

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

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After a personal and professional crisis, I decided to turn my life around. In the process I discovered myself, learning to value myself with my virtues, strengths and weaknesses

I. LIFE CHAPTERS

II KEY MEMORIES

Now that you have sketched out the outline of the chapters, I would like you to focus on a few important memories from your life story.

Memory #1

Childhood – me in a family

Please tell me about your childhood.

- **Which childhood experiences do you think were the most enjoyable and which were the most difficult?**

My childhood was somewhat complicated, I remember her lonely locked in my own world, but at the same time endearing. I was a very imaginative and incredibly shy girl (the latter was limiting). I entertained myself with anything. So I isolated myself in my internal world and enjoyed it a lot. That feeling of loneliness accompanied me for a long time.

- **During this stage, in what ways were you similar to your peers and in what ways were you different from them?**

I was just another girl, the only difference is that maybe I was entertaining more with anything and seemed more isolated from the rest.

- **What were you proud of? What was difficult?**

I couldn't say, if I feel so small I could feel some kind of pride in myself. Now looking back, maybe I could say my creativity. The difficult thing was to feel the blocked numbers before determining stimuli or people.

• **Looking back, what would you like to change about your childhood if you could?**

I could not say exactly, maybe if there had been more awareness about the existence of this trait, my life would have been better from an early age ... and not having had to go through the processes that I had to go through, which were painful

Memory # 2

Education: School - studies

Tell me about your school term

• **Which experiences do you think were the most pleasant and which were the most difficult?**

In many moments, I could be somewhat dispersed, and this, accompanied by my lack of interest in certain subjects, made the teachers put labels on me. All this was even more limiting ... preventing me from developing in what perhaps I could have done better. The pleasant thing was, discovering in the adolescent stage people similar to me, who could understand me and I them.

• **During this stage, in what ways were you similar to your peers and how were you different from them?**

Well, I can't say exactly. Perhaps groups existed by affinity of tastes. There were the popular ones and we ... let's call them the introverts

• **What were you proud of? What was difficult?**

In the adolescent stage I began to discover myself more, my tastes, my preferences ... I feel proud to have been authentic at that time, and not let myself be carried away by what was perhaps fashionable

• **Looking back, what would you like to change about your term?**

Have studied music

Memory # 3

Professional work

Please tell me about the period of your professional work.

• **Which experiences do you think were the most pleasant and which were the most difficult?**

The most difficult situations I have experienced in the professional field have been finding myself in bad work environments ... I felt like I was drowning. The most pleasant moments just the opposite, places where work was valued, pleasant colleagues.

- **During this stage, in what ways did you resemble your peers and how did you differ from them?**

Well, in the different jobs that I went through, sometimes I met people who suffered the same effects as me. I have always stayed away from criticizing others, that idea scares me and less in a job. Usually these people used to look a lot like me. Hard-working, focused solely on work and always trying to create a pleasant environment

- **What were you proud of? What was difficult?**

I have always been very proud of my work. I am a hard worker and a perfectionist, I can also be wrong, I am human. But I am usually very proud. The most difficult thing, feeling undervalued.

- **If you could change one thing about this period, what would it be?**

Not holding on in places where I know I am not comfortable. That is, for a long time I held out in jobs that were not for me, professions that were not for me. When I couldn't take it anymore was when I decided to change this. I should have done it sooner.

Memory # 4

My family, friends, loved ones

Please tell me about your closest relationships.

- **What do you value most in relationships? What was / still is the source of difficulties?**

What I value the most is affection, the show of love. Respect and good communication.

- **Do your relationships differ in any way from those of people you know?**

I tend to be quite attentive to how others feel, I always try to help, provide solutions or make the person feel better.

- **What gives you joy / satisfaction in relationships with loved ones?**

Protection, affection and understanding.

- **What is the hardest part of building and maintaining relationships?**

Understanding without a doubt. If there is no empathy for the other, everything else is missing

Memory # 5

My inner world: privacy - hobbies - interests - dreams

Please tell me about your most personal inner world.

• **What would you call your own world, the one in which you feel most "at home"?**

Well, I would call it ME. Because when I most feel that I can be at home, it is when I am alone and I reencounter my thoughts and reflections. Or just spending time doing whatever entertains me, I find peace of mind

• **Do you have a hobby or passion?**

Every day I discover new things, now for example I find myself very comfortable with yoga and meditation. Plants have also been a great new hobby

• **Why do you think you like to do it?**

In the case of yoga, sometimes it helps me reconnect with myself, other times it gives me a lot of physical energy. In the case of plants I'm not very sure, I think that innately I enjoy taking care of living beings, it makes me feel good.

III. THEME OR CONDUCTIVE WIRE

Looking back, comparing your life with a story made up of chapters and scenes that recall the past and imagine the future, can you distinguish a theme, an idea or a thought that is repeated throughout it? Which?

There are several things, but right now the one that comes to my mind is my curiosity, the reason for all things, especially the reason for our existence. It's something that has always haunted me.

IV. TO END

What else do I need to know to understand your life story?

My life was complicated, which culminated in a great crisis, but thanks to this I learned to get involved and improve myself ... to know myself ... this gave rise to a new version of myself ...