

INTERVIEW INSPIRED BY: THE LIFE STORY INTERVIEW (Dan P.

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

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My name is Alicia Toledo, I'm a interiorims designer I live in Canaries connected to the rest of the world

I. LIFE CHAPTERS

II KEY MEMORIES

Memory # 1

Childhood - Me in a family - The age of innocence:

Tell me about your childhood.

I was lucky to be the first granddaughter of the family, so I grew up surrounded by care and affection. My family environment was and continues to be my refuge.

• What childhood experiences can you call the most enjoyable and which do you find the most difficult?

My pleasant childhood experiences are related to my own inner world, since I was a very quiet and reserved girl and I did not need almost anything to let my imagination run wild.

My most difficult experiences were related to facing the outside world. My idea was always to go unnoticed, and not attract attention. I had a hard time relating to others and therefore felt inferior.

• In what ways were you similar to your peers and how did you differ from them at the time?

It was very different being with the family than being with strangers, I felt very uncomfortable when I was not in my comfort zone and I closed like a snail inside my shell when I had the opportunity.

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

I think that the concept of pride was not very present in my childhood. Only she was extremely curious about all the unknown. During a "boring" stage of my childhood, I found reading to be a wonderful escape valve, and from then on I have been fond of it until today.

Something that was difficult for me at that time was to show myself as I was; I mimicked myself with others and did what was expected of me so as not to attract attention.

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

I think that I would not change absolutely anything about my childhood since I was a happy girl, raised in a free environment full of love and affection.

Memory # 2

Education: school - studies - Letting go of my wings:

Tell me about the period of your education.

The beginning of the adaptation stage at school was quite hard, since I had been taken out of my safe environment and I felt unprotected and fragile.

• What experiences can you call the most pleasant and which do you find the most difficult?

Little by little I was making a group of friends, I tended to look for those that nobody paid attention to, with them I felt much more comfortable, we accepted each other as we were and I did not have to make any effort to please.

My most difficult experience was related to my shyness, which made me feel invisible, something that bothered me only at times. I always avoided being the spokesperson for the group, I liked being in the rear.

• In what ways were you similar to your peers and how did you differ from them at the time?

What made me similar to my classmates was the uniform ... inside I felt very different, even so I made an effort to look the same to them, and I imitated behaviors, leaving my personality aside.

As I got older I realized that my group of friends was almost always boys, because girls bored me with their conversations and boys were more natural and talked about funnier things.

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

I can't say what I was really proud of, because in my childhood I was a very insecure girl. I often blocked because I was constantly doubting everything. I had no certainties. Something that still happens to me from time to time.

I know I really liked what was different and felt and am still curious about the world around me.

• If you could change one thing about the period of your education, what would it be?

I would not change anything about my education period, except that I would have loved for people to know what it means to be a PAS person so that I could have had more understanding from family, friends and school, since many times I felt like a freak . And so I would have adapted in an easier and more natural way to the world around me

Memory # 3

Professional work – Evolution:

Please tell me about the period of your professional work.

After a thousand battles until I found my vocation, I spent several stages of my life stumbling ... economics, tourism, and finally interior design. My passion for my work has caused me very happy and also bitter moments.

Being a curious and moderately ambitious person, I traveled and learned to merge my experiences with my work.

• ¿What experiences can you call the most pleasant and which do you find the most difficult?

My most rewarding experience when working is realizing that I can help others to live in more comfortable and pleasant environments. I give a helping service that affects the happiness of others.

The most difficult experiences occur when I meet a client who is disgusted, especially because he does not meet the planning times, because my perfectionism at work means that sometimes he cannot be efficient. Something that I keep working to improve..

• In what ways were you similar to your colleagues and how did you differ from them?

I feel the same as my work colleagues in that I do not consider that I have better or worse skills than they do and different in that my work capacity and effort are greater. I do feel that I have a special "sensitivity" when developing my work and that I always try to exceed the expectations of those who hire me for a project.

Studying in England, my eagerness to learn and to know was so great that I put aside my shyness and was the questioner of the class..

Estudiando en Inglaterra, mis ansias por aprender y saber eran tantas que aparté mi timidez y era la preguntona de la clase.

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

I was proud to see that, working like an ant, little by little I was achieving my small achievements.

It was difficult to work for others because I saw my abilities limited by the conditions that marked me, that is why it was already from being autonomous that I began to fully enjoy developing all my creativity without so much obstacle.

• **If you could change something about this period, what would you change?**

Nor would I change anything from that stage because everything I have learned along the way has meant a lot to me, and having compiled all the experiences, both good and bad, have made it possible for me to get here.

Memory # 4 – My center

MY family, friends and loved ones

Please tell me about your close relationships.

My family has always been a basic pillar to be able to face the outside world.

My friends are my outlet and I am theirs. I like to feel useful not only professionally, but also personally, and I always try to create a good atmosphere.

Regarding my personal relationships, I have not always had good luck, because I have tried to please the next door more than myself. This past year I have suffered a great crisis. Given the situation, I decided to seek professional help and I have been working, doing therapy to be able to put things in order. Fortunately my life has taken a 180 degree turn and I finally feel happy.

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

What I value in my personal relationships is sincerity, affection and affection, this gives me security and tranquility and makes me feel capable of anything.

Sometimes I break down because I'm still insecure and many times I feel like I'm not giving it my all. This is exhausting, and it makes me very tired at times. I think I can always give more.

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

As I said above, I had to "work" psychologically to realize that the excess of protection for loved ones and wanting to be a "caregiver" has had a great impact on my personal relationships.

Today I continue working on all this to also learn to receive.

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

Simple things, share time, laugh, enjoy the good times.

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

Learn to dose myself, find the balance between everything and nothing.

Be present in body and mind and not fantasize too much or idealize things, be more real and natural.

Memory # 5 – Inside outside:

My inner life, privacy, hobbies interest and dreams

I am a very curious person, I really like traveling because it is a way to expand the mind and to have a more realistic opinion of the world around us.

On the other hand, I am also very reserved in my personal life, and I only let very few people enter it, even if the impression is different.

I like sports and in particular going for a run and practicing yoga. Reading makes me travel with my imagination and I love when a book hooks me. Cinema also transports me and makes me think and see the vision of things from a different perspective. Music moves me inside and overwhelms me in such a way that sometimes I prefer silence, during a time living in England I did not miss a concert.

My interests normally revolve around my work, the beauty of things and harmony.

My dreams are part of my reality, in fact, when I am in the middle of a creative process I usually find solutions and / or the development of projects sleeping, in dreams.

Please tell me about your most intimate inner world.

Over time I have learned to keep my feet closer to the ground, but it is something that has cost me a lot of work, since in my inner world I fantasize too much.

Many times I feel different from others, sometimes this is not entirely positive because it has led to a feeling of inferiority for a long part of my life.

• **What can you call your own world, where you feel most "at home"?**

My own world now as a mother, revolves around my daughter in whom I see myself continually reflected, with her I identify and connect in a very special way. Sometimes I have the feeling of being able to feel the same as her, as if it were my appendix.

• **Do you have a hobby or passion that you pursue?**

My work is my passion and I feel very fortunate to have found a place where I have been able to develop my creativity.

My work for me is an outlet where they let me express feelings that in turn provoke sensations, it is magic.

• **Why do you think this is what you like to do?**

Because I do not feel that my work is an effort, and because I am passionate about seeing the illusion on the faces of my clients. It gives me a lot of satisfaction and in a difficult moment of my life it was my escape valve.

III. THEME

Looking back at your life as a story with chapters and scenes that stretch into the past and into the imaginary future,

**Can you distinguish a theme, an idea or a thought that runs through this whole story?
What is it?**

Observe the world around me in a curious way.

IV. OTHER

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

During a long period of my life I have let myself go with the flow in order to feel more equal, and to be accepted, being totally aware.

The result of all that ended up being very hard because I stopped being to become a character, with the qualifying adjectives that my environment had been building. In such a way that due to my character and my shyness I turned out to be a substitute for who I really am.

After a long time of reflection and much therapy I have managed to overcome that stage to be me and my circumstances and accept myself as I am.