

INTERVIEW INSPIRED BY: THE LIFE STORY INTERVIEW (Dan P. McAdams, Northwestern University)

Dan P. McAdams, Northwestern University

Project: E-MOTION - potential of hypersensitivity (2018-1-PL01-KA201-051033)

Name/nickname: Mariano

Age: 19

Gender: Male

City/Country: Alicante, Spain

Vocation: Artist

This is a 19-year-old boy who lives in the province of Alicante and is currently studying a degree in Arts. Below is a summary of the main aspects that he found important about his life in relation with highly sensitivity and the way he perceives himself (based on the Life History Interview).

“During my childhood I have felt much loved in my family. My mother has been very protective, but also very loving, my father too. I have some memories of my family on summer evenings, the pool, the beach, playing there. When I think of that time I remember it very warm, I was happy. The worst was the death of a very close relative during this time.

As a result of that loss, the teachers told my classmates to come closer to me and to become friends with me. Until I was 10 years old I don't remember having any real friends. I did not fit very well with the boys, I was not interested in soccer or those things, and the girls let me play with them but I did not felt integrated either. I started to go very badly in school, I got bad marks and I behaved badly with the teachers. To the boys it seemed that I was a boy, and to the girls that I thought more like them. I never fit in with the kids in my class. I think I have always been a little different from many of my colleagues; we are all different and alike in the same parts. I don't want to say that I was special. I think that what made me different was my sensitivity.

Progressively I started to have more friends. Finding an external family is a wonderful thing, there are many things that your parents or siblings cannot give you or understand. The best thing was finding people like me, as an adult, of course. The worst thing was feeling marginalized when I was younger, being messed with just for being different. I think I had a few empathetic teachers. Because, at least at school, I perceived that part of the marginalization was because of the teachers. I would have liked to have more empathetic teachers.

Currently in my affective relationships, I think that many times I tend to generate a certain emotional dependency towards the people who are most present in my life. In my case, I feel hurt by things that do not have great importance. For example, I get anger over something silly. Usually I relate to people within the common norm. It may be that what differs from the rest is that I am very extrovert and open and perhaps that can create the impression that I am eccentric and a little weird.

Regarding my hobbies, I have always sought to express myself or tell something, whether orally, in writing, or in other artistic manner. It's more of a necessity and I think that's why I like it, because I need it. In photography I find myself saving a memory, and when making a video reliving or creating something new. I like others to see what I see from my perspective and many times the words are not as powerful as the images.

As for the values that are important to me, in all my life there has always been, there is and will be: learning, sensitivity, and fight for freedom, death and love. I have always been learning since I was born, with each passing day I know more. The best version of yourself is tomorrow's, even if you continually make mistakes. I will also fight for freedom all my life, or I hope so. Perhaps it is more the search for happiness; I think it is the same. And finally love, which is the most important thing. It is what motivates me, what moves me. I'm not talking about romantic love, that too. For me it is at the same level. Love to my mother, my family, friends, partner, my people and myself.

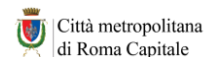
In conclusion, I think I am a very simple person and somewhat complicated at the same time. I am very passionate and I am motivated by my feelings. Many times I leave aside the rational part and act without being very consistent. My personality is melancholic, a



Erasmus+



sensitive one. I am not a sad person, but I do sometimes enjoy sadness. I don't know how to be alone for two whole days, for example. I am a sociable being and many times I depend on others. I know it is wrong and I try to change it, but I don't do it very well. Sometimes I keep my feelings for so long, even for myself, that sometimes I can't take it anymore and the simple fact of seeing something beautiful, something I like, makes me cry. ”



This project has been funded with the support from the European Commission (project no: 2018-1-PL01-KA201-051033). This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.