Interview 8 – part 2

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Hmm, in the first box, I’ve put ‘circus’, it’s the name of a theatre and a cafe in my local area, and this is where back in, when I went to college, we used to revise there and all of like, all of my group of friends would just always be there, we would even chill sometimes, just interact, just literally, just conversate and that's just like, I feel very connected with everyone there and I’ve put, I’ve also put college, as well, because when I used to go, I'm just constantly around people, like in classes, it's literally everyone, like it's the more, I feel like it's, the education system is where you're most socially interactable, because you're around a group of people, who are doing the same thing as you and are going to the same path as you, kind of way, and, and I’ve put some, I’ve put my home, as well, because I'm like, my family is always at home, I'm able to like conversate, you know, interact with my family members, yeah.  Okay, so you mentioned school and family, or college and family, so these make you feel socially connected.  Yeah.  What is it about family that you feel more socially connected?  For me, I'm always around my family and for me, family is a key, like it's a, it's an important part of me and if I didn't have my family, I feel like I don't have anything, kind of way, because um it's just my family, I care about them the most and they’re the people who I go to the most and I'm with them literally every single day and every single like second of my life, so it's like because I'm so used to them being around, it's just like without that, I would just really feel lonely.  Hmm…  And for college, I feel like college is where you meet new people, where you are, are expected to kind of socialize and make friends, kind of thing, so it's just like, it's just yeah, it's just like, it’s a, it’s like an inner environment, where you are expected to be sociable and yeah, kind of interact in a way.  So you, you said home as well, as well as college, um tell me more about your college environment.  My college environment is pretty, pretty sociable and it's a very sociable environment, like we have like classes where, there will be big classes, as well, because we have a lot of people in our year and um we would have like a, like little rooms where you can go study with your friends, we would have benches outside, we would have like events that kind of bring us closer, so events like choir, football, basketball, just sp-, things that people like will enjoy and it will just bring us closer and so I would feel so connected with everyone around me.  So, doing things that you enjoy with others, basically prevents you from feeling lonely.  Yeah.  Okay and, um, and with your family, tell me about your family environment.  So, my family environment it's like, I just get along with my family, I just you know, just like when we eat we’re always together, we just discuss our day or we just talk about anything, it's like, there is like, you could literally just talk about anything, you have nothing to worry about, kind of thing and like yeah, if you feel upset or like you had a good day, you just tell your parents, your sisters and siblings and yeah, and I regularly go and see my cousins and stuff, so, it's like I'm really connected to them a lot, so yeah.  So, you're saying that basically you don't have to worry about hiding anything, or you, you are fully open with your family and, and that kind of stuff.  Yeah, I'm really open with my family.  Okay, is there anything else you want to say?  That's pretty much it.  Okay, can you start talking about the second box, please?  So, in the lonely box, I’ve put bedroom, because when you're in your bedroom, it's like and it's like, when you're in your bedroom, sometimes it's, it’s where you sleep and when you sleep it's like, it's always dark and it's quiet so in, and it’s literally just by yourself and it kind of mirrors like, kind of mirrors like how, I don't know, it wouldn’t mirror, I would just say like that's how you would feel when it comes to feeling lonely, it would just be you in a dark room, quiet, very quiet and just yeah so I feel like that's the only place where I would personally feel like it’s lonely, because you're literally there in the s, in silence, in, in the dark as well, which sometimes it’s, it’s associated with like sadness and like, like depressive, like depressive stuff as well and yeah, and I just feel like that's the only place where I can personally feel like, I would feel lonely, because it's just literally where I’m physically alone, so yeah.  You said darkness, can you tell me more about that?  Darkness is like, I feel like, if a, in darkness, it’s like you’re not in a happy place, so like the contrast between light and dark, it would just be similar to good and bad, so I feel like, I like, yes all good and bad and like happy and sad, so darkness I’ll just associate it with sadness as well and then like, like that sad energy and like negative energy and stuff like that in the darkness, as well, because really you can’t see nothing, it’s just pitch black, just yeah, it’s just, sometimes it could be terrifying to people, not me personally, but it's just people who may see it as terrifying, afraid, so it's just like, it’s kind of associated with a lot of negative emotions, so yeah.  Tell me more about the negative emotions.  So, like, you’ll feel like, sometimes darkness can be associated with like anger, evil, hatred and then sometimes it’s like sad, pain, alone, like lonely a lot as well, yeah, that's the kind of emotion I kind of associate with loneliness.  So, you're saying that your room is dark and that brings about sort of feelings of anger and things like that.  Not anger entirely, just like, it's like really like downtime for me, so just like, I’ll feel sleepy, I’ll just feel like kind of drowsy and just not, not like I would, I would, you would just be everything that is the contrast of like happy, energetic, I just feel very drowsy and like, you know, alone and sleepy as well, because I feel like, if you're just going to like, because the environment is a major factor as well, when it comes to feeling lonely, if you, if you're in a room, which is dark, it's like, your natural like, like the way you think, the natural, naturally you’ll think ‘yeah, I'm alone’ and it's like kind of, kind of depressing, kind of way, because you’re alone away from like human contact, everything, so yeah.  Hmm… and you mentioned something about depressive thoughts.  Yeah, so I feel like, you would feel, that's when like you kind of reassess maybe your day and like you’ll just think about all the good things that happened and all the bad stuff and then kind of outweigh the bad stuff or the good and yeah, just, you’ll just feel even more bad about yourself and you’ll just feel kind of sad in a way and yeah it could make you feel very depressed, yes, sad.  So, when you’re in your room and, you know, you said it's dark and you kind of assess your, your daily, how thing went in your daily life that doesn't bring, you’re saying that doesn’t bring good feelings  No, I don’t think it brings good feelings, because most of the time like, you, when it’s like kind of, I feel like because naturally you'd contrast like light with good and happy, and then Darkness with like the negative side of things and I feel like for, in a day, it will be kind of the balance of having a good day or good, good moments and the bad moments, so I feel like in the day you would feel good, you would feel like the best feeling you can ever feel, and then at night time you just kind of reassess like, you know, you feel all the bad emotions and stuff and just because, because the balance is kind of a key factor when it comes to like emotions personally that's what I think.  Okay, is there anything else you'd like to say?  No, that’s it.  Okay, thank you. |