Interview 46 – Female, 18, Barking & Dagenham

**PART 2**

Interviewer:

Can we start by talking about box one please?

Interviewee:

I feel most socially connected to people when everyone is just being themselves you know I don't care if we're not talking but no phones no distractions just us and nature and just it's like going to the park and just sitting by the river then you just looking at other people like children playing on the swings and laughing you're connected to that even if you're not on that swing yourself so you're like ‘aww look a baby’, kind of thing but if you are on the train or at the shops and then you’re just like ‘right there's someone on their phone and you don't even know what's going on you know you could be, everyone's just engrossed in themselves - I'm connected to you when you let go just loosen up a bit just let go it's like a hook at the sea you go fishing you're connected to the ocean when you let the hook into the sea not when you know when it's on your shoulder like that no one cares and everyone’s just by themselves see you more connected when you’re away from everything that you're not present like where you are, where you really want to be, no phones no laptops no music even, let the birds sing, you know, and it's it's peaceful, it's nice.

Interviewer:

So sounds like what you're saying is if you would like to be somewhere where you can actually be there physically and and and and and psychologically.

Interviewee:

Yeah, yeah, because it’s not just physical, it's just everyone is everywhere all the time but I'm most lonely in places where there are people because everyone is just in themselves and no one is really making the connection to anyone and we're just like right ‘I sent you a text’, ‘you could speak to me’ [someone else responds], you know.

Interviewer:

When you said everyone is in themselves, can you tell me more?

Interviewee:

Yeah it's like you are constantly thinking about what you’re thinking you know you're not considerate of other people like I need to get to the till first but that other person is dealing with depression you know and you just you just want to cope and they managed to come out of bed to get to this shop and you are fighting because you want to go first, kind of thing. ‘I'm busy’ yeah, ‘I am dying’ [refers to the response by the depressed person in this], you know. ‘You have a life to look forward to’, ‘I know I'm dying’ [the other person speaking] yeah, kind of thing, yeah.

Interviewer:

So you put the park as your option as the place where you feel most socially connected.

Interviewee:

Yeah, cos everyone, no one goes to the park and is just constantly texting there's people sitting there on their laptops for sure because some people work best there yeah it’s because it's so calm and they are children running around, that's the one place I'm actually happy children run around, not at the shops, ‘no, sit down, eat your food’, but yeah yeah.

Interviewer:

It also sounds like you like the idea of not using your phone when you're there.

Interviewee:

Yeah, yeah, i mean I'm on my phone a lot because I am either at work or at home for most of the time but when I go out I make sure i leave my phone I'm not I don't touch it at all except if i'm going to a party then I have to obviously take pictures and post things but if i want to go out I go out without a phone, it's fine, it's perfectly fine.

Interviewer:

What did you write down there [referring to the box]?

Interviewee:

I said peaceful, you see others smiling and simply existing. yeah.

Interviewer:

And you said simply existing can you tell me more about that?

Interviewee:

Yeah they are just, they’re just being human beings not Paul who is the executive manager not George who works for Waitrose or something just hi I'm a person kind of thing, no strings attached, just no pressure, just you, you know, just for one day I can wear slacks and shorts and just a t-shirt and just go out be myself, I don't have to wear a suit.

Interviewer: 48:44

So sounds like what you’re saying is sometimes yeah it is pressurized and stressful to have to, it sounds like what you're saying is it's nice when you don't have to pretend to be something or have to be you know in that cycle or in that sort of rat racing of being somebody or at the pressure of being somebody or wearing something…

Interviewee:

Yeah, someone who everyone knows it's like being a celebrity all the time that's a job that's like that's a full time job just constantly being right people know me as the feisty one I always have to be feisty. ‘No’, just for one day just take a break just relax just do your do yoga or something.

Interviewer:

How does that make you feel when you feel like you’re in that situation where it’s about you know like George [referring to the picture] or it’s about these things that you mentioned about executive directors, celebrities.

Interviewee:

Yeah, it’s just, i feel bad for them to be honest because I'm not at that place yet and I don't think I will ever get there cos i don't want to but i feel bad for them because I’m just like I don't even know, like when was the last time you didn’t have to smile for the camera or you smiled because you genuinely wanted to smile when was the last time you didn't have to shake someone's hand even though you're a germaphobe you know like things like that you have to constantly you just feel sad for them you’re just like wow I'm sorry you know, it's like you’re constantly around drama it's like even not drama is like that, it’s drama drama.

Interviewer:

And you like going to the park because you feel that none of that stuff is there.

Interviewee:

Yeah it's like the one place on the planet I can say this the one place where you don't have to be anyone but you. That’s why I go to the park every Sunday. Mom? What? I’m going to the park, she’s like fine, bye. She knows that it's a routine so I go from like in the evenings because it's quiet in the evenings it's just especially in the summer it's just so warm and windy at the same time it's just fun, nice and just chilled.

Interviewer:

Sounds like what you're saying is sometimes you feel that you can't be you.

Interviewee:

Yeah, no one can, you can't be you all the time because then people are going to be like ‘you can't be like that’ and ‘don't judge me’ just, you don't know me, don't tell me what I can or cannot be just let me be me, you know but yeah, going to the park you don't have that, no one tells you ‘right, someone's here at the park wearing a t-shirt’, ‘yeah you're wearing a vest’, ’ok!’, no-one cares, everyone's just being themselves.

Interviewer:

So you feel like out there in the real world, you feel that you have to be always at your best or you have to you know be vigilant in your, everything…

Interviewee:

Yeah, you can't laugh wrong, you can't smile wrong you can't choose wrong you can't, there is no right or wrong way to do those things but there is this pressure and this expectation like you have to do this this way, every other way else is wrong I like eating bread inside out there's nothing wrong with that but you have to bite from the top down, ‘no! I eat inside out’.

Interviewer:

How does that make you feel?

Interviewee:

It’s like the lid thing again you always have to put a cap on it like you can't just open the champagnes, goes everywhere be careful don't shake the bottle, put it down. Constant routine, routine behaviours, ahhhh ok, everyone feels like a sloth you know, they move so slow, everyone's tired all the time, yeah.

Interviewer:

And do you normally go with people to the park or is it just you?

Interviewee:

I don't go with my friends I go by myself to the park. I go with my mum once in a while, nice mother-daughter time but I mostly go by myself.

Interviewer:

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

Interviewee:

It's like just find your space, really, it doesn't have to be at the park maybe you're more connected to people when you're watching everyone go by, sitting in the streets or something - just find your space and be yourself.

Interviewer:

Is there anything else?

Interviewee:

No that said.

Interviewer:

Thank you, can we talk about box 2, please.

Interviewee:

Yeah. I feel most lonely when I'm on the train, I hate train journeys it's loud and it's just ugh, everyone is lost on the train. You know where you're going but you're lost because you are like that's not really who you are is it but that's who you are on the train, hi, you know, you don't speak to people on the train everyone's just like don't touch me kind of way but you're a touchy person in real life aren't you, but that's a train standard of who you are. I hate it it's just. And at the shops ahhh that's why I have to go for a walk for a bit because it's just like right people, things in the way, everyone everywhere, and looking you know, ughh, no [laughing]. And it's just so lonely you're just so alone and you might be shopping for something but you're so alone and you could be in a crowd but you’re by yourself even if you're with people you are by yourself.

Interviewer:

Sounds like what you're saying is you might be in a large crowd of people but could still feel lonely.

Interviewee:

Yeah that's a very possible thing and it's something I deal with every day. I don't, i like being in my bedroom my mum would say this any time any day I like being in my bedroom hold up doing something totally relaxing like reading I like reading so much I love books, so but going out and just seeing people, you’re like someone **(55:30 hit/live?)** there, you know. Someone would be struggling there and someone would walk right past them (**55:34 no something....).**You're so alone when you're with people.

Interviewer:

And how does that make you feel when you’re in a large crowd of people like a mall and feel, yea, you’re alone.

Interviewee:

Suffocated. I need to get air, I need to leave. I just need to get, I need to breathe, I need someone to breath, it’s like I need to get out [laughing], feel trapped.

Interviewer:

And how does that make you feel when you’re in the train?

Interviewee:

I just want the journey to end that’s why I always have air front tube, always, constantly because then I just plug them in, full blast music, and just go somewhere else for a while because I don't want to be there but it's the quickest way to where I need to get.

Interviewer:

And when you say you don't want to be there, can you tell me more about that?

Interviewee:

I don't like trains. They are beautiful machines I think they should be admired but not sat in. I don't like trains at all I don't know why maybe it's the atmosphere. The worst station green park station that's the, it is hard it is annoying it is loud it's crowded it's the worst but what you know I need to pass there.

Interviewer:

Yeah sounds like you don't like loud sort of places or busy…

Interviewee:

I don't. I feel like I'm an introvert and extrovert, if that makes sense, cause if I know you, i won’t shut, I would talk and talk and talk but if I don’t I’d be the most quiet person ever [laughing].

Interviewer:

Sounds like in front of strangers you don’t, you can’t be, like, you’re not yourself or you can’t…

Interviewee:

I think that’s the real me, to be fair, just not, I wouldn’t talk for, I’d be smiling at you and be thinking the saddest things, but, yeah.

Interviewer:

Sounds like when you’re with strangers, you might have to put a persona.

Interviewee:

Yeah, I saw this picture once where the lady was standing in front of a wall of masks, and she was like choosing which one to present to the person behind them **(57:58 - present?)** or sit behind them, that’s how I feel every day, like why? Who are you and what side of me do you want to see? Would I want you to see, rather. Yeah.

Interviewer:

When you say that that’s how you are, like, putting, just trying to choose between what image to portray to people, can you tell me more about that?

Interviewee:

Yeah, to you right now I’m me whose doing this, to my mom me who didn’t do the dishes last night that are on the sink that’s annoying. To my step dad it’s just the one who we don’t get along and to my real dad it’s just I don’t even know and it’s just this, no one who ask about me would tell you the same thing like there’s my friend who would think ‘oh yea she’s the loudest human being ever’ and then there’s my friends like ‘she’s so quiet, she’s the sweetest little thing’ and there’s another **(58:59 – another/also?)** ‘She’s so rude’, but you know [laughing], yeah.

Interviewer:

How does that make you feel being in that situation when you have different…

Interviewee:

Divided. I feel like all of them I’m me to an extent but I can’t really be all of those things to the same person because they might try to make me into what I’m not, they’re like ‘right, I don’t like this bit so I’m gonna change that’. ‘No, this is my masterpiece, this is my design’, you know.

Interviewer:

And what did you write here in [referring to box 2]?

Interviewee:

Everyone seems lost.

Interviewer:

Oh, like this relates to shopping and train?

Interviewee:

Yeah, yeah.

Interviewer:

So, I guess, it sounds like what you’re saying about box 2 is, because you’re surrounded with strangers and very many people, even though like you might physically be around people but because you don’t know them, you know, it’s too many people, that can essentially make you feel…

Interviewee:

Lonely.

Interviewer:

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

Interviewee:

No, thank you.

Interviewer:

Thank you very much.