

**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)

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**Name/nickname:** Elena

**Age:** 20

**Gender:** Female

**City/Country:** Alicante, Spain

**Vocation:** Engineer

It is a 20-year-old girl who lives in the province of Alicante and is currently finishing a Degree in Biomedical Engineering. Below is a summary of the main aspects that she found important about his life in relation with highly sensitivity and the way she perceives himself (based on the Life History Interview).

“My parents have always told me that I have been very nervous children when I was little. I never napped but neither did I let others sleep during the evening. One day I showed up with some new sheets from my uncle, walking around the car-shop where my father worked. They are things that I do not remember but that my parents have told me.

In my childhood, from 3 to 15 years old, I went to the same arranged school, with the same class and same teachers. I don't like to think about my childhood and I didn't like the school. I don't like how it was, nor how I did many things. I was not a super student, I had always made the minimal effort. I had passed the exams all my life reading it the day before and it was ok for me. I was lazier than now. I always remember a teacher who constantly compared me to my sister because she studied a lot and usually get the best marks while I didn't care much. In high school I argued a lot with my sister.

One of my best friends at school has always told me that when I was little I always wanted to do things, but do them my way. If a drawing had to be painted, it had to be painted as I

wanted. And it is something I know to be true, but I didn't like it, despite it happens to me many times today. If I do something one way and it changes, or someone does something in a way that I don't like, inside I feel a rage that makes me angry. I try to hide this anger, to justify it, to make that the other understand why I'm angry, but many times it surpasses me. So I think I have never been able to have a group of friends. I tried to fit in and couldn't. It happens to me with very normal things.

Many times I compared myself to other classmates in terms of what my parents did for me. My mother once forgot that she had a camping trip to school and the bus had to wait for me to go to my house, pack my bags and return to school to leave. Many times my mother has told me to write the receipt and she already signed it for me. I started cooking when I was little, going to and from school by myself and having house keys very soon. I have always been very independent and many times I have thought that my friends did more things as children than I did. Sometimes I have even said that I missed having parents or being a girl. I also remember one afternoon on a Saturday in August, just like that, where I started to get overwhelmed and I was alone at home with my father. I was crying to him because at the time I thought I was not going to be able to pass second of ESO. I remember my father saying to me "but let's see daughter, you are 13 years old, where are you going to go at this age if it's not to school?" The thing was not that I did not want to go, but that I felt useless and thought that I was not a good enough student and I saw that second of ESO was very difficult for me. I don't remember how it got to that burden or where it came from. But I remember that scene.

During my late adolescence I started to date with my partner and discovered what it was to love and care for a real person. I had a group of friends for the first time. I experienced the feeling of being with one person and that the other did not want to continue the relationship. All the insecurity came at once. I discovered what I didn't want in my house, what I didn't want for myself. My sister became independent but came and went when she wanted. I saw how even if I were passing the University, having a house, a job, not having financial problems, having people with me, everything fell apart anyway. I felt guilt,

insecurity, rage and helplessness for everything. It felt like being in an amusement park. I was afraid to get on an attraction, the ups and downs of a roller coaster.

Something that I have repeated and have not learned, and that is one of my biggest fears, is isolating myself from my partner when I am in a relationship. Not knowing how to divide my time. I don't want it to happen again. I want my partner to be able to have his life and I mine, and then share it. And another fear is having the same relationship as my parents. I think many times I have repeated patterns that I have seen or lived with them.

I feel that everything I did as a child has influenced everything. What I did one year had its influence or repercussion years later. And that has made me where I am and how I am. Learning and trying to improve every day. ”