

How are you today?

the emotional answers

What is important to you today? (or everyday)

ipod
black running leggings
blue jacket
journal
pen
my clarissa book
debit card
bed
cart lab
my map
my laptop
sunny weather
moment that I decided to do this project
my first interviewee

breakfast
lunch
spatial viz lab
weybridge
ice cream
cooking
dinner
eating
breakfast with friends
spanish class
lunch with friends
lab
nice weather all day
skype
reading for animal behavior class
mass at church
Steve's Park diner on a special day

acknowledgment:

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Cambridge by Joe Yang, March 19, 2010.

happy and loved and caring;
commemorated Betty's late
husband (5 years on the day)

annoying feeling
passed when talking
to people at the meeting;
calm, sense of relaxation after

disappointed at how small
my muffin was and how
tasteless my chai was; excited
to see Jue; relieved/optimistic
to have so many ideas for
my Clarissa paper; glad and
victorious to be within
three pages of finishing
the 516 page novel

glad that Kelly was there
because I could do a test on
my project with her; curious
to see how this would turn
out; thinking about tonight
and the rest of the week
annoyed to do more stuff not
related to my work; calm and
anxious at the same time

cheerful and pleased
eating breakfast
prepped lunch and felt content
amazed when making ice cream
slightly bored making dinner
content and happy eating it

guilty because
Betty
was waiting;
then peaceful

confused and angry
because I didn't
understand a
concept in Spanish

groggy, unwilling to
open my eyes, but
amused; relieved that
I woke up naturally

refreshed, energized,
glad I went for the run

tired and anxious;
guilty because of
running late
for church

slightly bored at Italian class
grateful to be studying
literature, tired of
the professor's pseudo-
psychoanalytic approach

wished I had got up earlier to finish my homework
woke up feeling
buoyant, because
it was nice outside

couldn't sleep
pleasantly surprised to skype
with Ben in afternoon
realized I did not eat lunch
and am perpetually tired

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and am perpetually tired

a little bored without
stuff to do, but
procrastinating a bit
on some homework

annoyed, because I couldn't log
onto the computers in one room
finished lab report, satisfied
felt better at 2am because the map for
tomorrow finally went on track
excited to get liquid nitrogen
to experiment with ice cream
missing Ben randomly during lab
anxious and annoyed, running late for class

pretty happy because lab
ended early and my map
was mentioned in class
calm
'cause I could work
uncertain what I would do
for the bizarre map project
slightly frustrated in lab

happy to be leaving by 11am early and that it was so nice
bored, unfocused;
but occasionally
amused by the
jokes I would
tune in for;
slightly awkward
and annoyed
running to the
dinning hall, hungry and anxious

torn between decisions
content, because grilled
cheese, nachos, sour cream,
salsa, and the Boston Globe
delighted to find three
good friends at lunch
to eat with

a little awkward because people at breakfast were
talking about things that I didn't know about

minors disappointed at breakfast
because the lounge was full; also
stressed because I did not finish
my homework

happy to see Jue on the
path walking to dinner

my way to Carol's cars, my steps, leaves scratching on pavement

happy and loved and caring; commemorated Betty's late husband (5 years on the day)

my way to Carol's cars, my steps, leaves scratching on pavement

my way to Carol's cars, my steps, leaves scratching on pavement

too warm, sweaty, out of breath, legs cramping, hoping it would get easier
it usually does, but not this time