like, ‘should I do this?’, do you know what I mean? I can be myself, so I feel most connected, socially connected with him cos I can be myself.

**How does that make you feel when your are you around him?**

Happy.

**You know when you know that you can be completely yourself…**

It makes me happy, he makes me really happy because that's all I want that's all I ever wanted and I was looking forward to it for time, do you understand what I'm saying? It makes me happy but at the same time, there's like a 50/50 because I shouldn't only be I shouldn't only feel a certain way around him I should be myself around everyone, do you get what I'm saying? Not just him, so yeah.

**So sounds like you've felt happy and felt a comfort zone.**

Yeah, like he's my comfort zone, yeah, yeah I can say that, yeah.

**Because you can be yourself and you don’t have to worry about being judged.**

No

**So so sounds like your friends that you were with kind of judged you…**

Yeah.

**You had to be a bit careful in how you...**

Yeah, I literally have to dress a certain way, speak a certain way, just so that I feel like I'm part of them or so that they can accept me, do you get what i'm trying to say to you but with him in the morning I took out my wig, do you know what I mean. I'm like a different person, I can be me around him, do you get what i'm trying to say to you? I don't have to be someone else, so, yeah.

**Is there anything else you want to say that box one?**

No, no, I was going to say church but no that's too deep.

**No, it's ok if you think so, whatever you think.**

Yeah, church, church could be one. Church is another one.

**Can you tell me more about that?**

Because in church no one is judging you, you're all the same you’re all sinners, do you get what I'm trying to say to you, you're all sinners, you're going there to to pray for God to forgive your sins or do you understand what I'm saying, no one is judging you, like everyone's just in the same position as you, do you get what i'm trying to say to you, so I can be myself there and in church kind of like pushed me to achieve greatness which is something that I wanted to do so when i'm around church i feel more connected, socially connected, do you understand what i'm saying, I'm talking to different people no matter how old they are, they can be someone old when I'm talking to them, i feel like we're the same, do you understand what i'm saying, we’re the same age whereby i feel i feel, I feel safe i feel secure like I feel really really good when i'm in church talking to certain people, it makes you feel motivated it makes you come out of church smiling ready to hit the following week, do you know what i mean, so.

**You get a sense of energy from what it sounds?**

Yeah, yeah.

**When you say it makes you feel secure, can you tell me more about that?**

Because I know I can say whatever I want to say there, no one can judge me, no one can tell me’ oh, don't do it this way do  it that way’, do you understand what I'm saying, so I feel secure I feel like I can trust them, do you get what I'm trying to say to you, I feel like I can trust them I can talk to them about literally anything and they can give me the right advice i know they won't tell me something they know will lead me into trouble later down the line or  not make me feel a certain way, do you get what I'm trying to say to you? I know if I talk to the right people there or not even the right people anyone I talk to there, I feel like they can give me the right advice and actually lead me to where I want to go in life, do you get what i'm trying to say to you? Just by talking to them.

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

No, probably, that’s it. yeah.

**Thank you, you can we talk about box 2 please?**

Place you feel most lonely at home, in the shower [laughing]. I think the shower for me, in the shower I feel lonely cause in the shower that’s literally my time, there’s no one there to disturb me, I'm there, it's just me, myself and my mind and my thought, do you know what I mean? So it’s just me. So, at home in my room, my room, my shower and in the car, these are the worst places for me. You only see me in my car, on my phone when I'm going through stuff because that's the only time I can sit down and think, do you understand what i'm saying and I’m scared of those places i'm literally terrified of these places because that's when I think about certain things I shouldn't even be thinking about, do you get what I'm trying to say to you, so yeah. It's nice in a way but then in a way it's not, especially in the shower - bring back memories or bring things I'm not ready yet to face, just, yeah, it’s just different ideas, but it's a good thing as well because in my shower I can come up with so many different ideas, do you get what I'm trying to say to you so, my home is, I feel my house is the worst place.

**You said that you know, it brings ideas you don’t want to face, can you tell me more about that.**

Like for example, like for example, recently I left Bedford to come back to london, I didn't want to leave Bedford, do you get what I'm trying to say to you but but I have to come I had to come i had a job in Bedford, I had everything, my life was already kind of like kicking, starting already, do you get what I'm trying to say to you but when in my, like, when I was in my room, I was thinking, you know what, maybe if I move to london, come to london, get a job, the opportunities there -  it's much better, I can get a place, I want to get into like housing, that's what I want to get into like renting, getting a mortgage and rent it out to young people, that something that i want to do so when i'm on my own i think about ideas like that, I'm not ready to, financially, i'm not ready for, do you get what I'm trying to say to you? Me thinking about it just put more pressure on to me, do you get what i'm trying to say to you so i'm not ready, I don't really like thinking about things like that in a way that's what I mean by when I say I'm scared of certain things, yeah.

**How does that  make you feel when you're in the shower or in a car?**

Sometimes I’m happy sometimes I'm just scared. The more you get older the more you face different things in life, do you get what I'm trying to say to you, so I do get scared but it's just life.Llike, for example, I left everything in bedford to come to London to start all over again, that was scary for me, do you get what i'm trying to say to you, it was scary for me but it's a decision I had to make, that in the long run it's going to benefit me, it might not benefit me at this period of time but later down the line it will benefit me, do you get what I'm trying to say to you?

**And did you feel lonely at home too apart from the shower?**

Yeah. Cause your house, that's where you are on your own, that's when you're by yourself you have no distractions, nothing to distract you, you're on your own and that's when life hits you hard, that's when you think about things on your own in your house. In my house, yeah, in my room, my room, yeah, as well sometimes I play music play, play TV just to take my mind off of it but it's something you can't run away from, do you get what I'm trying to say to you? You can't run away from it, so.

**And, so like you mentioned home, how about your family members, do they, like, when you're in the living room, for example or you…**

I live on my own so I’m literally on my own. I go to my mum and dad sometimes when I want to visit but I live on my own, do you get what I mean? So that's even worse because when you're on your own, all you do is think, so yeah I have plenty of time to think [laughing] that I even run away from sometimes, I just go to my mum's house just for going there, do you know what i mean, so.

**Is there anything else you want to say?**

No, I've thought about it, no.

**Sounds like you want to escape your thoughts or accept what is is by distracting yourself, going to your parents, like for example going to your parents and stuff.**

Yeah, yeah. Cos if, it depends on your personality. If you're someone that thinks a lot, like me I think a lot, the littlest thing would get to my head. I'm someone that thinks 24/7 I'm thinking, do you understand what i'm saying, so I tend to run away from it sometimes because when it becomes too much it's just puts me in a mood I don't want to, do you understand what i'm saying? So I tend to run away from it, sometimes i do face it but most times i run away from it because it just it just puts me in a mood I don't like being in, feeling lonely, feeling depressed, feeling lonely is one of the worst feelings in the world, worst feelings in the world because you just feel like you're by yourself it's just you in this big old place, do you get what I'm trying to say to you? And I don't like being, feeling like that. I don't like, I don't like doing that.

**When you said this big old place, can you tell me more about that?**

Like when you're on your own you just you just see the world differently man. I sound like a weirdo in it?

**No, not at all.**

[laughing] You just see the world differently, you just see like, it's just you and the world is against you, I don't know how to put it man. You just feel like you're in a little wall, you know, like have you been, I don't know how to explain it, you just feel like you're in a little, little pic **(1:20:43 - pic?)** and there's no one there it’s just you, I don't like being in that kind of mindset or frame, do you understand what I’m saying? Like I said to you, I’m a thinker, I think a lot, even like my mum tells me it's not good. I think a lot, I think about the smallest thing, the slightest thing I think about, I overthink things, I'm an overthinker, that's the word.

**When you say you're an overthinker can you tell me more?**

I don't know how to give an example, like I just I don't know man, something I shouldn't be worried about I'm worried about it.

**When you say you're worried about it can you tell me more?**

Like, how can I say it? I don't know how I don't know what example to give, let's say for example…

**You don’t have to give me an example.**

Yeah but I need to, I don't know how to explain it. Like I think about, I'm the kind of, I’ll think about my future and I'm worried about my future when I don't even know what the plan is what the plan that God has for me, do you understand what I'm saying? I over, I think, I just think and think and think, overthink. My mum always says take one step at a time. I'm not that person I like planning and i'm very what's the word organised, is organised the word? I want to plan this and then and then it go this way, I don't know how to put it man.

**Sounds like you are you afraid of something that you don’t know.**

Do you get what I'm trying to say to you? Then, that kind of makes me think a lot and just put me in a mood that I don't, I'm afraid of being because being in that mood, it affect people around me, do you get what i'm trying to say to you? I hurt other people around me because i don't know how to control it it's not an angry raging but it's just like, i'm just mute, i'm just quiet, do you understand what i'm saying? I don’t want to do nothing, I'm just, I’m just, what's the word, quiet and just think about things I shouldn't really be thinking about if, if that's the word.

**When you say, like, when you worry about the future or think about the future, can you tell me more? Like what is it about the future that you worry about or scared about?**

Everything. Everything. I want to do better than my parents. Everything. Like I want to get my own, I want to get mortgage, I wanna, it's just everything, my little goals because I like setting goals and actually meeting them, do you understand what I'm saying? If I don't meet my goals I feel disappointed and I get really hard on myself, do you know what I'm trying to say to you? I'm just, I don't know man, it's weird man.

**It sounds like you're a competitive person?**

Ok that's one, I am, very, I don't know man, it's just weird man.

**it's not weird.**

It's a weird, it's a weird trait. Since I was young I'm like that but then it's cause i'm, do you know when you come from poverty, I don't know if, what background you come from but when you’ve come from poverty, you don't want to go back to poverty, do you get what I'm trying to say to you? You want to come from that, do you understand what i'm trying to say to you? Like I feel like that's what messes with my brain a little bit, it really plays with my brain cause i've come from nothing to where I am now, I've worked my way, it's not where I want to be in life but it's, I'm getting there, do you get what I'm trying to say? I'm taking the steps, that's, I feel like, yeah that's what messes my head cos I think a lot, too much thinking is not good, it’s not good.

**So sounds like you're worried that you don't want to go back to...**

No, no. I don't wanna, I don’t wanna to go back from not eating to going to bed not, without no eating, i don't want to go back to that, I don't want my kids to go through that, do you understand what I'm trying to say to you? I want my kids to get a better future than me, do you understand what I mean? I used to go to school with no food, no nothing but I still go to school because I was angry cause I wanna do better. I wanna take my mom from that, do you get what I’m trying to say to you? So, it's all about, I don't know, it's very weird [laughing].

**It sounds like you are a goal oriented person.**

Yeah.

**And, how does that make you feel when you put yourself...**

I put, I put too much pressure on myself and when I fail I get really, really, I get really really upset with myself. I feel like it's not good because I put too much pressure on myself. It's good in a way because it's kind of like kicks you up the ass to kind of like keep going but at the same time it puts too much pressure on you, as a person.

**So sounds like you put pressure on yourself?**

I have to, you have to. I came from nothing. I don’t want my brothers to go through the same things I went through. I go to uni to set an example for them, do you get what I'm saying? They have to follow it. They have to, they have to. I have to be hard because I'm the older one in the family, so,  we have a thing whereby we say the older one in the family goes through a lot because all the younger ones kind of like following you, they’re following your steps. I'm always hard on myself, you have to be hard on yourself, you have to in life. If not, life will bring you down man, trust me, I can never be part of the, I don't know how to put it, I can never be part of them, if that makes sense, I'm me, do you i'm trying to say to you?

**Is there anything else you want to say about box 2?**

No , I think that’s it.

**Thank you very much.**