

Appendix B: Interview Transcripts

Article Title: A Qualitative Validation of Two Projective Measures of Attachment Network Structure
European Journal of Psychological Assessment

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ABSTRACT

In two qualitative evaluation studies we explored the construct validity of two diagrammatic measures of attachment network structure, including the Bull's Eye diagrammatic technique and a significantly modified version, the Web-based Hierarchical Mapping Technique (WHMT). In the first study, 20 young adults completed a Bull's Eye diagram followed by an unstructured interview in which participants explained their placement of support figures in their diagrams. Interview transcripts were analyzed using theory-driven thematic analysis to determine the presence of attachment-related themes, including safe haven, secure base effect, and proximity maintenance. Findings indicated mixed support for the Bull's Eye as a measure of attachment networks. Although attachment themes were dominant among participants who identified a parent as their primary attachment figure, this was not the case among participants who identified a peer as a primary attachment figure. Participant justifications for peer attachments relied on non-attachment themes, including identity exploration and companionship. In the second study we applied the same qualitative method to investigate the WHMT. Saturation was reached sooner and attachment themes were dominant for both parent and peer primary attachment. Findings lend support to the construct validity of the WHMT as a new measure of attachment network composition and strength.

DESCRIPTION OF FILE:

The following file contains research data in the form of transcripts of interviews that were used in our manuscript titled “A Qualitative Validation of Two Projective Measures of Attachment Network Structure” submitted to The European Journal of Psychological Assessment. The transcripts were anonymized by removing all possible identifying details such as names and locations and replacing them with replacement terms such as (romantic partner). The replacement text has been indicated with the use of parentheses. Information that might have reveal the identity of participants was also removed.

SECTION 1: STUDY 1 TRANSCRIPTIONS

CS1

I: We are going to look at the diagram that you filled out about your core self. Let's see, alright, does that look familiar?

P: Yes.

I: Okay, so for this one, it looks like ... this kind of looks like how you were explaining you would have filled out the Vulnerable if you had interpreted it the way that some other people do. So for this one, you placed your Mother and your Father completely outside the inner circle, on the outer ring of the red. Correct? So can you explain to me why you placed them there?

P: Yeah, because I feel like, especially my dad, they don't even know who I am. I think people have different personalities when they come home ... When they're around their parents, when they're around their friends, when they're around their boyfriend, when they're around their employer, it's all different. And I like to think I have the same core qualities, but then it kind of changes. When I go home I'm not ... I just kind of hide myself when I go home, because I know that if I'm my core self I will get a lecture. Or I'll get yelled at. My Mom's a little bit closer because I do tell her things that I don't talk about with my Dad.

My Dad and I never talk about anything. I think the closest we've ever been is him buying me a box of tampons. I think that's the closest we've ever encountered. Yeah, my Mom's a little closer 'cause I can tell her more personal things, even though there will be backlash, I still can tell her things 'cause I know it'll be fine in the end, but she's still ... I'm not myself around her.

I'll go drinking with my friends sometimes and my parents don't know that 'cause that's really frowned upon in my family, even though my Dad's an alcoholic. Ironical. And I guess ... So, my romantic partner - I'm just gonna call him my boyfriend - he is there because I would like to think I'm my core self around him, but I don't know. I feel like maybe I try too hard sometimes. And then with my friends, I don't have to try so freaking hard, I don't have to try to please them. I'm just me.

I: So your romantic partner is just on the edge of the inner circle of your core self, so what you were saying about having to act a little bit differently depending on who you're with, would you say that with your romantic partner there are some parts of your core self that you may have to hide? Or not necessarily hide ...

P: Maybe not necessarily hide, just ... oh gosh, I don't know. I think he brings out a different person in me. Like I try my hardest, always. And then with my friends, maybe I won't make as good of decisions?

I: So are you a little afraid to disappoint your boyfriend, maybe?

P: Oh yeah.

I: Okay. Alright. So with your best friend group, your best friend group is the one that's right in the center of the inner circle for your core self. So, can you think of a specific scenario where you felt like you could be your core self around them?

P: Oh yeah. It's kind of weird now, but I'm thinking about all of this because they're the ones I can't really feel vulnerable with. But I'm my core self around them, that's kind of weird. I don't know, I guess just hanging out all together, it makes you kind of let loose a little bit. I don't know. And then I guess my best friend is a little more towards the boyfriend side. I don't know why I did that, I just did it like the first thing I felt.

I: You should be doing that, like that, without giving it too much thought. Okay, so we're gonna go and look at the Desired Self for the Core self now. It looks like you ... you kept your Mother and Father where they were, but you moved your best friend one ... no your romantic partner closer to the center. So then with that, I'm assuming you just would rather feel like you could be more of your core self around your romantic partner?

P: Yeah.

I: Alright. Is there any type of situations that come to mind where you want to share with your romantic partner? That you can't currently, with your core self?

P: Oh yeah. So just yesterday, actually, since we got back together, we had a ... Tell everything that the other person did while we were broken up. That was a really hard conversation, because I'm the most loyal woman out there, you know? So, this time around - this is kind of personal, but - we broke up because he went to a strip club and lied about it. So then ... details, details, but then ... so, we're getting back together and one of my really good friends, (friend's name), didn't take advantage of me when I was drinking - but when I was drinking he kissed me. And I told him how I felt about it and I told him that I was like, "Bro, it's not cool. Not again." And that was a whole awkward other thing, but ...

So now I have one of my friends that's professing his feelings to me and I didn't know what to do and I was just like, well I know this happened and what-not, but I'm still in love with this guy over here, sorry!

I: Is (friend's name) the guy that your Mom wants you to ...

P: No.

I: Okay, okay.

P: Different guy.

I: Okay, sorry.

P: Same thing with this guy, actually. He is right there when I break up with my boyfriend. Ready for me ... and I'm just like, stop. Just give me a breather. So, I had to have that conversation with my boyfriend yesterday, about that and it was really awkward. And I did not want to tell him, because that's just ... I did not want to tell him, 'cause I don't do stuff like that. I'm completely just all for him and it just sucked and I really hurt him, and I felt horrible.

I forgot what the original question was.

I: Oh, the original question was; is there any type of things that you wished you could share with him about your core self?

P: So that, I really, really wanted to tell him, but I waited a week to tell him. Because I could not bring myself to do it. I didn't know when to do it, 'cause we were doing so well and I was like, this just sucks. And I finally told him. Talked it out and it's all good now.

I: Alright, well I'm glad you got it figured out. Okay. Well perfect, thank you for sharing that with me. So, just a few more questions for you here. So is there ... So we kind of already talked about this, about your interpretation with the term Vulnerable Self, but when you hear those terms Core self and Vulnerable Self, what do you think that the difference is?

P: Core self ... the person you are inside, not holding back, not caring about anything else. And just whoever comes out when that happens, when you're just being yourself. And then Vulnerable Self ... that one is stumping me a little. 'Cause I guess it could be interpreted couple different ways.

I: Yeah, exactly.

P: But like, how I first interpreted it was ... like who makes you feel that way. But I guess, who do you feel comfortable being vulnerable with is something different.

I: Yeah, definitely. Like I said, you can interpret it whatever way comes to mind first. So it's completely fine the way you filled it out. But yeah, there are plenty of people - everyone that I've interviewed so far thinks about it that way; who they feel most comfortable with. So, it's kind of how I tailored my questions around. So then, when you were choosing the individuals to be in your diagrams, how easy or difficult was it to choose your five people?

P: My five people I probably could've ... If I were to go back and do it differently, I wouldn't have done a best friend and a group of friends. Because looking at it now, I would rather do someone more important to me, like my sister or something. That's a whole different other thing. I don't know where she'd be on it.

I: And it is possible, when you fill out The Desired Self, you have the option to add someone else in there. So, for instance, if you don't necessarily have your sister for your Vulnerable Self, you don't really feel comfortable sharing vulnerable information with her, or the way you interpreted it, you don't necessarily feel like she makes you feel vulnerable, but she comes up in your Core self, so that's completely fine.

P: So looking at that, I probably would've chosen her, because I do tell her everything. So that'd probably be a good one for Vulnerable Self.

I: Okay. And then if you had the option, I know that you said you'd maybe switch them out, but would you choose more or less people than what you did?

P: I mean, to put in my inner circle?

I: Yeah. Well, any of your ... Just the diagram in general.

P: Well, I mean everyone in my life has some type of impact on me, so I mean I'd choose as many as I possibly could, probably.

I: Okay. Alright, that's acceptable. So that concludes our interview.

CS2

I: Okay, so looking at this target here, it looks like your other which is your brother is the closest, would that be right?

P: Ah, yeah. I'd say so.

I: And why would you put your brother there?

P: Um, We're pretty close in age, two years apart, he's two years younger than me. So as little kids growing up we hung out a lot, we played together, and we lived on a farm, so that was, we're always either working together or playing together and him and I we just got the same sense of humor and we get along really well so

I: Okay, so you feel like, yeah, ah, really close to him in that way how about in terms of ahhh, for support?

P: Um, I guess not so much, but I mean I know he'd always be there for me, maybe not so much emotionally, as like if I needed something from him, if I needed a ride or some cash or, whatever, I know he'd do his best to help me out. But I guess he's not, and that reflects my personality too, he's not one to open up to his emotions too much, kinda like myself, which is kinda like why we get along too.

I: Okay, so you guys like, hang out a lot, together, but it's not like you talk to each other about your emotional lives.

P: Yeah, exactly.

I: But would you say that being with him is comforting or makes you feel better?

P: I'd say so, I think a lot of that the reason that we don't share emotions is because him and I are so connected, we can kinda just see how the other person's feeling, we don't really need to use the words.

I: Right.

P: Yeah.

I: So would you say that ah, if you were having a tough day, being with, spending time with him, would necessarily make you feel better?

P: Yeah, I'd say so, just cuz, whenever we're together we're usually having fun, or stuff.

I: Could you give an example of ah, something that might have happened recently?

P: Um, well, I guess, this Halloween, actually, our grandmother passed away, my father's mother, and I mean, that's just difficult for anybody, but him and I, you know, the way we handled it, we handled it with a lot of humor and stuff, and so maybe not in front of everybody else since they were all grieving, but maybe behind closed doors him and I would start just, and not even about, you know, just joking about stuff in general probably just to keep a light atmosphere and that helped us work through it both, I think.

I: Right, right, yeah, that's great. It definitely makes sense so, ah, I see that ah, who would you say that after your brother would be the next closest?

P: I'd say my best friend, probably, and I mean, I don't really have a specific, but I got a lot of friends that I'm really close with and just depending on the atmosphere, like in college I got a couple guys you know that I'm closer with and I got buddies, back from my old school and stuff, and so, yeah, I feel like you can be pretty open with those guys and again, it's a lot of that same relationship with my brother, we don't need to be emotionally, we don't really talk about our emotions much but we just understand what the other guy is feeling and stuff and so

I: Right.

P: I feel like they'd be there for me too, just the same way my brother would.

I: Gotcha. Right. So um, feels like that people you can go hang with and you can, do you feel like you can be yourself with those

P: Yeah. I'd say so.

I: Would you say that that would be the truest for your brother more than anybody?

P: I'd say, around my brother or best friend because honestly, again, it's a lot like that relationship that I have with my brother, it's probably the truest sense of who I am

I: Right, right. And ah, can you tell me a little about your relationship with your father?

P: Um, to the relationship in many ways it's similar to me and my brother, you know, similar in personality and so I guess we grew up on a farm so I worked a lot with my brother and my father and so we got a good relationship for that as a far, I mean, I feel like I could probably go to if I needed to but I usually don't just because of my personality, I don't like to um I like to rely on myself a lot more, I guess, I really don't ask a lot of people for anything, but, yeah, it's a good

relationship, I feel pretty close to him, and I say maybe he's a little farther away than my brother and my good friend, maybe just because I'm around my father or even my mother, you know I try to display a sense of who I feel they want me to be, whereas opposed to, who, maybe I'm a little more serious with them, I'm not so um, I guess when I'm with my friends, I'm kind of like the clown or the, you know, the funny guy, maybe with my parents I'm a little more serious. I try to display the attitude that they'd like to see out of me.

I: Would you say then that in terms of it being true to who you are or easy in terms of ah, not having any guards up?

P: I feel like there's maybe a couple guards with my parents and I know there are some activities that I do that they don't exactly like or approve of so I have to try to hide those around them, I know like ah I, I, I use chewing tobacco, and they really don't like that, and so that's an aspect of myself when I'm with my brother and my friends, I can, I'll use chewing tobacco without even, you know, I don't really care what they think of that, because they're okay with it, but my parents, they really don't like that so I try not to, I try to hide the cans and I try not to have a dip in or whatever when I'm around them

I: Right.

P: Just little things like that too.

I: Right, right, just ah, can you think of any other examples?

P: Um, I guess church, my parents are really religious, they're ah, Roman Catholic, and so they go to church every Sunday and I was raised that way and you know, I got to college I, I don't go every Sunday all the time and so I just kinda maybe not as strict religiously as they are and so when I go home I try to go to church when I go home and stuff.

I: Right, right, right, and so you kinda, like you say, you're playing a part

P: A little bit, yeah, I mean, and it's not so far off, it's not like I'm outright lying to them, but yeah it's

I: Right, it's not that you feel fake or something around them but you feel like you have to guard or

P: Or almost out of respect or just you know, gratitude for what they've done for me that I feel like I should maybe try to control the aspects of my behavior that I know that they don't appreciate.

I: Okay. Right.

P: And it's their house, so I just try to

I: Like an obligation

P: Yup. You know, when I'm at college or whatever, I'm kind of my own self now, I'm on my own, so I can kinda put what I feel the priorities that I feel I can make my own list of priorities, but when I'm in their house, and you know, eating their food and stuff, you got to respect their rules and

I: Right, right, and can you say a little bit about your relationship to your mother?

P: Um, I guess I'm not as close with my mother as my father because I worked with my father for so long and I just find it easier to get along with him but um we definitely out of all my relationships my mother and I have butted head just because she is, maybe strict is the word, but, she's very demanding of people in a relationship so I mean, we still have a good relationship but, she's probably the one that I

I: It's strained at times?

P: At times, yeah, because, I can do some stupid things and then if I do something stupid she's going to let me know and then, there's some firing back and forth, but

I: Right, right, um, in terms of something really distressing that happened in your life, or something really wonderful, who do you think you would share that with first?

P: oh, probably just my best friends out of closeness because I see them every day and so if something good were to happen to me I'd probably go to them first, if something really bad happened, I'd probably tell them first and then maybe later because, I guess I never really had anything in my life so distressing where I felt the need to, if I was away from them to call my parents or call my brother, and talk about it, but if there were something like that I suppose I probably would call them too.

I: Right, right, um now with the romantic partner, are you currently in a relationship?

P: Um, no not a, I'm, I guess I've seen people sexually before but never, not in a 'relationship, um, right now, it's kind of like a friends with benefits

I: Right, sure.

P: Yeah, kind of a casual kind of thing.

I: And so you're thinking of someone in particular?

P: Right now I am, yeah, just for

I: So it's not someone that you would feel like ah, you really need to share your life with on a deep way?

P: No

I: But it's more for a sexual and you hang out with occasionally?

P: um hm.

I: Okay. Yup, makes sense. Okay, I'm going to ask you to do one other thing with actually, no, this is, actually, that is the end of this one. Um, do you feel like doing this to exercise, one thing we are looking at here, is how all this particular graphic exercise fits your idea of your relationship to your network of relationships and when you did it, you did it pretty quickly, and I'm wondering was that because it was easy?

P: Yeah, it was kind of easy, and I guess I never really thought of mapping out my relationships, but yeah, I'd say so or maybe another graphic that I would use is maybe like a web or something, because there are, you know, just depending on who you're with I mean I act a little differently with this group of friends or when I'm with my parents, or my family just because of the ah, or the perceptions of those people have of me

I: Right, so what were you thinking there?

P: Well, I mean, like I said, my family is really religious, and so when I get to family gatherings I'm not saying rude and offensive jokes as I might be with my friends

I: Right.

P: And I may be a little more serious and maybe seem to care, seem I care a little more about the religious aspect just because that's a really big part of my family life because they are all super religious, and so maybe I try to display that more when I'm around them as opposed to my friends.

I: So when you say like you would add a web sort of on to this then like,

P: There are certain connections between people and depending on that it kind of determines how I acted and so it's kind of difficult if you get in a group or a situation where you're with a someone who normally sees you like this, and then you're so like a for example I took home a

buddy for Easter and, you know, I took him home from here and he met my family, and so that was kind of, it wasn't too difficult, but I mean, you know what I mean, like I can't be the jokester almost with my friend

I: Right,

P: Because he's used to seeing me as, and then with my parents too, without maybe without offending someone.

I: Oh, I see like if your friends, if you're with your friends around your parents, that's a very different type of picture

P: Yeah, almost a adapting to my environment?

I: Yeah.

P: Yeah, so like I'm not at all a shy person, but in an environment where I don't know a lot of people usually, I don't open

I: Right. It would change your personality

P: to adapt to the environment, yeah

I: Right, that makes sense. Well thanks, I appreciate your input here. The last part of this is a ah, online survey here and I'll put your brother here, and in this one, you just list from one to 10, one being very close 10 being very far apart, how close you see each of these pairs are, so you and your best friend, one would mean that you're extremely close, 10 meaning you are far apart, same here best friend, father, how close to your father, your best friend, one being, so the bigger the number the farther apart they get. And just go down the list and when you're done, you can just hit 'continue'. And so I just need to ask you, would you like five SONA points or 10 dollars?

P: Um, I'll just do the SONA points.

I: Okay, let me write that down, I will enter those manually.

P: Alright, sounds good.

I: Do you have any questions?

P: No

CS3

I: Okay. So just looking at your target here, I'd say that your best friend is definitely the closest to your core self. So why did you put, is that her, him?

P: Her. Um, I don't know. We just spend most of our time together. And like we weren't that close, I guess before. And all my other friends got boyfriends and they were just too important, so that's how we became, like closer. So I guess, I've never been like she has a really good relationship with her parents, and I just, I don't as much

I: Um hm

P: Just, I'm just, I'm the youngest I just, I wasn't, like, there's always stuff going on which don't make my parents sound bad, but,

I: Right.

P: I just never had as much a close a relationship as like, they did. I just didn't have as close a relationship as they did.

I: So when you say, "they" you mean your older siblings."

P: Yeah. I guess, um I mean I think we all had about the same, but they probably are more open with my parents, but I'm just, I've always been just like, reserved.

I: Right

P: because I, thought, like if they got in trouble, or if they were getting yelled at, and I didn't want to be like that. So then I would just be quieter.

I: You just saw sort of what was going on and then you tried to figure out a way to that wasn't going to happen to you.

P: Yeah (laughs).

I: And part of that was not doing things that would involve as much interaction with your parents in a way?

Pt: yeah. I guess and they, I don't know how to explain this, but, they had two boys before me so it was kind of like treated like a boy and not like a girl so, not in a bad way, it's just, I don't

know, like, it's just different. I guess, since I'm the only girl that the boys always felt like we always do like boy like things, watch football, or baseball, it doesn't matter.

I: So you don't feel like essentially your voice is part of the equation.

P: Yeah, it's like because I'm a girl, they don't care as much, like, cause, they, there's more of them, and not as (laughs).

I: Right. And did it seem like they were since you were last they kind of were set in certain patterns, that didn't change then when you...

P: Oh they definitely changed because I am the only girl so they have different expectations for me. Altogether and I did not like that.

I: So like what?

P: Like, as we got older they got later curfews, but then when I got to be that age, I still had, like when I turned 18 my curfew was 11 and when they turned 18 they could stay out as late as they wanted to. But I was a girl so I had to have a curfew cause it was dangerous to be out late at night.

I: Right. So it sounds like they treated you differently but the way that they treated you differently was not what you wanted, but what they wanted, more.

P: Yeah. More so annoying.

I: And ah, how far apart are you in terms of you being born from your oldest brother?

P: ah, they're all older than me, but my brother [name], he's 21, right now, and I'm 19, so there's two and a half years, he's gonna be 22 in September. And then my oldest brother is 27.

I: Oh, okay,

P: So that is a big difference, so like, still.

I: But pretty close to you, when you're still talking about your brother being your brother that you're closest to, in age brother, or far apart?

P: The oldest, I guess, I don't know, his personality. My 21 year old brother likes to like tell on me, if I do something bad or it's really annoying because like for him in high school, he would do bad things but he just throws me under the bus every chance he gets.

I: I see. And do you think he does that because he's looking out for you or because

P: No

I: No.

P: He just likes to be annoying.

I: Okay. Like a brother can be?

P: Yeah. And my oldest brother is like he wouldn't like care, he's more like, I did stupid stuff, so it's fine if you do stupid stuff and that kind of thing, like,

I: He has some distance from

P: Right.

I: From that, and is able to see what's

P: Yeah, he's kind of grown up in the last year and a half, cuz he had his girlfriend, so he's kind of just like, you should just have fun, because I think he's realizing like, he got serious with her because, stuff like, she has a kid, so he's grown up because of that.

I: Yeah.

P: So then it's like he realizes like he had a lot of fun when he was younger, and he tells me not to waste time on too many people that don't pay attention I guess, because you don't want to be with them people

I: Yeah, right, to be with people that are, care for you, or that are paying attention to you?

P: Yeah.

I: And so you said your best friend and you were saying that your other friend, once they started going out or having a more serious relationships, they kind of left the relationship, or didn't make it a priority anymore?

P: Yeah. I'm lucky if I get a text back from them because they are so busy. But then if I do hang out with them, they're always on the phone texting their boyfriend.

I: Ohhh, yeah. Right. And did that happen pretty suddenly, or did you notice it to be more gradual?

P: Well with the one friend, he lived far away, and then he just moved back this past summer, and they're like, living together I guess. So I mean, before that, she, it wasn't like a problem, like

she asked if we wanted to hang out with her, but then he moved back and now we don't see her, ever, except when I go to class, if I see her.

I: Right.

P: But then the other one, you can ask her like, do you have any time to hang out? And she always says that she has plans with her boyfriend and how early you ask them to hang out, it's just,

I: And is that a new relationship for her or is it

P: She's been dating him since July, I guess.

I: Okay.

P: So like not that new, but like, it doesn't matter. She gets mad when he goes out with his friends and so if she does hang out she's mad that he's out with his friends, so the whole time she's complaining that he's out with his friends.

I: So, okay.

P: It's just, annoying.

I: Yes, I can imagine it would be. Did that start pretty soon after she started dating him? Or did

P: Yeah.

I: So the one, the best friend that's in here.

P: Yeah, she doesn't, she's different, I guess, neither one of us are dating anyone

I: Okay.

P: It's more fun, I don't want to be dating someone right now, cuz, school's already a lot of work I don't want

I: Enough to focus on

P: Yeah.

I: Just from watching your friends, and their relationships

P: and that's not what I want to do

I: You don't want to do

P: I don't want, cuz their always so clingy, it annoys who they're dating. Yeah, the one who's been dating for four years now, and they're engaged, and the way she talks about, like, his bachelor party, she's just very strict on it, I don't understand like, I don't know.

I: where their focus is right now?

P: Yeah. They're just, they're so focused on what he can't do, that, like,

I: That takes up a lot of her time

P: she like restricting him on what he can do for a bachelor party and it's kind of like, she told me that I wouldn't understand because I'm not in a relationship, that I wouldn't understand her perspective, but I've been in a relationship.

I: Right.

P: So she just makes me mad.

I: Right. Because it's taking up all her time essentially.

P: Yeah, that's all she talks about too, yeah. It's annoying.

I: Right. I can imagine. That would be very annoying. What, ah, you and your best friend, do you two share a lot of time together then, and talk about pretty personal stuff, do you feel that you can open up to her about anything?

P: Yeah.

I: Can you give me a case or instance where you feel that demonstrates that she is ah a good that kind of person for you? It wouldn't have to be something that you talk to her about, something that you did together or shared together that demonstrates to you that, I can trust this person or that this person is part of my sort of inner circle like you had her there?

P: Like, I guess we're always like, there for each other like, if we need to like talk I guess, or if you're mad or something, you don't have to like, track them down, and they like, understand, should understand, like the different perspectives of like things that go on, I guess.

I: So she seems like, when you're upset and you, do you usually text her? Or do you usually, how would you get a hold of her?

P: Probably text her, yeah.

I: And you feel like when she relies back she kind of understands what you're feeling?

P: Um hm.

I: And um, does she also share the same with you, in terms in if she's upset about something?

P: Yeah. Yeah.

I: It ah, what would usually happen like so if like you're upset, can you think of an instance when you might have texted her or talked to her about being upset about something?

P: I guess I'm writing this paper right now, in my composition class, and it just really makes me mad because I hate this class and I've never had a problem writing papers until like this class because it's about specifically it's a class about sustainable rivers

I: Right.

P: So, I've never had an interest in that kind of thing ever before so it's really kind of difficult for me to like write

I: To engage yourself in it

P: It makes me really mad, so I'll like text her like, ughhh, I don't know.

I: Why do I have to do this?

P: Yeah. Exactly, it's only about for the past three weeks, so I'm still working on it

I: Right, just trying to get that blank page kind of syndrome

P: Yeah well I have like five pages done, it has to be ten pages though, and I just, I have so much information I don't know where to start and I just get stressed out about it,

I: So do you feel that when you text her about it she can make you feel a little better about it?

P: Yeah.

I: And how does she do that?

P: Well, I guess like, I don't know, just says like, I just keep thinking like two weeks from now it will be over. Is what, my thing is like, it'll be fine in two weeks,

I: So in that she kind of supports that idea, you know, you just have to get through this?

P: Yeah.

I: You'll get through this? And you'll make it

P: Yeah, you'll be fine. That's what my mom usually says too, it'll turn out fine in the end. Or it'll turn out how it's supposed to be.

I: Okay. Kind of like it's gonna, yeah, it's not going to matter in a year is what I always think about.

P: Probably isn't good.

I: It puts perspective on it.

P: Yeah, but it's not like something that I need to stress over a lot to freak myself out cuz I guess the boys have a lot of anxiety about stuff like homework and stuff, cuz since I was a little kid, so she just tells me to calm down and work it out

I: But she understands that part of you

P: Yeah. It'll be fine.

I: So she has a way of calming you because she's been with that for your whole life that, do you think your mom is in some ways, when you have anxiousness, or anxiety about that, who do you usually contact first?

P: Probably my mom.

I: Okay.

P: She usually tells me to calm down and stop freaking out. In a nicer way.

I: Right. You know what she's going to say, but it still feels good when you hear it?

P: Yeah

I: So you usually text her?

P: I usually call her.

I: Okay.

P: Or I go, she works on campus.

I: Oh. Okay.

P: So then I go see her it's like. When I wasn't doing so good in psychology and I didn't know what I was going because I studied and I still would do really bad on his tests and then I went and saw my teacher and he'd say [name] you have really bad test anxiety and I was like, no way, and she was like, "I knew you did."

I: Yeah, right.

P: That kind of thing where she's like, yeah you've known this, you just need to learn to work with it I guess, in a way.

I: Were you able to kind of find a way through it?

P: Yeah, like, he, the teacher, Professor (name)?

I: Yeah.

P: Yeah, he was really helpful, when he helped me like, he, I took these quizzes, like alone, I guess,

I: Yeah.

P: I did better on those than I did on the test, and he's like, it's cuz, you have, probably, like, problems like focusing on the test, because you get so anxious, that everyone is being done, and then like, you want to be done, I did the worst on the first 10 questions and the like, first last questions, and he's just like, "you need to slow down."

I: Right, and once you start doing bad, it's hard to recover.

P: Cuz then you just think about your grade the entire time so I guess, he, I took those three quizzes and then he averaged it and that was like a 75, and then he said, that is the lowest you can get on these tests, so like, don't worry about your grade when you take this test, just try and do the best you can, and I got like a 77 so I did better than what I had been just because I wasn't worried about the grade.

I: Yeah, that's nice when you're not being evaluated that way. Do you feel like, in your relationships, like some of them are more supportive and some more evaluative or can create anxiety or anxiousness?

P: Yeah. I guess when I was dating my ex-boyfriend I was like, more just like, like, not annoying, but there was always like something that like would annoy me or like, I don't know, I don't know how to explain that one.

I: But ah, like things would happen in the relationship that would

P: That would upset like that instead of doing homework, or like, my job

I: Right, you'd become sort of preoccupied

P: Yeah.

I: Right, right. now I see you listed here, that you listed romantic partner, here, is that but you say you're not currently dating, is this?

P: No. I guess when I was

I: When you were dating, you were thinking about where that person

P: Yeah, I was pretty open with almost anyone except for my parents, I guess, just just because, I never, I don't know, they're very, they're Catholic, and to me, they're just very listening to them talk, they're very judgmental of almost everything.

I: Ah, so like they get some things going to them,

P: Yeah, and I know that they wouldn't like it, like my brother, got a tattoo when he was finishing high school and they hated it, and then so I didn't tell them when I got mine because I was like, they're not going to like it anyway, so it doesn't matter

I: So some things you're not going to go to your parents about or you will withhold information, but like when you were saying with the test anxiety, then your mom is understanding?

P: Yeah, because it's been going on my whole life. But then there's, yeah. I don't know, just certain issues that always come up that they just don't agree with and I just think there's so much, like, last summer, when like, the gay rights went through and they were just very judgmental and I was just like, it doesn't affect you, why do you care? And they just, one time they got mad at me for saying that.

I: Ah, so that, you found that you bring something like that up it will lead to conflict or?

P: Yeah.

I: And so you're, and now you kinda, like you were saying before, where you kinda learned maybe to avoid

P: Avoid topics that are going to make them mad because I know how they're going to react in the first place.

I: Um hm.

P: Especially my dad, yeah, he's kinda scary when he's mad

I: Okay, so that's even,

P: Yeah, and he usually doesn't get mad, so when he does get mad it's not a good thing.

I: And you've kinda learned what might trigger that?

P: Yeah. Yeah, I did. He's a mechanic so then like, if I were to do anything to my car, he'd just be really mad about it. Like that kinda thing.

I: Right, but would you go to him to have your car, if something did happen to your car?

P: Yeah, but he would be like, why were you, like if I did something to my car, he'd be like, why were you being so stupid?

I: Oh.

P: Like that kind of thing.

I: Right.

P: But I haven't done anything like that to my car because it's nice, so. I don't want to.

I: (laughs) That's so you're on guard there, and then ah, how about when you were dating, is that something that you can talk to your parents about? Things that came up like,

P: Yeah, kinda, it was more like, when we broke up, and then, things after that happened that I told my mom stuff and she doesn't like him now, because he wasn't like, we broke up and then he went out with one of my friends right after that and so it was kinda like, cool, like kinda nice of both of you to do that, like a week, two weeks after we broke up, but, that's when she like, understood, I guess, like, why we broke up and like, all that stuff.

I: And so at first, she was sort of helping you, wanting you to stay in the relationship, or

P: No, I don't think she really cared if we did or not, because I guess, she just had this perspective that it was just like a high school type of a relationship, and like it doesn't matter,

I: Gotcha,

P: Which it didn't, but, yeah.

I: It didn't, but, at the same time it was, it could be distressing, or it could be something that could take up a lot of your time

P: Yeah.

I: And ah, so, just at sort of looking at that, then, your best friend is really a lot closer to your core self, if, even if you go to your mom for some things, do you feel that your parents overall don't understand you very well or that they have a ah, that there's a distance there?

P: Yeah.

I: Would that be right, in paraphrasing that, or would you say it differently?

P: Yeah. I guess when I go there I feel like I have to act, like, not act, but like I'm more quiet and like stuff than I am with my friends

I: You feel you can be yourself more?

P: Yeah. But that's probably also just a college thing. Like,

I: Right, right, you mean not wanting to be treated a certain way?

P: Yeah.

I: Or be put into a certain role maybe?

P: Yeah, I guess.

I: Ah, so do you feel like you can, you have a bit of a guard up when you're with your parents?

P: Yeah, I guess like, I don't know, like there's just things that I wouldn't want them to know about, I guess, but then like, my brothers, you know, go do stuff that they don't want my parents to do about and it's just like yeh, like, I don't know, like they, I don't know, I don't know how to explain it.

I: Like a double-standard kind of thing?

P: Yeah, like they say stories about when they're under age, like 21, that kind of stories, my parents are like, they think it's funny, but then if I were to say something like that, it would be like, "Abby!"

I: That would never fly.

P: They would be like, "Why would you do that?!" Like, Ok.

I: Right, right.

P: It's also because probably because I'm probably the only girl, they wouldn't think anything, I don't know, bad to do

I: Oh, right, so they have a different opinion of what you do that makes you some ways they have an impression of you that you can't, that prevents you from talking about the things that you normally do because it might change their impression?

P: Yeah.

I: Would that be right?

P: Yeah, I guess, yeah.

I: Like um, yeah, so, so I mean, ah, I don't know if there's a way that you can say that, like is there, do you feel like you have to have a certain image that they have of you and keep it? That they keep that image?

P: Yeah, kinda like, I guess, I have a cousin that's like my age, and like, he has a lot of stories about drinking, and obviously it's not legal,

I: Right.

Participant: But then it's like, he will tell those types of stories, and my parents will think they're funny, and like he's just being stupid, but if I say anything like that, they're like, why were you doing that? And I'm like, it's a completely different perspective because I'm a girl, and a girl isn't supposed to do that, I guess.

I: Right, right.

P: Which is annoying.

I: Yes. So you're just, it's about knowing what things, how they're going to treat you, and how they treat other people doing the same thing? Your brothers or your cousin.

P: Yeah

I: And mainly because you think it's because you're a girl

P: Yeah. I guess, in my family, it's like, there's 17 grandchildren, I'm the youngest, and there's like five boys in front of me and so it's like they kinda forgot that a girl could possibly be there, I

guess, so it's like, they got used to treating um, everyone like, a boy, just like, I don't know how to explain it.

I: Right. Because in one sense they're treating you like a boy, because they're raising you in some ways like a boy, but they treat you differently because you're a girl?

P: Yeah. It's just annoying, I guess. I'm always been annoyed at this, and they just, yeah. It's just the same way, my parents like my middle brother the best because he's a boy, he plays football, but then, I'm a girl, and so I play tennis and softball, and they don't understand that as much, so then, and then my oldest brother isn't like um, like my dad adopted him, and my mom, he's like my half-brother, technically, I didn't know that until I was 12

I: Okay.

P: But like, he wasn't like a true, like, [name], since my dad like, adopted him and like to be his dad, so I feel like my little brother was a favorite just because, of that,

I: Right, right, so he, do you think you relate in some ways to your older brother because he also maybe felt on the outside like you feel a little

P: Yeah, but he is probably a little more like, in than me because I was the only girl and my grandparents they had my dad and then my aunt, but my aunt had like, they were married and she wasn't girly at all, so it's kinda like as if she was a boy almost,

I: Right.

P: Since she wasn't girly at all, so they kinda like treat me differently, because I'm more, I'm not that girly, I guess, but I'm like, compared to her I am

I: Yeah.

P: So it's just like, different.

I: Right

P: Yeah.

I: Okay, this makes sense. But complicated at the same time, right? So many different

P: Yes. It's a lot, I guess.

I: Trying to figure it out. But you explained it really well, though. Um, and actually, that is the end of this.

CS4

I: Okay, so looking at this would it be safe to say well it almost seems that between your brother and your mother are about the same distance would you say, or is one a little closer?

P: Um, I'd say mother and brother are quite similar.

I: Okay, Okay. Could you tell me a little bit about, you can begin with either relationship?

P: Um, in terms of?

I: Well about your relationship to them and why you see them as close.

P: Um, I'd say because I spend a lot of time with my brother growing up like, um, I'm referring to my older brother and he's always been quite a large influence in my life, like he's always inspired me, I think, growing up and like looked after me when we were growing up and everything, um, and then, my mom, like, I'm very close to her, we have a very close relationship, um, I spend more time with her than I do with my dad, so that's probably why I'm closer with her than with my dad. I think we understand more, like, understand each other more, um we have like very similar interests, like for example, music.

I: Ah,

P: And so, we spend a lot of time together doing music as well.

I: Mmm, so you share activities together as well, ah so speaking of your brother or thinking of a case where in your life there might have been some distress, can you think of an instance and how these individuals might have played a role in your life?

P: Um, my borthor, everyone? Or

I: No, Nope, yeah, your close ones

P: Okay. Um. I think, the times like I've had um, problems or whatever, I always speak to my mum first about it. She's always like, helped me through the problem, the issue whatever it is um, same to an extent with my brother, it depends on what the issue is, or what's happening. But um, my mom will always listen to me like I think she understands me because (unintelligible) I think she went through the similar things to me. Yeah, she's just really supportive.

I: Okay. Could you give an example of a time?

P: Um, perhaps when I was it was more of a decision, whether I um, I really wanted to come to America, because I'm from England, and I wanted to um, be on the tennis team, and my dad was kind of against the idea because he didn't want me to move away, or anything, but after I told my mother what I really wanted to do, she wanted what was best for me, she talked to my dad, and like, she talked to me about it, and she managed to persuade him that it was best for me.

I: Right, so you really feel that she takes your side and she can see, she sort of has your best interest?

P: Yeah, I'd say my dad does too, but for a different standpoint I guess, cuz, like, my mom, I think my dad's very quite the protector kind of dad, like, doesn't really want to see, me go far away, um, at first my mom like wants what I want kind of thing, like does that make sense, not like, you can do whatever

I: Yeah, like she maybe was willing to let you take more risks than your dad is less willing maybe, to let you do.

P: Yeah.

I: so um, okay. How about any ah, could you give me another case where

P: Um, um, when I, it was quite a few years ago, I was 10 years old or something, and I, we were going skiing, and I um, I fell, I like tumbled down the slope, and because I was able crashed into me, I thought I had broken my leg or something, I was in so much pain on the slope, and I was with my mom, and my cousin I think, and my um, mom thought it was really serious, and she like, came to see how I was, I was like, screaming, and then she like, tried to see if I could move my leg. And eventually after like a half an hour I managed to move my leg. So she realized it wasn't broken, um, but I could barely walk when I stood up and there were lots of people there, and then so we were obviously in another country, we were in Switzerland, so it was kind of chaotic anyway, so she like took me to the hospital, and took me to the emergency room, and they saw like, I had like a rip tissue, on the side, so it wasn't a break which was good, um, but yeah, if my mom hadn't been there, I don't know what I would have done because I wouldn't have known to get to the hospital.

I: Yeah, so did it give you a certain feeling,

P: Yeah, like a big comfort that she was there because a lot of the time I, me and my brother would go skiing by ourselves so I (unintelligible) do our own thing, but if anything happened to me, like, I'd feel like, helpless. To not have her there, it was like, whooo.

I: Just a sense of calm,

P: Yeah. A sense of calm knowing that she was going to help me like, I can rely on her basically, to help me.

I: Right. That makes perfect sense. Well would you say it would have been different if your older brother was there?

P: Um, probably yes, it would be different because I don't think he would have made exactly, I mean he would have tried to help me but he would have known exactly what to do like he maybe would have called someone, I don't know, but um, he wouldn't have taken me to the hospital, for sure. But um, yeah, he definitely would have helped me.

I: Right. But in a different, but you wouldn't maybe have had the same level of calm, or peace, I mean.

P: Yeah, definitely that feeling, like is different with my mom I think. She just like having my mom there gives me a sense of calm and like comfort, like more than anyone else. I think.

I: Right, right. Is there like earlier you were saying that it maybe depends like you could have had them equal but it depends on the situation, is there situations where you would rely more on your brother or he might provide that sense more than your mom would?

P: Um, I think like certain issues, like cuz going through school alone, something personal, like I'd like to talk to my brother about it, um, because, I feel like he is close to my age, and like, we have been through the same things, and he's, and like we can relate to each other more. And some old and traditional views on things um, so I feel sometimes, like I find it more easy to talk to my brother about things like, cuz he'll understand me and like what I'm thinking.

I: Yes, he can relate to you

P: Yeah. Exactly.

I: Um, so now do I understand that you don't have a current romantic relationship? But um, but if you did, and if you had a situation with a romantic partner, would that be the kind of situation where you would be more likely to talk to your brother about it?

P: Um, I would talk, I don't, maybe. Hard to say.

I: Maybe not because of the gender, or?

P: Yeah., maybe I'd talk to both of them.

I: Okay.

P: The same. I think, I don't think it would really make a difference.

I: Okay, okay, sure but maybe like would class stuff, like what would be an instance where your brother's really been there and you relied on him first?

P: Um, well, there's been some, like family arguments, and stuff where, um, like, like, strict and

I: Overprotective, or?

P: Um, overprotective, and, uh, like, he has a very strong viewpoint on certain things so um, and my brother's more like me like, um, I don't think my dad wants to kind of see us grow up, I think that is what it was, I just think, so like when we start telling our opinions, it's like, issues and stuff, and um, like, when my brother left, that's just like hard for me because my brother's always there, on my side, like, we relate to each other and we have the same

I: You have like a common,

P: Yeah, like a common ground. I know when my brother left it was very hard, because like, my dad would be telling me all these things and like, my brother would be there, like to back me up,

I: Yes.

P: Um, so yeah, like, my brother was always there like, he always supported me, like my viewpoint, and whether I was saying he would back me up.

I: Right, right. Would you say that there are different expectations with you being a girl, versus your brother, from your dad?

P: I think that um, slight, I think it has been slightly different because although, there were like, issues with my brother, I feel like when he left, my dad was more strict with me, because of being a girl and like, I don't know, he still says, sees me like I'm a little girl, as a child, and, um he didn't like the fact that I was beginning to express myself.

I: Right, right, and your brother would be an ally, almost

P: Yeah. And he tried to help, my dad understand what I was trying to say, because, I didn't express myself very well. But my brother is very good at like, expressing, like what I was saying to my dad.

I: So he would talk, he would sort of be almost intercede or something and help you with that?

P: Yeah.

I: Is there some other way that your mother does too sometimes with your dad?

P: Yeah.

I: Has your relationship changed with your dad since you have come to the US or is

P: Um, I'd say, like yes, like I mean I videoed back home once, yeah, I'd say like, um when I went back at Christmas, I feel like, our relationship was slightly better because I think like me going away for a while, the distance helped, um, it was like, all of us being at home at once was a bit too much where like when I went away and came back it was like nice, like, it was so nice to see everyone obviously, um, but yeah, we were slightly closer than before.

I: See you differently, than in terms of what you were talking about?

P: Yeah. Possibly, I feel like, um, he like realized like I'm going to University, and like, you know, I've had time to grow up or whatever, and now I think he's more accepting of it.

I: Right.

P: Slightly, um, yeah,

I: Could you tell me just maybe a little bit more about your relationships, it looks like your best friend would be maybe the third closest? Can you tell me just a little bit about that?

P: Um, Well my best friend like we've been so close since we were like maybe 7 years old and like, we literally have everything in common, like we play tennis together, and that's how we met, and then we both play instruments like in orchestra together, and then we end up going to the same high school together, um, um, we literally did everything together, I just spent so much time with her, I think literally seeing her every day helped us get so close. Um, yeah and then we like do stuff together on the weekends, probably play tennis quite a lot together, and then um like took trips together as well at holidays and stuff. Um, and yeah, we just became really close like that and like we also live really close to each other, like literally right across the road (laughs).

I: Is that right?

P: Yeah.

I: Now, currently as well?

P: Yeah. It's been the same for a long time.

I: So did she come to the US with you?

P: Oh sorry, here, I meant growing up.

I: You lived right across the street from you.

P: Yeah, yeah, so she just (unintelligible) back home in England. So it's actually when I first came here, it's really strange not being with her all the time, because we literally were together every day, so, yeah, that was kind of weird, but, um, I feel like we talk all the time and everything. Um,

but yeah, like because we also lived so close together we would always be at each other's house, or helping each other work, or just hanging out or whatever.

I: Right.

P: And which is nice, especially in the summer. In the garden.

I: Yeah, okay, in your garden or in hers?

P: Um, usually hers.

I: Okay.

P: Yeah. It was good.

I: I see so um how do you usually communicate with her now, is it?

P: Um, mm, a lot through text and we skype.

I: Okay. And how often would you say that you are in conversation with her?

P: Um, probably text her like mm, three or four times a week.

I: Okay.

P: And then maybe skype like every three weeks or so.

I: Okay. Yeah, yeah. And how long have you been here at the university?

P: Um, I've been here since August, and then I went home at Christmas.

I: Oh. K, Gotcha. Okay. So have you been able to maintain that uh, same level of communication with her during that time or has it changed?

P: Um, yeah, we still talk mm, maybe not quite as much this semester because she has been very busy work and like she doesn't reply

I: Right.

P: But she will maybe reply like a few days later. Like when I went back home for Christmas, like it was just the same and

I: it was like you never left

P: Yeah, yeah,

I: Oh, that's wonderful, gosh, you must really miss her, yeah. So how about conversation with ah, your mother, how do you usually talk with her or communicate with her?

P: Um, I'm the same, really,

I: Text and

P: Yeah, it's usually like we skype every Sunday.

I: Oh. Okay. So you have a time worked out for that.

P: Yeah.

I: And during the week who would be initiating the texting, does she text you more or do you text her more?

P: Um, I think me slightly more it depends, sometimes like I have a lot of questions like, I ask her, or it's like 'have a nice day,' or she's doing this or like she's gone to this concert, just like general things.

I: Oh right, right, what's going on

P: Yeah, what's going on, yeah, she's keeping me up-to-date on everything

I: Sure

P: And I sort of get left out of

I: Yes, yes, so now you point to your best friend here when we were talking about distance like would you say like how come best friend isn't over here in terms of, is there a relationship between your friend and your mother and your brother? Do they know each other very well?

P: Um, my best friend and my brother know each other quite well, um, and they're not that close, but because, and me and my friend are like together a lot, and like she's often at my house, like, my brother and her, like, we will stay like friends, not like we're obviously we're friends, and then like because she's my friend a lifelong friend or say, my parents like to know her properly and everything.

I: Yes.

P: They know how close we are and everything, and like, yeah, my mom has a good relationship with her.

I: Okay. So they're close but they're, but ah, and like her and such, but not really close would you say?

P: Yeah. Like they're, they've got like a good relationship like they, my mom can easily talk to her, not like a stranger,

I: Right. Gotcha, Sure, sure

P: Like comfortable, they comfortably speak to each other.

I: That makes sense. Yeah. Okay. Completely understand that. Okay. Now I was going to ask you to do one other thing with the target here and that is I'm going to change this to B. And say if you could make this target into your ideal representation of how close you want to be would you, how close you would like these individuals to be to your core self, would you change any of these and how would you change them if you would? And you can move them

P: I'm done.

I: Okay. Great. Alright. So, I guess just to finish up here and looking at that, is there one of these in particular that you would feel that you would like to see the most change with?

P: Um, I'd probably say my dad, like my, I have a good relationship with everyone, but like, I think like my dad, like I have the most distance with him before. Um, and like I think, once he like understands me more and like you know, growing up I think our relationship will be much better and everything because, yeah, I mean I really want to have a good relationship with him, like I don't want, because he had a bad relationship with his dad so like I don't want it to end up like that so yeah. If anyone, my dad I'd say.

I: Right, I imagine he might feel the same way then, huh? Going through that relationship, and yes. Wonderful. Well, this concludes our interview and ah, I really wonderful talking to you.

CS5

I: Let's get started. Okay. So looking at this, I can see mother and other seem to be closest to your core self.

P: Yes.

I: Would you say they are equally close, or would one be?

P: Um, I would say my mom is a bit closer to me, but, um, they are a lot alike themselves, and my connection with them is pretty similar, I talk to my mom a lot more. But,

I: Okay.

P: Yeah.

I: Okay. Can you give me an example of a situation or why you feel your mother is particularly close?

P: Um, I see a lot of similarities in our personalities. Um, I would say that I'm happy (unintelligible). I would say my dad evens me out a little bit. She's very intense. Um, but as far as like our curiosity, and why people do the things they do, is sort of, you know, obviously I took the road to psychology, um, she's an OT, she's an occupational therapist, but, um, she really enjoys having conversations about what I'm learning, um, and she has, um, almost an unhealthy way of sort of trying to figure people out. She makes a lot of assumptions, whereas, my interpretation is, "what is really going on here?" um, hence, my um, you know, I'm in the counseling program, the clinical mental health side of that. Um,

I: So you both, show this sort of interest in trying to understand...

P: um hm

I: people

P: Yeah

I: So when you say that sometimes it can be unhealthy? Or

P: Yeah, the way she does it, it is usually about people who are close to her and it's usually almost this, um, oh, like there's a negative, sort of, an alternative

I: an alternative, ulterior motive?

P: ulterior motive so she kind of sees people as, um, mostly in a negatively and intimidating. Um, go ahead.

I: she focuses

P: my grandma, mostly, they are very much alike. Uh, and her sister, and there's this triangulation, if you will. When I told them they inspired me to go into psychology, I'm joking but I'm really not. You know.

I: Right

P: they're, they're very self-aware and all of what's going on and the dysfunction of it. That's sort of getting to the action phase and doing something about it that you know, before I'm learning a lot about this stuff, I kind of talk like, they're very German. Like, sweep it under the rug. And when we're together, you know, let's just make peace.

I: But there's a lot of you say, talk about it, you talk about these things a lot.

P: Yeah, outside of the group. Yeah.

I: Oh I see, as a group, there tends to be no talk of it.

P: Nope.

I: I see, but when you are one-on-one,

P: Yeah.

I: Then it comes up a lot.

P: Yeah.

I: Okay, Okay. And so what would be, so when you say, that your mother is closest, is there a particular um, feeling or circumstances, that really make that the case for you? Like

P: When I feel closest to them?

I: Or why you would say she would sort of be closest to your core self? Is it that sense of interest in a psychology of relationships?

P: Yeah, sure, you know, as far as interest, yeah. I guess when I think of my mother, I, she's the first person I call if I'm experiencing something stressful, and she has a way of making sense of my experience to me. Like saying, this is what's going on, you need to just relax because you're a student and you're still learning, and I know that grad school is stressful. She kind of has this

way of, she knows me very, very well. Even when I'm stressed out to the point where I don't really want to acknowledge what is really going on, I just, I want someone to vent to in a way.

I: that hears you

P: Yeah, yup.

I: Okay. And so she feels like, you are feeling stressed about something, and you call her, will she typically, do you leave that conversation feeling better?

P: Oh yeah.

I: Okay.

P: Yes.

I: And so you, that makes a lot of sense in why you. Okay, so you rate your grandmother as a close second?

P: Um hm,

I: And why would you say that?

P: My grandma is, um, ah, what is the word? Less intense, I guess. So when there's something that I want to talk about where I don't necessarily want my mother's input, (laughs), if you will,

I: Okay.

P: My grandma will um, I feel very close to her and very connected. I'm the oldest grandchild and I feel like, we have just a good relationship, and when there's things that come up that I want to talk about and don't necessarily want feedback, I guess,

I: Because you feel like, even though your mother's gonna make you feel better, she's gonna give you advice or feedback?

P: Yeah, like sometimes maybe I just, or honestly, sometimes it's like, um, about my mom, um

I: um hm

P: My mom is treating my sibling like this, like an enabling situation grandma and I'm frustrated with it. Um, I usually express this to my mom first. I'll tell her what's up. We're very honest with each other.

I: Yes.

P: But with my grandma, when I get this frustration, I get this block with my mom, because like I said, she's usually has this negative perspective of things. She's quick to defense, um, sort of, this is the way it is and tough shit kind of thing?

I: Right.

P: Like my grandma, I will call her, I guess, a lot of times for that situation, like grandma, this is going on and I just, and she gets it. She sees it too because she knows my mom. (laughs).

I: Okay, so very relatable. Has a way of understanding what's going on.

P: Yeah.

I: You know and ah, in some ways she has a similar type of relationship with you or connection as your mom but you can talk

Pt: Um mh.

I: to her about things things clearly, about situations to your mom, but also, she's going to respond a little bit differently to you.

P: Yeah.

I: In that way.

P: Yeah. She was actually my um, and I don't know if this is what kind of created this relationship, anyways, but she was my 8th grade teacher, well she taught me 5th through 8th in my home room 8th grade teacher so we kind of have this like, relationship where we will bounce ideas off each other too, like grandma, I read this article, and this is really fascinating, I thought you would connect with this and then she'll be really interested in that and we have these kind of, you know, I don't want to sound like, super smart but these intellectual

I: Sure, that makes perfect sense.

P: I'm able to have, my mom will relate to in real life. My grandma is able to have discussions with me about the subject itself.

I: Right.

P: My mom will refer to somebody.

I: Okay. She makes it very personal.

P: Yes. Yeah.

I: That makes sense. And as you kind of talking here, you address the relationship with you at a cognitive level or

P: Yeah.

I: and a psychological level and she is the person that, you can share that with your grandmother.

P: Yeah.

I: Um. Would you say, in terms of your mother or grandmother that they look to you for the same type of support that you look to them for?

P: Yeah, definitely. There's some sort of, um, that, I uhgh, I feel is it's dysfunctional. Um, so I have to remain very neutral when they do that to me. Because, they are very close to each other so then they will talk about each other (laughs) to me.

I: ah, right.

P: then being that I love them both and I'm not, I don't necessarily want to get involved in any sort of squabble or dramatic situation that they are involved with each other. It feels dysfunctional to me where I listen.

I: Right.

P: I'm a counselor, now I'm a counselor, and a better listener a lot, in my life, especially with these two.

I: So you learned how you want to handle that situation in a way that isn't going to escalate it?

P: yea, exactly.

I: ah

P: Or get me more involved.

I: Oh, right, right. Okay, looking at this, it seems that your mother and your grandmother are the only ones in your core self area. Is that right in that your best friend, romantic partner are more on the outer ring.

P: Um hm.

I: Would that be true in saying that?

P: Yeah, I mean in terms of how I connect with them, on what level, and how much we relate I guess.

I: Right. Yeah.

P: They are more on the outside.

I: Would you say that between your best friend and your romantic partner, one is closer than the other?

P: My romantic partner, on a more like, h-ohhh, I don't know, like it depends on, I have intimate, um, conversations with both of them. Um, I feel like I can be completely honest with both of them. Um, and how much we're alike, it's very different.

I: Yeah. Oh personality.

P: Yeah.

I: But in terms of being able to like sort of you talked about you talk about your mother and that sense of ah, being able to relax, and being able to have a relationship in a way where that's the first person you would call that, is it similar

P: um hm

I: with your best friend and romantic partner that way? Or would you say that your best friend and romantic partner are

P: I feel like I get more empathy with my mom and my grandma, like they understand.

I: Right.

P: what I'm saying whereas, my best friend and my romantic partner aren't very good at like, listening,

I: Okay.

P: I feel like I don't connect with my core self in a sense of they're not really understanding my experience, it's more of um, let's share our experiences and learn from each other kind of thing.

I: They're trying to help and everything

P: Yeah.

I: But there isn't that deep sense of connection.

P: Yeah.

I: At that same level.

P: Yeah.

I: Okay. That makes a lot of sense. And then, you put your father at the farthest. Would that be right?

P: Yeah.

I: And why would you do, why did you put him there?

P: He's very um, very quiet and I'm just, very not (laughs). So um, I don't know, I feel we're different in that way, but as I've grown older um, we're becoming closer. And especially in maturing and seeing the big picture of the dysfunction of this family. I really connect with my dad now and sort of appreciate his experience and his ability to remain calm and manage a house hold where there's just a lot of um, is intense. That's all that comes to mind (laughs).

I: Yeah. Right. So you understand it more now.

P: Um hm.

I: So you, (I'm going to close (the door))

P: That's alright.

I: So you have a different perspective on it now?

P: Yeah.

I: Than you used to?

P: Yeah, definitely. And being able to, I don't know sort of growing up I'm just sort of I talk to him more and realize how much we really relate. So when I say I don't (unintelligible) in my dad's family, that's why. And like these experiences, I experience them too, especially, in perspective of how we view things. Um, it was really validating when I first started getting close with my dad and hearing him his opinions on what was going on with the family. And like, wow, I feel really overwhelmed and I'm there too. Like I can't wait to get out of family gatherings. Like

a couple hours is plenty and they like to drag it out over a weekend. So I connect with my dad that way, like, okay, you know, now I just need like my own couch. I just need out of here.

I: Yeah, right. So in conversations that you've had recently, he cares, I can hear that you bond, or relate to that.

P: Um hm. Yeah, totally.

I: Um, hm. And I see that your romantic partner is closer in the picture to your ah, dad, than to your mother, would that be, is that true?

P: Absolutely. Um, ha, yeah, when they say that you marry your father, there's someone to like, and they instantly connected. Um my dad took a liking to him right away and they're really relaxed around each other and they remind me a lot of each other in that they are introverts, if you will, um, really into the same things. And they can have conversations about that and, yeah, they really remind me of each other in that way. And similar stresses, and my dad, you know, just last night, I was telling my dad, um, in talking about getting this job, he said, well, are you guys moving to (city1)? Because we live in (city2) now, and I commute here from (city2) and (my romantic partner) is from (city2), so, are you moving to (city1)? And we've had conversations about it, I'm just kind of slowly bringing in the idea, because it's stressful and stuff to think about having to find a new job or something,

I: Yeah

P: like that, even though I told him that he can keep his job, it's a transition, if you will, for him, it's more of a transition for him than it is for me if it would affect me at all really, and moving, and my dad was able to say, "well, yeah, I bet he gets pretty nervous about finding another job." Or he's like, "I hate it" and "I get nervous having to talk and approach new people about a job and."

I: Right and he was able to relate to (romantic partner name)

P: Yeah, to (romantic partner name), yeah, completely, well, not completely, but really understanding how he might be feeling about moving

I: Right

P: Out of his home town.

I: Right. Which is nice too, when you hear, nice to see how your dad relates to the difficulties that your boyfriend might be going through.

P: Yeah.

I: And uh,

P: Yeah, no, yeah, I value that. Yeah, I think that's neat.

I: Um. Let's see. You know, I can maybe tell from what we've talked about so far, but just to ah, end here, if you were to choose, one person in this network, that you think you rely on the most, um, who essentially is that most important person in your network. Could you choose one? That stands out?

P: Ah, who I'm closest to and who I rely on the most and really appreciate the most is (romantic partner), my romantic partner. Um, especially going through grad school this has been a lot of stress, and him really being able to understand that I understand your stress. I might not understand you're crabby right now, but

I: Right

P: Is this, do you have a lot of crap going on right now or what? Being able to talk to him, I mean, (romantic partner), being able to understand the stress of grad school, I know I have a lot going on right now, so this is what is going on for me right now. I know I'm reactive now, but that's its like finals time or

I: Okay, so you really appreciate that aspect of him, but at the same time, you feel that you get a little more support or understanding from your mother in that regard. Would that be true?

P: Yeah. More understanding and more relatable, yeah.

I: Okay.

P: Yeah, the way she sort of sees her views are a little different than mine. But in terms of personality and we're a lot alike. I feel we manage it differently.

I: Right. Between you and (romantic partner)?

P: No, my mom and I are a lot alike, personality-wise, but we manage it differently. I've done a lot of work on myself to avoid being

I: how your mother manages stress

P: Yes, it doesn't look fun, um

I: Right.

P: But yeah, in terms of, yeah, I don't know, I connect with her on a stronger level, um when it comes to who I am, um, and why I'm doing what I'm doing, and level of passion, and I really connect with her on that. Um, as far as who expresses the most love and really tries to understand? (romantic partner name), he is more of a versus giving feedback, sometimes gives feedback that is too simple for the situation.

I: Right.

P: Sometimes he is better at listening and

I: Oh

P: I can tell him anything, really, there are things that I keep from my mom so she doesn't give me feedback.

I: Right, right.

P: Like, "I don't think that you should be going to the Dells this weekend, you're young, you can't afford that," well, its like, "do I even want to tell you what I'm doing on the weekend?" If you're going to give me a talk.

I: Right.

P: A motherly talk.

I: So, right, you know that you're not going to get that from (romantic partner), and then, ah you're sometimes reticent, or not sure you should share information with your mom because she might reply with a lecture.

P: Um hm-a lecture, or yes. Yeah, so then I have to explain, you know, all, "at my age, mom, you had four children, and I don't," so she doesn't want to hear it. But it's like, so then I'll just avoid that you know.

I: Right.

P: Unless she asks, and then I tell her the truth. And that because she thinks that people are lying to her.

I: Okay.

P: Yeah. That's the biggest difference, that sort of negative view.

I: What you have learned.

P: I've learned is that she personalizes everything.

I: Okay, okay, right. Like you've been saying that way. How long have you and (romantic partner) been together?

P: Four and a half years. So we've kind of grown together a little bit.

I: Yeah. That's a pretty long time and so do you feel that at that level of support and trust with him is changed quite a bit in the last few years?

P: Yeah, especially after the first year. The first year was a lot of, I was 23, and just a lot of uncertainty, and young love kind of stuff, and then really realizing like, wow, we've got something here that, this is pretty cool and, yeah, a lot of growing and trust, and

I: You kind of remember a time when that really started to happen.

P: Um hm.

I: When, so when do you think that started taking hold where you started feeling like, okay, we have something here?

P: Yeah, it was about a year, because first it's like this romantic, exciting, love, you know, and it's just like, ga ga, and then there's a lot of uncertainty in that we knew each other's history a little bit, so nerves of, you know, what are you up to when I'm gone sort of thing, that was more so right away, and then it's just kind of this puppy love, and then it kind of turned into this, like, intimate friendship I really like, relied on him as a friend as well.

I: Right, right. Okay, last ah, couple questions, when you think of your parents, then, in terms of relying on them, or this closeness, do you usually think of them as a unit, or separate people?

P: Very separate.

I: Okay.

P: M hm.

I: And how would you describe how close your parents are to each other?

P: Um, bad news bears (laughs). Sort of the model of what not to do. Um, my mom has very little room or empathy for his experience, and um, I don't think she understands that not everyone has the capacity to be just like her.

I: Right.

P: Um, why isn't he more driven to go after that management position in his job, and I'll see it from my dad's view, I mean, there's a couple extra bucks in pay, and I know he doesn't, but she just expects when he doesn't get that management position, well what the hell, you didn't try hard enough, or you probably didn't even act interested. Or when he's quiet she takes it personally, as if he's punishing her or something like, what the hell is your problem? What are you pouting about? So there's this joke with all us siblings, like she used to say this in being serious, like, poor (dad's name), you poor thing, you have to go mow the lawn, poor (dad's name). So then we'll all joke, you know, poor (dad's name), if my dad complains about anything.

I: Laughs

P: Oh, my back this is killing me, Poor (dad's name), mocking her essentially. She's able to laugh at it now.

I: Geeze.

P: Just a lack of, oh, understanding, or contempt I would say, on her part, kind of looking down on him like, "I'm accomplished, and I'm making all the money." And it's (?) to tell him those things. Instead of looking inside herself. She's getting better.

I: Yeah.

P: Definite improvement, but, yeah, a lot of resentment on her part for not marrying someone on the same level as her education wise, money, salary-wise.

I: Right, so she takes it out on him

P: Yeah.

I: Yeah.

P: So we see that, which is sad and, but we're all, we kids are all sort of old now and more intolerant of it.

I: Yeah, and call her out on it.

P: Yeah, or when my dad, we'll sort of do the same thing, like, "she's so difficult I can't even talk to her," it's just like, there'll be a word and then it's like, "Dad." You know, she's got a lot going on right now, and you guys just sit down and like exchange words like humans.

I: So you guys find yourself in the middle, kind of trying to negotiate.

P: Uh huh, yeah.

I: Your parents' relationship.

P: Yeah, totally.

I: Yeah.

P: It's easier now that we're older and um, we have the confidence to say, "you two need to check yourselves before you just label each other as incompetent or a b-word."

I: Right. Well, I imagine going through the counseling program has helped some too in that regard for some understanding.

P: Yeah.

I: Or not getting too involved, and understanding about what might be happening.

P: Right, yeah. Well just, yeah, I don't, at first when I was going through the Gottman training I was you know, spitting this knowledge to my mom and dad like, "hey,

I: Yeah

P: you guys, like, why don't you just start by asking each other how their day went, you know, why don't we just start there?" But now it's just to the point where, you know, I can't do anything about it.

I: You don't want to be their counselor?

P: No absolutely not! No I kind of put my toes in the water and, no, this is not what I want to get into.

I: Not going to wade in.

P: Uh uh. Now it's kind of like, you guys knock it off. My God, if we are going to come home, you guys need to pull it together.

I: So you guys have boundaries instead.

P: Yeah, sort of.

I: Yeah, that makes perfect sense. Hey thanks, I think that pretty much concludes this part.

CS6

I: So, looking at this, it seems your mother is clearly the closest

P: Mm hm. Yes.

I: So can you tell me a little bit about that?

P: Um, probably because she just knows exactly how I act all the time.

I: Yeah.

P: And it's like the one person in the world I can tell pretty much like anything to and she like won't tell anyone, or like judge me, so it's probably is just that she like, she's just like my number one person.

I: Sure. So she has your confidence?

P: Yeah. Like she knows, if I am like sad about something, like, she knows my nervous habits, she knows like when I'm actually upset, or if I'm just like faking it, so

I: So she can read you very well

P: Yeah, she can read me, which is annoying, but

I: (laughs) Right, but then it come

P: Comes in handy, yeah.

I: Um, can you think of an instance that illustrates that or represents that, for you?

P: Um, probably like in high school I went through, kind of like some friend drama, when this friend pretty much just dropped me off, like the face of the earth, and um, she was just like there for me the whole time, and like, she knew something was wrong, but she didn't want me to tell her so she would like poke at it and then, like I just mentioned it to her and she like made me feel better, so probably that.

I: Right. Right. So can you think of ah, words that would describe how you feel after a situation let's say like that where you talked to your mom or you think of your mom

P: I feel like comforted, probably, because it's like I felt uncomfortable and like sad before, and then, um, and loved because you like feel down in the dumps, and then she just reminds you like you're loved and stuff.

I: Right. Right. So you definitely feel better.

P: Yeah, for sure.

I: And what about can you recall the feeling about when you need to contact her when something goes wrong but that feeling is like when you're going to contact her?

P: Yeah, um. Well that's kind of hard because some stuff, I like don't tell her when stuff goes wrong, because it's just going to be a way bigger problem if I tell her it. So I try to figure stuff out on my own but if I can't, um, if I'm going through like roommate stuff, then I'll call her and then um, I just kind of feel like I just need to like tell somebody like I just had it bundled up and I'm like if I tell someone else, I don't know if they're like going to repeat it so I'm like okay, if I tell my mom then it should be fine.

I: Gotcha. And you mention though that sometimes it might get bigger, what do you mean by that?

P: Um, kinda like I don't really tell her about boys a lot, unless it's something super serious. I'm like, well, what's the point and then there not talking to someone.

I: Right.

P: Um, and if I ever go out with my friends, then she doesn't like to talk about drinking or anything so I like never really tell her about my weekend.

I: Sure.

P: You know, we just kind of like like generalize it. She's like, "did you have a good weekend?" and I'm like, "yep" when some of my friends' mom's are real close and they're like telling them like their intoxicated stories and I'm just like, I don't have that kind of relationship with my mom, so.

I: Right, right. That is a different kind of relationship.

P: It is. Like it would just never, I would just never tell her like, drunk stuff,

I: Right, and when you think like when you kind of hide that or protect that from your mom, what are your reasons for that?

P: I think just its like uh, it just doesn't need to be talked about. You know, like I can talk, like that's something I can talk about with my friends. So I'm like in me and my mom's relationship, I don't want to talk about partying, because that's not part of our relationship at all.

I: Yes.

P: Kind of like unnecessary information, pretty much.

I: Yes.

P: Like she doesn't have to talk to me about her stories from the past, and like, I don't have to tell her about, that's just

I: There's just a certain amount of information you're not going to share with each other?

P: Um hm

I: That it would change the relationship?

P: Yeah, and it just wouldn't make her happy, and like that too, like, I don't want her to ever get scared, or stuff, so I'm like, why would I tell her these things when she doesn't need to know them.

I: Right, so, in a way you're like protecting,

P: Kind of, yeah, like just the relationship because I don't want to like tamper with it when it's something that's not going to affect her like that, you know.

I: Right. That makes perfect sense. Yeah. Okay. So um, looking at this, in terms of how you contact her, what's the most typical ways you do

P: Probably, definitely a phone call, I think I call her about once a day probably.

I: Okay. Is that ever proceeded by a text? Like, I'm going to call or

P: Sometimes. Like if we text like in the morning she'll be like call me later, and that's just kind of how it goes.

I: Is it usually you calling her or does she call you?

P: Usually I call her because she knows that like sometimes I'm like busy or something and I can't talk like to my mom in a situation. But I'm like, if she's like not at work she's probably just at home, so it's like a lot easier to contact her.

I: Right. And does she every text you?

P: Yes. She usually texts me in the morning. Like she usually texts first and I call first.

I: Oh, okay, gotcha. Alright.

P: Um hm.

I: Okay, so um moving on to it looks like

P: Ah, there's like a little bit closer than the best friend was.

I: Okay, why don't you tell me a little bit about ah, your father relationship then.

P: My father relationship's like awesome, like we love each other a lot but um, I definitely just don't tell him a lot, because he's just like a quiet person so um, I tell my mom most everything and I tell my dad probably like the big stuff too.

I: Oh, okay. What's an example?

P: Um, like school stuff and I'm going on a trip in two weeks like to Ecuador so like we've been talking about that a lot, or if I have friend drama, I'm not going to go to my dad because he's not going to know what to say.

I: Right. Share big exciting things with him.

P: Yeah, yeah, or I'll be like oh, I'm kind of like, you know this one girl's like being mean or something and he'll be like, oh, that's not good. But he doesn't know like how girls act so it's like he can't help in that way

I: He's not like relating necessarily to it?

P: Yeah.

I: It's nice to share it with him or

P: Yeah, like it's nice to share it with him, and then um, I think he likes hearing it because he likes to think that he can be like talked to,

I: Yeah.

P: But I always know like for the better advice to go to my mom.

I: Yes, gotcha. Right. So tell me ah, like what would be sort of a typical conversation or instance that you've had

P: Okay, so usually our talks are like kinda, they're just like they don't get that deep, like we haven't had that many deep talks, you know, if I call him on the phone it's like "How's school going?" and um, what are you up to tonight or this weekend? And then, when are you coming home next? And I'll ask him how work is and then just kind of like that stuff. We don't

I: Kind of small talk?

P: Yeah, kinda like small talk stuff. And even sometimes like, if we go out to eat and it's just like the two of us, I like don't know what to say sometimes.

I: Right, right.

P: Unlike my mom, it's like we always have something to talk about. But sometimes me and my dad like it's just better if we like, we can silently sit there we don't have to talk all the time I guess.

I: Right, right, so you don't necessarily feel pressured to talk?

P: Yeah, like its okay to kinda sit there like not talking. Yeah. Just like I think, like me being there he just likes me being there.

I: Right, right. Okay. So if you were to describe your relationship with your dad using like words, to describe the feelings you had, what kind of words would you use?

P: Um, definitely loving, because I know he like loves me and he's generous because he will always buy stuff or he's always good with that. And then probably the safety, because I do feel safe when I'm with him.

I: Yeah.

P: Um, um, and just like loving. Like it's sort of one of those things where you just know, like the other day that he just loves me so that's all that kind of like matters, even if we don't talk all the time or we don't have these like in-depth conversations

I: It's like uh, the unspoken

P: Yeah, because he is like a super private person and I think he only tells like my mom a lot of stuff.

I: Right.

P: He like doesn't even really tell his friends. So he just doesn't open up to a ton of people.

I: So he keeps a lot of things to himself.

P: I think so. Or like my mom.

I: Okay.

P: Yeah, It's actually funny, like he'll talk to my mom like to talk to me and my sister. Because like whenever we um, will get out of the shower, we'll like wear towels obviously.

I: Yes.

P: But he's like very uncomfortable with us showing any skin,

I: Right

P: So he like told my mom to tell us to like wear, like stop walking around in a towel.

I: Gotcha.

P: so it's very like, you know he doesn't like push the boundaries, yeah, it's so funny, my sister and I always laugh at that.

I: That's okay.

P: He had to tell my mom to tell us.

I: So Mom becomes the mediator between

P: Yes, exactly just because he doesn't want to like feel awkward and be like "you guys need to cover-up."

I: Right. Right.

P: Well that's how our relationship is

I: Sure, okay. That definitely explains

P: That's a good example of what our relationship, like he cares but he doesn't want to like

I: He's uncomfortable in that kind of conversation. But he wants to show that he cares.

P: Exactly.

I: Yes.

P: And he does care.

I: And he does, right. Okay. That's excellent. And ah, so, which one between best friend and other?

P: I'd probably say, my, aunt, and then my best friend, they're really close.

I: Okay, why don't you tell me a little bit about each?

P: So my aunt is my mom's sister, and she's like single, never had kids, and um, she's like 61 I think, and so she has pretty much taken me and my sister as her children that she has never had. Like she takes us on trips, she um, she helps a lot with our college process, because our parents didn't go to college, so she went to (city) so she like just knew more so like she came on the college visit with me

I: Wow.

P: Yeah, and so pretty much we're like the two kids she never had.

I: Okay, so that's really neat so she's really involved

P: Yes. She is.

I: Has she always been that way?

P: Yeah. Ever since we were born pretty much.

I: Wow, and lived close by?

P: Yes, because I'm from (city) and so she lives probably 15 minutes away, so um hm, we'll go to (city), when I'm in town, pretty much, yeah, it's like whenever I come to town she's like let's go out to eat at this new place, like, let's go to this movie together, so she's very like she likes to go out and stuff which is nice.

I: t

P: Because my parents are kind of home bodies like you know they'll go out to eat within a five mile radius. But she'll be the one to want to go out of town or go to the movies

I: So she's almost more adventurous

P: Totally, totally. And so she like knows where that to her so she wants us to like do everything with her, which is fun. And so sometimes I feel like I should, you know, if I ever, like you know, don't want to, I just have to remind myself that like, you know, she doesn't have a husband that she can rely on or her own kids so then my mom will be like go with your aunt because you know how much she cares about you and like that one dinner means so much more than just like a dinner.

I: Right

P: So that's what I always have to remember.

I: Sure, so now, you're a sense, it sounds like ah, thinking about her

P: Yeah. More than.

I: the relationship

P: Um hm. It's because yeah, I know that like one movie we go to, like she couldn't find any of her own friends to go to it, like I'm the person that she can rely on to go with

I: Yeah. Yes, Okay. And is there things you would talk to your aunt about that you don't talk to others about?

P: No her's is pretty much like her and my dad.

I: Okay.

P: It's not as in-depth as my mom

I: Okay.

P: But even I'll still tell her some friend or just like whatever because she is a girl so she understands. But um, kind of like my dad you know we just talk about her work, we talk about my school, like life plans, trips,

I: Sure, sure. Right.

P: So it's pretty similar to like my dad. Mm hm

I: Yeah. And how about your best friend?

P: My best friend, that's the only time to about kind of like a couple best friends back home and like some here

I: Okay.

P: And so um, you know we definitely talk about different stuff because they don't, like my home town friends don't always know like everything up here cuz it's just like totally opposite things.

I: Right.

P: But otherwise pretty much what we do is like my home town friends we just like text daily, like ask how each other's days are, kind of like tell big stuff, and then like Vermillion friends, ah, we just like see each other all the time, so there's definitely more people I tell more to because I know others have really big mouths, and I know that it's just gonna like trickle. So Um,

I: So you're selective with some

P: Very because it's like I've seen them do it to other people, and I'm like, well if I tell you something, I don't want like someone else to know, so

I: Right, so when you think of your best friend, like that kind of, are you thinking of a group, or a couple friends, or is it one person in particular?

P: I guess I think of like two in Omaha, and then two in Vermillion, that are the one's I like know like at the end of the day would be there for me.

I: Right.

P: Yeah.

I: Right.

P: So yeah, I kind of think of like four, but

I: Sure, sure, yeah, okay. And um, ah, so they are the first people that you go to for sort of day to day

P: Yeah, like pretty much day to day, like I tell like the funny stuff that happened or like if I saw somebody I'm like oh, guess who I saw today? And then um, ah, but also you know if they're going through a hard time, then I'll listen and stuff.

I: Okay, sure,

P: Mm hm.

I: So once again, like thinking about those relationships when you think about them, what kind of feelings come to mind?

P: I get like a happy feeling and like a satisfied, because I know that like someone will like listen to me and make me feel better,

I: Right.

P: And that's almost the stuff I tell them like that I don't tell my mom, you know, like if it's a boy then I like talk to them about it or just um, yeah, if it has anything to do with drinking then I'll call them obviously, and like not my mom, so

I: Right, right, right. okay.

Part: But I still like can have the other talks with them too, but those are just like the extras like that I don't tell my mom.

I: Sure. Right. With the stuff you're saying that ah, yeah. And so Okay, so finally looking at ah, romantic partner, tell me a little bit about that relationship.

P: I'm just not that much like a lovey dovey person, like I kind of like want a serious relationship and that lasted about six months.

I: Okay.

P: And that was kinda it. And it wasn't even that serious.

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I: Okay so it looks to me like between your mother and your best friend actually, which one is ah, is closer?

P: My mom.

I: Okay.

P: For sure, yup. Um, yeah. Well, actually, um, me and my mom weren't so close as I was growing up I got a lot closer relationship with my dad, if I'm comparing them, um my dad actually passed away when I was 16.

I: Ahhhh,

P: Yeah. And so um, through that I think I'm a lot closer to my mom. My mom and I are very much kind of the same person, so we kind of butted heads a little bit more, um, so compared to like my mom and dad growing up I was a lot closer to my dad.

I: Is that right, so Okay.

P: Yup, and I'm kind of after my dad had passed away, my mom and I just became a lot more closer and a lot is just me growing up too. And I'm kind that age, yeah.

I: Where you see your mom differently?

P: Yup, yup, where it's kind of more like yes, we are the same person, um you know what I mean, just like we're so similar

I: Yes.

P: We just butted heads, yeah.

I: Right. So ah, sort of carving out your own life in a way.

P: Yup.

I: That made it difficult sometimes so in your childhood though, you went to your dad a lot.

P: Yup, yup, and I think it had a lot to do with I was the first girl, too, and definitely, definitely daddy's girl, for sure, yup. I have one older brother, who yup, that's who I mentioned as my "other"

I: Okay.

P: We're only a year apart so we're really close too but he yup, went along a lot more with my mom and I went a lot more to my dad,

I: Oh, is that right?

P: Yup, yup,

I: Okay.

P: Yup, me and my dad are very similar in the same sense that my mom and I are similar but we are kind of um, I don't know, we complimented each other a little bit,

I: Right.

P: Um, not so much of the (unintelligible) and so yeah, very very close to my dad when I was little

I: Well, can you give me an example of say something that might have been difficult to talk about with your mother during adolescence or so and now, not so much?

P: Um, gosh, trying to think here, I guess a little bit of um, kind of love life situations, um, I guess a little bit now too, cuz, my mom, so she didn't graduate she was done with school when she was 19, so then she moved to (city) where she still works at the hospital, and she met my dad right away, so I mean she was married and everything by the time she was 22 had my first, ah,

my brother when she was 23 me when she was 24, like she had all of us by the time she was 30.

And for me, I'm like, I'm not even done with school until I'm 25

I: Yes.

P: You know so sometimes I'm like um, I told her I always wanted to be a traveling therapist, and my mom's like, well that's no life, you know if you have like a family and kids. I'm like, well you know, I get that, but I like, have the opportunity, even when I'm out of school, um, to just go and travel, well I'll do that while I can,

I: Yeah.

P: So I mean, like it never was like an argument by any means, but that's how I definitely saw things were a little different. For my dad so he was 12 years older than my mom,

I: Yea.

P: So he met my mom when he was 33 and so he kind of got to do all of those fun things, you know, um, and then yeah, he didn't meet my mom until later on but he, um, he stayed on the farm,

I: Okay.

P: Too, so he didn't like, go off to college, or anything like that, he was a first born son and so he just kind of did high school and then went back to the farm and everything, so kind of in that sense, I honestly don't know what it was that made my dad and I get along so well, but it's funny because even my friends, um, growing up, were like, gosh I wish I had a relationship like you and your dad did, you know, so it was always like confirmation, like we were always on the same page. It was really hard to explain,

I: Right so your friends really admired

P: Yeah, um hm.

I: When you think of that relationship ah, what kind of words come to mind that would describe that?

P: Um, like my dad and my relationship?

I: Yes.

P: Just very, very genuine. I mean everything. I'll never forget there's one night, so we lived out on a dairy farm and that was my dad's pride and joy. And we used to show dairy cows in 4-H, and it was funny because one of my calves who passed away and I was super upset, you know it sounds really funny now, I was super upset,

I: Not at all

P: I just remember my dad coming in and he was crying and he's like, [name] you know, I did all I could do, I'm so sorry, so I mean he was just very genuine and when I was upset, he was upset. You know it was just kind of one of the instances that came to mind and he was just very, very compassionate. And it was also just very easy. Like it was just we got along so well and it was yeah it was,

I: Ohhh, so easy, comfortable,

P: Yeah, yup. And I'm very spoiled too, being the first girl. I have two younger sisters (laughs) but I definitely got to see a lot more spoiled and different like that, but

I: So how much you were doted on

P: Yeah, I even noticed it so I'm sure they knew it was very apparent too.

I: Right. So I can imagine that was pretty traumatic

P: Yeah. My dad was diagnosed with leukemia um, June 1st, 2010 and passed away July 1st of 2010, so it was a month.

I: Oh my God.

P: Yeah. He was 53 and my mom was 41 and was a widow. Yeah, yeah, so very, very traumatic. Um, like I said, there's still, you know the days like the big adjustments, so, but my mom is remarried, she just got remarried in August,

I: Okay.

P: Um, and it's really good, like my mom is very happy, but with that comes a lot of, you know, the adjustment, so she's dating while you're dating, things like that.

I: Right.

Pa: And so I think, kind of a lot of, like the relationship with my mom, now that it is so good was kind of going through that turmoil. Um, I was definitely most vocal of all my siblings, you know they have issues with her dating this guy, and I would be the one who would have to say something, you know, so that was really hard. Um, so, like I said said my mom and I didn't always see eye-to-eye but now it's a lot better.

I: And when you said that you had to step in and say something, like what kind of things would you

P: Well, um it just kind of be things, you know, like for us being the kids, like, well, now, you're our only parent that we have so it's just being protective of our mom, our stepdad now is actually wonderful, and I wouldn't trade him for the world, but it just was kind of like, okay, we've already seen you go through so much pain and agony with dad, we didn't want somebody to come in and break your heart, you know, so it's just more now looking back, um, at the time I

probably wouldn't have said this, but now looking back, it is more our protective instincts kicking in, you know, like, you know my mom had been through so much, we just didn't want to see that happen again, and so I think that was more of it than anything else and you know just growing up as a kid you're like, okay, I'm going to have my mom and dad forever, and you know, you just don't even think about it. And so now, it's the idea like, my mom is dating someone this guy is like now in our house. And so you know,

I: Yes.

P: I was 16 my brother's 17, my sisters were 14, and 11, you know and so, for them to kind of recognize, like they didn't even realize you know, that dad is gone forever, you know, like those kinds of things,

I: Right.

P: So for them to wrap their head around, okay, now we have someone else in our life, and it was just kind of a lot for everyone to take in,

I: So being able to accept this

P: Yeah, yup, yup and that mom's happy, you know and different things like that, and so, yeah.

I: So when you are experiencing a difficult time, does your father still come to mind,

P: He does, yup, um, he really does, and I think okay, so how, you know like how, it's so hard because in like those situations I just wish he was here so I could talk to him.

I: Yeah, yeah,

P: Especially since we did have such a good relationship

I: Right

P: Um but I think this goes to play a lot with my faith-wise, you know I really know that he walks with me every day, definitely in a different sense,

I: Yes,

P: Um and like I said, it has kind of taken awhile, like, to accept that,

I: Right

P: Um, but yeah, most definitely like, or even, you know, now we're at the age where it's like, okay, now I want to find my husband,

I: Yeah

P: I just am always like, if I can find someone who is half the guy my dad was, I would be so, so lucky, so it's one of those things like he's definitely set the bar pretty high

I: No kidding

P: Whoever comes into my life so

I: Given you things to sort of recognize a good relationship

P: Yeah, like my mom and [name] had like growing up watching their marriage was phenomenal. Like obviously like, you know they had their fights or had their disagreements, but I mean both of them, family and then putting the other one first was always at the top of their list. It was just so, looking back now, like looking at their relationship, just at how all us kids were raised, it's like, for me, idealistic. You know?

I: Yes, yes.

P: Yeah, and like even like listening to your class, you know, and everything I'm like, yeah, yeah, everything starts clicking.

I: Yeah.

P: While they were different, they were just definitely like complimented each other in like the best imaginable so I'm very fortunate growing up in that environment and so it would have been fun to watch it, like, really progress, you know, especially like now, into my later years, if my dad would still be here,

I: Yeah,

P: Um, but it's also really interesting seeing my mom and my stepdad interact too because it's such a different dynamic.

I: Is that right?

P: Yeah, it's like, I know my mom's like the same person, she's changed but like, yeah, like my stepdad is very outgoing, very you know, um, my stepdad's a lot quieter, you know, and just kind of a little more reserved, yeah, but definitely I mean you can still see a lot of similarities, like hard working, family orientated, you know, very compassionate, able to like, demonstrate it, in a very different way.

I: Similar personalities

P: Yeah. Mhm, so it's really interesting.

I: It is

P: Yeah, to kind of watch that and reflect on it all.

I: Yeah. Because you can probably see your mom behave differently.

P: Oh yea. Absolutely. And sometimes things we were so used to growing up, you know, especially in those core years, like those core like 18 years that you're around, you know, it's always all about the kids, well now three of us are out of the house, it's just my little sister left.

So like having mom like put more time into herself, than, you know, to give to us all the time, because you have to,

I: Right.

P: It's really interesting to watch that too, and watch the things that she does now, you know.

I: Decisions she makes

P: Yeah, it's really interesting to just kind of watch that development too, you know, and just the way she's grown now, having my dad passed away, you know, like the little things don't matter anymore, you know, she's like I never want to argue about money again, you know, because basically that was the only like my mom and dad would ever argue about,

I: Right,

P: Um, But I mean that also came down to raising four kids and my dad was a dairy farmer, you know, like my mom worked as a surgical technician, you know, at a hospital, and just kind of those things that my mom is like never again, you know

I: these are the

P: Yeah, mhm and so that is really like fun, and you know, it's something I try to take with me too, I'm like okay, you know, in ten years this isn't going to matter, will it still be okay, and that's my mom's philosophy all the time you know, when things come up she's like in ten years, it's not going to matter.

I: Right.

Part: Yeah. Yup, yup.

I: Yeah. Neat, well so your relationship to your mother has definitely you would say the primary person

P: Yeah.

I: Can you give an instance where recently or even one that's a more memorable one where you counted on her for something?

P: Oh gosh, um, definitely just kind of, this is a kind of this is kind of a reflection moment, but I guess, um, when I was deciding between my grad schools, um, I was originally waitlisted here at (university) and I wanted to talk to my mom because I didn't know if I was still even going to be on a waitlist, well my mom was in (city), at the time, so she didn't have any way to contact me, and I didn't have any way to contact her

I: Right.

P: And um, it was one of those things and I found out on Tuesday, and I just, I needed her so bad to just talk so you know, just put everything into reality, put everything into perspective, and um, it didn't happen until Saturday, and I just realized how actually lost I was, it was like, you know, it was one of those things, like I have the time to figure everything for myself, um but I just needed her here and I actually looked to one of my professors here on campus, and I was like, my mom is out of town, like, I don't know what to do,

I: Yeah

P: And she was like, no just come in my office, and we'll kind of talk everything through, and so that was kind of like my hands are tied, I just need my mom, you know, you wouldn't think at 22 years old, but, you know, you do

I: Right

P: For sure, and I mean, what she said, was even, I mean it wasn't anything magnificent, it wasn't anything like philosophical, but just coming from my mom, where she's just like, stay

calm, like, everything will work out, and it does, it always does, I always tell myself, because whatever mom says it always ends up happening, anyway, and so, yeah, that was an instance for sure, I mean just like every day its' one of those things I stay in contact with my mom, pretty frequently whether it's even just sending her a text message you know or things like that like I one relationship,

I: Daily

P: Daily yup, my relationship with my mom has really, really strengthened and especially, yeah, in this transition of everything it's definitely me and my mom.

I: Okay, well, when you think of that relationship with your mom, ah, what are feelings or words that come to mind to describe that feeling?

P: Um, I would definitely say like comfort, kind of like just that comfort, and comforting feeling, and definitely strength and courage, since my mom has been through so much, and I know I really value what she has to say and actions she's kind of like taken, um, and then courage, like courage to just go out there and do your best and just do, you know, kind of chase your dreams for sure, like my mom is definitely instilled that, you know she's like what's the worst that can happen? And so like my mom's like her mental attitude towards everything is just phenomenal you know and everyone kind of says that back home too, she's just a very, very positive, very strong, woman I admire a lot.

I: Right, sure sounds like it yeah. Yeah, wonderful that's wonderful. Just kind of do it and let the pieces fall where they

P: And she does it in such a graceful and compassionate way, I mean, she's definitely a headstrong person,

I: Yeah.

P: Um, which can be kind of intimidating, all at the same time, but definitely just yeah, just go out and do it, and do the best you can, and everything will kind of fall into place.

I: Right

P: Yup

I: Or maybe that headstrong led to some butting heads in your childhood then you've come to

P: I think so, That's just the way she is, yeah, and I think, like I said with my mom and dad, like my dad was a little bit more reserved you know, just kind of had and just kind of the humbling attitude, he really, I mean they really they were very very similar, but just enough different that like everything just really clicked.

I: Right.

P: And Sooo.

I: Right, ah, interesting so both complimentary but yeah, but fit.

Part: Fit together

I: Similar ideals or values

P: My hm, yeah, those core values and everything were so, I mean, so parallel, but yeah, just those little things that just complimented each other, yeah.

I: Okay, excellent, so I see your best friend is also in your core self here so ah, can you tell me a little bit about

P: Well, I'm very fortunate I guess, I have two best friends,

I: Okay

P: So I have a high school best friend, so we've been best friends for like seven years, um so she's kind of been through the whole journey of everything with me. And then here at college, um, found another best friend definitely, honestly almost the same person, just different bodies, kind of crazy, yeah, even down to our middle names are the same, I mean like just everything

I: Wow

P: It's just kind of funny because we share a lot of similar stories too, her dad passed away when she was eight. And kind of crazy when it happens to you how more aware of it you are and then like finding those like common, those I mean you just immediately have that um connection right a way, yeah we met at the food pantry we were volunteering and we were just talking back and forth and ended up um, sharing our stories, and yeah, very very similar, um, and so and her mom just going out of a really nasty relationship and so it was kind of interesting watching that transition of okay, my mom's dating someone who is very happy where her mom's dating someone and is not happy. Cuz I had a hard time accepting the fact that my mom was dating someone, but I'm like okay, would I rather have her dating someone and unhappy? Or you know, sad and alone, or have her date someone who makes her very happy?

I: Right

P: So that for me was very much like an eye-opener, like okay, ideally this is not what I want, and ideally I'd like to have both my mom and my dad here, but you know, this is kind of the situation, and so that was very much a growing instance for me. Um but yeah, she is one of my absolute best friends, it's crazy like two year, how much it can do, like I'm still fortunate, I have a best friend back home and I have a best friend here so

I: And do they know each other at all?

Part: Yes, they do they finally got to meet each other and yeah, we all just clicked right away, and so that's really good too.

I: So um, you've known her, the one here for two years.

P: Yeah, for two years. Yup

I: And um, so if you were to describe the feelings when you're with her what kind of ah,

P: Oh, absolutely always an adventure, like that is for sure and kind of back to like that comforting and everything and just very much a true friendship. I mean it's weird it just comes so naturally, comes so easily,

I: Yes.

P: Um, yeah, I mean it's funny because we will be apart for like I don't know 12 hours and spend two and a half hours talking about what happened you know, so it's really just kind of funny, um a lot of the same interests we have, um, she'll be going to physical therapy school here, I'll be going for occupational therapy,

I: Oh wow

P: So I mean a lot of those parallels

I: Yeah.

P: Kind of the same like um, we have enough of what makes us who we are, enough differences, that kind of complement each other,

I: Yes.

P: So we're definitely kind of a dynamic duo. It's funny because people will see us on campus and they will ask for where the other one is, you know. Usually we're together

I: (laughs) That's okay. Well definitely and yeah, so a sense of comfort, and share anything it doesn't

P: It just comes very naturally. And you never have to worry, that feeling of having those friends where you know they'll be there through a drop of a hat. You know, none of that high school, oh, talk crap about somebody when they are in another room, do you know what I mean? Kind of like that genuine friendship where I can come to you about anything, no judgment, do you know what I mean?

I: Yes, yes,

P: Just one of those kind of things, and obviously it's interesting too because our stories so similar, you know coming, and if I had a bad day with my mom or things like that where it's funny because, um, I'd tell her you know, like my mom and I's relationship wasn't the best you know and she'd be like wow, my mom and I are attached at the hip, you know, so it's really interesting to kind of hear those different dynamics too.

I: Right.

P: And kind of like see what has happened where, like also her dad's family is still really close with her mom, and that's where my dad's family has kind of cut the ties from us now that my mom has gotten remarried.

I: Oh.

P: So it's kind of really interesting to kind of see

I: So your grandparents relationship has been somewhat

P: Um yup, so my dad's family, my grandpa on that side of the family passed away when he was 56 from a heart attack, yup. So my dad kind of took the place of my grandpa but he did in the

responsibility kind of like taking over the farm, and things like that, um, so then kind of like when my grandma lost my dad too, she kind of lost her husband and her first son, my dad we lived right across the road from her.

I: Ohhh

P: And so um, definitely just a lot of anger, a lot of resentment, I'm not really sure kind of what the emotions are um, my mom used to be kind of like walk on water and now she doesn't want to have anything to do with her, so it's kind of like those kind of family turmoil things, a lot of things have been said, I mean whether they feel like their true or not is up to them, but yeah, so it's really interesting to see like, that dynamic from my dad's family and then to see her dynamic from her dad's family.

I: Yes

P: Yup. But they say that's, I guess that's I mean kind of common. I guess that we have a dairy operation so you know we ended up splitting away from that and just money gets involved and you know, people get greedy, and all that kind of stuff, which really is unfortunate because you wouldn't think that would become an issue.

I: Right.

P: And we never did go into it and we never meant to hurt anybody, but

I: Right

P: But life happens, yeah.

I: In different ways and so these types of things which are completely unpredictable I mean happen, you can share that with your friend and talk about it, you share this

P: Similarity

I: Similarity that's really intense, but then your lives have taken on different aspects

P: Yeah.

I: And then you are able to share that.

P: Yup it's kind of crazy, but yeah, it's definitely just like a very true, genuine friendship. Yeah, I've grown a lot definitely, she's one of those people that definitely pushes you um, but in the most supportive, loving way

I: Right. And would you describe basically both of those friendships

P: Absolutely, yup my best friend from home goes to school in (city), so I don't get to see her as much but yeah. Kind of the same thing and she's um, been there with me through it all and vice versa, you know. And another thing too, is she's two years younger than I am so sometimes we run into the different dynamic of life you know.

I: Right.

P: Of things like that but we very much have a very similar mindset of everything and so yeah, definitely for sure we're best friends.

I: Okay. So ah, maybe I guess last person to talk about would be your brother.

P: Yup. Um my brother's a year older than I am, so we've always just been really, really close.

Um, the entire time because we was only us two for at least three years, you know, so my mom had the other two um, but yeah, and especially now with my dad um kinda not being around, yes my stepfather's there but kind of like we talked about in class, you know that they're there, but like I don't really, I have a relationship with him but not in the same sense of like, my dad or my brother, or like even the other male figures I have in my life, like my grandpa and my uncle, like I really look to them a lot, it has nothing, it has absolutely nothing to do with who he is as a

person, but yeah, me and my brother are very close, he just lives, um, in town, in [town] where I'm from, so, yeah, we're very, very close. Um

I: So would you ah, see him, or talk, how often do you

P: Um I'd say a couple times a week, not on a daily basis or anything, but yeah, definitely a couple times a week.

I: That you communicate or actually see him?

P: Oh, I guess I communicate with him. I see him most of the time when I get to go home.

I: Right.

P: Um, which is about as frequently, I mean, as I see the rest of my family.

I: Yeah, right, right. So when you're with you brother, you're saying there's a sense of, like you say it has nothing to do with who they are as people, but it's your sense of connection.

P: Yeah, yup.

I: How would you describe that to your brother, what is it

P: It's very much that protective instinct that I get, um, it's kind of funny because I, he has a big group of guy friends and I, you know they always just kind of look out for me, so it's definitely like that sense of protectiveness, like, security that I get,

I: Yes,

P: And then, definitely my go to, like, if I have any, you know like problems or anything like that, he's definitely, he's a man of very few words, but that's okay, you know, like he will let me you know, talk his ear off, and he just gives this very encouraging words, puts things very blatantly but it's like, okay, this is what I should, you know, this is what I could have done, yeah, yup, yup.

I: And, ah, you know you can count on him,

P: Mm hm

I: So right.

P: And I think there's like I said, there's something about that male presence, almost,

I: Yes.

P: And so when that was taken away from me, like I really look to my brother, a lot, and so our relationship has really, I mean we were very close, like I said when we were growing up, but yeah, definitely

I: Cemented

P: Mm hm

I: More in a different way

P: Yup, in a little different way too, but I think he kinda, he really values what I have to say too,

I: Right,

P: Which is really nice because there's that mutual respect that we have between each other, um, so, yeah.

I: So I take it no romantic partner?

P: No, no romantic partner,

I: So let me ah, let me make sure I'm done here, okay, let me be sure again, I do a screenshot of this and then, I want to ask you though, if you had to change this to what we call a desired, so sort of an ideal, if you could change one relationship in there, would you change one and what would it be and how would you change it?

P: Um,

I: You wouldn't have to but if you do, what would you

P: Okay, I didn't hit submit or anything.

I: That's fine, that's fine. Okay so I'm going to hit submit now, and I'll do a screenshot of that, so basically you moved a romantic partner in there.

P: Yup. I did.

I: Can you tell me a little bit about that?

P: Um, kinda just like I said, definitely you know with through everything, watching my mom and my dad, watching their marriage, that's exactly what I want in a romantic partner, you know, and so definitely someone, gosh, who has a lot of similar interests as me but we definitely complement each other, um, I haven't dated a lot of people, and so and that's just for the sense of I'm very picky, you know what I mean like, and it's sort of that thing like I said that my dad set the bar so high that it kind of like, okay, I know what I'm worth, I know what I deserve, and I think like our dating culture these days is hard especially in college to find people who, I mean they might match the same values that you have but to find people who are committed, and you know, dating these days is kind of scary, to be totally genuine, for like the true genuine people who are out there, it's kind of terrifying.

I: Looking for, and terrifying in what sense, like,

P: Just the sense of like sometimes I feel like there is no commitment, maybe if there's a problem, just switch everything around, and go a different direction, um, and it was interesting interviewing my mom cuz, she kind of said the same thing like our dating culture if there's a problem we just throw it away, we don't try to fix it. And that's definitely something that my mom and dad were awesome at, I mean they would be feuding, but at the end of the day you know like, they never went to bed mad at each other and that's just like one thing that I'm like,

wow, to find someone who's like you know, to know where I stand, just like, just come in and like you're in this for the long run, you know, and to find someone who's interested in a parallel to that, like those same values,

I: Yes

P: I'm sure they're out there somewhere. You know, it's hard to find that. Especially, I feel like in today's culture where it's so much, I know you know, like it's that hook-up culture,

I: Yeah.

P: I feel like a lot of people are just kind of lost in where they stand with their values and their morals, you know, just different things like that,

I: Right

P: And it's hard, you know, with the divorce rate going up you know, people don't get to see loving relationships, you know, like I was so fortunate to watch as a kid, and so it's like people haven't been construed able to love and so it's really interesting so like ideally, I'd love for my romantic partner to be in the same realm as my best friend, obviously my mom is always my number one but just to have that person be in the same realm as everyone else, like, especially in a forever partner someone you'd love to spend the rest of your life with.

I: Yes, yes. And when you say like your, when you look at that dating culture now and how terrifying it might be, does that come from observing friends, or your own experiences

P: Well, first, definitely um, I've seen a lot of friends who will just stay in a relationship because they don't want to be single, which I get that, but yet at the same time, you know, like love is such a beautiful thing and they're missing out on that.

I: Right.

P: For fear of being alone, so that's frustrating for me, I have a friend, a couple friends back home who have been in a relationship for eight years and she is on numerous times, and she is not happy, you cannot feel the love, you know when people are in love, you can just see it in their eyes, and I mean there is nothing left anymore and so it's just kind of like, and he knows the guy knows, and he just doesn't want to be alone. It's just like you just want to shake him, like 'nooooo' 'get ooooouuut'

I: So you have this proto-type idea of what love is and you're not seeing it

P: No nooo, not at all, you can just it's funny because I have friends who you can just tell, you know, I can just tell when people are in love, and it's such a beautiful thing, you know, it's like, oh wow, like I have no worries, like you guys will be fine, you know, and so I think that is the most comforting feeling, and I mean as far as my past experience, I guess a long story sh, I was in this for three years and just looking back now, it was my first, you know, long term relationship, it just wasn't a healthy relationship. Yup, it got to the point where a lot of give and take and I was giving way more than I should've, definitely put myself on the back burner to make him happy. Um, and it just wasn't a construed idea of what love was but I was young and I was just like okay, I think this is what it's supposed to be like, you know,

I: Yeah, you're experimenting, you're trying to understand

P: Yeah, and it was just a very, it's a lot of work put into it, and it's something that I feel like shouldn't be that much work,

I: Right.

P: You know, like even just like, simply communicating back and forth wasn't there, but in my head I was thinking, so this is what love is, and it just wasn't.

I: Yeah.

P: And so, and like just a lot of unnecessary tears, you know, throughout the relationship, like things like that I look back now and I'm like that wasn't worth it, you know, like I get that relationships are hard, but I feel they should be that hard, that draining. So experiences with the dating culture and things like that.

I: So you learned a lot

P: I definitely learned a lot, yup. I think it's good, I think you need to learn how to be by yourself too, and I think that's just a fear for so many people and they're going to be like, well this is a forever thing, I'm going to be by myself forever, and I think no you're not. You learn I have definitely learned a lot for just like being by myself, I don't know I just think it's very important to know you can rely on yourself, I mean, like, like I said, my mom when my dad passed away had four kids to raise, you know, so I'm just like, oh my gosh, I am by myself, you know, and my mom kind of got into

(Phone Ringing)

I: I am so sorry,

P: No, no you're totally fine, do you have another interview?

I: I do, but that's okay,

P: Shoot

I: No, no, we're okay, here, go ahead, finish up.

P: Um,

I: I am so sorry, you were talking about your mom raising her kids,

P: Oh, I was saying my mom kinda jumped into a relationship, well we thought it was really fast, but it was like a year, um, but she said, I didn't know this but she said she turned kind of to alcohol a little bit um just different things, she never seeked counseling she felt like she was able to talk about it with enough people and things like that and so really just having that companionship, like once she found my now dad, she said that it just completely flipped everything around. And so I mean which is definitely totally different shifts of being single when you're in college and being single, you know,

I: Right.

P: But I mean like the reality of it is like that's what she had to deal with for ten months was being by herself, and you know, raising us and things like that and so I don't know, I just think I don't know, don't be in a relationship just to be in a relationship, and so, I don't know, I feel like I've preached that enough to my friends and so it's like well, at the end of the day it's their life that they're living, so I don't have to deal with the consequences of, you know, all of them so, yeah.

I: Right. Well, that's amazing, I mean it's just you have so much to share, though,

P: Yeah, it is it's interesting too, because it's so hard when you talk about your family, you're in college and you're like okay, well yeah, my mom and dad, I always get the feeling that people are like, okay, where's your dad?

I: Ahhh,

P: And I always think like, I don't have a deadbeat dad. You know and like that's terrible, to be, and with some people that is their reality, but like my biggest fear is like don't worry, like that's not the issue,

I: Always feel like you have to explain yourself,

P: Yeah, and it's hard too because I've been through so much so for me it's just normal to talk about this but I know that a lot of people get overwhelmed when I start talking about it or you know like sharing stories of when we were in the hospital with him things like that

I: Yeah.

P: And for me it's just this is the life that I live you know and for a lot of people it really like,

I: Shakes them up

P: Yeah and I'm like going I don't mean to like (laughs) scare you off, like this is who I am this is part of my story, yeah, yeah, so definitely it shakes people, but I really commend people for sometimes listening through my life story so

I: Well, no this is really, this has been wonderful,

P: Oh, well thank you, no thank you so much, your class has, everything has clicked

I: That's so cool to hear

P: I was, I really enjoyed it.

I: If you, well, let me see, I was going to say, if you could change anything else in here would you change any other relationships?

P: Um,

I: If not, you don't have to, if you think there's one that you would, you can

P: Um, I mean obviously in a perfect world I would love for my dad to be in there

I: Right

P: But no, that's part of acceptance and everything um I guess if we could change that to stepdad I would like kind of develop more of a relationship with him. In the sense I mean where nothing is forced you know where

I: Right

P: I'm at the age and he's at the age where we're kind of we know where our ground is (unintelligible) I know he knows we care for him, but we demonstrate in our family we demonstrate love in such a different way than like how he was, um and so and I know he knows we appreciate everything he does for us, but yeah you kind of develop that relationship you know a little bit throughout the years and things like that. And I know it will come, um it's only

I: Well it sounds like you are totally open to it and that's gotta be the biggest

P: Yeah, and I am and they say it takes a long time it's definitely something that happens overnight, but I definitely see now that my mom's so happy and she's just having that companion there, and like I said like she's 47 years old like she's really young, she has a lot of life to live, if he can give her that quality of life where she is so happy that's exactly what my dad would want, but I mean even when he went into the hospital he said, I know where I'm going I just want someone to take care of my wife and kids. And so it's just very, very selfless.

I: Right, right.

P: Um, the whole time and so I know he loves my mom and so that's very exciting you know, at the same time um she had his blessing so, yeah, I mean and I know that it's take time but very very open to it.

I: But you're right.

P: Um hm

I: Okay. Wonderful

P: Okay.

I: And what there is the last thing here which is the same thing you did in the class which is the just on the computer

P: Yeah.

I: Just put your brother there and then just one to 10 and for anything involving a romantic partner just put 10s that's ah

P: Okay, perfect.

I: hit continue at the end and

P: Okay. Awesome

I: And don't feel rushed at all here.

P: Okay.

CS8

I: Okay, so I see your mother and father are about the same distance from your core self is that right?

P: Um hm. The father, it's a little bit closer but not very much. It's just, my dad has instilled in me certain ways to treat other people. Like with respect and how to, how I should manage myself.

I: Okay. So could you like, maybe give me an example, how has he done that?

P: Um, he's a farmer and feedlot owner, so he interacts with a lot of um, potential, people that send their cows to us so he is just very respectful of them, he's good at communicating, and he just seems like he has an overall sense of how to treat other people so they can feel safe, so they can feel like, 'this would be a good place.'

I: And is that a sense where you have around him, like a sense of feeling safe? Um,

P: Um hm

I: Would that be a way to describe how your father makes you feel?

P: Yes.

I: And um, how has he communicated that to you, how do you gather that from him? And so is that from watching him or, from conversations?

P: Probably both. Like watching him interact with other people I can tell that he does have a better respect for how he treats people. So that's from watching and we have conversations. He always tells me that he loves me and he's always, well, he's a guy so he doesn't want to talk about his feelings, but when he does he means what he says.

I: Right. Okay. Okay, and it sounds like you very much respect that.

P: Um hm.

I: And have used that as sort of a model? Would you say?

P: Yes.

I: To conduct yourself?

P: Yeah.

I: And so ah, can you give me an example or a circumstance that happened, and it doesn't have to be recent, that ah, is really strong in your memory. Ah, that kind of represents that?

P: Um. Well I remember one time we visited a potential um, well client, I'd say but, a person that was interested in giving us cattle. And right when we got there, handshakes, very friendly, and then just the way he conducted himself physically and the way he talked, just made it seem like he knew what he was doing and he knew what he felt, what his values were and how he expressed that.

I: Right. Right. Okay. Very good, now ah, how about your mother? How would you ah,

P: Ah, I love my mother. Um. The same, like she's more of a um, I wouldn't say religious, um, influence, but she is. She is the one that, she tries to make us be our better selves. And she's always, always a person I can depend on, no matter what.

I: Okay. Okay. And um, can you recall, let's say, a recent conversation or something that you did or thought about your mom that would represent that?

P: Well, at the beginning of the semester I had, I went to a talk from the Nebraska Lincoln's basketball coach, and after that I had this thing about that I wanted to become a teacher. And she's a teacher. So I called her and I told her what I was feeling, I'm like, "Mom, I'm considering a different major, I'm considering changing what I want to do." And she helped me talk through it like why I feel like I want to be a teacher and why I feel like I want to change and then it really just kind of, the way we talked through it, made me realize that I think that teaching is very good, but ultimately something that I really didn't want to do.

I: Right. Ah, Okay. And did you call and talk to her because she was a teacher or because the way that she is that she is a person that you would go to for that kind of stuff?

P: Well, both because essentially, she wasn't a teacher either.

I: Oh, okay.

P: She was actually a lab technician.

I: Oh.

P: So I asked her like what made her feel like changing like what things she felt when she did it, just to make sure that they were, it was actually something I wanted to do and that.

I: Right, okay, and ah, it was both her experiences

P: Um hm

I: Ah, and is this something you would have talked with your dad about as well? Or do you choose your parents

P: I didn't talk to him explicitly, no, I just talked to my mom about it and she told him after the phone call.

I: Ah I see. And so they're still together

P: Oh yes.

I: And um, do you assume what you talk about with one parent will be shared between them?

P: Oh Yeah.

I: Okay. And um, is ther other, when you think about your parents or each parent, in terms of your sense of self, um, do you tend to think of them individually or as a unit?

P: I would definitely say a unit.

I: Is that right? Okay. And um, you think of ah, so let's think about, if any of these individuals, in particular your parents, were not part of your life, um, would you say that one would have a more significant impact than the other?

P: Given the circumstances, yeah. I'd probably depend heavier on one just because of the absence of the other.

I: Um hm, um hm. And would the absence of one be more, ah, have a greater effect on your life than would you say, one would be more impactful than the other?

P: Um, probably in their own way. Like, they both mean a lot to me but in their own separate ways. So like they're different but they work together and like an overall theme

I: Right.

P: But it would be hard to say if one would have a greater, I wouldn't say greater just a different.

I: Right, different. Okay, great, that a good way to put it. Okay. And so ah, I see you put ah, your "other" as your third, the closest here and that's your sister. Ah, can you tell me a little about that relationship?

P: Well to start off with, we shared a room until I was 14. Which was a very strenuous on a relationship. I mean, we fought all the time, and we argued, and it was just bad

I: (laughs)

P: She was actually um, I have an older brother too

I: Okay.

P: And he moved out so we got our own separate rooms. And then you could definitely see that there was this

I: So moving apart changed your relationship?

P: Yup, it gave us more space, we didn't argue as much, now that she's in college and I'm in college, she actually goes to college in Yankton,

I: Oh.

P: Not that far apart

I: Right.

P: But growing apart, like physically, we definitely have come together a lot emotionally.

I: Ah. Okay.

P: I can definitely see a difference.

I: Right. And can you think of a situation or a circumstance where you had a conversation or relied on her recently or something you did together can tell?

P: Um, nothing that like stands out. I mean I went and visited her on Sunday because she invited me to come play on her um, intramural team.

I: Okay. So yeah, so she, is that kind of regular or where she invites you to be part of her life ah on a consistent basis?

P: Yeah, her friends know me.

I: Okay.

P: It's a small school so, it's not very hard to know if someone different there but

I: Right,

P: I know her friends and they know me. It's good.

I: Okay. Excellent. Excellent. Well, and I ah, I see your best friend is that a same sex best friend, ah, and um, close but not quite as close as family in that sense?

P: Um hm.

I: And have you known your best friend for very long?

P: Actually, I've only known her for, she came her sophomore year of high school, so I've only known her for three or four years.

I: Okay. Okay. Now, looking at this, would there be anybody that we haven't included here that you would have liked to have put inside that circle?

P: Well the other like, sibling, my brother has a good impact on how I feel about my life, but that would probably be tied in with "other" but otherwise no.

I: Would he be as close as your sister? Or

P: It'd be the same.

I: It'd be the same. Okay. Okay. Great. Alright. Thanks a lot and ah, that's. And are you currently in a relat

Part: I'm not in a relationship.

I: Okay. Okay. So ah, that's perfect and ah, the next thing we're gonna do here is fill out that. Um, in the middle of placing a screen cover for my ah, 12 year old has her i-phone screen broke you know,

P: Oh yeah.

I: And I need a video to do that. So here we are, this is the one, okay. So I'm gonna fill in that, right, here, and ah, okay so in this case, and that's the sister, so what you're gonna do is just pick a number between one and ten that just describes how close or how far apart each of these pairs are so you and your best friend from one to ten. One being very, very close ten being very far apart, and ah, that's just for every possible pairing and then when you're done with that you can just hit continue.

P: Okay.

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I: Okay so looking at this I'd say it's pretty clear that your mother would be the closest.

P: Yes.

I: And why would you put why'd you put your mother there?

Part: Um, probably I just feel like I can go to her for anything and I probably call her every day.

I: Okay, so you're in contact with her every day and ah, do you usually call or how do you usually

P: Mmm usually I call. She's not much of a texter either.

I: Okay, sure, sure, so can you tell me like the circumstances that um, you contact her for that make you feel like she is that person in your life.

P: Um, when things are bad, she's easy to go to if she's the first person, but um anything if I need help like trying to figure out how to solve something

I: Sure

P: um moneywise too

I: So really, you like things where you feel like uncomfortable or where you need someone to talk to or for purposes then your mom will be there for you.

P: Yeah

I: So when you have when you go to her how does she makes you feel?

P: She usually can solve it.

I: So how does it usually get solved?

P: Um, well usually I like when she tells me how to solve it, but sometimes she'll be like well you know how to do it, or you know the right choice, it's up to you.

I: Right, so

P: ultimately

I: So she'll sometimes

P: She's more supportive, yeah.

I: Okay, sure

P: And she kind of helps me decide what I need to do.

I: Right, right. So sometimes a sounding board.

P: mm hm, or to walk it through.

I: Okay, so to like help you think it through sometimes.

P: Sometimes, yeah.

I: Ah, so when you are let's say have a problem and you think, "Okay, I want to talk to my mom or call her," what kind of feelings does that have for you, like going to your mom?

P: mm Like

I: I don't know if that makes sense, maybe if I say it another way, how about after, when you think of your relationship, to your mom, what kind of words would you use to describe those?

P: I'd say we're really close. Supportive, I rely on her.

I: Okay.

P: Yeah.

I: How about, ah, um, words that would describe your feelings?

P: mm, she's my mom so I definitely love her.

I: Yeah. How about, okay. How about after you talk to her or let's say you're upset and then you go to your mom and then after you talk to her?

P: mm, like how does she make me feel?

I: Yeah.

P: Like a relief off your shoulders.

I: Right, right.

P: mm. like you said, she's kind of like that backboard.

I: Okay, right so someone who you can rely on.

P: mm hm,

I: In that way. Um, so then, I see your romantic partner (?), can you tell me a little about that relationship?

P: Um, he's actually two hours away, so, he goes to college, he's the same age.

I: Okay.

P: And I probably see him one to two weekends a month. But we talk every day so,

I: Okay.

P: Yeah.

I: And do you usually communicate by calling or

P: Um, I text him during the day, usually we call at night.

I: Okay, so you'll be touching base with him during the day?

P: Yeah. Pretty much, like I'm busy.

I: Okay. And who is usually initiating calls back and forth or?

P: um, he starts it, but we make sure we're not busy, so

I: Okay, You mean the texting he will start or start the phone call?

P: He kinda starts both

I: Okay

P: Yeah.

I: And when would that usually start?

P: mm, after lunch cuz he usually sleeps in

I: Okay, so after he gets up?

P: Yeah, probably. It's not like all day every day, but every once in awhile, or when I'm not in class usually.

I: Okay, right, right. And so you'll do texting and you'll do phone calls do you do other types of technology?

P: Not really.

I: Um, and ah, how long have you known him or her?

P: Um, I've grown up with him, we went to the same school.

I: Okay. Oh, is that right?

P: Yeah.

I: Okay, so you've known him a long time.

P: Yeah. Our families knew each other so

I: Oh, is that right? Okay, okay, so he's been in the family, he knows your mother quite well then?

P: Yeah.

I: And so, um, would you say ah, so these in a way are equally spaced I would say, your mother, to yourself, your mother to your romantic partner? your romantic partner sort of between, so who would this person be here, your best friend?

P: Um, my roommates, at school.

I: Okay, so when you think of them, your best friend, are you thinking of both of them?

P: Yeah.

I: Can you tell me a little bit about that, that relationship?

P: Um, I didn't know them until I came here. So that started and we've gotten really close.

I: So it's been a year together?

P: Yeah. It's crazy how, like little time, but we've grown really close.

I: You've been through a lot together.

P: Yeah. And we have a bad roommate, so I think it's brought us even closer, and we can all relate to each other.

I: So is there three of you in a room?

P: Yeah, we have like four separate bedrooms. We're in Coyote Village.

I: Okay, okay. Sure. So, okay, so you have four bedrooms and you have a common area

P: Yeah.

I: And ah, so that problem is what brought you all together.

P: Yeah, cuz we're kind of all the same, and we can really relate to each other

I: So do you feel, how alike are you in terms of personalities?

P: Um, I think we all balance each other out, like there's a quiet one, I'm probably the more outspoken one and the other one's kind of in the middle.

I: Sure, so you compliment each other?

P: Yeah.

I: Sure. Um, so then I see your brother would be um, the next, and is that older? Younger?

P: Younger.

I: Okay. How many years?

Part: He is a sophomore in high school.

Harry: Okay. And ah, um, maybe go back to your romantic partner for a moment, I'll ask you the same question I asked about your mother, how does it make you feel when you, like what words can you describe in terms of your relationship to your romantic partner?

Part: He's probably the, like the one I can go to all the time, and he's probably the one I go to for certain things, like, and I know if I text him he'll answer right away.

Harry: Okay.

Part: Stuff like that.

Harry: So he's dependable that way.

Part: Yeah.

Harry: And, um, what kind of things would you go to him for?

Part: Um, like my (unintelligible) he can relate to that stuff

Harry: Sure

Part: Just like school or probably if something exciting happens

Harry: So yeah, day-to-day things

Part: Yeah.

Harry: He can relate to better than anyone can?

Part: mm hm.

Harry: Um I see your father is on the outside here? Why, can you tell me about your relationship to your father?

Part: I put..and he doesn't like to show that and he like pushes it away. And we kind of clash sometimes. It's not like we don't get along,

Harry: Right

Part: Or anything, but just with the other people it's probably farther

Harry: Right, right. So there's some uncomfortableness there in terms of how he has trouble expressing what he feels for you,

Part: Yeah

Harry: And ah, then when you, but he also has put you in a certain role of being younger? Or, is that right?

Part: Mm, not really that, he just, we've kind of distance ourselves, like even in the big events like prom, or like stuff like that, he'd kind of just distance away and I didn't know he's still not going to accept that I'm growing up

Harry: that you're changing? That you're becoming, having your own life

Part: And I'm not there, he can't see what I'm doing every moment.

Harry: So that is upsetting you think, to him,

Part: That's the only thing I can think of why, I think that's probably what bothers him. And he doesn't want to show that emotion, and like, he tries to pick the hard side.

Harry: What do you mean by that?

Part: Not the soft side, like, I don't know,

Harry: Oh, like hard love, or?

Part: I don't know

Harry: Maybe give an example.

Part: Um, like where you cry because you show your emotions. He doesn't show it

Harry: Right

Part: He's going to be tough and like hold it in.

Harry: Gotcha.

Part: Yeah.

Harry: Right, and so in doing that he kind of keeps himself at a distance because he's not able to confront this change?

Part: Also like he's been my coach since little league softball coach and then on so it's really competitive and so sometimes I just like to go and have fun but then he's like now we got to take this serious and so he doesn't always see the other side of things.

Harry: Gotcha, gotcha, so he sometimes might clash in terms of how you approach something

Part: Yeah.

Harry: So do you uh, how often would you talk to him?

Part: mm, when I go home mostly

Harry: Sometimes he'll send me a text or, like if I try to send one to him he doesn't reply, and then he's like if he sends one to me and I like say a short reply he's like, oh, she doesn't want to talk to me, but I don't know.

Harry: Okay.

Part: Yeah.

Harry: Okay, so there's some, ah, frustration there on both sides, um, so how often do you go home?

Part: mm, holidays usually

Harry: Okay.

Part: Once or twice maybe besides that

Harry: Right, right, so um, the people that you see the most face-to-face then are your roommates and right, and then your mother you're in contact with I mean, everyday, sounds like, is that right?

Part: Yeah.

Harry: Yeah. And um, your romantic partner not as much contact ah, because he's in another college?

Part: Yeah.

Harry: And where's he going?

Part: Um, Midland, it's in Freemont NE

Harry: Ah. Okay, okay, so did you say every other weekend

Part: No, like probably one to two time weekends a month

Harry: Oh, okay sure

Part: Not very often.

Harry: Right. No. Okay. And when you did this, and looking at this, does this kinda look like it represents your social network very well?

Part: Yeah.

Harry: And um, was it pretty intuitive to do, did it seem like uh, where they go was kind of natural to you?

Part: Yeah, but my romantic partner and best friend were kinda, choosing between those two was hard.

Harry: I see, so you, in a sense, felt like you wanted to order them but you weren't sure which one would go where.

Part: Yeah.

Pause. Right. Right. Okay, let me ask you this, and ah, if you could, I'm going to change this, call it desired, one if you could change one person in this, ah, network, ah, and move them, who would it be and then how would, how would you change it, and I'm going to give this to you, and you don't have to change it one, if you were to change one person in your, sort of ideal

Part: I'd change my dad, but I don't know where I would put him (pause) I'm trying to figure-out

Harry: Alright, so I'm just going to do the same thing there. So changing him, tell me a little bit about that, like what

Part: Um, I just would like to be closer to him

Harry: Right.

Part: Like, have the same relationship where I could go to him for stuff too.

Harry: Right. Right. Did you have that relationship growing up?

Part: Mm, probably not as extreme as this is but it's not like we don't get along, it's just, I don't go to him for everything,

Harry: Right, right. So it's not like it's all this terrible conflict going on all the time

Part: Yeah.

Harry: It's like you have a relationship understanding, you know, a closeness, but the communication or something

Part: He's just not the person I'd be like, Oh, guess what happened?

Harry: Right

Part: He's just not that.

Harry: And to have a conversation about what might be happening in your life, or to inquire about your life necessarily? What's going on?

Part: Yeah.

Harry: Right. Okay. So if you were given an opportunity to change a second relationship would you change any other?

Part: I don't think I would change it.

Harry: So you're pretty fine with that?

Part: Yeah.

Harry: Okay. So that is the end of this interview.

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I: So looking at your target here, I'd have to say it looks like your mother is the closest, would that be right?

P: Mm hm, yeah.

I: So could you tell me why you put your mother there?

P: Cuz like, I've gotten really close to her especially over the last few years. And then growing up, I was closest to her, uh, or like my younger sister too and she's my other, but my mom's always been that constant closeness more so than anyone else.

I: So that's been pretty consistent throughout your life then?

P: Yeah, and especially more-so recently, like, ah, during high school she really helped me out, like I got sick and she was just always like there and helped me like adapt to a new diet and like without her like I wouldn't have done well at all, um, and then also that let us spend a lot of time together like at doctor visits and stuff, um, and so then it's always fun like going back and she just talks like we just talk to each other, like it sounds simple but like having that time to just relax because I know that she's really busy right now around the house, but I don't know how much time she gets to just talk to people either

I: So it does sound like you guys are comfortable with each other

P: Yeah, yeah and it's really fun like how she'll ask like about my boyfriend, and, um, it's kind of awkward with like your mom asking these things

I: Right,

P: At the same time it's really, it's been really cool cuz I can be really open with her and she gives me insight and like, obviously she's married and I'm not and I'm like a sophomore in

college, and so like, um, she just like helps me stay on track, like keep my goals going like with school, but also gives me advice

I: Right, right. So it seems like when you say she's like married so, and you're not, in some ways it makes me think you're sort of talking like she's like a friend in some ways that you feel you can just share information with?

P: Yes. Yeah, and that's gotten more, and maybe because I've moved away to college in a way but like not being there all the time in a way like I was thinking that I don't take her for granted as much, you know, so like, when she does do things for me I notice it more, because she's not, because I'm not there all the time and so like I'm able to see it and recognize it more, as she's loving me and so then I can like call it out and express that back, like there's this feeling of like mutual gratitude.

I: Like a give and take now.

P: Yeah.

I: So when you think about that relationship ah, what words would you use that describe your feelings in that relationship?

P: Um, my feelings like

I: What made, for instance when you're with her and you're talking about when you're ah, seeing her at home, or you're talking to her on the phone, either during those conversations or after, what kind of words would describe how those conversations make you feel?

P: I'd say like "safe" is a big one, like just um, yeah, like safe in the sense of I can say anything and it doesn't matter cuz, like you know, she's my mom and she's gonna love me anyway.

I: Right.

P: And that's kinda nice. Like that gives a lot of freedom to be able to say anything because, not that she doesn't have a choice, but I'm her child and she loves me.

I: Right

P: Yeah, so um, very safe and like um, what's gosh, put a word to it, not like content, but um, like very much aware of her love for me. And so like it makes me feel like grateful and encouraged that there's always that.

I: Right so

P: And she expresses it

I: So yeah, it's like you say that there's always that, it's something you can count on

P: Yeah, yeah,

I: Well, ah, we may come back to your mom, but for the moment here, let's between your father and your romantic partner, and your best friend, who would you say is closest?

P: Um, at the moment it seems that the romantic partner would be next. Um, yeah. I feel like my boyfriend would be next.

I: Okay, okay. So um, and ah, why would you put your boyfriend next?

P: Um, just like, one it probably is a lot easier to do that, like I get to see him more than my dad, even when I go home I see my mom more than my dad.

I: Right

P: Um, but also that we shared more than like, me and my dad and like I know it's probably hard for my dad to express a lot and um, but like, I really feel like my boyfriend's really always trying to improve the relationship and always asking like what he can do more, and like the same goes for me, so it's very like, reciprocated. And like my dad, I think he's just kind of confused what to

do, um, which is like understandable, but um, but it's hard to feel that as much, it's harder to feel that from my dad.

I: He's kind of, sounds like stuck in a way, in terms of moving forward, doesn't know what to do?

P: Yeah.

I: And so when you say you share more with your boyfriend, and that there's more effort there, what ah, kind of feelings, those same things there in that relationship, what kind of feelings describe that relationship?

P: It's very comfortable. Um, but it's like it's comfortable but as far as encouraging each other to be more, you know, um, so like, helping each other like to be the best they can be, like unusual growth,

I: Could you give me like an instance where you are sharing stuff with him that made you feel that way?

P: Like that there's a growth?

I: Or just a case where you, that kind of signifies that relationship or what

P: Okay. Um, I can't think on the spot

I: That's okay.

P: I'm just really bad at bringing up examples

I: Take your time.

P: Okay. Um,

I: And it doesn't have to be a grand event it could be very simple

P: Yeah. I think, um, like I really like Harry Potter, and, um, and like he never really grew up with it, and like before he met me he said he had friends who were really into it but he never got into it

I: Uh, huh

P: And so like for him being open to like me sharing it with him, like we read like we read aloud the series to each other um, and then he's like really loving it and he's like, yeah, don't tell my other friends, like he, you really got me into it

I: (laughs) Right

P: And so that's kind of one where it's been really special to me and like I get to experience stories in a different way like I've never read aloud or had it read aloud to me

I: Right.

P: But always just me reading it or watching movies, so I think his openness to something, that's been a really big part of my life

I: He sounds like he's really engaged

P: Yeah, and, yeah

I: It's an intimate

P: mm hm

I: That's a nice example of, so what type of things do you, looking at this, you know I think some of this target is confusing because of the such a long word ah, you know, would you put the remaining part of the closer here, or the farther away to represent what you were talking about?

P: I think father, father, further away

I: Okay. I'm just gonna,

P: Okay.

I: So then would the other go farther away as well? Or would you leave the other there?

P: Um, I'd put that slightly farther away too.

I: Like here? Or why don't you actually, better there

P: Okay, okay, or like just a with the C

I: Yes, exactly, I think that's good.

P: Put the C there, and then that makes me feel a little bit better. The T, yeah,

I: Okay, and the best friend's fine?

P: Yeah,

I: Okay, great. So just getting back to your father then,

P: Um hm

I: What would you say describes your previous relationship and how is it now?

P: Um, I think like, it was really tense growing up because I have like an older sister who is very much a "daddy's girl" and then an older brother, and he's the only guy, and I have like a younger sister and she's the baby.

I: Yes.

P: And so I kinda like felt really like left out, like I'm not the daddy's girl, I'm not the only guy, and I'm not the baby so you know, so I'm, there's an awkward number I was really tense with like um, with like the younger sister like, um, like there's one time when we were getting ready for picture day and like we both curled our hair and like my younger sister's was like super curly

and you know and like he like commented on my sister's and not mine and like that just like it just added up and then that was just really like um yeah, so there's just most of those like

I: Kinda feeling left out?

P: Feeling left out, ignored a bit, um, and it's better, it's much better especially since like um, like going away and then coming back like she's still at the house, but she's not around much like she's busy too, and it's getting better like being open to seeing how he's trying to love me, it's like, he really loves um, like a different ways of swimming, like he usually he used to just sink like a rock, but like he really like tried to find ways um, to better at swimming, like even though I've like heard it a thousand times like how like this new version of swimming is good, like that's his way of like showing he cares,

I: Sort of sharing.

P: Yeah. And so it's hard, It's like, it's sometimes like the same stuff, it's like, I know but like, or he'll try to do things for me like, I appreciate it, but like at some point, it doesn't let me do it for myself and he gets frustrated that I can't do something, it's like, you always do it, it's not my fault.

I: Right.

P: And so there is some tension there, but it's a lot better than it was, but there's still a distance because of that

I: Trying to find a balance, like where he feels like, well I'm helping, but when he helps, it's almost too much where it doesn't give you a chance to do something

P: Yeah.

I: So, um, what about your best friend, now, is that something, can you tell me a little bit about that relationship?

P: Mm hm, it's been rough because being really busy,

I: Yeah.

P: Um, and that's hard, and like we, a lot, I lived on a really awesome floor last year, and we were all really close and like one of our friends passed away, um, at the beginning of last semester, so it was like really rough on all of us, um, and so like with the best friend, like, it was really hard because like we all grieved in different ways and like my roommate, she wanted to talk about him all the time, and like I couldn't handle that, and so that was bad, and then like this one, she just um, she got really, really busy, and I think that's the way she dealt with it and so it's been, it kinda feels like we've been separated, um which hurts because I wanted like in that situation I wanted us to get closer to people,

I: Right,

P: and it feels like we've been moving farther away, um, and so that's like um, and so like, I know she's been really busy, um

I: People kind of grieved in their own way and in a sense it pulled you apart?

P: Yeah.

I: So speaking of that issues and when you dealt with that loss, it's like, how did you personally deal with it?

P: Um, like, I don't know, if I like do deal with it like very well, um,

I: Who did you talk to first about it with your mom or your boyfriend or were they involved in that?

P: Um, my boyfriend and I weren't dating at the time but like some other friends but like I did talk to him because we were friends. Um, and like another friend on the floor, like I didn't talk to her because she was there and that was really hard for her and so it was like, it's hard because she you were always tiptoeing around the issue because you don't know like when you need to talk about it, like someone else needs to be strong for you and like

I: Right.

P: And there are sometimes like we had like a support group for all of us that went in like to share memories, and that was kinda cool, um, that helped, I think, during that, and like sometimes I'd call up like another one of my friends and, um, like one of my good guy friends, who knew him really well, um, and yeah, he would just like basically just cry, and that helped me, just to cry it out.

I: Right. So if you were to do at this letter here called the desire one, if you had a chance to move one person,

P: One person?

I: Yeah, one person, in this network, who would it be and how would you establish that relationship?

P: It would be the other my sister,

I: Yeah, we haven't talked about your sister yet.

P: Yeah, um, I think it's because, like we used to share a room, and so like we (unintelligible) we used to get at each other a lot but at the same time we were best friends, um, and that was really awesome. And then like, and then like I was, I was more independent and she is very much loves to be surrounded by friend, um, and so like those came first over me

I: Right

P: And like, for someone who is very like independent, um, like she was my go-to, and then

I: Was this your older sister?

P: Younger, younger one, and so then like not being the same for her, that really made it worse, and then also like, I went through that stage with my older sister, and so now I can see her going through that with me, and like especially going off to college, like, my older sister and I were never like particularly close, but when she, um, like, when she went off to college, she really tried to make an effort like to reach out to me and I wasn't interested

I: Right.

P: Um, and I think part of that was like being in that phase, just because now, like I'm going off to college, I'm trying to reach out to my younger sister, but she's not having it and so it's hard to see like, be in the middle of that understanding like both ways.

I: Right but you have a perspective now

Part: Yeah, yeah. So I like called my older sister one time and like, I'm so sorry, I know how you feel.

I: Oh you did! Well that's really sweet.

P: Yeah, it was really cool.

I: Yeah. How did she take that?

P: She really didn't say anything, she was like okay, I was like, okay.

I: At least you got it out.

P: Yeah, exactly, at least I got it out and like she tried for so long you know, so like, I understand if it's, it's a lot to take in

I: Right, okay, and I'm going to submit that, and I'm also going to do a screenshot here, so you get to move one more person, I'm going to change this to be two. So if you could choose one more individual would you change it, you wouldn't have to change it if you're fine the way it is. But if you'd like to choose, would you move that person?

P: Um, it would be between my best friend and my dad. Um, because it would be really, except for my best friend that's here at USD, and like we take a lot of classes together, you know, but I'd want to like, sometimes it feel like a relationship of just like utility, in the sense of like we take a lot of the same classes, we study, so we can get a lot out of each other that way, but like, like wanting more

I: Right.

P: Um, um, um, at the same time like my dad too, I want to be close to him. Um, because like, like that's more permanent.

I: Great. So there are two different things here,

P: Yeah.

I: Your one is the relationship you know is going to be part of your life in the future and then this other one is more immediate?

P: Yeah, but it's hard too like because my best friend like she's at med school like the same like me and so I want us to be close through all that,

I: It's not an easy choice.

P: Huh uh. Um, I'd say and my dad ultimately to move it, yeah, I'd say my dad ultimately it's all going to combine.

I: Right.

P: Okay

I: Would you, but still would you say where you moved it that your mother is still closer?

P: Yeah. I want that I feel like.

I: Right, so your moth, your sister and your father would essentially be combined similar, which is at

P: Yeah, maybe my sister more

I: Your sister moreso

P: Yeah. Move my dad closer but not as close as my mom is

I: Like almost like this, I know it's hard now with these so close huh?

P: Uh huh

I: But ah, something like that

P: Yeah. And my mom closest, and then my sister.

I: Right and move your mother just a little closer to show that

P: Yeah, that'd be it.

I: Okay, okay.

P: Um, just because like I have other friends in a way, like, sometimes like other friends can be like best friends too, um, but like, my dad doesn't change, like, he's still my dad.

I: Right.

P: So.

I: Right, that makes sense.

P: Yeah.

I: Well that concludes this interview here. Thank you so much [name] that was really, ah, very interesting to hear about your family and relationships, you know. It's clear that you've given a lot of thought and reflecting to this. And even beginning with your mother how you talked about how that relationship's always been close, but since you left you really had time to reflect on what that relationship means to you.

Part: Yeah, and that's been cool, and like being out of the house I just recognized what she does do for me. And like, on the other side of it like I'm really frustrated with my younger sister because she doesn't recognize it,

I: Yeah.

P: Like my one example is she's graduating this year, my younger sister is, and so of course there's a lot of work that goes into that and like my mom does most of it but like all the kids always had a graduation power point that like you put pictures together, put it to music, and then people can watch it, cuz they're at your house eating food. Um, and like I started mine in December, over the summer in December before my graduation, and just to make sure I had it done. Like, Carly was just starting hers and she graduates in like two weeks, and so like when I went home Friday night, I just went home to hang out, and like my sister went off to go watch a movie that we've seen multiple times with a different friend,

I: Right,

P: Um, and my mom and I actually ended up like scaling in her pictures. And I was like, are you kidding me? Like so we took some liberties with some pictures of like hey, I don't know what her choice would have been, but she's not here, she can't complain, she's not doing it. Um, and so like so it's nice to have that like with mom time, but at the same time it's hard to see that

with my younger sister like, like take advantage of that in a way. Like I know I did that to a degree but, I feel like not to the degree she does.

I: Like maybe it was missing a time that you could have been with her too?

P: Yeah, exactly. And that's huge too. Um, yeah, and so I know that I like, I just don't want her to take advantage of mom, she works so hard, um, and so then that creates even more of a divide between me and her, my younger sister, because I try and tell her that, and she's like, don't tell me what to do and, like,

I: Right. Right. Do you think the distance between the individuals here is meaningful to you? So not thinking about your core self, but how you placed people in relation to each other? Does that have,

P: I think, I think it kind of does. It's hard because we did this before, and so it's really hard to like, try to like separate it, um, but when I first heard it, I thought, that's creepy, yeah, because like, because like best friend she's mostly at USD, these are at home, and he's been to both, like he's at USD but I brought him home a lot. Like my parents have met my best friend, um, but not as much as like my boyfriend, and so that's kind of cool, and then like my mom and my boyfriend are like, but I think my dad would be closer to my boyfriend, maybe than like my younger sister, like my parents are both closer to my boyfriend than my boyfriend is to any of my siblings.

I: Okay. So it kind of does, has some similarity there.

P: And so.

I: Not that, not that you were thinking about it when you placed them, but when you come back to it and look

P: Yeah.

I: You say, "Oh, yeah."

P: Yeah, that was cool.

I: So do you think, ah, this target, looking at it, does it represent your network very well?

P: Like,

I: When you look at it does it seem like a good representation of how you see your social network?

P: Yeah. I usually don't

I: I mean now it's changed because it's the desired, but maybe when you first did it?

P: Yeah, the people I talk to the most, I guess it's hard sometimes you talk to just friends out of convenience because they're sitting at that same lunch table you know, and like, um, but like as far as people I really reach out to, like mom and boyfriend, are like the closest ones to me.

I: mm hm

P: And then like, yeah, and then it kind of spans out from there.

I: K-great. Well you know, this, the very last part of this is that same thing you filled out in class but now this is the computer version.

P: Okay.

I: So you can just put your sister in there and then one if you see them as close, and if you see them as far apart.

P: Far apart, okay.

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I: Okay, so looking at this, clearly, your best friend you placed closest. Can you tell me why you did that?

P: Um, I've always this just best friend's, they've just always been the first people I talk to about any problems and they're always around a matter of problems, just they're already there. I don't have to call them or anything.

I: Right, right, right, right. So they're close, you mean that they're always close by. Physically close by. How long have you had these relationships with these friends?

P: Probably since second grade or so.

I: Oh, Okay. Okay and you say, you don't think of any one in particular

P: Right, just my whole group of friends I would say.

I: How many would say are in that group?

P: Five, six or so.

I: Oh, wow. And ah, and so you guys have been together a long time.

P: um hm

I: And you feel like you can equally see anyone of those five?

P: Right.

I: Can you give me a situation where you might have done that?

P: Um, let's see, before I left for basic training for the guards, my girlfriend at the time was kind of running around with another guy,

I: Right.

P: And we were all hanging out and just kinda talking about it and someone else, let's see, the one friend was busy doing something with his dad, and then, some of us would jump in the car and drive around and talk about it.

I: So really, yeah, like and when you started, when you contacted them, would you start with one person, or how did you go about that, do you text? Or do

P: My one friend's house is kind of a hang out place where everyone is always at,

I: Okay.

P: So I went over there and there's, everyone's already together.

I: Oh wow, okay so you have a place that you usually go to

P: I'm from a really small town so that's pretty much how it works.

I: I see, okay, so you would go to that house and you expect some of your friends to be there, um, when you think about this group, and the support it provides to you, do you think of it as a group of friends, or do you tend to picture one or two people in there separately?

P: It's pretty well a group um, they're we're always together

I: Yeah, yeah.

P: I mean, if, if we're missing one of them, we know they're missing because

I: Well, okay. That's a good way of saying it, right. And has that group changed much in composition since like second grade and stuff?

P: Um, not really. I mean some of us we go to different colleges now. Probably three, three of 'em go here.

I: Ah, Okay.

P: So we don't (unintelligible) each other, but if we go home on the weekends, we're right there, all of us back together again.

I: So that, going to college, to your mind hasn't changed things too much?

P: No, not really.

I: Yeah. Wow. And so, do you think, do you think they think similarly about

P: I would say so, definitely.

I: Um, What ways do you usually contact them, so you talk about going over there and do you stay in contact with them using ah, social media or other ways

P: text or call

I: Okay, so phone call,

P: Yeah.

I: And text would be the two primary ways you do it? Okay, yeah. And um, you, so your friends are really the group that gets inside that inner circle there

P: Um hm

I: And you could say now looking at the outside both your parents are on the outside circle can you tell me a little bit about that?

P: I mean, I'm still close to them, but compared to the rest of the people on the chart, not nearly as close I would say.

I: Right.

P: They both work a lot, I guess, Mom always worked, she's a dental hygienist so she worked five days a week.

I: Okay.

P: And then my dad's an attorney, so like during, he does taxes too, so during taxes season, like he

I: He's nowhere to be seen huh?

P: He would come home and eat and go right back to the office pretty much.

I: Right, right so you got that really intense schedule

P: Right, so they're definitely, I mean, parent figures, not so much, friends I would say.

I: Okay. Right.

P: Like some people have those parents that they consider friends, like they're more parents.

I: Right. So what do you think of as the role, as you say parent figures, what fills, what kinda,

P: I mean, things and discipline, and stuff like that, not so much as just hanging out and

I: Right, relating to

P: Yeah, texting, texting me what's up? Call every week or so

I: Check-in?

P: Yeah. Um, let's say something really distressing and you mentioned a case where your girlfriend was having an affair, what ah, you know, when something distressing happens, you're saying your go to is your friends.

P: Um hm.

I: Is there, can you give me another case of a situation or that's distressing, who you contacted and how?

P: Um, I mean in that situation, you know, the friends didn't really have any personal experiences so I talked to my mom in that case cuz

I: In the case with your girlfriend?

P: Yeah. Cuz I knew that she had had a boyfriend for a long time in high school and the same thing happened so

I: Ah, Okay, so you looked her up then, did you call her?

P: Well she was at home.

I: Oh, she's at home. Okay, you just went home and brought it up to her.

P: Um hm.

I: Was it hard to bring it up?

P: I mean it was a little awkward, but, not too hard.

I: Right. And how did that experience go for you when you talk to her?

P: Um, she kind of, ah, just gave me some advice at the time, I can't remember exactly what it was. It's funny, somewhere along the lines of, "it's not worth it," that type of thing.

I: Right.

P: My dad was there too and he said something about that girls always come back or something like that

I: Oh, oh, oh, so it's almost two different types of advice there.

P: Yeah.

I: What did you feel after that time with them?

P: I mean I felt better. It probably wasn't the most useful but it made me laugh and made me feel a little better.

I: Right, right. And then you shared it with your friends after that?

P: Probably.

I: But, but ah, um would you say then that in cases that are really intense in your life, would you tend to go to your parents first then?

P: Probably. If it's something, yeah. If it's something intense like you said, yeah.

I: Yeah. Yeah. Um,

P: Because they could probably give me more pertinent advice I would say

I: I see. Right, right. Right, and um looking at this here, your brother would be in the middle, why would you put him in the middle here?

P: Ah, he's kind of the guy I can just, he lives in town too here, so I can kind of go to him with anything I need and I don't see him as often as I see my friends, but, if I did, I could go with him with just about anything too.

I: Right, right.

P: Closer than my parents, but not as close as my friends, I'd say.

I: Right. Right. So ah, it looks like your parents are ah, are on the outside in terms of how they, how you relate to them, in a sense,

P: Right.

I: But uh, they might be first in terms of your support or would

P: I would say so, I guess, we'd have to have another graph that would show the intensity of the event.

I: Yes. Okay. So when you fill this out, one of the things that you're thinking of when you're doing, when you make this happen, when you filled this out it was pretty quick, so clearly you were thinking of something, can you describe that? What, when you filled this out,

P: When I filled it out, I just basically, how close I felt to them, I wasn't thinking about certain situations I guess I would say.

I: Right.

P: It wasn't about if that happened who I'd go to first. I was more thinking about who was closest to me.

I: Perfect. Okay, and that's what we're asking for too, so that's great. And so I take it you you are not currently seeing anybody? Okay. And um one other thing with ah, let's see, I guess, that might be it for this one. The other thing that we wanted you to talk about is ah, how close you see each of them to each other. And so here, I guess you put your brother in here, is that right, brother? And um, in this case, you'd say, a one, so from one to ten, you just mark which ever one works, one if you see those two as very close together, ten if you see them farther apart, so the larger the number the farther apart in terms of closeness.

P: Okay.

I: And so best friend, father, you have this case, you don't have to fill it out, or you can just put 10 for the romantic partner.

P: Okay.

I: So you can put 10 for that, and ah, yeah. And so does that make sense?

P: Yeah.

I: Okay, perfect.

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I: Okay, so, looking at this, clearly your best friend you consider closest, could you tell me why you put best friend there?

P: I spend the most time with my best friend whenever I have something going on I go to her before I will go to my parents. Um, I guess it's depending on what it is but, in terms of like, amount of things, it would be more her.

I: So amount of things, essentially, can you give me examples of like what types of things?

P: Like, if I have a super hard test coming up, I'll talk to her, or if I have a problem with a different friend, or just having a bad day. It's something I'd tell her before my parents.

I: Sure. Okay, so sort of day-to-day things that can affect your life, it sounds like your paren-uh, your best friend would be more the go-to person for that?

P: Right.

I: ah, can you tell me a little bit about that relationship, like how long you've known her?

P: I've known her for a really long time, um, a couple years, well, I've known her longer than that but we've been really good friends for a couple years. I guess I kind of sort of met her when I was in third grade so we go way back.

I: Wow, okay, so you have been together, sort of known each, other for a long time. So when do you say your friendship really started?

P: Um, probably my junior year in high school. So we both went on a band trip together and we were bus partners and we drove to Chicago so it was a long bus ride.

I: Oh wow yeah.

P: A long time, huh.

I: Wow, so you really hit it off on that ride?

P: Yeah. Yeah.

I: Excellent. And um, does she also come to the university here?

P: No. She's still in high school. She's a senior.

I: Ah. Okay.

P: But I live in Sioux City and so she's still in high school in Sioux City so I go home all the time, see her pretty often.

I: Ahhh, so you see her quite a bit?

P: Mm hm

I: Yeah. Excellent. Okay and ah, can you tell me a bit, is he your, would you say between your mother and your pastor, would your mother be a little closer to your core self?

P: Yes.

I: Can you tell me a little bit about that relationship?

P: Um, what do I mean by that?

I: Yeah.

P: Ah, it's good. I've always been close to my mom and dad, um, I think we're just alike I guess, I don't know, all my siblings look like my dad, I look like my mom, so maybe that's it.

I: Okay.

P: But, yeah.

I: You've always been a little, just to clarify, you've always been more close to your mom than your dad?

P: Right.

I: Okay.

P: Yeah. But recently, um, I grew up Catholic, and so I decided to switch churches and that's where the pastor comes in. I've kinda known him for that long, um, but obviously the things we talk about are a little more deep than like, "How's your day going?" and so that's why I put him also close to my core self.

I: Because that's been a pretty significant change in your life.

P: Right. Yeah. Definitely.

I: So can you tell me how that's played between your relationship with your mom and with the pastor?

P: So, super close to the pastor he actually happens to be one of my friends' Dads. Um, but my mom is not in favor of this church change, and so it's put some tension, which is why they are on the opposite side.

I: Okay. Sure. It makes sense now. Yeah. So um, What kind of discussions, can you tell me a little about it more, like how that discussion has gone? (close this to give us some more privacy)

P: Yeah, like to my mom about switching churches?

I: Yeah.

P: So at first I only went because I have another friend who wanted to go to a church in Sioux City because she's from Rapid City and she doesn't go home that often. And so went to Sioux City and I happened to have a friend that went to a Baptist church, and he's like "hey, you guys can come to my church, that would be fun," and his dad was the pastor. And so I went and I loved it. Um, it's just really different from the Catholic church, and when I told my mom that, she's like, "yeah, you can go to both," like, definitely not an option not to go and I think it's

because she sent me to Catholic school for my whole life, and so she's like, hey, I spent a lot of money, and a lot of time, to get you in this faith, so we kind of have to stay here.

I: Right.

P: So it's not been going well. At all. But

I: It's some is at a point where you can't really talk with her about it now?

P: Yeah. I just, I think she would prefer if I didn't go to church than if I went to this other church.

I: Mm.

P: Which I guess it kind of blows my mind, but, yeah, if that's so important to her well, I don't know.

I: So you're trying to figure it out really, what it is

P: Right, where's the balance and I don't want to make her mad, because, like there's no use in making her mad, like, I don't ever get to see her anyway.

I: So when you do see her now, or is that sort of the white elephant in the room now or is it

P: Oh yeah, definitely.

I: Okay.

P: Yeah.

I: And even, how do you usually see her, or talk to her, is it mostly in person or is it ah, texting, phone call

P: In person, but I work over the weekend, so when I do go home, I'm only home for about four hours, so definitely not enough time to get into like deep conversations. Just, how you doing?

I: Right. And do you think she's of a mind now that she doesn, she's gonna, she doesn't bring it up now, or is she

P: Yeah, now every Sunday when I say, Oh, you know, I'm going to the Baptist church, it's more of like a sigh, and a Okay, like, blatant disappointment but also not a "no."

I: Right. Right, and used to be a "no?"

P: No, it was never a "no." I, my parents have never said "no" for anything.

I: Okay.

P: I've never been grounded, like, I don't know, no discipline,

I: Oh, I see. Right so really they've given you a lot of free reign in terms of exploring things

P: Right.

I: But this comes, sort of crossed a line

P: I guess so!

I: more than before?

P: My dad's totally fine with it, he's like, "whatever you want to do. It's good with me."

I: Okay. And have you talked with him about it in terms of how it is affecting your relationship to your mom?

P: No. I'm not that close to my dad. Um, I don't even really talk to him, at all. I mean he lives at my house, my parents are still married, and so like he's there, but,

I: But you don't really have conversations?

P: But, he's not like a bad, there's nothing bad between us, we just,

I: Live separate lives.

P: Yeah.

I: Okay. That makes sense. And ah, so I take it you're not currently involved with anybody?

P: no.

I: Okay. That's fine, that's great. Just wanting to clarify that. And um, is there anything like let's say you could have the target the way you wanted it, would it be any different than the way you listed right now?

P: You mean like, ideally like it would be?

I: Yeah.

P: Ideally I would have my dad closer to me, because, I think he's a really good person and has a lot of good ideas and thoughts and opinions but, I just never really talk to him, um, also I would wish that everything, like all those could be closer together in terms of like, everyone's good with everyone else. Like my best friend's really okay.

I: In relationship to, yeah,

P: Right, like I wish that my parents were, well, my dad's okay with my pastor, but my mom's definitely not, and so I wish, that he could be closer too, cause that really is a ton of tension, when those spaces get a little smaller

I: I see, right. So when there's space between the people that you really care about then, that creates a lot of tension.

P: Right because I have to pick

I: Yes, and oh, I see, do you sometimes feel like you're in a position where you have to pick, I mean, where that's they that you put in that position, or

P: Yeah. Um, like when my mom was making me go to church with her and it was the same time as the other service, blatantly picking going to that church instead of being with her

I: Right.

P: And I think she sees it as more of a personal thing, than like at her, than a personal thing for me. Like I don't hate her and I don't think that she's horrible for sending me to Catholic school, and I don't think I'd be where I'm at now if I didn't go there,

I: Right,

P: But I think that she thinks like she failed at parenting or something.

I: Ahhh.

P: Not true, but,

I: Right. But she, the way that you look at it, she's taking this personally.

P: Right. And it's not.

I: Right, right, and so how about in relationship to your core self, would you move anyone differently in your ideal target?

P: I don't think so, um,

I: You're pretty happy the way things are

P: Yeah. Where people are at. I would add a lot more people on my target so like all those relationships too.

I: like what, who else would you add on to it, and where would you put them?

P: I have a lot of other really close friends that I could put randomly around there

I: Whereabouts would they be most likely?

P: Well, I have a really good friend that I met here and I've only known her since August, because I'm a freshman, and so but she would be really close, probably would be over here

I: Oh, is that right, inside the red, inside the core self?

P: Yeah.

I: Is that right? Okay.

P: You learn a lot about someone when you spend like eight hours a day with them every day
(laughs).

I: Yes. So why did you use your pastor then, instead that person since that person would be closer

P: Because I wanted the, I don't know, I guess that's the biggest conflict in my life right now and so that seems more substantial than my friends that I (sit and walk with?) here

I: Gotcha, right, sort of the way that the pastor kind of connected or disconnected from your other people in your target. Is that right?

P: Yeah.

I: Okay. That makes sense. Um, I don't know if there's that pretty much covers it. Is there, when you say now, the way things are, that if other things came up in your life that are important to you, would you be less likely to go to your mom, now that you have this conflict?

P: Um, I'd say more likely, and I say that because I want her to know that I'm not trying to distance myself from her, but I'm changing churches so every time something good happens, I have to let her know so she knows that I'm keeping her involved in my life

I: Ahhh,

P: and that it's not anything personal towards her because I'm still trying to show that she matters to me

I: Right. Okay. Yes, that makes sense, so you have actually have had things happen that you make more of a conscious effort.

Part: Yeah, like before I like had mentioned it in passing, where now I make it a very, more of a deliberate effort.

I: Could you give me an example?

P: Um, I got an (AWOL sitler?) position, and that's something that I really wanted and I figured I'd probably get because I'm really good friends with the president, but anyway, um, I probably would have told her sometime this summer when I was planning my trip, but I made a very conscious effort to let her know as soon as I found out.

I: Excellent.

P: And then I could tell her about it. Yeah.

I: And does she, is she giving you the response that you would expect?

P: Yeah. Yeah. She gets excited.

I: Excellent. Okay. I don't know if she knows that I'm only telling her things because I feel like she thinks that I don't care about her, but regardless, she is happy for me and is happy that I told her so

I: and that's what matters.

P: Right. Yeah.

I: Right. Good. Okay. Well thanks. I think that pretty much answers anything. Ah, the questions about that, I guess the only last thing I ask is, completing this target, did you find that one of the things you want to know is, did it seem intuitive? Was it easy to do? In terms of thinking about your network?

P: Yeah. I really value people close to me. And I kind of know where they sit in terms of who I can go to for what things. And so, now it was kind of okay.

I: So looking at that does that kind of represent that pretty well?

P: Yeah. Yeah, I'd say so.

I: Excellent. Excellent. Thanks. Perfect.

SECTION 2: STUDY 2 TRANSCRIPTS

VS1

I: ... right, so OT32 on April 9th at 2:45. Doing a WHMT interview. Okay, so here can you just tell me why you put the people in the target as you did?

P: Okay. Well my best friends in the middle, the direct middle, because I've known her for a long time. We've been through a lot together. Then my romantic partner is kind of, little less outside, just because we're still trying to get to know each other. I've known him for less time, and ... yeah.

I: Right. How long have you guys been together?

P: We've been together for a year and five months almost. Yeah, so he's there, but I still take time ... I'm trying to give my all to someone, if that makes sense.

I: Yes, it completely does.

P: My parents, my mom and my dad, they're kind of outside of that, because I don't always tell them everything. I don't share everything like I do with my best friend. So I don't always expose myself when I'm crying or when I'm upset about something. I don't really tell them. Then my band teachers on the outside. Not because ... I can't show him that. It's just more of, he's more of an ... because my band teachers like a lot of a father figure, but he's also very disconnected in the way ... I'd only see him sometimes, and it's ...

I: Right. He doesn't know your intimate self, your-

P: Yeah. I mean, yes he does, but he just ... I don't want to expose him to that, because he's got his own family. He's got his own problems, and I would only bring certain things to him.

I: Gotcha. Right, because you feel like you have a certain relationship with him.

P: Yeah. It's a teacher, student type of thing. So I think there's always a boundary. So I don't think there should ... I don't feel like you should over share. Sometimes I feel like I can over share, and I think there's a boundary there. But yeah-

I: Without a doubt. So you realize that there's differences in your relationships, and if you change that with him, then that could change your relationship in a certain way?

P: Yeah.

I: When you talk about your best friend, in the middle there, can you give me an example that illustrates why you put that person there?

P: I know that sometimes when I'm really sad ... I've had depression before, and I have anxiety, and I feel like she's the only person that can understand that, and relate to. I know that she suffers from it too, in similar ways. So when I'm depressed or I'm thinking really bad about myself, I go to her, because I know she'll definitely understand. She'll help me pick myself up, and stuff like that.

I: Right, okay. So she can relate to what you're experiencing? It sounds like when you go to her she makes you feel-

P: Mm-hmm (affirmative). Yeah she makes me feel a lot better.

I: A lot better, and can you describe how she makes you feel better or what ...

P: She makes me feel more self-assured ... happy. No, she makes me sometimes feel like I can do anything. That I'm talented, and stuff like that.

I: Yes. Okay, excellent, great. How about your romantic partner?

P: What about him? Sorry.

I: No it's all right. So he ... I should explain [inaudible]. So you go to your girlfriend for those types of issues when you're feeling really vulnerable. What kind of things do you seek your romantic partner out for?

P: Almost similar to ... because he does know that I have had depression, and I'm very anxious. But he hasn't gone through that, so I can't go to him in a ... I feel like I would make myself even more upset, because he's not understanding. So I wouldn't go to him for that exactly, but if I'm having problems of believing in myself, and saying like, "Oh, I'm not going to be able to do this test." Stuff like that. He'll help me, and cheer me up, and be like, "Yeah, you can do it." Kind of that stuff.

I: Gotcha. Sure. More day to day stuff, kind of stuff?

P: Yeah, more day to day. Yeah, more day to day.

I: Have you had experiences where you've gone to somebody with your vulnerable situation, and it hasn't gone well in terms of how [inaudible]?

P: Yeah.

I: Can you tell me about-

P: It actually be with my mom mostly. I have tried to talk to her about my depression, anxiety. I know she has it too, so I would think she'd understand, but I think she processes it differently just because ... She doesn't think kids, or teenagers, or young adults can really have them. So when I try to tell her all these things she just, I feel ... I don't know if that's how she's projecting, but I feel that she's not understanding, that she doesn't believe that I actually have it. Sometimes I feel like she thinks that I'm just looking for attention. That I'm just doing it because I'm just afraid or something.

I: Right, so she's feeling like you're doing it to avoid something, or not to-

P: Yeah. Mm-hmm (affirmative). Yes.

I: So I take it you've had those reactions, and that's why you wouldn't seek her out so much in the future now. How about your father?

P: My dad and I have had a pretty good relationship, because ... Okay, so my mom was kind of the bad cop, and my dad was always the good cop. So when I came to my dad, I'm his only daughter, so there's a relationship there that just ... He makes me feel really happy all the time. He always tells me he's really proud of me. When I ever have philosophical questions I go to him, because I think he's all knowing, and sometimes he doesn't know. He tells me to like, "Just look it up." But I just think he knows it, and I have kind of spoke to him about my little problems. I think he just gets sad, because he doesn't want to see his daughter that way. So he's like, "If you want help, we can get you to see a psychologist, or something like that." I'd be like, "Yeah, that'd be great." I don't know if he has depression. I wouldn't be surprised because he does work himself very hard, but he just won't tell me that, because he doesn't want me to see him vulnerable, you know. I think he understands in the way of just like ... I don't know if necessarily connecting like, "Yeah, I felt like that before." But more of like, "I don't want you to feel that way so let me help you in different ways that I know."

I: Right. So it sounds like in some ways that you want to protect him a little bit from ... because he gets sad sometimes when you ...

P: It's not that I protect him from not letting him know, or making him worried that I'm upset. It's just ... Okay, so he's working two jobs right now, and he's done a lot for me in terms of helping me with my education, and helping me push through everything. So if I need money, I know he's willing to give me some, and just like, "Here you go." But I feel bad because I know he's working a lot, and he's trying to spend that money towards debt, and house payments, bills, stuff like that. I don't want him to give me all of his money, because I feel like that'd be very selfish, and that's unfair to him. I don't think I'm necessarily protecting him from my feelings exactly, but just not ... I don't know how to word it, I guess.

I: Okay. It sounds like you're saying you understand more of his life now. That he's got his own problems, or life that he's working with, and you're trying to be understanding of that.

P: Yeah, because my parents, both of them, have just done everything for me. They've moved to the US for me, so that I could have a better future, and that puts a lot of pressure on me. Just because I want to succeed. I want them to be proud of me. I want them to see that all their hard work paid off.

I: Yeah. That's a lot of pressure.

P: Yeah. Yeah, so I got basically top of my class in high school, all A's. Going to college, it's my dream, but it's also their dream. I probably would never admit this to them, but I was in musical theater for my first semester, and then I kind of just switched for various reasons. Part of it was because of my romantic partner. The other part of it was because of my parents. Just because I know my dad always wanted me to go on like computer science, and stuff like that. My mom wanted me, and seen me as like a dentist, lawyer, you know the typical up there, you're going to do well kind of thing. So my mom kind of reminded me that I liked criminal justice. I was like, "You know, it's stable." I do like it, it's not like I'm going to be miserable. So I kind of switched it for that reason, and other reasons but ... So I want to still make sure that they know that what I'm doing is for them, but it's also for me. I'm just trying to put a lot of things together to make myself proud, make my parents proud, and make other people proud of me.

I: Gotcha. It's a lot to think about.

P: Even my band teacher. Larry, who's my band teacher ... He's the one who got me really into music. So when I was switching from music to criminal justice it was kind of sad. Just because I felt like I was disappointing him, because again, he's like a father figure to me. So I felt like I was disappointing him. That's not what he wanted me to do, but I had emailed him, and he

told me, "It didn't matter what I'd do. I was going to do great at it. It doesn't always have to be music." That relieved some weight off my shoulders, because I always had that in the back of my mind that it's not what he would think I'd be doing. So.

I: Right, right. He would accept whatever. Did you tell him why you were leaving band?

P: I told him that I switched majors because ... I definitely did not tell him it was because of my romantic partner, because he would have had a whole thing. I did tell him a little bit that my mom put the idea in, and I just kind of expanded from there. She didn't force me to or anything, but it was more me deciding of like these are my factors, and this is the results. He understood that. He said, "You always have music in you. Just because you're not going to become a performer, a music education person, that does not mean that I'm any less proud of you. You've done so many things for me, and I look up to you in many aspects." It made me cry, because I like making him proud, and he's done a lot for me. Some things he may not know or realize, but he's done a lot, so.

I: Fantastic, yeah. Okay, so the other person is your band teacher there. So when we look at this next screen, you moved your romantic partner in. Is that right?

P: Yeah. I just want him to ... I want to go to him sometimes more than my friend. My plan, and his plan, are that we get married, and have kids, and have a life together. So I want him closer so that I have my best friend (Best friend's name), and then I also have him. In that I want him to be a part of, not necessarily to experience all that bad stuff that I have, but to understand, and be able to help me with it in the best way that he can. I'm not saying that he should go through it so he can understand it, and then help me with it. It's more of just understanding, and then helping me in different ways. Not necessarily by saying all these wise words, but you know, helping me in terms of like getting me ice cream, or just little stupid things, that relationships sometimes ... Yeah, and so I just want him to just be closer to me. If that makes sense, because I know I sometimes cut him off at certain points of ... I don't want him to know just because like, "If he'd [inaudible] understand." And it'll just make me more upset, and I don't want to be at that place anymore. If that makes sense.

I: Yes. So do you think that him coming your way in terms of doing those little things, and being part of your life that way, then you would open up more to him after that?

P: Yeah. Yeah I would ... because you know, you have that saying of like, "Your boyfriend is also your best friend. Your partner is your best friend also." That's where I want him also. He's definitely a friend of mine, but he's not up there with my best friends, and I want him to be

up there as well. Just so ... I show more of myself to him, because sometimes I'm a little bit more reserved in the way I act. I know I act very differently with my friends than when I'm with him. I talk about different things with my friends than with him. Political issues, I talk a lot with my friends, because they share the same views.

With him, he has different view, and I sometimes like talking to him about it because it challenges me, it opens my eyes. It makes me see things in a different light, but I get upset, because he's not agreeing with me. So I don't want to be at that point. I have conversations with people that are friends of mine, and have different views, and I understand that, but it's different when I'm with him, and I don't know why. It's probably because maybe he's just my partner, and maybe I just want us to have the same views, but that would not work out, I don't think. Just if we had the same ideas all the time. I don't know. It's just really weird because political views, sometimes I just talk with my friends. Then what else ... sometimes when we talk about ... that's also political. It's just different little things. About women's issues, feministic ideas, of course I talk with my friends more.

Sometimes I try to get him to understand it, but you know, he sometimes like, "Well" ... I know he jokes about it but it just kind of makes him seem ... He's like, "Well you guys are getting paid enough. You guys are still fine." I'm like, "No, not really. Not really." Then he's like, "Women are just trying to like bring men down." I'm like, "No." He doesn't understand that yet. I'm going to try to make him understand. Not like conform to what my ideas, but understand struggles, and differences between women and men, and that kind of stuff.

I: So when you see him here, is that sort of him as this sort of reformed person in that way?

P: Yeah, just understanding more, and being capable of listening. Then also respecting ... He has his own way of speaking ... Not speaking. What's the word ... His own way of expressing himself in different ways, like words? Sometimes he uses some choice words that I don't ... I don't necessarily find them ... Well sometimes, yeah. Okay, so sometimes I find them a little offensive, and ... I feel like he could go a different way of expressing that. Instead of being a little bit offensive of it. I try to watch myself. If I'm going to respond to something, and they have a different view as me, I try to make sure it's not attacking them in any way. Making sure that they know I'm understanding, and that I'm just saying what I think, but not attacking them, and bringing their idea down. You know? Sometimes he does that, and so it frustrates me because I'm like, "Express yourself in a different way." But he's like, "I express myself like this all the time." I'm like, "Hmm. Yeah, but there's not like no room for change." I think he thinks he expresses himself fine. Sometimes he does, but other times I don't think

he realizes he being offensive with what he's saying, and I don't know how to explain it to him. Because he doesn't see that it's offensive.

I: Right. Right. He doesn't see how it makes you feel?

P: Yeah. Yeah.

I: So when you have those interactions, let's say where you do feel that he's being kind of offensive, or where it's difficult, do you then talk to (Best friend's name) about that? Is she open to talking about it?

P: She's open to talking about it, and she does help me with it, but sometimes I don't. Sometimes I just keep it to myself. I just evaluate it myself. Just because I know my boyfriend, and my best friend, and a couple of my other friends, don't always get along. So I don't like taking negative things to my friends, and I don't like taking negative things to (boyfriend's name). I just want to [crosstalk]

I: Because it could create a further wedge, so-

P: Yeah. So if something good happens with (boyfriend's name), then I'll tell (Best friend's name), and my friends, yeah. But if something bad happens, I might tell (Best friend's name) for sure, but the rest of my friends I'll probably just keep it to myself. Then I'd evaluate it, and try to not get so far into my head. Then again, if my friends say something ... Or they just don't have a certain view point of him, I won't tell him that. I'm not going to be like, "Oh my friends think you're a douche bag." You know? I'm not going to tell him that, but if they see something good in him, and then I'll probably be like, "Hey, this is what they've seen. They've seen you grow, and so" ... I'm trying to build a relationship without them actually directly talking to each other, because I don't know how that's going to happen.

I: Okay, wow. Yes. Yes, I can see that. So how about your parents? What is their relationship to your boyfriend?

P: Okay, so. My dad, not so much. Mostly because he's my dad. I'm his only daughter, and I'm his little girl, so he doesn't want to ... He's just very protective. On a couple occasions, when my parents and my boyfriend go out to dinner, my mom will try to be like a mediator between my dad and my boyfriend, because my dad doesn't like talking to him. (boyfriend's name) is afraid a little bit to talk to him, and he ... Especially, there's a language barrier, because my parents mostly speak Spanish. They are fluent in Spanish, and their English isn't

like mine is right now. They take a little more time to process, and then try to say something. My dad's pretty good at it. All he's missing is some grammar. My mom tries a lot. There's a difference. My dad says things, but only because he wants to. My mom tries to say things, and she loves learning. So does my dad, but he's very more conservative about it. If that makes sense.

So there's that language barrier, so (boyfriend's name) sometimes feels uncomfortable, because he's like, "Well I don't always understand what they're saying." And I'm just like, "Just give them time. They'll get their idea, and if you need explanation I'm right there to explain things." So yeah, my dad won't really talk to him. My mom will be like, "Hey. Talk to him. Bring something up. Ask him something." My dad's just like, "No. No. I don't want to."

I: Is it because your dad ... because of your language that he doesn't want to talk, or more because of a relationship [crosstalk].

P: I think the relationship, because I know that I didn't blatantly tell my dad, "Hey, my boyfriend and I are having sex." So he's just left to assuming, and I don't know if that's better or not. So I think there's also that, his little girl is now having sexual encounters with this boy. When he's like, "You should do it later in your life." He has a whole thing of everything comes in time. So he's like, "It's still not your time to do that yet." Kind of thing, and so he just doesn't-

I: He's just kind of upset when he sees your boyfriend. It's that kind of thing-

P: Yeah he gets upset. He just kind of closes off. My mom, on the other hand, tries to ask him about stuff. She's very friendly with him, and sometimes she's ... She gets mad at me because ... Sometimes I'll tell (boyfriend's name) like, "My mom said this" and then blah blah blah. Then my mom gets mad at me because she's like, "You're tainting him, and you're making him think that we're bad parents." I'm like, "No I'm not." You're not bad parents, I just get upset at you, I tell him ... and then he's not going to think less of you, because I've asked him before. I'm like, "What do you think of my parents?" He's like, "I think they're really nice people, and I really respect them." So I'm like, "Great." So I don't think that me saying, "Hey, my mom's being mean to me." Is going to be like, "Oh now she's this awful human." So she just hates it when I tell him that I got upset with her, and stuff like that. Then she's like, "Make sure to tell (boyfriend's name), hope he's having a good time in college, and to study hard, and that he has a nice day." She does that, but my dad won't.

I: Okay. So your mom tries to smooth things over, and develop this relationship to some extent, but your dad's still a little closed off from that, right now?

P: Yeah, and I don't ... I'm trying to make sure ... because my family before college ... I was very rebellious, I was just not a good child towards them, because I think I always thought they never understood. I think also part of it was, since my parents are from Peru, we have a type of culture of raising kids, and it's different from the American culture. So growing up I mostly saw my American friend's parents, and how they were being raised. And I was like, "Well why can't I be raised like them? Why can't I go out until midnight? Why can't I have a sleepover?" Kind of thing, and so I resent my parents a lot throughout basically my entire childhood. Then afterwards I was like, "Hey I'm a dick." I was awful, and I told them that, like, "I'm an awful child. I'm so sorry you guys had to put up with that." Now I really, really love them, and appreciate them a lot more. I think that's just because I'm not with them anymore. They're far away, and I miss my mom's cooking. Sometimes did like having-

I: Where are they-?

P: They're in (city's name).

I: Oh okay. Okay.

P: Yeah. They're in (city's name), and I'm here, and so. I like going back a lot because my mom cooks me food, and I just get to see both of my parents. It's kind of difficult sometimes if my boyfriend and I both go home at the same time. There's a want to hang out with him, because I haven't seen him for a while, because he goes to a different college. So I want to see him, but I also want to see my parents. I try to figure out times of like, okay I'll spend this time with him. Spend this time with my parents. My mom sometimes gets really upset with me because she's like, "I don't know why you even come home. All you do is see him. So you might as well just not even come home sometimes." I'm trying to work-

I: So you're trying to balance all of these things. It sounds like you're really considerate though, of everybody's emotions. Sometimes that can be really hard to make sure everybody's having intimate time.

P: Trying to balance it. Yeah, and I don't want to make (boyfriend's name) feel like he's not ... He's not wanted, or that my parents hate him, or anything like that. I don't want him to feel that way, and I don't want my parents to feel like I don't care about them, because ... Especially now that I've had this new light of like I appreciate them a lot more, and it just kind of hurts when she tells me like, "You're not even here to see us. You're here to see him." It's hard to explain that.

I: That would be hard. I wanted to get to ... let's see ... Okay, which one are we at here. That's vulnerable self, I thought we did that. Okay, we did that one. Now I want to ask you, if ... so here, it's similar ... How did you see true self? Did you see it the same as vulnerable self, or different?

P: Yeah, just because I think I took it more of what I talk about in terms of ... or just how I act. More of how I act. So if I'm acting really crazy, and wild, and stupid, and just all these little things, I'm mostly with my best friends and (boyfriend's name). Then also, because my band teachers closer than my parents, is because he saw me at school all the time. Schools where I was surrounded with my friends. I was always trying to impress everyone, if that makes sense. So he mostly saw that good, true self part of me. I think my parents don't see my true self, because I don't joke about the same things with my parents. I don't ... I don't always include them in things, and this is because a lot of my childhood I boarded them off from everything. It was really bad of me, but ... Yeah, so I don't think they know me-

I: Sort of your day to day you?

P: My day to day me, that acting wise of how I portray myself, and kind of that thing. I think they sometimes see a lot of negative of ... because I know I rebelled a lot, and so they saw that really angry, not caring about anything, kind of side of me. Instead of like, hey I'm actually a really good person. By the way.

I: I realized now that I'm gone that I really appreciate ... Yeah, I understand. That makes a lot of sense. I think that's a common thing, you know. When people leave, and then look back and see, okay we grow together in that distance. Okay, that makes a lot of sense. Now looking at step two, you did move your mom in there then? Is that right?

P: Yeah, because I want my mom to see more of who I actually am, because I think my dad has a better understanding, maybe, of what I might do. My mom doesn't, just because I've had a really negative, bad cop relationship with her. So I'd rather her be a little closer, and just being like-

I: See more of who you are.

P: See more of me, yeah.

I: That's perfect. That makes good sense. Excellent. Now when you filled this out, we gave you five people. Would you have liked more or less? Or is five a good number, in terms of choosing five people?

P: I think it was fine for me, because I think there was what, uncle, aunt, and stuff like that? I don't really know my family, it's just-

I: So they would have been farther out.

P: Yeah, like way out. I usually had like a top best friend. I have my boyfriend currently. If I didn't have him I'd probably pick my second best friend, and my parents, because I know they know me the most. Then someone who's inspired me to be better. That's my band teacher. For me, that's a great number. I think if I had more, they just would have been farther out the circle.

I: Excellent. All right, well that's all I have, and I really enjoyed the interview with you-

VS2

I: OT17, visit one, WHMT interview on February 22nd. Just looking at that, can you tell me about why you put the people in the target as you did?

P: I've been with my romantic partner for a decent while, and I don't know, he's just my best friend, so it's really easy to put him ... He knows everything, and I know a lot about him. It's really easy to put him really far into the target.

Then my best friend number one has been my best friend since fourth grade.

I: Wow.

P: She's known me my entire life, so I really don't hide too much from her at all. Then my best friend number two has been my best friend since high school. She knows a lot, but probably not as much as my friend since fourth grade. She's a little bit further out. I put her about at the same as my mom because, although my mom does know a lot, a lot about me, there's a bigger age gap, so she had me very late in life, and so we have a little bit of differences on that. She's more reserved, whereas I'm more open. Sometimes, there's some communication barriers there. Then, my father's also older, but I feel like there's less I can tell him because I'm just ... I don't know. Growing up, he was always the one working all the time, whereas my mom was a stay-at-home mom. He probably only ... In general, our household was good news for dad because he's hard day, so, typically, when there's good news, I'll tell to my dad, but when there's really bad news, my mom is usually the one I go to, not my dad.

I: She would get that and try to keep it from him, not to stress, create any stress.

P: Not that my dad would not be okay with dealing with that. I think it's just because when we were raised, just made sure to make it easy on dad because he was always working.

I: You bet. Boy, you really went through each one of them in detail. Thanks. That was perfect. When you talk about your romantic partner, you've been with him for how long?

P: About two years.

I: You would put him clearly in the center, and you've been with your best friend since fourth grade clearly a lot longer. What is it about that romantic relationship that really speaks to you?

P: I think it's just that, although you can drop all the barriers with a best friend, I don't think it's as close as you can get as with a romantic partners. There's certain connections that you don't have the same I guess. I guess when you're in a relationship, you got to be comfortable with breaking down all the barriers, whereas with a best friend, I think you're allowed to keep some of them up.

I: Can you think of an example where something that you would share, let's say?

P: Give me a second.

I: Sure. That's fine. Take your time. [inaudible]

P: I guess I could tell my best friend stuff involving sex, but I would feel much more comfortable talking to my romantic partner about it. Not saying my best friend would judge me at all, but, personally, I just feel like I would go to my romantic partner first when things like that happen.

I: Physical issues or intimacy stuff, you feel more comfortable.

P: My best friend, she's now in Missouri, but my partner is here, so I'm sure location deals a little bit about it because I know he'd be able to help right away, whereas she would probably ... It'd take a while to even get here if things went wrong.

I: Makes sense. When you were choosing the five from that list, how easy or difficult was it to choose five?

P: I'm an only child. There was options for siblings, so those got eliminated pretty quickly. I've never lived close to my relatives up until this year. It's hard for me to get super close, so when I'm seeing them for only a limited amount of time. I had to pick people that were pretty close to where I either lived or that I've had connections with for the longest.

I: Would you say that five was a good number for you, or where would you have liked it?

P: I'd say five was perfect.

I: Great. All right. You mentioned that your mom and ... Oh, no, the two ... Between these best friends, you would say, certainly that romantic partner's closest and then your best friend second. Can you tell me a bit about these two? You say that your mom would be closer than the second best friend, or is that [crosstalk]-

P: I'd say they're about on the same level. There's just different information that I'd probably tell one over the other. Relationship stuff, I'd probably go to my best friend versus my mom, but health stuff, I would probably go to my mom versus my best friend.

I: For instance, can you think for what kind of health thing [crosstalk]?

P: If I was having problems in the relationship, if something was going bad, I know I would probably go to my best friend just because I'd be worried about the opinion of my mom on my significant other if things were going bad, whereas I know my friend would be more understanding of like, "Oh, that stuff happens," but if a medical emergency was happening or something like that, I would definitely probably pick my mom over my best friend just because she was a pharmacist so she knows more, and I would feel comfortable talking to her about that because we've talked about it my entire life.

I: Makes sense. Perfect. When you think of vulnerable, what kind of stuff do you think of?

P: I think of probably just everything that compiles a person, even thoughts and dreams and ideals and all that stuff. I feel like knowing all of that and just physical, as well, so every case of probably vulnerability that you can have, feelings and stuff like that.

I: When you think of vulnerable things or issues in your life right now, what do you think ranks up there as some of the most vulnerable?

P: Seeing me fail is probably a big vulnerable one. I know my significant other has had troubles in school, as well, so going to him about troubles in school is really easy because he's been there, he knows, and he's not going to judge me for it because he's been through it all, whereas I put my mom probably further back because my mom was always very good at school, and telling her if I didn't do well in school would probably not end up the best. She'd be very, very concerned, whereas I know my partner would probably be very supportive and less concerned about.

I: Would have less of a reaction than it would be, judging or that would make it difficult or negative reaction. Definitely. When you move to this next screen ... Oops. I can't even see ... There it is. Actually, let me go ahead and bring it up here. That would be that desired of [inaudible]. It looks like you just moved your mother in. Is that right?

P: Yeah.

I: Can you tell me about that?

P: I think I only moved my mom because it would be nice to be able to tell her everything, but I know she has certain expectations and that there's such a large age gap because she had me at 38, that there's things that were acceptable back then, and she's also one out of 11 kids-

I: Oh, my God. Really?

P: Whereas I'm an only child, so expectations are a bit different. I know it's hard because that's the way she was growing up, so it's hard not to project some of the same things, but I don't know. I wish there could have been more of a connection, whereas with her, I know with her mom, there's one out of 11, you can't have that connection when there's so many kids. There's just not enough time.

I: Does some of her relationship to her mom expectation or how she formed a relationship to her mom, you think, has kind of rubbed over on how she expects relationships to be?

P: I think so, yeah. I think she has a tough time opening up because she wasn't quite given that opportunity with her own mom, and so when I'm even trying to open up, she's hesitant about it.

I: Hesitant in terms of how to handle it?

P: Yeah. It's just a new thing for her. She's just not used to it.

I: Well said. That makes sense. When we move to ... I'm just going to move us to the next one here, which is ... This is a little clunky. Looking at true self, this is true self. Do you see ... How do you see the true self, different or same as vulnerable self?

P: I didn't find too much of a difference. I took it as true self is more of a day-to-day kind of deal. I talk to my romantic partner on a day-to-day basis and my friend since fourth grade on a daily basis, but some of the other ones I don't, and so they don't get to see myself on a day-to-day process, so they kind of shifted a little bit, but, overall, it wasn't too different than vulnerable self.

I: A similar arrangement. It's interesting that you say when you think of true self, you're thinking of how often you are in conversation with them. Why's that when you think of that?

P: Because I think part of it is just, at least with my best friend, the second best friend that I've had since high school, I don't talk to her nearly as much, and going through undergrad away from her and then going through graduate school away from her, I just feel like there's been

so much that have changed. I've changed. Things are different, and I guess if you're not there on that day-to-day basis, although I'm still very comfortable with her, I don't think she knows everything that's going on in my life.

I: As much about your true self there because there's been a lot of changes that have taken place in being apart. In some ways then, that person makes them less like your true self or close to your true self?

P: Yeah. I guess they just haven't been there for all of it.

I: When you go to ... Let's see. Is that ... Similar thing here. You moved your mother in. Would you explain that any differently than moving her in for the vulnerable self?

P: I think it just kind of pertains to the same thing where she's not as open to conversations that are getting deep-ish. It would be nice if she was closer, but ...

I: Certainly, certainly. Boy, that is interesting, 11, family of 11, and then a only child, at a later age, too. Very different family dynamics.

P: It is.

I: I can't imagine when you visit-

P: Oh, it's crazy.

I: Absolutely. You mentioned, though, that you're not really close with your relatives. How did that come to pass?

P: My relatives are mostly in (state 1), whereas I grew up in (state 2). We would typically only go back for a couple days at Christmas or a couple days for a wedding. It just didn't have the time to really get close.

I: It was just distance, physical, being there. Let's see if I ... Is there anything else here? When you think of your strongest memories with your romantic partner, what do you think of?

P: Just a single memory or general consensus of [crosstalk]?

I: Whichever comes to mind [crosstalk].

P: I think of a lot of happiness. He is a goofball, and so he always makes me laugh, and he's just that person that I know I go to whenever things are going bad because either he'll fix them or he'll make me laugh and that'll make it better.

I: Wow. That's nice.

P: He makes me very happy.

I: I can see that. That's very nice. How about when you think of a strong memory with your mother?

P: Oh, gosh. Good, bad, anything?

I: Doesn't matter, anything.

P: I think about when I graduated undergrad, I graduated with some high honors, and I think that was the most proud my mom has ever been of me, and my mom's typically not someone to admit that she's proud or she holds off on compliments, so when I got one, I was really, really stoked.

I: Wow. That's super cool.

P: I was really happy about that.

I: I can see why that sticks out in your memory. That's great. I think that is all. I think that's all I have for the interview. If I were to ask you, thinking about whether you might have had the oxytocin or the placebo, would you be able to guess, or would you make a guess which one?

P: Oh, gosh, this is hard because ...

I: Not obvious to you [crosstalk].

P: No. It's not because I couldn't tell you. I probably would go with I didn't have it.

I: [inaudible] That is all I have here.

VS3

I: Okay so interview WHNT on April 10th. And, is that the target? Your first one, "vulnerable self"? So could you tell me why you put the people in there as you did?

P: Well my boyfriend is like, I don't know, he knows much. We've been dating for a long time and we just know each other very well.

I: How long have you guys been dating?

P: Three and a half years.

I: Okay. Yeah.

P: Yeah. Since high school. And then, my mom's probably closer to me because, I don't know, mothers are nurturing

I: And when you say close you mean closer than...

P: My dad.

I: Oh okay.

P: And then, my dad's a little bit farther out there just because...I don't know he was there when I just did like stupid things. My dad was always there for me, but I feel like dads are there to knock some sense into you when you do stupid things, not more of the, like, oh it's okay, like, affection.

I: Right.

P: And then, my brothers are way older than me and so

I: Okay.

P: I kind of grew up, just me in the house as a kid.

I: Right.

P: Until sixth grade, that's when I started, so my brothers were a little bit farther just because I didn't...we're really close still, we're just not as close as probably other siblings. And then my grandma, both of them live six hours away so it's hard to...I'm really close to my dad's mom but it's hard to

I: With the contact, it's hard to have a lot of contact you mean?

P: Yeah. We go out. She lives in the hills, so we go out there a lot.

I: Okay.

P: Well it seems like a lot.

I: Yeah.

P: But it's probably not, like other people that actually have their grandparents in the city that they live in.

I: Right. Right.

P: Or grew up

I: It's still.

P: Yeah. So, I don't know. For holidays, I don't really see her. It's kind of just

I: Sure.

P: Try to go out there.

I: As much as you can

P: Yeah.

I: But it's not like you feel anything or

P: No.

I: Yeah.

P: It gets harder and harder as you get older and so.

I: As you get more active, more involved with stuff.

P: Yeah.

I: So you were given five options. Would you have liked more or less or was five a good amount?

P: Definitely more. I had two brothers, so in my head I was just thinking I'll just put a brother, just to

I: Okay.

P: Group them together, but even though

I: Would you say they're equally close

P: Yeah . They're close in different aspects. One of my brothers is more like, calm and, I don't know. My other brother's kind of like, a little bit wild,

I: Yes.

P: So I have both traits I feel like, I'm closer to them in different aspects.

I: Right. Would you seek them out at different times then?

P: Yeah.

I: And

P: Probably.

I: Can you tell me a little bit about that, like what would be

P: I don' know, my one brother that's calm, he's also very techy

I: Yeah.

P: So I go to him about maybe computers or just different...I guess he's more like emotionally set kind of, I can probably go to him about some more serious stuff. My other brother's kind of like, I was at this party the other night.

I: Gotcha.

P: Like, we kind of correlate like that, but, I mean I'm close to them. I could go to them for anything I know, but I don't know, I just

I: In terms of how you relate to them though?

P: Yeah. Calmer bother has a, I have a niece. And so he's more like, I wouldn't say father figure

I: Yeah.

P: But he has those traits, as where my other brother still bachelor, kind of,

I: Gotcha.

P: so they're just at different points in their lives.

I: Makes sense. When you think of vulnerable self, what do you think of?

P: Just like any time I need somebody I guess. Or any time I feel like I am not my happiest self

I: Right.

P: I guess.

I: Can you think of a situation?

P: I don't know, last semester I got stuck in this situation where my roommate and I did not...I ended up moving out so

I: Yeah that sounds really stressful.

P: Yeah. It was very stressful and so I don't know, I'd rant to my boyfriend about it, because I feel like parents would be like, "oh you two are just young kids, you know. You'll get past it." I mean they still took it serious but I feel like talking to somebody my age and somebody that's super close to me helps more.

I: Right.

P: Does that make sense? My parents are older to, in terms of parents' ages so they'll just say like, "back when I was your age..."

I: They might not relate to what you're going through.

P: No they just probably think like, oh it's probably just girl drama. Which I'm sure, it probably was. It was really stupid but I don't like drama

I: But intense though, it sounds like.

P: Yeah.

I: It couldn't not be intense if you eventually moved out I imagine

P: Yeah. It was towards finals, too.

I: Wow.

P: So I was worried about that and

I: Yeah.

P: It was just very stressful.

I: So when you went to your boyfriend about that, can you remember how that went?

P: Yeah. Well he's just always on my side, so it's just like, if I say anything, he's not gonna be like, well, "you did do this..." He's just gonna back me up, which in my opinion I didn't really do anything wrong in the situation but yeah, I don't know. He's just like there, to listen to me I guess.

I: So would you say he listens more or gives advice? What's his strategy for how he

P: I guess both. Because he's the calmer person in our relationship. He's probably made me more calm, but I get riled up about things more easily. So he'll be like, "oh just it'll all blow over, you just gotta get through this semester."

I: Reassuring

P: Yeah. Or if I'm really mad, he'll just back me up like, "yeah what she did wasn't right", but yeah. I don't know.

I: Okay. And is there another situation you can think of?

P: For vulnerability?

I: Yeah.

P: Freshman year I had three people, they were super close to me passed away, and it was really tough. It was in a

I: Three people?

P: Yeah. It was in a matter of three months too, so it was super hard like my great grand mom, and one of my friends from high school committed suicide, which was super hard because nobody expects to go through that.

I: No.

P: And then, February, my cousin just died in his sleep. He was like 30,

I: Oh my God.

P: He just had like a heart thing happen.

I: Yeah.

P: And then he just didn't wake up, which was horrible. I wasn't too terribly close to him, because he's just so much older, but one of my good friends and my great grandma really hit me. He doesn't understand as much, because he hasn't had any of his, he has all his grandparents and

I: Yeah.

P: All that, and I started losing my grandparents when I was like in elementary school.

I: Right, because your parents are older and

P: Yeah. I mean he was there for me but

I: Who, what are you talking about? Your boyfriend here?

P: Yeah.

I: Mm-hmm (affirmative)-

P: Because I'm at school

I: Yes.

P: So it made it even harder

I: Yes.

P: because I was

I: So you had some stuff that you were expected to just show up and be

P: Yeah.

I: The same person.

P: Yeah.

I: So how did you cope with that?

P: Lots of crying and then, I don't know. Like I said, my dad isn't affectionate.

I: Mm-hmm (affirmative)-

P: And that kind of runs in the family, I kind of grew up like. And I had two older brothers so I was like, tomboy-ish

I: Yeah.

P: Picked me up by the bootstraps and carry on so, it's not that I was told I wasn't able to cry, but I just grew up, crying was not, you fight it out and

I: Yes.

P: you know what I'm saying?

I: Yes.

P: My grandma passed away, I just cried, like days. And my friend, once I'm over that, it was just kind of like, sad but,

I: Right.

P: not like, I don't know. I feel like I deal with it differently than other people.

I: But you allowed yourself to cry

P: Yeah.

I: And to be, and did you do that mostly alone or did you do that with others?

P: Both. My boyfriend came when I was at school and he was just like, I don't know what to do and I was like, well just sit here and hold me while I bawl my eyes out.

I: Yeah. Yeah. Right.

P: There's not much you can do.

I: Right. But did it feel good to have him there?

P: Yeah.

I: Or was it

P: Yeah. Definitely.

I: hard? Did you feel alone when you were dealing with it a lot?

P: No. It was also right before Thanksgiving break so

I: Okay.

P: we went out to the hills, which made it kind of better, because then we were with the entire family.

I: Yes. You were able to talk about it.

P: Yeah and then we had fun afterwards, because we had Thanksgiving out there then too.

I: Yes.

P: We were able to actually have a family holiday, which we never really get to do, so that was kind of nice but the adults had fun after. I feel like they just kind of like let loose.

I: After such an intense thing.

P: Yeah after everything happened. After the funeral, and after like Thanksgiving. They were probably just like, let's drink.

I: Right. Right. Sort of, letting go after all that

P: Yeah.

I: intensity. Yeah. Dealing with it. So you put your mother in there. Can you give me an example of when you went to your mom and you felt vulnerable about something?

P: Like everything.

I: Okay. Yeah. Give me some examples of

P: Like when my really good friend died I was home, and so I told my mom.

I: Yeah.

P: But. I don't know. I go to my mom about everything. It's like that classic, like you're in college but you still call your mom.

I: Yes.

P: You have any sort of problem, you know, like, mom I need my insurance card, or I need this, or I have an appointment for this, or I'm sick.

I: It's just if you're just feeling off balance.

P: Yeah. Just like anything.

I: Okay and how do those usually go? What is the outcomes of those?

P: She just talks, she's like, okay, what do you need? I don't know.

I: So you have a sense that, when you call her, she's going to

P: Oh yeah.

I: Be there for you.

P: Without a doubt. Because my brothers moved out when I was so young and so I saw how she was towards them,

I: Yeah.

P: When they were young, so I feel like it's the same with me. She's still goes over to my brother's house and cleans

I: Right.

P: It's just the mother in her.

I: Right.

P: And so

I: She really takes care.

P: Yeah.

I: And so is there things that you go to her for that you wouldn't talk to your romantic partner about?

P: Maybe if my boyfriend's being a nuisance.

I: Yes.

P: I'm just complaining, but it's not that I keep that from him. I'm a very straightforward person.

I: Okay.

P: Because my parents were high school sweethearts.

I: Yeah.

P: So sometimes I'll be like, did Dad do this?

I: Oh, sure.

P: Something minor.

I: Wow. Okay.

P: Yeah. So

I: That is interesting, yeah.

P: That's kind of nice to have because my brothers aren't like that. One brother's getting divorced, with the kid, and then the other one just, he just loves the bachelor lifestyle.

I: Okay.

P: He just recently got a girlfriend a couple months ago but none of us really hold our breath

I: Oh, okay.

P: He's

I: It's not gonna

P: I mean it might,

I: Right.

P: We just don't wait for him. It's not we're like, oh, he has a girlfriend, he's going to get married.

I: Not likely.

P: So I have that in common with my mom. We started dating somebody

I: Right.

P: in high school, so we can kind of compare, even though, you're comparing the 70's versus

I: Yeah.

P: Because sometimes she doesn't understand

I: This whole social media stuff

P: Yeah. That doesn't get in the way of anything. I know some people that have had relationships that they let social media dictate. I feel like they're relationships so it's just stupid to me.

I: Right. Doesn't seem to impact your relationship.

P: Yeah. My parents are pretty old-fashioned, so I feel like I grew up like that so my boyfriend and I have the same morals when it comes to that

I: Okay.

P: So it's just like stupid to do. I don't know.

I: So how are you usually talk to or communicate with your boyfriend? Are you guys more face to face or

P: Yeah.

I: See him a lot?

P: He goes here.

I: Okay. Okay.

P: So I see him every day.

I: Oh okay. Okay. Do you also text each other or

P: Yeah.

I: Or Snapchat or what

P: Yeah. We'll text each other, but mostly it's just in person. Next year, we'll be apart, because I'll be in [inaudible] another year, which it'll be the first time. It's only a forty minute drive.

I: You don't live together now do you?

P: No.

I: And how do you communicate with your mom mostly?

P: I text her. She likes to FaceTime because they were born in the 60's so technology is hard for them.

I: Yes. Yes.

P: I feel like if they were ten years younger or five years younger even, they might have a little bit more knowledge about technology but they're not

I: They're not interested?

P: Well my mom started being interested

I: Yeah.

P: A couple years ago, she got an iPad and then iPhone last year

I: Okay.

P: which was a new thing.

I: Yeah.

P: So she really likes to FaceTime because I feel like it's a new thing for her. She likes technology. She keeps up with that, for my dad too because my dad's still on the flip phone

I: Okay. T

P: Thing.

I: Okay. Right.

P: And so she likes to do that kind of stuff but if it's just a like a fast little thing I'll text her.

I: I see. How often do you think?

P: I talk to her at least once or twice a week.

I: Okay.

P: I feel bad sometimes because my brothers don't think about it because they're guys I feel like.

I: Yes. Yes.

P: She's home alone because my dad works kind of late because he's a truck driver.

I: Right.

P: My mom will get home at 3, and not have anything. She just kind of crochets and she's just all alone in the house all the time. I just feel bad.

I: So you're thinking about her.

P: Yeah?

I: Does it usually start with you contacting her? For FaceTime or texting or?

P: It kind of just depends. Most of the time it starts off by one of us needing something

I: Okay.

P: like a question or something.

I: Oh okay.

P: Or hey, this is going down this weekend, can you come home or stuff like that.

I: I see.

P: Sometimes she'll just be like, can you FaceTime?

I: Oh. Right. Sure.

P: I pretty much always answer. I feel like my brothers are just, like ugh, mom, you're fine.

I: You two keep in contact a lot more you would say.

P: Yeah.

I: That way.

P: Probably. Yeah.

I: Oh, what did I do here? Okay see technology right? Okay so here we are and looking at this, would you say, did you move anybody in? Did you move....

P: I think that's the same thing.

I: It's the same. This is the second one where I asked if you wanted to move someone closer.

P: Oh yeah. I didn't move anyone.

I: You didn't move anybody?

P: No.

I: So why wouldn't you move anybody?

P: It just works.

I: Okay.

P: I feel like I couldn't move my grandma, because she's always gonna live out there, and I'm never gonna live out there and it's inevitable.

I: Right.

P: I'm still really close to her but there's just no way that that would

I: Sure.

P: And my brother's just, they're brothers. I don't know.

I: So they're there.

P: I feel like you can't be as close to your brothers. I'm still really close, I don't know how to explain it. I'm really close to my brothers but I feel like they're friends, kind of

I: Right.

P: Unless something happens but I really just have a really good time with my brothers

I: Yeah.

P: It's never like, talk about relationships or something.

I: Gotcha. It's a different kind of relationship.

P: I feel like it's weird too. I don't want to know what you're doing with girls.

I: Yeah.

P: Like I'm their little sister, like their baby sister. So they don't want to know.

I: That's like too much information.

P: Yeah, so it's just like, wrestle,

I: So sure you guys have that, like friends and companions.

P: Yeah.

I: They would be there for you but

P: Yeah. Definitely.

I: Okay. When you think about the vulnerable-self versus true-self, how do you see these as similar or different? Oh I see you put a very different diagram of true self.

P: Yeah just because I feel like they're all close to me in a sense.

I: Okay. So when you say they're close to me, true self

P: They all know me, as my true self,

I: Okay.

P: but in terms of, in times of vulnerability, I would like thinking of who I would go to, and so I'd go to my boyfriend and my mom. I would go to anybody but if I have the options

I: Right.

P: then I would choose those people, but they all know me. They all know my true self.

I: Right.

P: They know everything about me, and so, that's why it's probably different. '

I: So they know you, are you thinking they've seen your personality?

P: Yeah. Personality and just everything. They just know how I am. Yeah. I don't know, I just don't know how to explain it but

I: I think I get it so like the vulnerable self is when you're experiencing something, that's vulnerable

P: Yeah.

I: And knowing you is more about just who you are as a person

P: Yeah, pretty much.

I: Yeah. That makes sense. So my sense is you probably didn't change much here on the second one.

P: No.

I: Did you notice any change?

P: No.

I: No. Didn't think so. Okay so, that is that. You said you would maybe add more people maybe because of your brothers.

P: Yeah.

I: You wouldn't have liked to separate them.

P: One of them my best friend.

I: Okay.

P: Yeah, brother. My niece I guess.

I: Oh. Okay. Sure. But they would be more on the outside.

P: Yeah, well my niece is like five.

I: Oh okay. Sure. I see.

P: So, she's kind of just like

I: These are people important in your life

P: Yeah.

I: but

P: But my niece is like, I love her to death.

I: Yeah.

P: She's my first, there's not many young

I: Yes.

P: people around me and I

I: Yes.

P: And I grew up as the young one

I: As the young one, right.

P: I was always kind of like, my brothers were in high school like, leave me alone don't talk to my friends.

I: Yeah.

P: Go away. I was the annoying little sister. My niece is my inner child I guess.

I: Right. She brings out a different part of you.

P: Yeah.

I: Otherwise don't really have an opportunity to show.

P: No. And I never really did. I'm not saying I wasn't a kid but I have always been super mature because of my brothers so I feel like my niece is just like, have a good time.

I: She allows you to be a kid.

P: Yeah. Just have a good time. We just

I: I totally understand. Yeah.

P: Yeah.

I: That's a lot of fun.

P: And I have a feeling I'm not gonna get any nieces or nephews any time soon and so

I: Doesn't sound like it.

P: She's my only

I: Yeah. Okay. Well lucky her then, that's great. Well I think that's it here.

VS4

I: Alright this is OT-19 visit one WHMT interview.

Does this accurately depict how you filled out your vulnerable self? Yes, bullseye.

P: Yeah.

I: Alrighty. Can you tell me a little bit about why you placed each of these individuals within the target the way you did?

P: Because my mom and step dad are really close to me, I've lived with them ever since I was, I lived with my mom ever sense I was born and I've lived with my step dad ever since I was... I think, seven, eight years old. So I've spent most of my life with them and they've given me everything, so, that's why I placed them. And they always help me out the most when I have any kind of problem, so.

I: Sure.

P: So I place them to the closest circle. And my romantic partners, so if I'm talking about my current romantic partner, so now I don't live with my mom and step dad but if I have some issues or something the person who I would share with the most is my romantic partner. So I placed them kind of far away from my parents, I mean I loop over in general but because now she's with me, I placed her over there and my grandmother, so when I was a kid she was very close to me, like as much as what my grandmother and aunt, they were very close to me. But, now they're not and if I am thinking about in general or throughout my life and if I think about that period of time, they would have been placed here but see now in general that's why I placed there, there, and there but not as close as my mom and step dad.

I: Perfect that's what I was hoping you would, like I said think about just kind of right now what you're feeling, that's good, so you know they would have been closer to the center but you have them apart. Alright, was it difficult for you to come up with five? Or limit it to five even?

P: It was a little bit difficult to choose between. So, this for options with my mom, step dad, romantic partner and grandmother, I was okay. I had difficulty choosing between my aunt and grandfather because both of them were kind of closer but I came up with aunt.

I: Alright. Fair enough. So you had mentioned that your mother and your step father, you've lived with your mom your whole life and your step dad from a very young age, is there one or the other that is closer to the center of that circle to you if you had to come down to it.

P: Yes. It's definitely my mother.

I: Definitely your mom? Alright.

P: And can you tell me a little bit why that is, is there a memory or a situation that you felt real vulnerable around your mom that really made you say she was the one that belongs closest to the vulnerable self

I: There were several situations. When I was a child, like probably one or two years old, and my mom - if I have to say one of the examples it would be this - my mom use to leave [inaudible] me and she struggled hard to take care of me when she was by herself. So here, this would be one example.

P: Sure. Alright, very understandable. What would be an example of a time like that with your step father? Maybe that would help me distinguish why he's just a little further out.

I: So it's about the situation. He wasn't there. So I can't put him that particular illustration but, there also moments where I also felt vulnerable. So when my step dad came in to my life and my mom's life, our lives got better, and that's why I put him in kind of a closer place.

P: Sure. No, I understand.

I: Can you give me just an example off the top of your head that shows how that affected you when he did show up? You said it got better but what would maybe be an example of all of that?

P: At first, I didn't feel nice. Cause I was a kid and I had a step dad which I had no idea about what a step dad is and it's like a new person in life all of a sudden. So, I was feeling this is a weird situation, I wasn't feeling good about it for some - for like a duration of time. But, if I see now, I am an adult and if I see in general, I feel like he's been in our lives, our lives have benefited, both of us. Like both him and ours as well, so it has made all of our lives happier.

I: Sure. Is there something specific that he's done that makes you feel happier?

P: Something specific would be is, he came and a family was formed, and after a family was formed, he was kind of something specific would be emotional support, financial support. [crosstalk] families there, the whole families there.

I: Alright. What would be an emotional subject you might go to him for? Or your mom for even. Is there a big distinction between the two?

P: Like when there's something really bad going on in my life, I first say to my mom, not to my dad cause I feel like - I'm also friendly with my dad, but I'm comparatively more friendly with my mom than with my dad. So, one thing would be - so for example in last January in my romantic partner's birthday, It was kind of messed up cause I went really late and we were fighting and arguing and all that and it was a bad situation and I had emotional breakdown and so I went to my mom to talk about it.

I: Okay. Alright. I guess I'll just move it right out to your romantic partner then since you brought that up. You know you said you had an emotional kind of break down with that - what did that whole situation look like?

P: So I thought like it was going to end.

I: And you said you had a break down, you went to your mom, how did the interaction between you and your romantic partner go? How did that situation end up kind of playing out, would you kind of tell me about that at all?

P: Like how I told it to my mom?

I: How the situation between you and your romantic partner went down and then what you told your mom about?

P: When I call her we just talk about - she just asks "what did you eat today?" Or "how was your day?"

I: Mom questions.

P: Yeah, mom questions. And I just said randomly like "Hey, I need to tell you something" so I had her birthday and I went there real late and this happened. So she explained me just go talk to her, don't panic about much, just it happens, but just be careful the next time. And after she gave me advices, I felt really good and I could sleep at night really well.

I: That's really good. It's nice to have someone that can do [crosstalk] that when you're feeling that. What did the kind of the make up between you and your romantic partner look like? I'm assuming you guys have kind of made amends at this point from that?

P: So, we [crosstalk] we didn't talk that night.

I: Sure.

P: Cause she didn't want to - I mean I didn't even talk to her directly cause she didn't want to see me and I asked my friends can you ask her if she wants to talk. She said "no". So the next day I just randomly texted like "do you have anything to say?" and she said "I don't know - nothing to say" and I don't know as usual I was just texting her and I said "would you like to meet?" And I need to tell something and she first [inaudible] but like I always do, I made her to meet me.

So we met and talked about it, and it was - first I explain everything in a fun way. I didn't want to explain seriously, I like talked in a funny way so she feels better and if she had any problems we discussed about it. And everything was sorted out, it took time, it took about some hours talking - just talking.

I: And how do you feel about that now? How are you guys doing now?

P: It's fine. I feel like if we have some difficulty in life or if we have barriers and we have crossed those barriers. So we tested the strength of our relationship and it means that our relationship isn't as weak. If it was it would have been broken right then cause that was a pretty bad situation.

I: Sure. That's definitely a good way to look at it. I'm glad that the whole situation finally worked out.

P: Thank you.

I: But I do see that your romantic partner is quite a distance away from the center based on where your mom and step father are. Can you tell me what that distance means?

P: I viewed this whole side in general of my whole lifetime period. So, she's like a new person in life and I can't put her all of a sudden as much as close to my mom. I mean currently, if I say within a month I would place her in the center probably, yeah. But if I see over the course

time of my life, I think I should have even placed her father than my grandmother and aunt here.

I: But if you're just thinking this past month or so, she would be a lot closer.

P: Then she would be closer.

I: Alright. Do you think she'd be more center than your mom and your dad?

P: No.

I: No? She'd still be just outside of them.

P: Maybe as much as my dad.

I: Okay

P: Not as much as my mom.

I: Okay.

What's a vulnerable time that you could share with me between you and your romantic partner that would be.

P: A vulnerable time is someone ...? That is one of them. I told that

I: That's - you'll go with that one? Okay. Sounds very good. And then your grandmother and your aunt, are they same distance? Does one come in fourth place? You said probably just your grandmother earlier you said you was having a hard time ...

P: Yeah. No, between my aunt and my grandfather. But, because I placed them there because when I was a child, they were a big part of my life. And if I see - now they're not as much, I mean I still talk to them and stuff. But, if I say how much they affect my life, not as much as they did until I was like 12 or 13.

I: Sure, growing up.

P: Yeah. And if I see that period of my life, they were pretty close to me and that's why I put them there.

I: Okay. Do you have a specific vulnerable memory with your grandmother? That comes to mind?

P: I have to think. So, one thing I can think of is when my mom was angry at me and she wanted to punish me or something, or she was mad at me, my grandmother helped to take care of the situation and she kind of explained to my mom "don't do this" and "you just did this" so whenever my mom would be too made at me or something, she took care of that.

I: Okay. Sure. I understand. I'd like to real quick, just look at this desirable vulnerable-self versus true- self - and they look pretty similar. I think the romantic partner is the only one that's moved on this. Does that sound pretty accurate?

P: Yeah. If I say to my true self, yeah, I think so.

I: So, why do you think that you would like to see your romantic partner closer to your vulnerable self?

P: Closer to my true self?

I: So, yeah with this one, this would have been how you saw your vulnerable self and this you want to see your vulnerable self. So looks like you'd like to see your romantic partner a little closer [crosstalk] correct?

P: Yeah. It's because I want to go more forward with her, go father with her. And I want her to get closer, I want us to be closer and closer. So that's how I want to see her.

I: I understand. How long have you guys been together?

P: It's been just two months.

I: Two months? Okay, sure. Still young in the relationship. Got ya. Got ya. But then everyone else, they've stayed pretty similar. Is there any reason you didn't move any of those individuals closer or further away?

P: I would like my parents to be there all the time and my romantic partner to get closer. About my grandma. I don't want her to get that much involved in what I'm doing right now, cause I don't want for what's going on in my life to affect her cause she's pretty old and I would like to - I would like to be there instead.

And about my aunt - I don't know, I just would like her to be close to me, I would say. I don't know, I would like them to be close, yeah, why not?

I: Cause I know you'd said that when you were younger they would have been closer in the circle.

P: Yeah.

I: If you would want to get back to something like that or if you're alright with [inaudible]. Sure. Alright. Well that's all I've got on this vulnerable. Let's just pull up the true self here real quick. On doing that, real quick would you mind telling me what vulnerable and true self meant to you when you were thinking about filling these out?

P: Vulnerable meant to me as when - so let me get it like this - when I'm vulnerable, I'm exposed to threats and dangers and who I would like to be close to me - who I can trust 100% with my eyes closed I can trust them to help out with those situations, that's when my vulnerable self is. True self I would say in general how I am as a person. That's what I thought of.

I: Okay. As I do see some differences between your vulnerable and your true. Mom and step dad and aunt so far have stayed similar. Does that sound right?

P: Yep.

I: Romantic partner you did move in a little more on your true versus your vulnerable and your grandmother you moved in a little bit on your true versus your vulnerable. Can you tell me a little about that just since those two are different? [crosstalk]

P: With my true self my mom and dad are pretty close. They know me in general very well. With my romantic partner, she knows me pretty well, now. And, because she also knows a lot of things about my past cause we like talk to each other about our pasts.

I: Sure.

P: And because she knows about my past and my present as well, I put her kind of closer and with my grandma and aunt, they know my past very well. They also know my present but they don't know the every day issues in my present day. That's why I put them a little bit further away from my romantic partner. Because she knows every day what I'm doing and what I'm going to do, what have been in the past and that's why I put her closer to them.

I: Sure.

That's very understandable. And then I think between your true self and your desired true self, is it just your romantic partner that's moved? Everyone else stayed the same?

P: Yep.

I: Alright and can you just tell me a little bit about ...

P: I just feel like with time as we get closer she can get better knowledge of my true self so the general motive of it is to get closer with her.

I: Alright. Totally makes sense. Alright. Well I think that will conclude everything, I just have one last questions for you - what sort of treatment do you think you received today? Do you think you got the drug or the placebo?

P: I think, I didn't feel its placebo. I just feel like - well it's kind of placebo because I feel like I am more confident in answering the questions but I'm not sure if it's a drug.

I: Alright. Sounds good.

VS5

I: Interview OT5 on 1/11. WHMT interview. Looking at the ... This the target you created?

P: Mm-hmm (affirmative).

I: Looking at that for the vulnerable self, can you tell me why you placed the people the way you did?

P: Well, my mom and I, everyone likes to call her my older sister. We're so identical. Even her senior pictures look like my senior pictures. Just when I'm at those low points, or like my most vulnerable self, that's who I go to because we're so similar. It's almost like she's my outer body experience giving me insight in a way.

I: Wow. Yeah.

P: Then you know, my mom is just like my grandma, so then it's just then that's why she's next. Then, I do have that strong relationship with both of my brothers and my dad, but just not as similar to my mom and grandma.

I: When you say you're so much like her, it's like ... When you talk about the senior pictures, it sounds like you look alike, but is it also ... But, there's a deeper level of how you're like each other. Could you describe for me an experience or memory that kind of illustrates that?

P: Like the emotional [inaudible]?

I: Yeah, yeah. The connection maybe with feeling of the vulnerable self.

P: It's just that, I mean, we feel the same way for everything. I grew up in a household where, you know ... I mean, of course, like elections will come up and like ... I remember in fifth grade I was always asking like, "Oh, who did you vote for? So-and-so's parents did this." I grew up in a household where they never told us because they wanted us to have our own opinions. They wanted us to not be told what to believe.

I: Right.

P: So, I grew up with my own beliefs. As I got older, I found out that even though my parents had no influence, I have the same opinions as my parents.

I: Okay. Very good. Very good. Looking at this, then, it's like your grandmother's second closest then. Can you tell me a little bit about that?

P: I mean, it's just kind of the same as my mom, almost ... My grandma and I's birthday is actually like an hour apart. We've had that close relationship for the past 19 years. It's just it's similar to like my mom. She's basically the older version of my mom.

I: Sure. Interesting. Does your mom have a similar relationship with her mom then, your grandmother?

P: Yup.

I: So it's really generational how that's passed on. Can you think of a memory that experience with your mom that you can tell me about that kind of shows that relationship?

P: With the relationship? A lot of it's just like the growing up. Since I am her only girl, just us doing things together. I mean, we grew up where once a weekend all the girls on my mom's side just go somewhere and we do stuff together or once a year.

I: Oh, is that right?

P: Mm-hmm (affirmative).

I: Once a year you guys had girls' day out kind of but-

P: Weekend, actually.

I: Weekend.

P: We call it sisters' weekend.

I: Oh, excellent. Okay. Very good. I see in the outside here your father's out here. Can you tell me a little bit about that, your relationship to your father?

P: It's good. Everyone likes to say that although I'm identical to my mom, I'm also identical to my dad, but my dad and I more have the stubborn, hard-headedness figure. I mean, because he is ... I mean, I love my dad to death, but because he's more so the male, I find him harder to connect with on some levels, but we have other levels that make up for it, so I wouldn't ...

We're more so the mean type of love to each other. We can shout at each other like, "Just shut up. I don't care."

I: Oh, really?

P: But then like five seconds later, we're joking and laughing type stuff.

I: Sure. You don't take it seriously and that's why. Right that makes sense. Can you give me an instance or experience?

P: Well, I went home this for winter break. I had just gotten home from work. Both of them, both my parents, didn't have to work that day, but I did. I was just sitting down. He was screaming at me. He's like, "You're being lazy. You need to do stuff. I bought supper and you're making it because I don't want to make it." We got into this heated argument, just swearing at each other and stuff like that. Then, we're finally finished making it. Then, we were swearing at each other and all this. Like five seconds later, he's like, "Okay. Pass me that. I want some." And it's just like nothing ever happened.

I: And then it was over. Okay.

P: That's just kind of like how our relationship is.

I: Right, right. So very different than your relationship to your mother than.

P: Yeah.

I: I can see. Yes. What does your mother do when you guys are having this back and forth?

P: Oh, she just laughs at us. Because I'm the only one that gives it right back to him.

I: Right. And only one in your family or in your siblings?

P: Mm-hmm (affirmative).

I: Oh, okay. Okay. That makes sense. Your romantic partner's not in the target. Is there-

P: The romantic partner's like within two, three months, so it's not 19 years that I have with these other people.

I: Right, right. Can you tell me a little bit about your relationship to your romantic partner?

P: I mean, it's fairly new. It's just kind of like we like to consider it just like old school type, just kind of like talking, going on dates.

I: Gotcha. So very beginning, new stuff, getting to know each other. Is that right?

P: Yeah.

I: Can you tell me about an experience that you've had recently with him?

P: He met my parents the day I left to come back to college, actually. He goes to the University of (name). He drove, and yeah, he met them, and then stayed with us until I left.

I: Oh, interesting. Okay. Perfect. Thinking about challenging issues in your life right now, what issue do you think makes you feel most vulnerable?

P: I would have to say probably a money aspect, because, I mean, my mom had three kids, with me being the oldest at five. Then, she became a stay-at-home mom because we were so young and growing up and so close together. She didn't go back to school until my seventh grade year. She graduated my junior year. Having just low income for a while was very hard. Then, she has her school. I have my school. My brother is highly, highly competitive in track. So trying to pay all three of those, becomes very tight.

I: Stressful.

P: Yes.

I: intense. Yes. How do you handle that?

P: I try not to think about it, but I also try to help out as best as I can. For example, I took my brother to (state's name) for USA TF Junior Olympics so my mom could stay working and my dad could stay working so they could help, you know, stuff like that.

I: Gotcha. Okay. When you're feeling overwhelmed or vulnerable, what do you typically do?

P: I think it would have to depend on the situation, like if I were at home versus at college. At home, more so if I was feeling vulnerable, it would just be more of talking with my parents about it like, "Okay, what are we going to do?"

I: Yes.

P: I personally feel like there's not much that I can do because I am so ... I wouldn't say isolated, but so far away from them that I feel like there's not much I can do.

I: Right. Has there been instances of that where you felt that?

P: Surprisingly, no.

I: Okay.

P: And I'm hoping that it doesn't.

I: Yes, right. For certain. When we move on from here to the second one, it doesn't look like there's any change. Is that right?

P: Mm-mm (negative).

I: Or did you move anything?

P: I didn't move anything.

I: [inaudible]. Okay. Can you tell me why?

P: I just feel like that's ... Like just how I explained, that's where everyone is.

I: Okay. And you're satisfied with that-

P: Yeah.

I: ... situation where people are at? Okay. That makes sense. When we moved into the ... Oh, let's see here. [inaudible]. Okay. Almost there. So then looking at true self, can you tell me why things are a little different here than your vulnerable self?

P: Well, like I said, growing up, I've been exactly like my mom and exactly like my dad. That's why they are there. But then, I also have a brother who has the same mindset as I do. We try to be perfectionist even though that's not possible, but we still try where we both want to become physical therapist. My senior year, we were in the same three sports, and so we rode the buses together. We were very much best friends. And so we just have like the same ideologies, whereas my grandma and my brother ... I don't get to see my grandma as often I like because she does live in another state, but she is still there in my life. Then, my other

brother just likes to lay in his room sometimes instead of be out on the track like my other brother and I.

I: I see. So in a way, it seems like you're describing a different approach to life or something, is that that you share with one brother. So when you think about the difference between how you filled this out for a true self versus a vulnerable self. How are you thinking about these two things differently?

P: I see the true self on how you see life almost, like what makes you you in an essence. You know, my brother and I share ... My oldest youngest brother share, we share all these in common. However, I do share similarities with my other brother. That's why he isn't farther out on this spectrum. It's just we're not as close as my other brother and I.

I: Sure. That makes sense. How far apart in age are you from your brother that's in the inside?

P: I'm three years older.

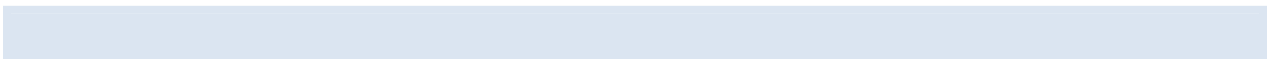
I: Then, the one on the outside?

P: Is five years.

I: Okay. All right. Let me just see if there's a ... I think that really concludes it. Do you have any questions about the target center?

P: Not really.

I: Okay. Very good. All right. Well, thank you. [inaudible]



VS6

I: All right. It's 2-13 interview OT 13. First visit. The diagram test. WHMT.

Okay. In this case, if you could just tell me why you place people in there as you did.

P: Well, my sister was in the middle because it feels like I just have the most experiences with her.

I: Oh, okay.

P: The most memories. You know what I mean?

I: Yeah. Kind of. Tell me about some of those memories, like what?

P: Like going on trips with each other and just hanging out and when we were both in high school, we'd always just go and eat out together and [inaudible].

I: Ah, okay. Just being with each other a lot. When you think of vulnerable self, then what kind of things were you thinking of then?

P: Like being able to talk to them about anything and not having it be uncomfortable.

I: Yes. Okay. Good. It looks like between ... Your romantic partner would be ... Your boyfriend would be the next closest. Is that right or would you say is there an order between, would you say your sister and him?

P: That's a hard one. She knows ... She's seen pretty much all of me since we've lived together. Our ages are close together too so I guess that might be another reason why, because we've been ... Since we've been together since we were little, she's seen literally everything.

I: Oh. All parts of you.

P: Yeah.

I: Would you say that she edges over your boyfriend a little bit because of that?

P: Yeah, just because she's might've seen me in all different types of emotion, like really happy or really, really sad, or really dumb stuff.

I: There's nothing that you feel you need to hide from her?

P: Yeah.

I: Okay. Tell me a little bit about your relationship to your boyfriend, why he's there.

P: Well, I've also spent a lot of time with him but I feel like he's right next to my sister and not lined up with her because ... just because of the time. We just started dating half of a year ago.

I: Okay.

P: Maybe down the line, it would change.

I: Yes.

P: I feel really comfortable with him also, like the same way with my sister.

I: Gotcha. So you've been together about six months. Can you tell me about what makes you feel that way about him?

P: He's just a really open-minded person and he's really understanding and vulnerable and easy to talk to.

I: Okay. Can you tell me about an experience remembering that shows that?

P: Just there have been ... Yeah. There was a time where I was really upset and that I was just being angry and just close-minded and he was talking me through it and helping me see other sides of things rather than just getting upset for no reason.

I: Right, right. So how he reacted to you in that situation made you feel that you can open to him. Okay. Then looking at more, can you tell me about why you put your other people where you did there?

P: Yeah. I'm just basing it off of time spent with them I think. That's what I really thought about because my stepmom was next and I feel like just because ... I live with them and so I feel like for some reason because she's a woman, that she would relate to me more for some reason.

I: Is that true of anything?

P: Yeah, with most things, yes. To me.

I: Could you tell me about any things?

P: It's silly, but I don't know. If I'm like, "Oh, I have to go to the store to get a tampon or girl stuff." My dad will be like, "Oh, ew." My stepmom would be like, "Okay. I can go with you."

I: Sure. Sure. You feel she's more approachable on that one?

P: Yeah.

I: Okay. Then your dad here. Can you tell me a little bit about your relationship to your dad?

P: It's really good. I feel like I can also talk to him a lot but maybe not the girl stuff just because of his reactions he's had.

I: [crosstalk].

P: When I have talked about. It doesn't bother me talking about.

I: Yes.

P: But it might bother him.

I: But he seems to be ... Can you tell me a little bit about how he responds?

P: Well, it's not like an angry way.

I: Right.

P: Like if I said I needed to go get tampons, he'll be like, "Oh, ew." But-

I: He'd be uncomfortable with it.

P: Yeah.

I: So you're like well [crosstalk].

P: So I'm like, "Well, yeah. Maybe I shouldn't say that."

I: Yeah. What kind of things would you be able to go to him to talk about?

P: I talk to him a lot about school and life and a lot we just sit down and we'll have coffee and just talk about anything.

I: Yes.

P: He talks a lot about his job. He really loves his job.

I: He shares a lot of information with you?

P: Mm-hmm (affirmative).

I: You currently live with both of them?

P: Yeah. When I'm not at college I do.

I: Okay. Do you have a relationship to your biological mom?

P: Yes. I lived with her up until I graduated high school.

I: I see. Okay. I see she is not in here.

P: No.

I: Can you tell me a little bit about that?

P: She usually wasn't really open-minded about things if I tried to come and talk to her about them.

I: Right. Can you tell me an example?

P: I don't know. It just seemed like some of the smallest things could irritate her a little bit and then if it did, then I would get in trouble for it.

I: Gotcha.

P: I usually just didn't ...

I: So then you stopped talking as much about those things?

P: Yeah. I still do have a relationship with her, but it's more just like letting her know how school's going and that stuff.

I: I see. Kind of keeping her up to date on stuff but not someone you go to with your problems.

P: No, probably not.

I: Okay. If you were to think about what is most challenging in your life right now, what would that be?

P: Getting money. Trying to sustain myself with money and trying ... because even though I do have student loans, I mean I have to repay that someday.

I: Yes. Is that stressful thinking about that?

P: Yes.

I: Do you talk about that stuff when you get stressed?

P: I do with my stepmom and my dad.

I: Okay. Okay. They're kind of the first persons you go to?

P: Mm-hmm (affirmative).

I: Thinking about, what do you think is the [inaudible] last time that you felt vulnerable, you had a situation where ...?

P: Like just vulnerable at all?

I: Yeah. Kind of related to this in the sense of feeling vulnerable, feeling that ...

P: I'm not sure. I can't think of a specific time. I know I have.

I: Yes. Yes. But it's hard to come up with a specific instance.

P: Yeah.

I: That's fine. It's kind of hard to remember those a lot of time. Okay. Now going on to setting up the screen. Looking at this, can you tell me what changed on that second screen? Did you

move anybody? This is the second one where you had the opportunity to move someone closer if you wanted to.

Does that ring a bell?

P: Yeah, but I don't think I ... Did I move anyone?

I: You didn't move anybody.

P: I don't think so.

I: That's fine. I mean would you move somebody if you had the opportunity or did you understand your option there? I mean you didn't have to move anybody.

P: Oh, yeah. You mean either farther away or closer to the vulnerable self?

I: Yes.

P: Yeah. I would have probably moved my dad and stepmom closer.

I: Ah, okay. Can you tell me about why you would do that? Why you choose that.

P: I feel like it would be easier for me, but I feel like I don't tell them everything because I feel like I would, I don't know, be like a burden or something.

I: Ah.

P: Or like they already have a lot in their life to deal with, so I feel like I would just be like [inaudible].

I: Gotcha. So you see they have a lot going on and if you were completely open, it might add more stress to your life. Is that right?

P: Yeah.

I: Or is it-

P: Well, sometimes. There are a lot of things that I do tell them. I'm not trying to hide anything.

I: Right.

P: But there are some things that stress me out that I just wouldn't tell them.

I: Right. That makes sense. Okay. I am going to move from here to a different task. Now we're going to go to the [inaudible]. And it's a little cumbersome. I've got to go back and forth. Okay. When you think of true self, and this is a little different, you got more people in the middle. Tell me how you thought about this one differently than the vulnerable self.

P: Vulnerable self, I thought about who could I be emotional in front of and not feel uncomfortable.

I: Yes.

P: But this one, I felt like I could just ... I feel like I could hang out with all of them and not have to feel like I have to be the entertainer. Do you know what I mean? Like I can just relax and just ...

I: Right. You can come just be yourself.

P: Yeah, or I don't really have to think that hard about what to say.

I: Gotcha. gotcha. Right. There's no pressure. You can just be yourself around them. That makes good sense. In this case, you have more people close to your center for that. Yes. Excellent. That makes a lot of sense. If you're going here ... You didn't move anybody on this on either, did you?

P: Uh-uh (negative).

I: If you could move someone, would you move anybody?

P: Yeah. I'd move all of them closer.

I: Okay.

P: So just ...

I: Be nice.

P: Yeah.

I: That makes sense. Okay. Let's see if I missed anything here. I think that about concludes it.
Do you have any questions about the diagrams or anything you've taken so far?

P: Uh-uh (negative).

I: Okay. Well, very good. That kind of concludes-

VS7

I: OT-16 March 12th 2018 visit one WHMT. Alright, so can you tell me why you placed the individuals in your bullseye the way you did?

P: Yes. So I'll start with ... best friend one. Is this for the

I: This is the Vulnerable Self.

P: So, I don't know, I'm not really so close with my best friend 'cause we live far away, but she'll always be my best friend. I know I can talk to her any time. She's not really here with me. My group of friends ... I don't know, some of them are kind of fake, but they're fun to hang out with, so that's why I put them there. And then my Dad makes me feel really vulnerable because he's just ... I don't know if I can cuss on here, but just kind of a jackass. I put my romantic partner there because he makes me feel the most vulnerable. My Mom's there 'cause she has the power to make me feel vulnerable, just like my Dad.

I: Alright, I'm gonna pause for a second and get back to why you worded it like that. They "make" you or "they have the power" to make you feel vulnerable. So does that mean ... So is that what you think of when you hear the term "Vulnerable Self"? The people who can make you feel more vulnerable around them?

P: Mm-hmm (affirmative)-

I: Okay.

P: Is that not how I'm-

I: No, no, you can interpret it any way you want, it's just that's one of the things we're trying to get at in our interview; is how you interpret it. I'll come back to that in a bit, but ... So you placed your Mother, Father and your romantic partner all within your inner circle. So can you tell me why you placed them all right next to each other instead of a little further out or ...

P: Yeah, sure. Just because they're three people who affect me the most in what they do. And I'm always thinking about - no matter what I do I'm always thinking about how will my boyfriend take this, how will my Mom take this, how will my Dad take this? And everyone else, I'm like, well they're [inaudible].

I: Interesting. Okay. Let me see. So looks like your romantic partner is directly over your vulnerable self, did you place your romantic partner there because they're a little bit closer to you than your father and your mother?

P: Oh yeah, definitely. That's my best friend and obviously my boyfriend. We've broken up a lot, gotten back together. I don't know, we've just been through a lot of stuff. So that's why I put him in the middle.

I: Okay. Can you give me an example - you said you've gone through a lot of stuff. Can you give me an example, or a memory, that comes to mind?

P: Oh man, the most vivid one - we just got back together yesterday. So probably just this last time, but ... I said we'd broken up a lot, so the first time it was because I was going to college, and he wasn't. So we didn't want to do that, but we just thought it would be best and be mature about it, but then we got brought back together because we just love each other. We've been dating for three years, off and on. And we always - seems like we always break up after a year. So a year goes by, we had a break up, then we got back together. Another year goes by ... and they're never very long. They're always for silly things.

I: So you said that you went to college and that's why you guys broke up the first time, is it just because you guys felt like you were going down different paths? Or as it because of a proximity type of issue?

P: No, I don't even really live that far away from him. 45 minutes. It was 'cause he felt like he was holding me back from other guys at college.

I: The typical ... alright, well thank you for sharing that with me. So, let me see here. One of the things that, like I said, you're more than welcome to interpret this any way you want, but one of the things that's been coming up a lot with these interviews is that when individuals hear the terms "vulnerable self" they interpret that to mean someone that they allow themselves to be vulnerable near. So if they go through something that makes them feel vulnerable, like maybe losing a job or something like that, then they would turn to those individuals. So is there any type of memories that come to mind where you would rely on any of the three people in your inner circle when you're feeling vulnerable?

P: Well, if I'm gonna interpret it that way, I would probably change that diagram.

I: Would you?

P: Yeah.

I: Like I said, you can interpret it any way you want.

P: If I was gonna think about who can I turn to, I'd probably keep my Mom there. Put her a little bit more to the outside and I would put my Dad way on the outside ... probably not even on the red. Put my friends closer.

I: Would your romantic partner stay where he is?

P: Yeah.

I: Okay. So, can you think of a type of scenario that would come to mind when you're feeling vulnerable where you might turn to your romantic partner or your Mother?

P: Yeah, I have three jobs, so I vent a lot to him, even to my Mom.

I: Okay. Alright. So going back to the way you laid this out and the way you originally interpreted it, so with your father and your mother, can you think of any types of examples with either of them that would come to mind when you think of a time where they made you feel vulnerable?

P: I don't know, it's kinda hard to say with my Dad. The reason I put him there is 'cause when I think of "make me feel vulnerable" I think of like, make me feel not sheltered at all, in a position where I can break down and cry. And he - my Dad really has the power to do that. He just has that voice. He has the power to just make you cry, like that. That's why I put him in there. [crosstalk]

I: Is there any type of specific memories that you can think of where he made you feel that way?

P: Just my whole life, he's not my real Dad, he's not my biological Father. But he's not my step-dad or anything, he's my Dad. 'Cause he has been in my life since I was two.

I: I get that.

P: And I don't remember my real Father. I don't know, I always felt like he ... Not 'cause I have siblings too, and they're his kids. So I don't know, I just feel like he ... Not that he treated me

differently on purpose, but sometimes he would ... just, I don't know, treat me differently from my siblings.

I: Do you mean that he was a little bit harder on you?

P: Oh yeah, definitely harder on me. Definitely [crosstalk]

I: Are your siblings younger than you?

P: Yeah, I'm the oldest. And I see that's how it goes, feel like the first child's the experimental child. And then everything else gets easier from there.

I: Alright, what about your Mother?

P: My Mom ... She had me when she was 18 so she ... I just wanna call her immature a little bit. She's a good Mom, but she does things that a Mom shouldn't do. Like, for an example, she'll just try to make you feel bad for her. I can't really explain.

I: I think I get it, though.

P: I'm trying to think of how to word it, but she'll ... If you don't do something that she wants, or if you don't make a decision that she wants, she'll immediately just be like, "I guess I'm not a good Mom," or whatever. She's kind of like that. But she does care a lot about me, she does a lot for me. But I always found my whole life ... she could care a lot more ... to talk to me and ... I don't know, take an interest in my life. 'Cause it feels like she was always buying me off.

I: Okay.

P: I don't know. I would rather have a parent that truly cares about me than buys me clothes and buys me this and buys me that. And I feel like that's how she is.

I: Does it seem like she's not really someone you can rely on very much?

P: Yeah.

I: Alright. So you said that sometimes she kind of tries to buy you off, can you think of a specific example of that? Sometime where she tried to do that, when maybe, like you said, didn't do something that she wanted you to do?

P: Well, what I mean by that is she'll buy me a whole bunch of stuff all the time, and then she'll be like, "I buy you this, this and this, you think I'm a bad Mom? I did this for you, I did this for you, I did this for you." And I'm like, "thanks for buying me things, but I also want you to be sincere to me, not just hand me your credit card."

I: Yeah. I get that. Alright, so then what kind of things have you done where it seems like she wasn't very pleased with your decision?

P: Oh God. I really think I'm not a bad kid and I never really was, I always ... Growing up I always wanted to run away 'cause she was just like crazy at some times, and my Dad too. But ... oh my gosh, probably my boyfriend that I have now. She ... I have a guy friend in my life, not really so much anymore, but we were friends for so long and she just loves this kid, and she wanted me to marry him. She's like, "he's so nice and blah blah blah" and then when I was, "No I don't have those feelings for him, I like this kid," she just couldn't accept that, and she made me feel so guilty about it. Still does, to this day.

Just little things like that, and if I don't do something ... It always just feels like I could do anything and it would make her mad. Even if it's not a big deal. I mean, I know it's a pair of shoes, pissed off. I dyed my hair, pissed off. I work three jobs, she could say, "Oh, good job, P." No, never.

I: Well, I'm sorry to hear that.

P: No, it's okay [inaudible].

I: Alright, so I wanna talk about where you placed your best friend group and your best friends. So, I know that you said that you're not very close with your best friend anymore. I'm assuming you mean in proximity, you don't really live near each other? Alright, so let me try to think of a way to phrase this. So, interpreting it the way you did, that best friend in particular doesn't make you feel like you're very vulnerable, but the group does?

P: So, okay I think I can explain this a little better if I just think about it for a second. I was thinking of it as, I can be myself around them, they don't make me feel like ... I can't think of the word. They don't make me feel like I need to ... like I can just be myself. When I think of being vulnerable, I'm like, "Don't touch me, I wanna cry." Just, "get away from me everyone." That's what I think of.

I: Then, I'm gonna pause you for a second because I remember you mentioning with your best friend group that it seems like some of them are kind of fake? So then, why would you feel more vulnerable around them, than with your best friend? If you felt like being vulnerable was you being how you truly are.

P: I don't know, just 'cause I feel like I can't trust all of them as much, but it's just fun to hang out with them. But I feel like if I actually needed someone and I needed somebody to rely on, I wouldn't be able to use them.

I: Okay, but you could use your best friend.

P: Mm-hmm (affirmative)-

I: Okay. Alright, I understand that. Alright, so ... then talking about your best friend, is there any specific examples that come to mind where you didn't turn to her in a vulnerable situation?

P: Yeah, for some reason we always break up with our boyfriends at the same time. She's been dating the same kid, I've been dating the same kid, since high school. And they aren't dating anymore, and we weren't dating as of a day ago. And so, I don't know, it's really weird and ironic. They have nothing to do with each other, 'cause we're all friends, but it's not like, "oh you're gonna break up with him today? Okay! I'll break up with him too!" It's not that, it just so weird. But we're always there for each other when it does, even if I'm with him, she's not with him, I'll still be there for her. And the guys are also friends.

I: So that's gonna wrap up what we talked about with the Vulnerable Self, and then you filled out another diagram, The Desired Self, for your Vulnerable Self. And it looks like everyone stayed the same. You didn't move anyone, right?

P: Nope.

I: So can you kind of explain to me why you didn't try to move anyone closer, further away?

P: Maybe I didn't understand this right. So my desired self, that's how I want it to be?

I: Yes, mm-hmm (affirmative).

P: So, I mean, taking it with the way I should have done it, with what vulnerable actually should mean, who is in the middle.

I: Like I said, people interpret it differently, so it's completely fine how you did it.

P: Making myself all confused, but ... So I guess this actually ... Ideally I'd want everyone in the middle, you know? Having the best people around. So I guess, ideally I would want everyone in the middle, but I guess I didn't really think about that. Yeah, I would want those three people in the middle for sure.

I: Okay.

P: But I know that's not gonna happen.

I: Alright, well, it's Desired Self so you can-

P: Desired.

I: Exactly, wishful thinking. Alright, so that's good enough for the Vulnerable Self, then. What we're going to do now ... hold on one second here. We are going to look at the next diagram that you filled out, it's called The True Self. Let's see, alright, does that look familiar?

P: Yes.

I: Okay, so for this one, it looks like ... this kind of looks like how you were explaining you would have filled out the Vulnerable if you had interpreted it the way that some other people do. So for this one, you placed your Mother and your Father completely outside the inner circle, on the outer ring of the red. Correct? So can you explain to me why you placed them there?

P: Yeah, because I feel like, especially my dad, they don't even know who I am. I think people have different personalities when they come home ... When they're around their parents, when they're around their friends, when they're around their boyfriend, when they're around their employer, it's all different. And I like to think I have the same core qualities, but then it kind of changes. When I go home I'm not ... I just kind of hide myself when I go home, because I know that if I'm my true self I will get a lecture. Or I'll get yelled at. My Mom's a little bit closer because I do tell her things that I don't talk about with my Dad.

My Dad and I never talk about anything. I think the closest we've ever been is him buying me a box of tampons. I think that's the closest we've ever encountered. Yeah, my Mom's a little closer 'cause I can tell her more personal things, even though there will be backlash, I still can tell her things. 'Cause I know it'll be fine in the end, but she's still ... I'm not myself around her.

I'll go drinking with my friends sometimes and my parents don't know that. 'Cause that's really frowned upon in my family, even though my Dad's an alcoholic. Irony. And I guess ... So, my romantic partner - I'm just gonna call him my boyfriend - he is there because I would like to think I'm my true self around him, but I don't know. I feel like maybe I try too hard sometimes. And then with my friends, I don't have to try so freaking hard, I don't have to try to please them. I'm just me.

I: So your romantic partner is just on the edge of the inner circle of your true self, so what you were saying about having to act a little bit differently depending on who you're with, would you say that with your romantic partner there are some parts of your true self that you may have to hide? Or not necessarily hide ...

P: Maybe not necessarily hide, just ... oh gosh, I don't know. I think he brings out a different person in me. Like I try my hardest, always. And then with my friends, maybe I won't make as good of decisions?

I: So are you a little afraid to disappoint your boyfriend, maybe?

P: Oh yeah.

I: Okay. Alright. So with your best friend group, your best friend group is the one that's right in the center of the inner circle for your true self. So, can you think of a specific scenario where you felt like you could be your true self around them?

P: Oh yeah. It's kind of weird now, but I'm thinking about all of this because they're the ones I can't really feel vulnerable with. But I'm my true self around them, that's kind of weird. I don't know, I guess just hanging out altogether, it makes you kind of let loose a little bit. I don't know. And then I guess my best friend is a little more towards the boyfriend side. I don't know why I did that, I just did it like the first thing I felt.

I: You should be doing that, like that, without giving it too much thought. Okay, so we're gonna go and look at the Desired Self for the True Self now. It looks like you ... you kept your Mother and Father where they were, but you moved your best friend one ... no your romantic partner closer to the center. So then with that, I'm assuming you just would rather feel like you could be more of your true self around your romantic partner?

P: Yeah.

I: Alright. Is there any type of situations that come to mind where you want to share with your romantic partner? That you can't currently, with your true self?

P: Oh yeah. So just yesterday, actually, since we got back together, we had a ... Tell everything that the other person did while we were broken up. That was a really hard conversation, because I'm the most loyal woman out there, you know? So, this time around - this is kind of personal, but - we broke up because he went to a strip club and lied about it. So then ... details, details, but then ... so, we're getting back together and one of my really good friends, Luke, didn't take advantage of me when I was drinking - but when I was drinking he kissed me. And I told him how I felt about it and I told him that I was like, "Bro, it's not cool. Not again." And that was a whole awkward other thing, but ...

So now I have one of my friends that's professing his feelings to me and I didn't know what to do and I was just like, well I know this happened and what-not, but I'm still in love with this guy over here, sorry!

I: Is Luke the guy that your Mom wants you to ...

P: No.

I: Okay, okay.

P: Different guy.

I: Okay, sorry.

P: Same thing with this guy, actually. He is right there when I break up with my boyfriend. Ready for me ... and I'm just like, stop. Just give me a breather. So, I had to have that conversation with my boyfriend yesterday, about that and it was really awkward. And I did not want to tell him, because that's just ... I did not want to tell him, 'cause I don't do stuff like that. I'm completely just all for him and it just sucked and I really hurt him, and I felt horrible.

I forgot what the original question was.

I: Oh, the original question was; is there any type of things that you wished you could share with him about your true self?

P: So that, I really, really wanted to tell him, but I waited a week to tell him. Because I could not bring myself to do it. I didn't know when to do it, 'cause we were doing so well and I was like, this just sucks. And I finally told him. Talked it out and it's all good now.

I: Alright, well I'm glad you got it figured out. Okay. Well perfect, thank you for sharing that with me. So, just a few more questions for you here. So is there ... So we kind of already talked about this, about your interpretation with the term Vulnerable Self, but when you hear those terms True Self and Vulnerable Self, what do you think that the difference is?

P: True Self ... the person you are inside, not holding back, not caring about anything else. And just whoever comes out when that happens, when you're just being yourself. And then Vulnerable Self ... that one is stumping me a little. 'Cause I guess it could be interpreted couple different ways.

I: Yeah, exactly.

P: But like, how I first interpreted it was ... like who makes you feel that way. But I guess, who do you feel comfortable being vulnerable with is something different.

I: Yeah, definitely. Like I said, you can interpret it whatever way comes to mind first. So it's completely fine the way you filled it out. But yeah, there are plenty of people - everyone that I've interviewed so far thinks about it that way; who they feel most comfortable with. So, it's kind of how I tailored my questions around. So then, when you were choosing the individuals to be in your diagrams, how easy or difficult was it to choose your five people?

P: My five people I probably could've ... If I were to go back and do it differently, I wouldn't have done a best friend and a group of friends. Because looking at it now, I would rather do someone more important to me, like my sister or something. That's a whole different other thing. I don't know where she'd be on it.

I: And it is possible, when you fill out The Desired Self, you have the option to add someone else in there. So, for instance, if you don't necessarily have your sister for your Vulnerable Self, you don't really feel comfortable sharing vulnerable information with her, or the way you interpreted it, you don't necessarily feel like she makes you feel vulnerable, but she comes up in your True Self, so that's completely fine.

P: So looking at that, I probably would've chosen her, because I do tell her everything. So that'd probably be a good one for Vulnerable Self.

I: Okay. And then if you had the option, I know that you said you'd maybe switch them out, but would you choose more or less people than what you did?

P: I mean, to put in my inner circle?

I: Yeah. Well, any of your ... Just the diagram in general.

P: Well, I mean everyone in my life has some type of impact on me, so I mean I'd choose as many as I possibly could, probably.

I: Okay. Alright, that's acceptable. So that concludes our interview.

VS8

I: Okay so, we have interview with participant OT8 on 1/10/18 at 3:30 [inaudible]. Okay. So I'm going to just ask you a few questions on your target and once again, no right or wrong answers, just want to get your perceptions, your experiences here on this. So looking at that target, that's your target for the vulnerable self, does that look like the one you created? So, can you tell me why you placed the people in there as you did?

P: I placed my mother first 'cause a lot of times I go to her and then (boyfriend's name), my boyfriend, is kind of a little bit behind her 'cause they're both almost equal. And then my best friend too, which is my roommate, I placed her 'cause I tell her a lot of things to and I go to her for a lot of things and my best friend, one is from home, we don't talk as much but she's still always there and I know she is. And my dad, you know, he's always up for talking if I need him.

I: I see. So when I look at this I see there's two people definitely in that sort of inner circle, one maybe sort of on the outside of it. Is that ... Was this significant to you how you placed them in the inner circle or not in that inner circle?

P: I figured the ones that were in more of the inner circle were closer.

I: Okay. So, thinking about ... Looking at both your mom and your boyfriend who are both, is it (boyfriend's name)?

P: Yes.

I: So your mom and (boyfriend's name) who are in that circle, can you tell me a little bit about what makes them, maybe begin with your mom.

P: My mom, she's always been up for talking and for problems and just seems to always understand and try to come up with a solution or ask me what I want and not always what she thinks and, you know, gives me her honest opinion.

I: Okay, can you think of an experience, a specific memory?

P: When ... A couple years ago when I broke up with my first boyfriend I was really sad and she ... I thought, you know, he's going to be the only one, so I was really sad and she kept on

telling me there's more people of course, and there's a lot to me that other people would find interesting and, you know, that ... And then I was going to college so there'd be more people that I'll be able to meet, and I'll see more things that I would potentially want.

I: Right, right. So, is there a memory ... So thinking about (boyfriend's name) now, why would you put him in there?

P: 'Cause I go to him about a lot of things and he's always there and I see him at least once a day, at least we try, and we always end up talking about our days and if something happened, if something frustrated us, we like to get each other's opinions or just to know that they're there to talk and ...

I: Gotcha. So do you see your mom and (boyfriend's name) for different things do you think in terms of your vulnerable self?

P: I would say maybe a little different, but also a lot of the same. I would get both of their opinions or just tell them both about it.

I: Could you give me an example of something that you would see them both about? Or talk to them both about?

P: Recently I was thinking about quitting my job so I called my mom and she also works at a nursing home and I got her input and see what she thought, maybe I should do ... And then, (boyfriend's name) who doesn't work at a nursing home, I thought I'd talk to him about it to see what he would think and if he thought it was just a crazy idea or if it'd be just not crazy and just find somewhere else.

I: And so you would ... Is that typically the order you'd go in too? For something serious in your life you'd talk to your mom first and then (boyfriend's name).

P: Something serious, yes.

I: And after you had that experience of talking to your mom, how did that feel afterwards.

P: More relief.

I: Okay.

P: And how about after talking to (boyfriend's name)?

I: Just like, insurance kind of. Kind of like a backup.

P: Oh, can you clarify, what do you mean?

I: Like my mom is relief and then (boyfriend's name) is just kind of like another relief but more of a insurance that everything will be fine.

P: I see, so how about in the specific case of when you talked about leaving your job? How did you feel after talking to your mom and then after talking to (boyfriend's name).

I: My mom was like a relief, kind of like, she told me, do what you want. If you really don't like it there then quit and (boyfriend's name) said a little bit of the same, but his was more of an 'I don't know what you should do, it's all up to you, I never worked there or worked in that setting.

P: Right.

I: So, he was able to listen but you weren't able to really get a lot ...

P: Yeah, he was just there for me to rant a little bit more.

I: Gotcha, right, that makes sense. And then how about, how about when we look at your father here who is outside. Is there a reason why you put him where you did?

P: I don't ... I talk to him too, but it's not as the same extent as my mom. Like, there's certain things that I probably wouldn't go to him unless my mom is busy and I would ask for his advice, but I guess ...

I: Yeah, you kind of commented earlier that he's available but at the same time maybe you don't feel ...

P: [inaudible] my mom, I guess.

I: Comfortable with talking to him about some things. Did you talk to him about your job situation?

P: No.

I: Right. So, is there certain things you would talk to him about?

P: Yeah.

I: What kind of things would come to mind there?

P: Like personal things?

I: It could be anything?

P: Well he's always the number one for my car issues.

I: Yeah.

P: Things, like if I have worried about appliance, how to work things and ...

I: So you're thinking about your life right now and what are the most challenging things, what do you think is the most challenging issue you're facing in your life right now?

P: Moving into a different apartment in a couple months.

I: Yeah, that sounds really ...

P: Trying to find one actually.

I: Intense, ah that's stressful too, yes. I can understand that. So, how have you handled that situation when you get stressed about that?

P: Well I go online and look at the prices and then sometimes I'll try ... Well my friends who are moving in will be there but, then we'll all try to get our parents opinions on it and that one I would call my dad first to see what he would think and if we would go see one he'd be the one that would come with me.

I: I see, and why would you call your dad first?

P: 'Cause I feel like he has more knowledge about it.

I: Okay, okay, so, and have you had the opportunity to talk to anybody about that?

P: No, we haven't gone to look at any.

I: Kay. Have you talked to (boyfriend's name) or your mom or your dad about looking for an apartment?

P: A little, but not as much as my dad.

I: Oh, okay, okay, sure. How about, can you tell me about the last situation where you felt vulnerable?

P: A month or two ago my ... I got a call that one of my good friends brother who would be the second one now, died in a car accident.

I: Yeah.

P: So there was ... And her first brother did not even a year before that and then this is now her second one.

I: Oh my gosh, wow, that is devastating. So, how did you handle that situation?

P: It was my best friend from home that called me and told me, so I talked to her for a little bit but then when I got off the phone with her I called my mom and we talked and then after that I called my dad and we talked.

I: Did your parents know ...

P: Know him? Yeah, he did.

I: Right. So is that why you would call, partly why you'd call your parents first?

P: That and the experience, you know, what we were through with my brother.

I: And how did you feel after you talked to your mom about it?

P: Sad still, but fine in a way.

I: Okay, okay. Do you remember talking to anybody else about it that ...

P: (boyfriend's name) was in my room when I got the phone call, but I was on my way out so I couldn't really stay long or talk to him about it.

I: Yeah, right.

P: And we never really touched back on it.

I: Sure. And he doesn't have the relationship, I assume, with those individuals.

P: No.

I: Right. So let's just speak a little bit about your next one, which is, when I look at here, it looks like you moved your ... Your best friend and romantic partner stayed the same, could you tell me why you did that?

P: Because I would say, I would go to her for more things than out of those three.

I: Right.

P: She's just the first one.

I: And so you, when thinking about a relationship you would desire to be closer to, that would be your mother?

P: Yeah.

I: Okay. Very good. Okay. And the only thing, last question is, looking at the other ... I want to see [inaudible] bring up your target from ... Here, so looking at your true self it similar but then there's a big difference there in that your best friend is moved in. What did you see different about it when you talked about your true self.

P: I mainly thought about people that I talk constantly to and I talk to her constantly, even about littler problems or just me ranting, which is on a daily and she's just always there and (boyfriend's name) and my mom are also always there but my mom's a phone call away so it's harder to talk to her. And (boyfriend's name)'s not always, you know like, there visually so 'cause they're both busy and my roommate's just there more often.

I: Right. Right. So this is more an indication of who you are in contact with more often, is that right?

P: Mm-hmm (affirmative).

I: And so in that way your best friend kind of moved to the front then, okay. That makes sense. And then, when you look at the desired aspect of that, then your mom moved a little closer, is that right?

P: Yes.

I: I think that concludes our interview. Do you have anything more you'd want to add about any of the ...

P: I don't think so.

I: I think you really explained them really well. So, that's it. And that concludes this, the interview at this point. So let me just ...