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MEN'S EXPERIENCE OF ANGER:
A Study on Anger and Pluralistic Qualitative Methods
Volume II of II

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Thesis submitted for the qualification of Doctor of Philosophy in Psychology

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Key of Symbols:

Throughout the transcriptions the following symbols are used

- (.) = pause of less than a second
- (..) = pause between one and two seconds
- (x sec) = pause of X seconds
- // = overlapping speech
- * = emphasis (volume going up)
- = word cut short (false start)
- : = phoneme prolonged
- :: = phoneme prolonged further
- [...] = omission from the quote

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Appendix A: Master Table of IPA Themes

A. While in Place, Anger is Irresistible

The Wild Joy of Anger

P.1: getting angry is, I think, version 2 of getting frustrated and it's just getting frustrated on another level where you just have to take it out on something. Or you have to say something. (Lines 204-205)

P.2: certainly when I'm angry I swear because I've just learned that, for me (.) um (.) often the, the (..) the feeling, it needs the right word (Lines 139-140)

P.3: dude I broke the thing in half and broke two of his ribs a:nd (.) my fencing coach (.) funnily enough he was on my side (Lines 437-438)

P.5: basically just screaming (.) scre:aming trying to (.) just nothing that (.) no words just out of sheer fury (Lines 229-230)

P.6: it's some sort of rage* that (.) gets control of my: (.) my behaviour my personality (Lines 8-9)

P.8: he has been ruffled you know he never thought I would throw him like that (.) I really threw him pretty good (Line 216)

P.10: I* know that my anger's taken like control of me when I (.) eh:: (.) I (.) shout really loudly (Line 89)

The Punishing Thoughts of Anger

P.2: waves of anger (..) that all need to be dealt with (Line 202)

P.3: you get angry and afterwards it lingers the anger stays there (.) the frustration which is long-term keeps on going and afterwards you get to the point where (.) you know you burst out in anger (Lines 135-136)

P.4: (..) trying to control it and (..) stick with positive thoughts and stuff but it's not (.) not always that easy (Lines 125-126)

P.5: it lingers and it takes (.) chains you to this thought which (.) like an earworm like a song just won't go away from your head it'll just (.) it goes in circles and it comes back and returns (Lines 67-69)

P.6: if I cannot solve the situation it's almost like I'm facing a problem (.) well I am* facing a problem and I try to find a solution (Lines 82-83)

P.7: So I'll just make things up and say "oh she did it deliberately" (.) "she hates me" or "she's always hated me" (Line 331)

B. When It's Over, Anger is Regrettable

Anger is a Bad Adviser

P.2: Because, God! When I think now what could* have happened if that object had been sharper (Lines 114-115)

P.3: I think about all these other situations where I got very angry you know I say you know that's dumb (Lines 791-792)

P.4: We:ll you know you wake up the next day hangover and you go over everything you said loudly and obnoxiously and you know how (..) how over the top (..) you were (Lines 449-450)

P.5: *I wanna punch things but (..) most of the furniture in this house is mine (Line 234)*

P.6: *I find that very silly* (..) it's um (3sec) I mean (..) the story with the car (..) me putting my car right next to (..) (Lines 581-582)*

P.7: now (..) I think it was quite minor [laughs] my reaction was ridiculous (Lines 395-396)

P.8: I used to drink a lot those days so (..) and I used to go to the bar alone (..) to the big (..) big mistake (Lines 660-661)

P.9: I was so* angry that (..) you know (..) my decision-making was (..) was (..) limited to the extent that the authorities had to get involved (Lines 33-34)

Anger and Relationships

P.3: I mean I was pretty unhappy about having to do this shit but I was pr.I was even more* unhappy that I got that angry" (Line 248).

P.4: if I'm in a rehearsal room with three other people (..) it's not pleasant for them to listen to me for four hours yell about this or yell about that and occasionally play a song with them (Line 240)

P.5: actually these days I just try to just get away especially from my wife so I don't say anything bad to her for no reason you know (Line 202)

P.6: I should feel bad about it (..) you know taking it on my girlfriend (Line 438)

P.7: but I ended up being rude to my family (..) and particularly to my mom (..) yeah (Line 541)

P. 8: I lost a lot of friends because I was a bit too (..) too quick to anger" (line 552)

Seeing Themselves in the Eyes of Others

P.1: you've gotta think about other people as well. So (..) it just wouldn't have made sense if I had punched the wall or kicked the door or something (Lines 32-33)

P.2: Slightly embarrassed (..) um... and also, slightly ashamed I mean... I don't intend to (..) I don't intend* to make her (..) you know, sad or hurt (Lines 39-40)

P.3: you just lose your shit with them completely then afterwards you see their reaction it's you know (..) actually (..) that wasn't such a good idea (Lines 151-152)

P.4: it's not pleasant for them to listen to me for four hours yell about this or yell about that (Lines 221-222)

P.5: I was very* angry and my wife even says we weren't married then says that was a very* very tough year (.) cos I was just angry a:ll the time (Lines 496-497)

P.8: I lost a lot of friends because I was a bit too (.) too quick to anger (Line 552)

P.9: I feel sort of like (.) emba:rassed* (Line 325)

P.10: I don't wanna be violent towards anyone* (.) I understand* that it's wrong* (Line 490)

C. Anger Can Be Positive

A Blessing and A Curse

P.2: I would say anger is never negative (..) I would say what you do* with your anger can be negative (Lines 519-521)

P.3: That's* a problem (.) however there are situations in your life where boy if you don't feel angry then you're just a fucking idiot basically (Lines 808-809)

P.4: it's a blessing and a curse (2sec) it's nice (.) when you can use it (..) And it's ah: (..) it's pretty horrible when it just makes you (.) frustrated (Lines 112-115)

P.5: I find it's amazing* for my music but I find it really* (5sec) makes me angry [laughs] (Lines 508-509)

P.6: I would* say anger is mostly* negative in general um (5sec) but it can help (.) sometimes (Line 662)

P.7: and there've been other times (.) like this in my life (..) anger has motivated me to make a (.) positive difference actually (Lines 113-115)

P.8: Because you're going to fight with these people you need anger (.) you would need anger you would need to be angry (.) otherwise (.) how can you move? Anger will give you energy (.) to wake up and go (.) fight these people (Lines 808-809)

Wishing They Could Control it Better

P.1: I'm not productive, I can't do anything until I've calmed down for like 5 minutes (Line 223)

P.2: this* new relationship I have is actually really quite special that way. We are very good at (.) um (.) keeping things controlled. (Lines 48-49)

P.3: some of the angriest shit that I've written has actually been since I've been able to contr[laughs] to control my anger a bit more (Lines 321-322)

P.4: you're not able to relax because you're constantly stressed and angry at things (.) you know (.) you can't switch your brain off (Lines 115-116)

P.5: anger just comes in these waves that I (.) I don't* control (.) and I find it really really disruptive (Line 494)

P.6: I cannot control it or (.) or I've got all those feelings and I it should be easier but (Line 8)

P.7: it's perfectly natural to have a little* bit of anger (.) it's just unfortunately* I have an awful lot (Lines 791-792)

P.9: what if I snap? What if I lose control? And that's* what I'm constantly scared of (Lines 98-99)

P.10: and it's like something you have to (.) control (Line 111)

D. Hell is Other People

The Others

P.1: treating other people how you want to be treated yourself (Line 245)

P.3: and you know if people are like that (.) that's what it takes cut the out completely ah: instead of letting them you know eat at you (Lines 590-591)

P.4: there's the entitlement there's the lack of manners there's the belief that (.) those who are serving them are servants and are below them (Lines 50-51)

P.5: You can be daft and happy you know (.) doesn't matter to me (.) as long as you don't make it my problem really (Lines 327-328)

P.6: if I'm facing a problem and I cannot find a solution or I find myself stuck because of someone else* um:: that's* what makes me angry (Line 84)

P.8: the cops it's like you're fighting a brick wall you know you fight a brick wall (Line 703)

P.10: I didn't think my partner's parent would (.) I didn't think I would end up (.) being like a carer or anything (Lines 235-236)

The Parents/Society

P.2: I bottled up and then, when it came out it came out in quite a nasty way (Line 120)

P.3: because I come from a family where my mother and father would get (.) openly very loudly angry very easily and so for me it was ah: it took me time to realize that this is not a normal thing (Lines 15-19)

P.6: I am pretty sure it's related to my education um: (.) a lot due to what my parents forced* on me (Line 182)

P.7: although I feel my anger is justified I've been told my whole life never* to let it come out never to let anybody see (.) to bottle it up I suppose we've been told to bottle these things up bottle good feelings up you bottle bad feelings up you certainly don't get angry at other people (.) at work they'd say it's unprofessional my mother would say it's immoral you know (.) teachers would say it's wrong you'd get in trouble for it at school (Lines 52-54)

P.9: I have no connection with my family they are just are sources of pain and abuse (288)

Appendix B: IPA Table of Recurrent Themes

Super-Ordinate Theme	P.1	P.2	P.3	P.4	P.5	P.6	P.7	P.8	P.9	P.10	Present in Over Half Sample?
When In Place, Anger is Irresistible	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
After It's Over, Anger is Regrettable	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes
Anger Can Be Positive	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes
Hell is Other People	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes

Appendix C: Interview Schedule

-Why did you decide to take part in this interview?

-Can you tell me of times when you were angry?

-What happened?

-How was it resolved?

-What did it feel like?

-How significant was anger in that situation?

-Is anger always the same?

-What does anger feel like?

-How significant would you say anger is in your life?

-How does anger shape you as a person?

-What impact has anger had in your life?

-What is anger's role in your social life?

-What else goes together with anger?

-Would you rate it as a positive or a negative emotion?

-Anything you would like to add?

Appendix D: Interview Transcripts

1 -So, first of all, what made you decide to take part in this study?

2 - I just thought it would be good to do it and... I get angry quite a bit so (.)

3 -You do?

4 -Yes but not for... not at (.) not at things (.) not at things that are (.) not at things that are... I have OCD. Is
5 this confidential?

6 -Of course, yes.

7 -I have OCD. I have really bad OCD and it was even worse before and so I thought (.)

8 -Ok.

9 -and then I thought, talking it over with the therapist helped a bit and it made me less angry and (.) OCD
10 has started getting worse so I thought maybe it would help this way as well.

11 -I see. So (.) umm::, is your OCD in some way umm, entangled with your anger?

12 -I don't know but I seem to find myself getting angry at things that I find dirty...

13 -Mhm

14 -Or when I have the compulsion like (.) and can't do it, I'll get angry. I've noticed that a lot.

15 -I see. Can you maybe give me an example?

16 -An example... One of the things my therapist told me to do was to (.) like (.) start touching handles more.
17 Cos usually, I wear really long sleeves so I can do that [[pulls his sleeve down to cover his hand and makes
18 the move of touching a handle]] and... he said (..) maybe try it, you know. And then, I tried it but (.) it just
19 (.) I felt a bit frustrated at myself.

20 -At yourself?

21 -Yeah. Not at the doorhandle, at myself. For, like, I don't know, I don't know why, I just felt frustrated.

22 -I see... So would you say that frustration was a mixture of anger and other emotions or...

23 -It was mainly anger. I wanted to, like, kick something.

24 -Oh

25 -Or punch something (.) get rid of the anger but... I kind of just kept it to myself really.

26 -Ok

27 -Yeah?

28 -Was it easy for you to keep it to yourself?

29 -Ummm...

30 -Is it easy?

31 -Yeah, I mean (...) one of the things I always think about is, when you wanna kick something or punch
 32 something you've gotta think about other people as well. So (..) it just wouldn't have made sense if I had
 33 punched the wall or kicked the door or something.

34 -So you were in a public space.

35 -Yeah.

36 -And (.) how do you think others would have reacted to that?

37 -I think that they'd have just been shocked. I mean (.) a stranger (.) I'm a stranger to them and they don't
 38 know me and (.) but (.) but (.) not (.) I don't mean to sound rude but I don't really care about their
 39 opinion (.) if that makes sense but (.) it just wouldn't have been a nice thing to do... like, if someone did
 40 that and I was looking (.) I would have been (.) and something happened to me because of it (.) I would
 41 have been a bit upset so... when you consider other people (.) you should always kind of consider other
 42 people first.

43 -Mhm

44 -So I just kept it to myself really. And then I have to sit down or (.) I lie down...

45 -Mhm

46 -then the anger goes away (2sec) Someone said to me "if you sit down" (.) "if you're standing up and
 47 you're angry, sit down... if you're sitting down and you're angry lie down. And then the anger should go
 48 away after a bit" (.) and (.) and that's been working a bit. Usually.

49 -Does (..) ok so you're giving me the details of ... it seems like it's a very physical thing for you.

50 -Yeah.

51 -Is it?

52 -Yeah.

53 -So, do you feel any other changes in your body or the way... you are, in the present?

54 -Um:: Not really. I mean, I feel like I'm in control of my body when I'm (.) thinking (.) when I'm angry...
 55 otherwise I would have just kicked the door! Or something like that. Ah:: but yeah it always comes down
 56 to that advice he gave me. "Sit down if you are standing, lie down if you are sitting if you're angry". Cos
 57 you can't really do anything if you're in those positions. Like if I'm sitting down (.)

58 -Mhm

59 -It's gonna be a bit of an effort for me to go and kick the door.

60 -Of course.

61 -And so, it's just something that [muffled words, 4.50] for me when I'm angry, and I feel I'm in perfect
62 control (.) when I'm sitting down or when I'm lying down.

63 -But when you're standing up...

64 -When I'm standing up and I'm angry... Um::, no, prob (.) I probably would kick it. But the first thing I do
65 is, I look for a chair or somewhere to sit down (.) or to lie down (.) and so yeah...

66 -And how do you feel during those states when you're sitting down, lying down?

67 -Yeah it just (.) relaxes you. I just sit there, I don't do anything.

68 -So you're not trying to (.) focus on your breathing or/
69 -/no I just breathe naturally (.) I just breathe through my nose (.) but I just sit there and think about (.)
70 anything (.) like sometimes I'll be on my phone and within 5 minutes I'll be fully calm.

71 -OK.

72 -Yeah.

73 -Can you by any chance describe to me what anger feels like?

74 -Your veins start... For me, I don't know how other people (.) but for me it feels like your veins and your
75 blood (.) rushes more around your body.

76 -Mhm

77 -It feels like (.) there's something in me (.) that's not me (.) like, it doesn't feel like it's me that's in control
78 of my body.

79 -Mhm

80 -if that makes sense. That's why I've got to sit down, regain control and composure and then carry (.) get
81 back up and deal with the...

82 -I see. It sounds like something in a different sort of speed than /

83 -/yeah yeah that's exactly what it is. And (.) another (.) you said you wanted one example, another
84 example is

85 -Mhm

86 -With my OCD, sometimes if I touch things I have to go wash my hands and it got to a point where I wash
87 my hands like 50-60 times a day and I couldn't do this [[clenching his fists]] and I couldn't clench my fists

88 because the (.) blood used to come out from the cracks (.) cos the skin was so (.) all gone from all the
89 water. But (.) what I used to do is I always used to do this [[pulls sleeve down]] and then even when I did
90 this I used to go wash my hands. And then once I tried, I thought “I’ll do this and I won’t wash my hands”.
91 And (.) I couldn’t control myself after, you know? I’d lash out at everything and it just (.) it felt like it
92 wasn’t me, like someone else was taking control of me, doing their own things at their own pace. When
93 they wanted to, doing what they wanted to.

94 -Mhm

95 -And so, everything is probably gonna go back to sitting down on a chair because that’s what I think you
96 should do when you’re angry.

97 -I see/

98 -/regain composure, become yourself, and then, you carry on with whatever you do.

99 -That’s interesting. When you feel like you... when you start getting angry, do you feel any alarm bells or
100 warnings of what’s coming up?

101 -I’d say, because of my OCD, it’s quite easy for me to get angry. Like, a lot of things that would happen, a
102 lot of things that, um::, a lot of thing (.) a lot of things that people consider normal, I wouldn’t consider
103 normal.

104 -Mhm

105 -And it just [[snaps fingers]] like that

106 -Like?

107 -Yeah, in a flash of an instance.

108 -I see.

109 -Umm, my parents, and my brothers and sister they always say to me “oh, why do you always wash your
110 hands? The house is clean, the house is this, the house is that” and I respond “well it’s not clean to me
111 then, is it?” it’s just... yeah.

112 -Do you think other people can understand what you’re experiencing?

113 -With anger... I think they understand anger. I don’t think they understand the rest.

114 -I see (2 sec). So, about anger, how prominent would you say it is in your life – with or without the OCD?

115 -Ah, I think before I had the OCD...

116 -Mhm

117 -It was like... fine, I’d get angry like once every week (.) so not much. And it wouldn’t even be that big.

118 -Ok

119 -But with the OCD... The OCD has kind of taken over my life. So I find myself getting angry a lot more, a
120 lot more frequently, at people as well.

121 -May I ask approximately when this started?

122 -OCD started... 2-3 years ago.

123 -OK. That's actually really interesting because I haven't come across anything that links OCD to anger. So
124 that's why you see me so fascinated by this whole thing.

125 -I just can't control myself when it happens. And a lot of the things I've been trying is (.) y'know, when
126 you have OCD, you have to do something to make yourself relieved, right?

127 -Mhm

128 -I've been trying to do something to stop the things, let's say I touch something. I'll have to wash my
129 hands after (.) but I'll try to touch something and I won't wash my hands (.) and that frustrates me, that I
130 can't wash my hands.

131 -The thought that/
132 -/Yeah, the thought that it's dirty.

133 -Mhm

134 -frustrates me a lot.

135 -I see.

136 -But (.) so (.) and then I've just got to sit down.

137 -Ok

138 -And then I end up washing my hands after anyway. It takes (.) slowly-slowly (.) yes... the anger... I'm
139 getting used to it. If that makes sense?

140 -Mhm

141 -And that (.) I can find (.) and I can sort of predict when I'm gonna get angry like, if I think that I'm gonna
142 touch something and I'm gonna find it dirty... I just wouldn't touch it.

143 -OK

144 -So that prevents me from getting angry.

145 -Mhm

146 -And that's really it.

147 -Ah:: on a social level, how would you say impacts you?

148 -I don't really get angry in public. Um (.) I'm quite an independent person...

149 -OK

150 -So, like, while I do go out with my friends (.) and family a bit (.) I'm independent and introverted as well.

151 So, I like to stay at my desk, do my own thing and then (.) if (.) if I feel like going out with my friends I will

152 go out with my friends. But I very rarely get angry outside, with them. Because I always think about them

153 and (.) like, it comes back to that thing I said at the beginning (.) in public, um (.) you don't want to ruin

154 your time with them.

155 -Mmm

156 -So, why would I get angry and p (.) potentially ruin their time.

157 -I see what you mean, yes.

158 -And, because (.) if I was in that position, if my friends got angry, I wouldn't like it. I wouldn't be happy.

159 I'd feel a bit sad.

160 -I see. Would you try to calm them down?

161 -Yeah, I would try to calm them down (.) but then, it would ruin the time together, wouldn't it? Maybe...

162 -Maybe, yes. Umm, you mentioned earlier that many things that people find normal, you don't.

163 -Yeah.

164 -Would you mind giving me an example or so? Like, why this makes you angry

165 -Ah::, it triggers my OCD a lot so, a lot of the desks and the drawers...

166 -Mhm

167 -At home (.) and basic objects at home like, I wanna open the cupboard to get spoons and forks and

168 knives and stuff. I'll pick them up, I'll put them and then I'll go wash my hands after. And (.) I just don't

169 want to be washing my hands after. If that makes sense?

170 -It does.

171 -Cos you know (.) it's a normal thing, you know? Someone going to get a spoon and a fork, to eat, knife as

172 well (.) to eat their dinner but then (.) they just eat. Whereas I have to go wash my hands...

173 -But when you see other people for example eating without washing their hands after touching the fork

174 and the spoon, does this impact you in any way?

175 -Yeah... No! No, I'm ok with it because I think that's (.) their life, like I know that I have my OCD... in (.)

176 that sense... but (.) and they know that I have OCD...

177 -Mhm

178 -So, we just go about doing our own thing. And then we eat together, if that makes sense...

179 -Yeah... So, most of the times you go and sit it down, or lie it down...

180 -Yeah.

181 -In the times when you don't, perhaps before that person gave you that advice, when you lashed out,

182 was that in an effort to... Was it in an effort to do something or was it just instinctual? Did it involve any

183 self-harm maybe?

184 -Um... no, it didn't. I just kicked the door.

185 -Alright

186 -And it just felt relieving as soon as I kicked the door, really (.) basically.

187 -Mhm... Was it the sound? Was it the energy?

188 -I don't know, I just felt like (.) everything that (.) I got angry about... when I kicked the door, it just went

189 after, it just felt like "I've done it now, I've done... I got rid of everything that made me angry"

190 -Mhm

191 -By kicking the door, by lashing out.

192 -I see. And, ah, did you... people sometimes say that they see a specific light in their eyes when they

193 engage in such aggressions

194 -Ah, no

195 -Buzzing in your ears maybe?

196 -No, I didn't feel any of that. I was aware of everything going on, but I just had to lash out at the door.

197 -Mhm, alright. How would you say anger defines you as a person? Does it?

198 -Umm, I wouldn't really say anger defines me. I get frustrated a lot more (.) than angry.

199 -Ok

200 -So (.) um (.) yeah, I get frustrated a lot more than angry and the things that frustrate me... I try (.) not to

201 do myself so... if I see other people doing the things that frustrate me, and I know that I'm frustrated by

202 it, I'll try not to do it myself. Cos it will frustrate me, it will frustrate everyone as well. So you might as

203 well keep it simple.

204 -Would you say that anger is natural?

205 -Yeah I'd say it's a natural feeling. Definitely.

206 -Mhm

207 -It comes to you. It comes to you within an instant. Like (.) you asked the question, do you hear any (.) do
208 you know that you're gonna get angry?

209 -Mhm

210 -Um, getting frustrated is the first part. But then (.) getting angry is a whole different step.

211 -OK

212 -And so, getting angry is, I think, version 2 of getting frustrated and it's just getting frustrated on another
213 level where you just have to take it out on something. Or you have to say something.

214 -Mhm

215 -Getting frustrated, you can probably get by without doing anything (2sec) um (.) like, if I'm, if I'm
216 standing up and I'm frustrated, I won't do anything. I'll carry on doing (.) what I want to do. If I'm angry, I
217 will have to sit down. Or I'll have to lie down.

218 -Mhm

219 -Or I'll have to take it out at the door, for example.

220 -I see

221 -So, but I know people that, they easily get angry, very easily (.) without getting frustrated. So...

222 -How is that possible?

223 -I don't know. Maybe it's just pent-up aggression inside.

224 -Mhm

225 -But then, that's possibly frustration inside as well.

226 -Possibly, yeah. (2sec) Would you classify it as a positive or a negative emotion?

227 -Definitely negative. Um...

228 -Definitely?

229 -Yeah. I mean (.) some people would say it's positive in the sense that it probably spurs you on to do
230 more. If you're angry at yourself and you're at work, you want to (.) do more work (.) and then, you
231 won't be angry. But (.) when I'm angry, I just sit. I'm (.) I'm not productive, I can't do anything until I've
232 calmed down for like 5 minutes...

233 -Aha

234 -And so, for me, it feels like a waste of time.

235 -I see. So, when you say you're unproductive you (.) ah::, can you read a magazine for example?

236 -Yeah, I can probably go on my phone, read a few news articles or whatever, or read a newspaper or read
237 a book... but then, I don't know if you would classify that as "being productive".

238 -Ah::, probably not (laughs)

239 -(laughs) yeah

240 -would you be able to speak to someone calmly? Like, if you're angry and someone asks for directions for
241 example/

242 -Yeah, yeah, I would easily give them directions. Like, the moment I sit down, um (.) majority of the anger
243 goes away.

244 -OK

245 -But it feels like sitting down just calms you down straight away. But, um (.) there's still a bit there but,
246 that, like, I'm not as angry but I don't talk to anyone. Like, if someone got lost I would happily help them,
247 if I'm angry, sitting down, I'd happily help them, saying "yeah, direction's here"

248 -Mhm

249 -So yeah. If I'm standing... probably not! (laughs) I'll probably be just like "nah, sorry, don't have the time.
250 Just go".

251 -Would you try to be polite to them or would you/

252 -Yeah, yeah, I feel like I have to be polite. Cos you want to be treated how you (.) you want to treat other
253 people how you want to be treated yourself. If that makes sense.

254 -So that's not something that changes with anger. Like, when you're angry, you're not changing your
255 views on that.

256 -Yeah. No, you have, yeah. That's quite, cool for me.

257 -Anything you would like to add?

258 -Um (.) about (.) treating other people how you want to be treated yourself...

259 -Mhm

260 -It does frustrate me how, given that we're talking about anger and frustration... when I, when I don't see
261 people do it. So, um, one example would probably be like, don't know... in retail a lot (.) you hear stories
262 about people who treat the workers like (.) not very well and they treat them like they're nothing...

263 -Mhm

264 -But really, if the, the, the shoe was on the other fore, it wouldn't be like that would it? They'd probably
265 be like all rosy and stuff. So, it does annoy me when people are a bit hypocritical and they don't do what
266 they say but (.) it doesn't anger me in that sense as well. Like, because I can't control what other people
267 do (.) I can only control my actions.

268 -Ok. But, what if someone is unfair to you?

269 -If they're unfair to me then I'll (.) say it. I'd say (.) if (.) yeah, I'd tell them "calm down, you're being
270 unfair" and then, I'd (.) just (.) tell them to politely go away (laughs).

271 -I see.

272 -Um, I wouldn't really say politely go away... probably use swear-words but... that's really it, there's
273 nothing else you can do in that sense. If they're being (.) not very nice to you... why would you wanna
274 help them?

275 -That's true

276 -So, just tell them to go away or walk away and then take it out on somebody else. And hopefully they'll
277 learn their lesson. (laughs)

278 -(laughs) Nice. Um... Anything else that goes together with anger?

279 -That's really it to be honest.

280 -Alright.

281 -I can't really think of anything else.

282 -Ok (2sec)

283 -I'm a peaceful guy.

284 -Good. Alright. I think that was a very good interview...

1 -So, why did you decide to take part in this interview? What made you wanna come here?

2 -Ah::, I'm an honest guy. The money. [laughs]

3 -OK [laughs] thanks for being so honest and open about it.

4 -I mean I do (.) I do take part in a lot of these studies as a bit of a side-income. I mean I was only doing
5 one opposite, at the Rhind Building and I saw (.) and because I live not far from here, it's only a five-
6 minute walk it's easy for me to come here and do these so (.) I do all sorts of... But (.) I mean, saying that,
7 ah:: I did think that I could make a genuine contribution (.) um (.) I noticed that it's (.) um (.) you said that
8 there was a focus on anger and ah:: (.) I mean quite frankly you know I (.) I wouldn't say that I'm an
9 angry* guy but I can* have a bit of a temper and um (.) by mission and I guess you could say by nature
10 I'm a professional actor...

11 -Oh

12 -So (.) emotions are very* much a part of my lightbulb professionally but (.) you know, you go into a
13 profession like that because you're naturally suited to it so I as a person (.) I think I'm quite (..) I think I'm
14 I have a strong emotional reserve I've (.) I've (.) I can be quite um... ah:: intense and expressive with it
15 and (.) so um:: yeah I can fly off the handle um: you know, at times, ah: and also I think sometimes even
16 when I'm not* angry (.) just the way I'm expressing myself, it can come across as angry [laughs]

17 -How is that so?

18 -Mmm?

19 -How is that so?

20 -Just because (.) I mean you know I have quite a (.) quite a (.) a powerful projecting voice (.) um (.) I can
21 be quite animated with what I (.) with (.) um... with how I'm expressing myself, both vocally and
22 physically (.) sometimes, I mean my volume does go up (.) and I think it comes across as angry
23 sometimes, even when I'm not necessarily feeling anger.

24 -Mhm

25 -So, in that (.) yeah (.)

26 -I see... Ah:: About that, do you think that this, ah, has impact on the way other people approach you? Or
27 the way that you approach people?

28 -Um:: at times. I mean I'm also very (.) tend to be a very friendly guy, a personal guy, a caring guy um...

29 -Mhm

30 -You know, I mean generally people tend to like me but there are times when I think they just get a little
31 bit (.) on the back foot. I mean like, my, I mean my girlfriend* (.) does sometimes tell me to, you know (.)

32 to (..) um, tone down voice a bit and, you know (..) and (..) and certainly when I'm upset and that (..) um (..)
 33 she'll tell me that I'm shouting and that (..) and sometimes she'll even [laughs] tell me that I'm shouting at
 34 her and I'm (..) not even intending to but (..) I am anyways haha... you know what I mean. It's a (..) like, I
 35 think it's just my, my volume can (..) really (..) go up. Ah:: I mean I do have a trem(?) voice and (..) it's
 36 naturally a powerful one anyway so, between the two, um: yeah, it doesn't take much for me to get loud.

37 -Mhm (5 sec. pause) So how does it make you feel when, for example, your girlfriend tells you to tone
 38 down?

39 -Ah:: (3sec. pause) Slightly (..) Slightly embarrassed (..) um... and also, slightly ashamed I mean... I don't
 40 intend to (..) I don't intend* to make her (..) you know, sad or hurt in any way... ah (..) I mean I suppose (..)
 41 the very rare time when we are arguing, you know, I can, I'm also just expressing how I'm feeling at the
 42 time (..) which can some time be anger (..) but even then, I'm not intending* to hurt her or anything um
 43 (..) and actually we're (..) she and I are pretty good at keeping things quite under control when we are
 44 arguing. Ah:: It's been actually a very nice relationship (..) that way (..) because, ah: my relationship with
 45 my ex-wife was actually quite the opposite. We (..) um (..) we fought a lot* ah: and when we fought we
 46 got quite (2sec.pause) quite intense and (..) um (..) at times hurtful (..) at both ends um (..) it got quite
 47 animated (3sec.pause) um (..) never to the point of physical violence (..) we didn't do that (..) but I mean
 48 like, sometimes, you know, screaming and shouting and storming out (2sec.pause) ah: that kind of thing
 49 so (..) this* new relationship I have is actually really quite special that way. We are very good at (..) um (..)
 50 keeping things controlled.

51 -I see

52 -Um:: I just filled out a lot in one answer there [both laugh] but (..) um (..) but yeah, so, with her (..) um, I
 53 wouldn't say I'm ever (..) really (..) intentionally (..) um, you know (..) intentionally hurting her or, you
 54 know, making her upset or any... in any way. And she knows that. So it's never even (..) even when she's
 55 confronting me with my volume and (..) and expression (..) um (5sec.pause) she quickly diffuses it

56 -Mhm

57 -And (..) yeah so I suppose a little bit embarrassed, a little bit ashamed (..) at the same time, if I'm, if I'm*
 58 upset, I kind of feel the need that I (..) I feel the need* to express it so there's also a little bit of (..) um (..) a
 59 shackling of that. And when that happens I have to find other ways of expressing it.

60 -Ok. (3sec.pause) Like...

61 -Um (..) well I suppose (5sec.pause) [exhales] I suppose trying to say the same thing but with a softer
 62 volume (..) ah: sometimes I think I* have to kind of (..) you know, maybe step aside, take a little bit of a
 63 time out, you know ah: (3sec.pause) um (4sec.pause) it's hard because, you know, the feelings to really
 64 express it but sometimes I do (..) sometimes I do pull back (3sec.pause) But I try not to bottle* it up.

65 -Mhm

66 -I've learned not* to bottle up emotions. Um (4sec.pause) yeah.

67 -Did you bottle up emotions before?

68 -Yeah.

69 -Mhm

70 - And actually (..) to the point where I'm only start realizing (.) I've only been realizing, last couple of
 71 years (.) stuff that I think I bottled up when I was even a little boy.

72 -OK

73 -Yeah (..) ah:: Yeah, I don't think I was (.) I don't think I could, I was allowed to fully express myself when I
 74 was growing up.

75 -Mhm

76 -And I think maybe (.) then those, some of those emotions manifested themselves into other problems.
 77 Um (.) quite deep problems. Ah:: and ones that, you know, um (.) affected my life in very* negative ways.

78 -Mhm

79 -So.

80 -Is anger among these emotions?

81 -Hm?

82 -Is anger one of these emotions?

83 -Yeah, I think so.

84 -Mhm

85 -Um: I remember when I was a kid (3sec.pause) yeah (..) yeah I often was too shy and sensitive to, like (.)
 86 say stand up to bullies or stand up to people who were picking on me and that (.) and, and I would (..)
 87 and then I also wouldn't talk to my family about it much. So, I remember that there were instances when
 88 (.) I think after bottling up for a while, when anger did come out it came out in (.) quite* um (3sec.pause)
 89 intense and severe ways. I'll give you an example [laughs]

90 -Please

91 -I remember when I was about 8 years old (.) um, yeah, around grade 4 (.) and I remember there was a
 92 time in (.) in (.) the (.) the playground when ah: I was with a couple of my classmates and ah:: and we
 93 were trying to put together like an ant-hill, in a jar, filling sand from the sandbox into the jar and trying to
 94 create a colony and stuff (..) and I remember they s (.) I don't remember what* they did but somehow
 95 they really upset me, I think maybe they were, they wanted me to stop playing with them or something

96 like that (.) and so, in a little* bit of anger (.) I tipped over the jar (..) and then they got really upset and
97 they started um (.) screaming at me and calling me names and stuff like that (.) and that got me very*
98 upset (.) and, so, for the whole (.) second (.) um, this was in a, I don't remember the class because I was
99 fuming about this whole incident (.) and (.) and then I get very personal (..) somehow I got in my head to
100 just, like (..) it's like I armed myself with as many kind of (.) um, stabbing objects that I could think of. So I
101 had, I remember I put a pair of scissors in (.) dull scissors not really sharp kind but the, you know, the
102 kiddie scissors with the round end

103 -Mhm

104 -So I put that in and I think I put a couple of pencils and I just kind (.) I just lined them up in my (.) in my
105 belt-area and then (.) at (.) at the next recess, it must have been a lunch recess, I think after lunch I went
106 out there and the two boys were still leaped up in that sandbox and still kind of (.) doing that activity and
107 I remember I went up to one of them, grabbed the scissors and I just stabbed* him in the back*. And
108 then ran like hell. Um (..) he (..) was not seriously injured because it was the round-end scissors but (.)
109 um (.) you know, he certainly felt pain in the back and he really (.) he started running after me (..) and
110 then, um (.) and crying (.) and then after a bit he went and got the:: teacher and I think I got into trouble
111 over that. Um (.) and yeah, that incident is always stuck in my head because, I mean, I think that is an
112 example of (.) of (.) at times, when I was a boy when I just bottled up so much when it came out, it really*
113 came out in a (.) in, in a (.) in quite a (.) a [exhales] well, explosive and even, um, disturbing kind of way
114 actually.

115 -Mhm

116 -Ah:: (4sec. pause) I mean yeah. I don't think that's a usual response for a boy. And I'm thankful that (.)
117 um (.) that the (.) you know, the object that I chose was actually something that wasn't too sharp.
118 Because, God! When I think now what could* have happened if that object had been sharper (.) I mean
119 I'm so, I may even cringe now, I'm so glad now that, um, that I had chosen something that wasn't going
120 to, that couldn't pierce the skin. So (.) that he, he was alright in the end. I mean, maybe, maybe a deep
121 bruise or something but he was alright.

122 -Mhm

123 -Um (.) Yeah [exhales] I (.) even as a kid I was quite an intense (.) kid. Um, but quiet-intense. So...
124 (5sec.pause) And I think that's an example of, you know, how I bottled up and then, when it came out it
125 came out in quite a nasty way. Um (..) over the years I've learned (.) partly even as an actor not to (.) not
126 to keep things inside but (.) you know, express it. As an actor you need to (..) obviously express the right
127 thing at the right moment but you need to (.) and I just as a person, I just don't like to (..) carry things
128 around with me. I, um, I like to (.) get it out.

129 -Mhm

130 -Um, cause then, once it's out, it's gone*. It's out of you, you don't have to, you don't have to carry it
 131 around with you anymore.

132 -That makes sense.

133 -But yeah, try to let it out in appropriate ways, you know... in safe, non-hurtful kind of ways.

134 -Do you think you could maybe give me an example of a time when you got angry and you did express it
 135 in a constructive or appropriate way if you will?

136 -So, one of the things I do, um, when I'm a:ngry (..) uh, and (..) and I have a moment alone* (..) if I'm, if I'm
 137 really that intensely angry, ah, I will hit something. But I always tend to make it something that is (..) soft
 138 and durable. Like, say I might hit the cushion on the sofa or I might go into the bed and hit the bed or hit
 139 the pillow or something but (3sec.pause) and, um, and I'm both really* letting that out and I'm giving it
 140 the expression that this feeling feels like and needs but I'm doing it to* something that's not going to get
 141 hurt.

142 -Mhm

143 -Um (..) swears!

144 -Aha

145 -I swear. Um, I mean I kind of swear anyways but certainly when I'm angry I swear because I've just
 146 learned that, for me (..) um (..) often the, the (..) the feeling, it needs the right word.

147 -Mhm

148 -And often a swear is the right word. You know, um (..) this* is where I differ from my family.

149 -Aha

150 -Because my family hardly ever swears (..) um (..) and when they get upset they'll, you know, they'll say
 151 "oh footcorn" or, or, one of my mom's favorites is "oh fishfeet"! (3sec.pause) For me*, that (..) is candy-
 152 coating.

153 -Mhm

154 -The, the feeling. It's a, it's too, for me it's like it's like it's too, those types of expressions, they're too
 155 juvenile, they're too (..) um (..) they're too wishy-washy (..) and (..) if I try and say that, the feeling is going
 156 "but wait a minute... that's not enough..."

157 -Mhm

158 -"I've still got more here. You're not giving me enough to say to really express it". That's what the feeling
 159 is saying so, if I just kind of let go of that then the feeling, the feeling is still there, it's still manifesting

160 inside, it's going "you haven't given me enough to" (..) "express myself here". Whereas, like, if I say a
 161 word like "fuck" (..)

162 -Mhm

163 -It's (.) it's quite a strong word. And (.) when I say that when I'm angry, if, then the anger feels a little
 164 satisfied.

165 -I see.

166 -It's like I've, I've um (.) I've just given that (.) that feeling its, its (.) the expression that it needs.

167 -Mhm

168 -Um (3sec.pause) This word is difficult in, in some (.) relationships [laughs] certainly with my family, for
 169 example, cos they're not* swearers (.) um (.) but generally speaking (.) like, I really try to find the right
 170 word for my expression (..) and when I say "right" I don't necessarily* mean in terms of
 171 intellectualization and description but I mean, like (.) um, not intellectual truth but emotional truth. Um
 172 (6sec.pause) Ya, y (.) you need to be satisfied emotionally, I* think. And w (.) different words will do
 173 different things to you emotionally. Again (.) this is coming f (.) we study this as actors [laughs]. Um (.) So
 174 yeah (4sec.pause) the right words or even the right sounds matter.

175 -Mmm!

176 -Um (7sec.pause) as I said it doesn't always, doesn't always make for the easiest relationships but, um (.)
 177 and so I suppose also I try* (.) to find more, more alone-times to really express myself vocally.

178 -Mhm

179 -Try* to. Sometimes it's in the moment, can't (.) help it. But (.) um (.) I try to. But at the end of the day
 180 I'm (.) a big believer in (.) expressing* what's there. Because if you don't (.) it will ju:st (..) build-up inside
 181 and then eventually it becomes (..) something more nasty (..) that can either hurt yourself or other
 182 people all over.

183 -Hm (3sec.pause) when this anger gets satisfied as you said, through the expression, through the words
 184 or through hitting the cushions (..)

185 -Mhm

186 -Ah: Do you by any any chance, could you describe to me what thoughts are going through your head? Or
 187 how you feel during that time or (.) whether you're thinking of something in particular or...

188 -[Exhales] Um (..) In the actual moment of anger or in the aftermath? Or both?

189 -Whatever you prefer.

190 -Yeah... I mean (4sec.pause) In the actual expression of the anger (..)

191 -Mhm

192 -I mean (3sec.pause) Physically I can feel quite hot, I can feel like even almost a little bit dizzy ah:: I can f
 193 (..) ah (..) I feel (..) ah quite moveable (..) I mean it's all (..) it's just a moment of being out of control (..) um
 194 (3sec.pause) again, I will say never in a way that (..) that, you (..) that, that's completely* as in, you know,
 195 you could then just go out and (..) hurt or (..) or whatever (..) because there's always a little bit of a (..) a cap
 196 on it. But it's still, it's still a moment of re:al, you know um (..) ah (..) kinda flying about. Um (..) but as soon
 197 as that's d (..) done* (..) ah (..) and when it's done it could be seconds it could be minutes it could even*
 198 be an hour or two (..) but, u:sually, ah: when it's done it's there's a certain sense of release, of relaxation
 199 (..) um (..) there's a calm-down effect. Again, it depends on the situation I mean (..) ah: if it's just that, say,
 200 my computer (..) froze (..)

201 -Mhm

202 -Or (..) and it takes a couple of minutes for it to restart, to reboot and everything you know, that might
 203 be, you know (..) a short moment. If (..) if let's say, I mean this has happened (..) ah, you know, I've
 204 suddenly discovered that, uh: someone's taken several thousand pounds out of my account um (..) in, in
 205 you know, in f (..) has committed fraud...

206 -Wow

207 -And the night before my rent is due and my bills all have to be paid and stuff um (..) I mean that took
 208 several hours to (..) to you know, deal with that and of course* during that whole time I was very* upset
 209 and, and certainly (..) you know, angry (..) I mean the whole thing got (..) got resolved in the end but there
 210 was (..) there was quite* a lengthy moment of having to deal with that, with my bank and stuff like that
 211 and (..) and certainly*, you know I was um (..) I suppose in that moment it was like a mixture of anger,
 212 anxiety, fear (..) ah: upset (..) but (..) that's not just something you're gonna get over in five minutes.

213 -Definitely not.

214 -Um (..) You know, so, in a moment like that (..) ah: it might take a little while. Or you can say there's even
 215 (..) kind of waves of anger (..) that all need to be dealt with. Um (3sec.pause) I mean there's (..) there
 216 might be some instances where the anger lasts several months! If it's a (..) if it's quite a (..) a major*
 217 negative event (..) um (8sec.pause) ah: you know actually (..) a few years back I mean I was ah: (..) my ex-
 218 wife and I were suddenly evicted from um (..) the flat we were living in for, for seven years, just because
 219 the store-owner, below, wanted to buy*-up the, the flat above, which was ours, and he did and so the
 220 estate agent just (..) threw us out as a result and, you know, we (..) we barely had (..) won't go into too
 221 much but, to say we only had really five days to find another place and we took the place that he offered
 222 and it's been a problem ever since.

223 -Mhm

224 -I think I still am angry over that [exhales] Um (..) I still have a, have in mind to, um, write him an e-mail
 225 although this particular agent has switched companies ah, I still have in mind one day to write him an e-
 226 mail and just tell him what I think (.) of him. Um (..) so, you know, major* negative events will have long-
 227 lasting effects and um, you know, just (.) yes. I think anger is often tied to situations. Um (3sec.pause)
 228 and those situations that c (.) will only last a few seconds, a few minutes, some can be a lot longer than
 229 that.

230 -Mhm (3sec.pause)

231 -Most things I try* to let go of, though [laughs] and move on. This (.) one with the eviction, I've sort of
 232 moved on and it's sort of because the flat is still causing me problems and when it does [inhales]
 233 (3sec.pause) I (.) still tie it into the fact that, you know I was forced in there without my um (..) um (..)
 234 that was a forced move as opposed to one that I willingly, um, wanted to, to take.

235 -Mhm

236 -Ah:: But* (.) I don't let that govern my life. (3sec.pause)

237 -Good.

238 -Especially me as an actor, sometimes we (..) not sometimes, often, we use these (3sec.pause) moments
 239 (.) ah:: emotional moments in our work*.

240 -Mhm (..) Can you tell me more about it?

241 -Ah, it's, I mean, you know, sense memory is a common technique in acting now (.) um (..) to, ah, you
 242 know, to find the right emotion for the scene

243 -Mhm

244 -So there will be some who will just try to use their, their sheer imagination. But, um, a lot of actors these
 245 days will find a moment in their life (.) ah:: (.) they felt the same as the character, and they will try to
 246 recreate that (.) um, through sense memory (..)

247 -Mhm

248 -So that when they step on stage or in front of the camera they're really feeling (.) the emotion that that
 249 character feels.

250 -I see

251 -Um, so, let's say I'm playing, I'm playing a scene where, you know my, um (.) or I found out that my, ah,
 252 my father has just died. Or my wife has just died. (3sec.pause. Inhales) Ah, as an actor, I will trail it back,
 253 in my life, to when I lost a loved one (..) let's say, this moment I'm thinking of, of a pet that I had as a
 254 child who just, suddenly (.) died one day and, um, um, we're not even sure how* she died we're just,
 255 probably that she was ran over by a car.

256 -Mhm

257 -But (..) I will um, I will take a moment* before I, before I step on stage or in, or in front of the camera (..)

258 [inhales] I'll take a moment (.) and try my best in my, in my memory to recreate* that exact moment

259 when I found out that she* died (.) and that can elicit (..) that can* elicit the same emotions, that I had

260 back then, as a 12 year-old. Can*. And if so, I am emotionally then prepared to then enter the scene and

261 play under the imaginary circumstances of the, the scene.

262 -Mhm

263 -Um (..) What the audience sees, either in, in the theatre or in the cinema (.) is they see a character

264 crying because he found out his wife just died. (3sec.pause) Um (3sec.pause) I (.) what I brought* as an

265 actor, what I brought to that is my own experience of loss. Ah (..) This, actors do this all the time. I mean,

266 um (4sec.pause) I mean Mickey, Mickey Rourke for example, in, in The Wrestler when he's playing that

267 scene where he's having to tell his, his daughter who he's only just, um, met up with again for the first

268 time in many years how much of a wahed-out (..) ah:: wreck of a person he is. And he was thinking about

269 his dog, about his dog that had just died. And that's why he's so emotional.

270 -I see

271 -Um (.) I have to do this all the time, so certainly when it comes to an anger scene (..)

272 -Mhm

273 -It really helps, sometimes* to just (.) um, go back in your, in your (.) memory, and remember a time

274 when you were just furious* (.) and then take that* into the scene.

275 -Mhm

276 -Ah, obviously under the imaginary circumstances and, you know, working with your, erm, fellow-actors,

277 ah: so that everyone (.) feels* (..) real emotions but it's still a safe environment. If I'm, um, fighting

278 someone, if I'm actually* punching them, we're still going through the same (.) stage choreography (..)

279 but the feeling behind that is very* real.

280 -Mhm

281 -So. So I mean, actors do this all the time they, they use their actual emotions (.) ah (..) in their work.

282 -I see... That's extremely interesting, what you're telling me.

283 -Mhm

284 -So (.) If I've got it right, ah, you're telling me ho:w (.) being an actor has helped you (.) sort of (.) get in

285 touch with your past feelings and sort of bring them to the stage (.) so that you can (.) more or less (..)

286 bring the character to life. Is that so?

287 -Yeah. Yeah... And then (.) sometimes the reward is that you do* end up dealing with some (.) with some
 288 of the: (.) you know the emotional crap in your own life um:

289 -Aha

290 -You have to be careful because acting is not* therapy:

291 -Mhm

292 -And never should be //

293 -//ok

294 -It should always be about telling the story first (..) as opposed to just, you know, stepping onstage in
 295 front of a bunch of people and um (.) you know uh: (.) cathartically* releasing all these built-up blocks
 296 and all these dramas that you have in your life. You only use (.) what you can (.) to convey (..) the (.) the
 297 story of a character. Tha/ Cos that's what they've come to see (.) they haven't come to see your* crap,
 298 they wanna see (.) Hamlet's crap.

299 -Mhm

300 -They wanna [laughs] see (.) Macbeth's crap. Um (..) but as long as (.) as (.) as long as they're* getting a
 301 story (.)

302 -Mhm

303 -You* can do what you want. Um (2sec) but again, you have to be careful with it. You have to always
 304 have a control over it. Ah (.) if it starts getting, if whatever you're using starts getting too* personal, too*
 305 intense (..)

306 -Mhm

307 -You have to pull it back or find something else to use. Um (.) very famously (2sec)

308 -Yeah

309 -(2sec) ah (.) or infamously I should say (.) uh when Daniel Day Lewis played Hamlet (.) he played it quite
 310 (3sec) quite um, um (.) soon after his own father died.

311 -Mhm

312 -A:nd (.) he had to stop* (..) performing Hamlet (.) his, his understudy ended up carrying out the rest of
 313 the run because he (.) he (.) he couldn't (.) deal* with the (.) with the circumstances of the play because
 314 they were too close to what he himself was going through. When he (.) when Hamlet's talking to the
 315 ghost of his father he would actually see his own father there and he couldn't take it and (.) and he had*
 316 to stop.

317 -I see. That's//

318 -//yeah, yeah that's a very famous theatre story (.) it's going back like, what (.) 20 (.) 30 years but um (.)
 319 but yeah he umm (2sec) that was a case where you know he took (.) this (.) they call it method acting (.)
 320 well he took method acting too far (.) and ah: and he shouldn't have actually (..) he should have (.) um
 321 (3sec) he should have kept more of a (.) of a control of that* part of his life and found something else to
 322 use to play Hamlet.

323 -Mmm

324 -Um (..) because you know (.) the audience (.) they pay a lot of money to see (..) him* play Hamlet

325 -I see

326 -So yeah, there is a lot of (.) it's [laughs] (2sec) it's a bit* like playing with fire (.) um, when you're an actor
 327 (.) um you are* playing with stuff that in day-to-day life can be very out of control and you have to have
 328 (.) you have to be a professional (.) you have to (..) play with it but in a way that is very secure

329 -I see

330 -Again (.) if we're fighting onstage (.) once it starts to become a real fight I'm sorry, you have to (2sec)
 331 you have to back off (.) cos it (.) it has to be (..) a choreographed fight.

332 -Mmm

333 -Um:: or else it's (..) let's put it (.) the audience are paying for the illusion, they're not paying for the real
 334 thing. That's why they want (.) when they want to see someone stabbed onstage (.) they still want to see
 335 those people take a bow at the end of it (.) they don't want to really* see* someone* stabbed* onstage
 336 [laughs] or on camera. Um:

337 -That's a great way of putting it, by the way.

338 -Yeah. And (.) so (.) as an actor (.) you can feel whatever you want but you still have to make sure that
 339 the illusion (.) stays* (.) that never (.) it never becomes* real (2sec)

340 -Mhm

341 -Um, you can feel real emotions but the play or the film still has to be pretend (.) is, is (.) and it's tough
 342 [very rapidly] I mean, you know, actually (.) it's actually a tough profession ah, you know (.) takes a lot of
 343 talent to do it and it takes (.) a lot of training and discipline (..)

344 -Mhm

345 -Um, it takes a lot of work (.) um (.) but the reward is that when is (.) when (.) when you do* it (.) ah::
 346 everybody experiences something* (2sec) real even though the (.) the play or the film is imaginary.

347 -Mmm

348 -And that's the beauty of it. I* (.) I call acting the (.) the art of experience (3sec.)

349 -From the perspective of the actor, you mean... Or from the perspective//

350 -//yeah, as ac (.) you're an artist but whereas like (.) uh: someone who paints they're (.) experiencing art
 351 through vision (.) someone who dances they're experiencing art through movement

352 -Mmm

353 -Um, musician experiences through sound (.) as an actor you're experiencing art through experience
 354 (2sec) through having a genuine experience even within this imaginary environment.

355 -Amazing!

356 -Yeah (2sec) and it is amazing when it happens s (.) sometimes you have* to fake it [both laugh] but (..)
 357 you try not to (.) because when it's (.) when you have that real experience within these imaginary
 358 circumstances (.) like everybody is just enthralled, yourself included

359 -I see

360 -I mean I've walked off stage (.) hardly remembering what happened I was just so (.) in the moment
 361 (2sec.) um (.) yeah

362 -So in a sense even though you say that you have to be (.) careful (..) for lack of a better word (.) maybe
 363 not to ruin the character by putting too much emotion (.) of your own emotional stuff in it //

364 -Ah//

365 -Do you

366 -You have to be careful in that, um, like, you stick to the structure (.) so all the blocking and the (.) where
 367 the director has told you to move (.) um what props to pick up what (.) whatever (.)

368 -Mhm

369 -Uh (.) you stick to (.) the (.) you stick to any choreography like fight choreography (.) you stick to (.) the
 370 script* (2sec)

371 -Mhm

372 -You don't just say what you want but I mean (.) you know (.) everybody knows Hamlet now so (.) you
 373 need* to (..) you need to say exactly what's been said for the last 400 years and even in contemporary
 374 script there has to be the discipline of (.) you (.) um (.) you stick to what the writer has told you to (.) to (.)
 375 to say (..) you can express* it (.) naturally but it still has to be the writer's words, not your own

376 -Mm

377 -Um (..) there (..) I mean also (.) also on camera you have to make sure that whatever you do (.) the
 378 camera is still gonna pick it up (.) so (.) uh (.) you know that's why they talk about actors hitting their

379 mark that's when (.) if you need to be in a certain spot it's because that's where they've focused the
 380 camera (.) if you're off of that spot (..)

381 -Mm

382 -Then you may be out of focus

383 -I see//

384 -//if it's a close-up, if you don't hit your mark exactly, you may be completely out of frame and they only
 385 see half your face as opposed to the full one (.) so there's a lot of like (.) there's a lot of discipline there (.)
 386 and you know you have to get it right technically (.) while (.) expressing something that's genuine.

387 -Mm

388 -And that's the real (.) that's when the real work comes in (.) um that's where the (.) that's where the
 389 discipline comes in um (..) again, at the end of the day it's all about (.) it's all about telling the story (.) ah
 390 (.) especially according to what (.) the writer wrote down and also what the director (.) has (.) in mind for
 391 the (.) for the overall picture (..) so (3sec) um (2sec) so yeah, feel* anger just don't hurt anybody (.) don't
 392 really* hurt anybody [laughs]

393 -So (.) um (.) if I'm not mistaken you did use the adjective "cathartic" for//

394 -././yeah

395 -Ah so (.) from what you say I sort of get the impression that you need to keep a balance between your
 396 own catharsis and (..) sort of (.) what's scripted (.) basically

397 -Yes

398 -Do you find that easy to do? Hard to do?

399 -It's not easy but it's certainly doable (.) it's certainly manageable I mean there (.) that's where the
 400 discipline comes in um (.) um (.) you know ah:: when I've been working I've (.) I've (.) I've had all sorts of
 401 different thoughts (.) both memories but sometimes (.) sometimes even almost more (.) metaphysical
 402 thoughts (.) um you know I've had (.) images flashing in my head ah (4sec) but (..) it's all about you know
 403 (.) as (.) as (.) as an artist it's all about (.) you know tailoring it to (.) to the storytelling (..) um (.) at the end
 404 of the day the (.) the audience have to see the story (.) they can't see your own (.) personal (7sec)
 405 cathartic therapeutic (.) um (.) um (3sec) experience. Um (.) yeah (..) they have to see Hamlet (.) um (.)
 406 you know upset over the death of his father they can't see you* upset (.) over (..) the state of Brexit.
 407 [both laugh]

408 -Of course

409 -Um//

410 -//That makes perfect sense (.) definitely

411 -And I mean that's wha (.) that's why all fight is choreographed (..) ah (.) they can't see a real fight

412 -Mm

413 -This isn't a boxing match (.) that's not what they're there for (..) and uh (.) and also you* have to be safe

414 because you know they (.) they you know they you've got a (..) the other actor's a colleague

415 -Mhm

416 -You know you've got to (.) uh (.) you've gotta come back the next day and do the same point all over

417 again (..) or if it's a film, you've gotta come back the next day and shoot (.) and shoot the same scene or a

418 different scene (..) and even if this is your last day working with this person who cares? You know, you

419 both wanna work again* (2sec) you may even work with each other on another project (.) you will always

420 have to keep (.) you always have to keep the other's safety in mind.

421 -Mhm

422 -Again that's where (.) a lot of the discipline* comes into it (..) um (..) so you stick (.) you stick to the

423 choreography so that (.) it looks like you're fighting but you're not actually fighting

424 -Mhm

425 -(2sec) [inhales] Um:: (3sec) you know you never take it to a point where (..) um (.) people are actually (.)

426 being (..) hurtfully hit [very rapidly] (3sec) Um (..) think it's the same thing with like (.) you know (.)

427 weapons (..) they uh: (.) they're never real weapons they're always um (.) they're always constructed but

428 even then (.) they can still (.) in theory (.) cause some* hurt so you make sure that you stick to the

429 choreography when you're using it so that (.) when (.) when (..) when you're striking at somebody with a

430 sword (.) you know (.) you stop* (.) um (3sec) before it actually makes contact

431 -Mhm

432 -Ah: (..) you know you don't really knock them on (.) um (.) it doesn't matter what you're feeling you still

433 stick to (.) um (.) to the choreography (2sec) but yeah as a professional I you sh (.) you should give a real

434 motion while you're doing that (4sec) um (.) yeah (2sec)

435 -With a focus on anger (.) again (.) of all emotions (.) um (..) would you say that being an actor has helped

436 you (.) or not (.) maybe: express your anger in a more appropriate way //

437 -//yeah

438 -than you did before? (..) through this whole training and discipline and...

439 - Acting is (.) is a (.) I call it indirectly* cathartic

440 -Mhm

441 -Ah: (.) and maybe even venture to say in (.) that (.) indirectly* therapeutic

442 -Aha

443 -Um (.) what I mean by that is that (.) the intention is never* to (..) to make* it therapy (.)

444 -Mhm

445 -for yourself (.) again it's always about (.) it's always about conveying a story to an audience (.) it's always

446 about putting the audience and what they* 've come to see first (2sec)

447 -Mhm

448 -but in the process* of it (3sec) you know you m. you might very well end up dealing with something that

449 needs to be dealt with like some (.) ah (.) some anger* that's there, some (.) some (.) some hurt that's

450 there ah some (.) upset that's there um some laughter* that's there you know it can also go the other

451 way

452 -Mhm

453 -Ah could be could (.) be (.) expressing joy or some genuine love that (.) that's there

454 -Mhm

455 -um (.) so yes it can be (..) it can* be therapeutic and (.) and cathartic but that's (.) more the coincidence

456 (..) um (.) what you're doing is not necessarily* going to be: (.) you know (.) therapeutic (.) but if it

457 happens to be then great! You know you've got more than you bargained for

458 -[laughs]

459 -Um (5sec) interestingly enough there's (.) there's a field out there called drama therapy (2sec)

460 -Mhm

461 -Um (.) I don't know much* about it (.) I just kinda know it's the:re (.) um what I'm guessing* is that

462 they're using* drama to* help elicit some kind of therapy but that's a different thing from professional

463 acting cos you're not going to have* an audience (..) other than maybe your (.) your therapist you're not

464 going to have an audience

465 -Mhm

466 -To (.) um (2sec) you know to to watch what you're doing and then and (.) and (.) so in that case I think

467 the story* becomes secondary and is and it's re:ally (.) the story is there more to serve your own*

468 therapeutic needs but that would be done in a (.) in extre:mely* controlled environment (.) the therapist

469 will know exactly what to do if it starts getting out of hand they will step* in and (.) and stop it (2sec) um

470 (..) I'm guessing* (.) you know I don't know much about it but I know it (.) I know that drama can* be

471 used for therapeutic means but (.) professional* acting is (.) is all about the ah the (.) the entertainment
 472 and I suppose the education of the audience (3sec)

473 -Nice (2sec)

474 -So (..)

475 -So you have been telling me ways of expressing anger

476 -Mhm

477 -Um (.) with the fear that I might be getting a bit too personal and please feel free to not answer this
 478 question if you don't want to would (.) ah (.) would you by any chance be able to describe to me what (.)
 479 bottled-up anger feels like?

480 -Bottled-up (7sec) [sighs] ah (3sec) I would say that (.) bottled-up anger (..) becomes* something else (..)
 481 it (.) um (.) it becomes (.) it can (.) kinda metamorphosize itself into (..) ah (2sec) areas like self-
 482 loaving.self.self-loathing (.) ah (..) lack of confidence (.) um self-harm* (..) even subconscious self-harm (.)
 483 you could be doing things to yourself that you're not even aware (.) that it's hurtful (..)

484 -Mhm

485 -Ah (.) it can (.) manifest* itself into a genuine loathing for other people (.) um (.) which in turn can
 486 become violent and (.) and abusive (.) um I would say a lot* of the (.) a lot of the Saturday night fights
 487 from drunkenness (.)

488 -Mhm

489 -Is a result* o:f this type of bottled-up anger (.) they talk about (..) they talk* about you know ah: the
 490 English and a few other culture where you know they're so kind of repressed (..)

491 -Mhm

492 -That when they drink it all comes out in a very* aggressive type of way

493 -Mhm

494 -Whereas this could have actually been dealt with in other ways (2sec) ah (.) so (.) but even if it doesn't
 495 resolve into violence* (..)

496 -Mhm

497 -It can result into a genuine hatred towards (.) ah (.) towards people and therefore (.) um (.) you know I
 498 think a person can become completely* self-oriented (..) ah they can become (.) it can manifest itself into
 499 being so* career-driven that you're going to step on others and hurt others just to get to the top (..)

500 -Mhm

501 -Ah:: it can manifest itself into (.) um (.) just a general kind of um (.) ill-treatment whenever you'r. you're
502 out in public um when you're buying something at the store you can snap* to the (.) at (.) at the cork

503 -Mhm

504 -Um (.) I mean one can say that it even could even manifest itself into being a very* abusive person and
505 you can end up like physically or even sexually abusing a child (..)

506 -Mhm

507 -Ah: because* you're so (.) you're.you've (.) you're so* repressed (.) ah (.) emotionally yourself (..) or
508 even verbally abusing a child ah: I'll tell* you

509 -Mhm

510 -Like (..) my girlfriend and I talk about (.) Asian cultures a lot cos she comes from one and she talks about
511 some of the problems that they have like um (.) you know gender discrimination and like that (.) that you
512 know that women (..) can (3sec) yeah can be (.) be hurt quite badly by their men or cultures in Africa
513 where they can have their genital (.) their genitalia mutilated (..) it's all (.) cultural*

514 -Mhm

515 -A:nd (.) I remember she asked me how can (.) how can a mother* (.) who's gone through that (.) let her
516 daughter* go through that (3sec) and it occurred to me (.) ah: (..) I think it could* be because (..) it's it's a
517 (..) because* this woman has been abused so much in her life (.) from childhood right through to
518 adulthood and because she's (.) because she's with* a man that she doesn't love and is being (.) um (.)
519 abused by in every way (.) she in turn (.) might want* that to happen to her daughter (..) because in her
520 own (.) um (.) abused warped mind it's a way of bouncing the scales it's (.) it's a way of (..) justifying
521 what's happened to her because if it happens (..) if it ah: if it happened to her it should* happen to her
522 daughter (..) I'm guessing, I don't know, this is just a thought that came to my head but I think I'm onto
523 something there (.) there's (.) there's a way of (..) it could* be that these people (.) being so um (.) so
524 abused themselves and not* able to express it (.) that's where the bottling-up comes in

525 -Mhm

526 -What that can manifest itself into is a certain um (.) ah (.) weird satisfaction in seeing that happen to the
527 next generation (..) it's a way of (.) it's a perverted sense of justice

528 -Mhm

529 -Now that* I would say if I'm (.) if* I'm right (.) I: have a feeling I am (.) but if I'm right then that* would
530 be a result of bottled-up anger and hurt ah: from* traumas that have happened to you that haven't been
531 um allowed* to be expressed (.) effectively (3sec)

532 -I see (.) that's (.) probably something that holds water as a (.) as a theory//

533 -//I think so

534 -or interpretation

535 -I think so because (.) I mean (.) I haven't seen a lot for myself as a first person but from what I've heard
536 like (.) you know it's quite common practice for even mothers to force their daughters to marry
537 somebody that they did not want to or to force their genitalia to be mutilated or any other kind of these
538 horrible abuses (.) like their (.) 14 year-old daughter to be married to a 50 year-old man and I think (.) one
539 of the reason why they could is they have a (.) they have a sense that if it happened to them it's got* to
540 happen to the other one.

541 -Mhm

542 -Or else* (4sec) why did it happen to you? You know?

543 -You have a point, definitely

544 -What makes you* so special that you've been horribly abused but the next one gets to have a better
545 life?

546 -Mhm

547 -Um (2sec) again all* that I would say comes from (.) one- being abused and two- not being able to deal
548 with it

549 -Hmm

550 -Not being able to deal with the effects of it

551 -Yeah dealing with it is definitely a (.) major point (.) absolutely

552 -Mhm

553 -Is (..) would you say that anger is a negative or a positive emotion?

554 -I would say anger is never negative (..)

555 -OK...

556 -I would say what you do* with your anger can be negative

557 -Mhm

558 -If you use your anger to (.) to physically assault another person that* is a very* negative (.) ah (.) thing
559 (..) but the feeling is never (.) um (.) negative (..) not in a (.) not in the sense that I think that you're
560 talking about I mean (.) as in bad as in (.) um (..) shouldn't be felt shouldn't be expressed

561 -Mhm

562 -Ah:: you know as in “sinful” (.) not* in that kind of way (.) I mean (.) um (.) you could say that there’s a
563 (4sec) a (5sec) [laughs] (..) you could say that there’s light and heavy emotions and that there’s there’s
564 emotions that really (.) um (.) emotions that light you up (.) that free you up that ah: that fee:I quote-
565 unquote positive and then there’s emotions that (.) really feel like they’re weighing you down like they’re
566 (.) they’re constricting you like they’re making you (...) and that you can say is quote-unquote negative (.)

567 -Mhm

568 -But (..) even then it’s the (.) heavy emotions are not bad

569 -OK

570 -Sorry, no, actually, let me rephrase it

571 -Please

572 -Yes there are positive and negative emotions

573 -Mhm

574 -But positive / negative just simply mean (.) meaning like (.) in an electrical charge type of way (.) not in a
575 good and bad kind of way (.) there are no such things as bad emotions

576 -OK that’s a very interesting answer definitely (.) so: how can you be positive with your anger?

577 -Ah: (3sec) well ok ah: [laughs] let’s go with (.) sorry let’s go with positive / negative being not (.) good
578 and bad so I would say (.) just in terms of charges (..)

579 -Mhm mhm

580 -Anger is a negative charge (.) but in terms of good and bad (.) how can you be good with your anger?
581 (2sec) ah:: expressing it controllably

582 -Mhm

583 -Um (.) meaning like if you’ve got* to let it out make sure you let it out in a way that (.) you know if
584 you’ve gotta hit something (.) make sure you’re alone (.) definitely no children around (2sec)

585 -Mhm

586 -Um and release it onto something that is not* going to get damaged (..) ah:: again finding* the right
587 language for it but again maybe tailor that to if there are any children around (.) and even your voice (.)
588 make sure (.)

589 -Mhm mhm

590 -Make sure because children are highly sensitive and they will be shocked or hurt or even traumatized if
591 they see something (.) that ah (.) explosive and aggressive so (.) make sure there are no children around

592 um (.) express . express it in the way that you need to (.) you can use whatever words you want um (.) I
 593 suppose as long as again you're alone (..) ah:: sometimes anger can be an (.) an inspiration to do (.)
 594 activism (..)

595 -Mhm

596 -Um (.) if you're angry with (.) say (.) what the government is doing right now (.) you can use that anger
 597 to spur you on to (.) um organize a protest to start a petition (.) um (.) you know even to even to make a
 598 public speech about it and an event (.) you can write about it (2sec)

599 -Mmm

600 -Ah:: you know anger can be a way of [1:05:20]

601 -I see (.) you mentioned before that emotions can never be bad (.) is that right?

602 -Yeah (.) emotions themselves are never bad

603 -OK (.) so if I've got it right you wouldn't say that anger (.) that feeling angry makes you a worse person

604 -No (..) feeling anger never (.) never a worse person (.) in fact I would say you're a better person if you
 605 acknowledge it and even express it appropriately

606 -I see

607 -Ah: no (.) a person is never* bad for feeling whatever they're feeling (..) um (2sec) I would even venture
 608 to say (..) that even someone with um (3sec) with paedophile's tendencies (..)

609 -Mhm

610 -They're not bad for feeling* like they want to have sex with children (.) they're just bad if they do it (..)

611 -I get your point

612 -[laughs] they can't help the way they feel*

613 -Mhm

614 -Ah: there are people who for whatever reason (.) biologically (.) they find children attractive

615 -Mhm

616 -They just cannot act upon that (.) they have to find another way of expressing that sexuality in a very (.)
 617 non-harmful type of way (.) they absolutely cannot (.) um have sex with children they can't even look at
 618 pictures or videos of people having sex with children (.) they have to find something else (..) um (..)

619 -Agreed

620 -But they're not bad for feeling* that

621 -Mhm

622 -They just can't help it (.) that's how they are that's who* they are that's that's (.) that's how they were
623 made (.) can't help it

624 -Same with anger I suppose (.) that's how (.) humans are made

625 -Yes yes anger is (.) arguably the most* common (.) ah: emotion and coincidentally as an actor it's the
626 easiest to (.) to (.) to genuinely express

627 -Aha!

628 -They always say "anger is the easy one"

629 -OK

630 -Um it's probably why some action-movie stars who aren't really that talented as actors they still manage
631 to (.) to find success because (.) they can still access anger um (.) for their (.) for their own limited action
632 movie roles

633 -Mhm

634 -You know um some of them just look angry (.) Jason Statham always looks angry (..) um (.) anger is the
635 easy one so that's probably the most* common (.) um (.) emotion (..) we all have it and we all feel it
636 many many times (.) um: there's nothing bad about anger whatsoever

637 -Mm

638 -It just (.) depends on what you do with it

639 -Brilliant. To be honest I'm very very impressed and I'm very very thankful because you practically
640 answered all my questions without me even (.) asking them

641 -Right [laughs]

642 -That was an amazing interview (.) um before we wrap it do you think there's something you would like
643 to add?

644 -Ah (..) nothing comes to mind I think that (.) I think I was pretty good at (.) at forming my thoughts about
645 these (.) ah (.) I mean I would say (.) if anything I don't think I'm (.) I don't think I'm special* in that way
646 because probably the reason why is that as a professional actor you deal with emotions all the time so
647 we're (.) we're constantly thinking about them we're constantly discussing them

648 -Mhm

649 -You know it's an important part of the work so (.) therefore the (..) the exploration* of them even the
650 analysing of them (2sec) is (.) is quite common

651 -Mmm

652 -So I'm probably I mean I would* say I'm more emotionally accessible than the majority of people out
653 there (.) um:: it's a training it's a (.) it's (.) it's a discipline

654 -Mhm

655 -One that probably* most people (..) you know aren't (.) haven't delved into as much ah:: so (.) that's
656 probably where a lot of this came from

657 -Cool (.) Thank you

1 -So, yeah, what made you decide to take part in this study if I may ask?

2 -What made me decide to take ah:: I think it's that as soon as you said that it's about anger I thought fine
3 [snaps fingers] I can tell you a lot about that

4 -Alright

5 -[laughs] cos I it is (.) it is something that has (.) has been a problem for me (.) a::h (3sec) since I was
6 probably about 8 years old

7 -OK

8 -yeah

9 -Ah: can you give me an example of (.) what ways it is a problem for you?

10 -It's been a problem for me becau:se it's (..) alienate a lot of people in my life (..)

11 -I see

12 -And it's a problem for me (.) e:h I came to realize that it was (.) not (.) a normal* reaction to have to
13 things

14 -Mhm

15 -because I come from a family where my.my mother and father would get (.) openly very loudly angry
16 very easily //

17 - //alright

18 -and so (.) and they would always argue and stuff and so for me it was ah: it took me time to realize that
19 this is not a normal thing (..)

20 -I see

21 -basically [laughs] for people to react in that way so a::h it's a (.) and I was always like people who didn't*
22 get angry in certain situations I used to think they were a bit (..) "fuck is that normal is it?"

23 -[laughs]

24 -so e:h I never really gave it much more thought than that until it came to the point especially at work
25 where I'm just getting really really angry and (.) I just had to (.) I had to justify myself and then I'd realize I
26 couldn't really justify it

27 -Mhm

28 -I realize that they (.) you know you can't justify (..) being balls obviously it's a professional setting and
29 obviously that's kind of a hint that there's a problem there (.) somewhere (.) you know

30 -mhm

31 -and then bit by bit people (.) friends would open up to me and (.) not bit by bit but every once in a while
 32 my friends would tell me “man, you really got to control your temper” and shit like that you know so (..)

33 -I see

34 -Mmm (.) so yeah that’s how (.) I came to realize (..) it wasn’t exactly (.) exactly* normal

35 -Alright (.) so what is it that makes you angry?

36 -Mmm

37 -Can you give me an example or two (.) or as many as you want basically?

38 -A lot* of things man like (.) like eh:: [exhales] it’s a (.) it’s a reaction that usually happens when I f:: (.) a
 39 (.) um: (3sec) when I was a kid that was definitely something that I felt when I (.) when I was frustrated
 40 and felt that I was definitely out of control of the situation (..)

41 -mhm

42 -a::nd that being more so the frustration of not being understood

43 -Ok

44 -a:nd uh (..) and as I got older it was the: (.) the frustration of (.) having a certain stance and feeling that
 45 people were (.) were treating me differently to (.) to the way they treated others and therefore ah (.) mm
 46 (.) it’s incomprehension and (.) in my mind trying to set them straight (.) and but obviously because (.) I
 47 thought it was a normal way to react to things you know in a very angry way

48 -Mhm

49 -So it would be anything from like ah: (.) ah:: not being able to: (.) frustration would get to anger very
 50 easily when I was doing my homework for example: (..)

51 -OK

52 -Ah: I would get very angry when (.) a:h with certain people (.) in my family as well because it was a rel. a
 53 normal relationship to yell at each other and get pissed off at each other instead of trying to (.) so for
 54 example when I just go out and do things and (.) with my f (.) my dad and my brother and you know
 55 outdoor activities and they wouldn’t go exactly right you would just get re:ally really angry with your
 56 relatives and stuff or with (.) or it’d be things like (.) you felt that people wh. have taken (.) have taken
 57 advantage* of you taken the piss out of you instead of rectifying the situation you just (.) you know (..)
 58 burst* out in a:nger (.) o::r when ah: when I find that you know (.) certain standards aren’t upheld (.)
 59 when the train say is 15 minutes late I just (.) I used to boil with anger you know (..)

60 -Mhm

61 -Whe:n ah: (3sec) when I watch the television I (.) I used to get like genuinely fucking angry watching
62 advertisements (..)

63 -OK

64 -I mean not going "ah this is rubbish this is shit" I'd actually just screaming at the television and shit like
65 ah: (..) I get s.. lots of situations you know? But generally. generally situations where you sort of feel (..)
66 when I feel my power is not in control (.) or (.) felt like I was being taken advantage of and I didn't know
67 any (.) any other way to to rectify this (..)

68 -I see

69 -Because I also have quite a lot of confidence issues (..)

70 -Mhm

71 -A:nd (.) and my lack of confidence would (.) would often come out as a (..) a:: (.) a certain level of
72 assertion and I would have (.) it's also a way to assert myself (.) you know going like rraaarrrrgh [bangs
73 fist on the table] start getting like (.) putting a fist on the table etcetera (2sec) [inhales] the problem is (.)
74 my parents had anger issues but I find it very hard to somehow take them seriously when they somehow
75 go I've got anger issues I'm like "pfff and what about you?" you know and so (.) it does come from my
76 upbringing and also comes from being somewhat (.) just not having a lot of confidence and also being
77 somewhat (.) marginalized as well (.) to an extent (.) when I was a kid you know because bein.growing up
78 brown* in No:rway is not a:lways easy (.) especially in the mid-80s you know [laughs]

79 -I get the picture yeah

80 -So it's just like (.) so there you go yeah

81 -So from what you're telling me I get that a:h (.) say you get frustrated you get angry and then perhaps
82 people don't understand why you're angry and you get more frustrated //

83 -//Exactly and then after that (.) eventually (.) but always eventually* eh (.) but way too (.) late (..)

84 -Mhm?

85 -The explanation will come but th//

86 -//the explanation from your side, right?

87 -From my side why I would get (.) why I was so angry will come

88 -Aha

89 -A:nd but it was always too late

90 -Ok

91 -So (..) because man I used to get really* angry (.) like (.) fucking irrationally swearing and screaming at
 92 the top of my voice angry and you know throwing shit about (..)

93 -Alright (.) so very expressive about it

94 -Very expressive yes (.) but it wasn't a tantrum you know it was not like if my mom told me to go to bed
 95 early I'd get angry so it (.) if my parents were (.) like I wasn't a spoilt child (..)

96 -Mhm

97 -You know and that's the other thing (.) I used to hate spoilt children and that's what you usually (.)
 98 something I used to get very angry with as a kid [laughs] and it's like you know kids who could do
 99 anything they wanted and and their parents would have it I used to get very angry about it a::nd (.) and I
 100 used to tell my friends in a certain manner that I thought they were (.) they were being unreasonable and
 101 blahblahblahblah and obviously that lost me quite a lot of friends cos (.) who am I to give them these
 102 standards by screaming at them? So (..)

103 -I see

104 -Mhm mhm

105 -Ah, cool. So between the time that you start getting frustrated and the time that you express your anger
 106 (.) what is it (.) like (.) how does that period feel?

107 -It's a very short period

108 -OK

109 -Yeah so it's a:: (.) it goes from frustration to anger in a (.) I go from zero to hundred very fast (.) well not
 110 so much anymore it's something I've always been n(.) aware of (..) um (.) made aware of [laughs] and try
 111 to do because it was such a handicap in my life (..)

112 -Mhm

113 -so it's the ef(.) I I get angry very (.) well I get frustrated and afterwards I can feel the boil getting to anger
 114 very (.) very fast

115 -Mm

116 -So: ah: it's obviously a cumulative thing as well cos you know it's not like I'm always impatient with
 117 people like that but you know it's after a certain amount of time (.) I wouldn't say anything at all (.) then
 118 you get frustrated for a certain amount of time you think "oh bloody hell it's a normal part of life to be
 119 frustrated with people" cos I'm not a complete psychopath it wasn't a complete psychopath either but
 120 eventually it comes to the point where nothing gets any better even though you drop hints etcetera you
 121 know in that (.) you know you think that the last resort is to get really angry

122 -Mhm

123 -So I'd say it's (.) mo::st of the time it's something that happens really fast and it's (.) irrational and other
 124 times it's something that I've rationalized in my head for quite a long period of time and that's especially
 125 when I (.) when I was mentioning people taking advantage of me

126 -Mhm

127 -That's something that I (.) you know it's not like in the spur of the moment it's something that I find (.) I
 128 don't know (.) because at the moment I don't have the confidence enough to tell them "listen you're
 129 taking advantage of me" etcetera you know (.) you just let it happen again and again and again and again
 130 and afterwards eventually (.) you know you (..) you just burst out in anger and those were the anger (.)
 131 those were the words ones (.) those were (.) my anger was a lot* more (.) violent

132 -Mhm

133 -and a lot more (..) constant after that you know? Then for example something that irrationally makes
 134 me annoyed I can get very angry about it but you know that was something that you know the (.) the
 135 anger* you get angry and afterwards it lingers the anger stays there (.) the frustration which is long-term
 136 keeps on going and afterwards you get to the point where (.) you know you burst out in anger and after
 137 you've taken that one step and afterwards the mood you have anything for that person is always
 138 constant* anger

139 -Mhm

140 -See what I mean? So there's two different types of anger that I have.

141 -I see. Could you by any chance give me an example? Like:: ah: of a situation that happened//

142 -//mhm (..) um:: (4sec) for example when I was eight years-old (.)

143 -Mhm

144 -My brother (.) not my brother (.) my father was trying to er (.) err:: (.) I wasn't very good at cer.at
 145 reading Norwegian (..)

146 -Ok

147 -it was one of the things I wasn't so good at all at school a:nd (.) my dad (.) would ah ah get me to read
 148 this stuff and as soon as I didn't get it (.) you know I would just snap my pencil and just lose my shit (.)
 149 and then afterwards realize very shortly afterwards that I was really unreasonable (.) o:r (.) someone's
 150 late (.) they turn up (.) you ask them why they're late and they say "oh" they give you a bad excuse then
 151 afterwards you just lose your shit with them completely then afterwards you see their reaction it's you
 152 know (.) actually (.) that wasn't such a good idea like for example eh: (.) eh:: many times (.) playing in a
 153 band (..)

154 -Mhm

155 -You know this guy's constantly late all the time by half-an-hour an hour (.) always gives you these
 156 excuses "I missed the" you know a:nd (.) and then after that you sort of (.) one day (.) normally it doesn't
 157 bother you but then one day you decide that it does and [snaps fingers] burst out

158 -Mhm

159 -Another one was like (.) when I used to: eh: (3sec) I used to do sailing

160 -Sailing?

161 -Sailing yeah and (.) when I was sailing when I was eh:: eh: in charge of (.) well (.) basically (.) heading the
 162 crew (.) it was generally fine if someone else was heading the crew and things weren't working (.) and in
 163 a boat things have to happen fast and (.) if they didn't happen eh: (.) the formula was like (.) it was sort of
 164 like a conflict of interests as they were (.) and so instead of being quiet or dealing with it reasonably I'd
 165 just get straight angry

166 -OK

167 -A:nd (.) o:r [exhales] have I said watching advertising?

168 -Yes you did and I was very curious to hear about it – what is it that makes you angry about advertising?

169 -it's the fact that they take you for an idiot

170 -[laughs] ok

171 -and you know I (.) I find advertising so stupid* (.) presented in such a stupid way

172 -Mhm

173 -you know the stupidity of it annoys me (.) and the fact that I know that this is broadcast to millions and
 174 millions of people

175 -Mhm

176 -and I find (.) I just generally find this to be a very unfair and exploitative situation and so when I see it (.)
 177 it just triggers me [snaps fingers] or like (.) when I saw it it would just trigger me and get (..) really really
 178 pissed off

179 -I see (..) so what do you do when you get really really pissed off?

180 -[exhales] wow (..) well (2sec) I raise my voice (..)

181 -mhm

182 -quite substantially (2sec) eh:: that's usually level one (.) level two I start like slamming my fists (.)
 183 pointing (.) making a lot* of gestures with my hands (.) looking straight* at the person I'm angry with like
 184 without blinking and all the rest of it (.) you know (.) expressing my anger as clearly as possible

185 -mhm

186 -but I would never get like violent* or physical (..) I would never actually hurt anyone or want to hit them
 187 or anything like I (.) I would* want to but I would always have enough self-control not to do it

188 -mhm

189 -you know cos I knew (.) at least I knew that I have (.) limits I'm not going to (.) I don't wanna harm
 190 people physically whatever (.) I feel that you know harming people psychologically is enough (..) so I
 191 never really go beyond just screaming banging my fists throwing shit about if it really gets bad (.)
 192 throwing shit about is de.is like the last level of anger that I get

193 -Alright (.)

194 -mmm

195 -A:nd after this (.) anger has been (.) expressed if you will

196 -mhm

197 -how does it feel?

198 -I feel very depressed

199 -Oh really?

200 -Yeah (.) it's a (.) after that I just feel really like (..) things got a lot more complicated and (.) I invariably
 201 blame myself for it as well

202 -Mhm

203 -You know

204 -How come?

205 -Because eh (..) eh:: I feel like I made a fool of myself (.) you know it's like when you start acting quite
 206 irrationally like that it happens and afterwards you sort of eh (.) it's the (.) it's catching yourself (.) and
 207 the thing is my problem in the past was always I'd catch myself afterwards* (.) when I was for.when I (.)
 208 when I was trying to manage my anger it's to catch yourself in the situation (.) before* it happens

209 -mhm

210 -and re.and actually realize* that this is unfolding (.) realize that there's (.) there is always a pattern that
 211 occurs before you get angry you know (.) the s.the stages in which you are mentally and* physically

212 before you start getting angry so when (.) when that pattern happens you it's (.) it's very important to
 213 realize it

214 -And how do you realize it?

215 -Because it's a (.) a (.) the physical thing is that when I get angry (.) like it starts hurting behind my eyes
 216 and at the temples like that (.)

217 -Mhm

218 -Not ache like (.) like a pain but you know you can feel* like there's a heat there (.) and there's a pressure
 219 there a:nd you can feel yourself trembling and your heart rates are starting to go up and m. you are
 220 about to explode and when that starts happening eh (.) you just do a number of physical exercises to
 221 stop it (.) also mentally is you f.you find yourself making chains of ideas in your head (.) a number of
 222 assumptions etcetera and then a:fter that you know you (.) you (.) even if you mentally try to keep it
 223 under the lid you know that anything is gonna switch it and it takes something very little to switch it you
 224 see?

225 -Mhm

226 -Um: but these ah (.) eh:: this (.) this is what arises before (.) when I get angry in a very irrational short-
 227 term way (.) not the prolonged thing the prolonged frustration that I was telling you about

228 -Mhm mhm

229 -The: it's like the frustration happens and then one day you know (.) it sort of comes out of nowhere* (.)
 230 you see what I mean? All this was there and then afterwards it's (.) the frustration is there and
 231 afterwards it's (.) there is no physical build-up (.) you go from "ok" straight to boom [slaps hands] like (.)
 232 losing your shit with someone (.) grabbing them (.) yelling at their face and stuff (..) so (..)

233 -I see (..) would you by any chance have an example of that?

234 -Yeah! (.) but (.) the last time this happened I was very very drunk (..)

235 -OK [laughs]

236 -Um:: this was (.) eh (.) the second time after (.) no it was the first time I was left with all the band
 237 equipment (.) a lot* of band equipment to carry after the gig

238 -mhm

239 -all the (.) my bandmates were highly inebriated and unable of carrying it (.) the last one was a (.) a:: (.)
 240 well (.) my best friend (.) and he:: (.) I had relied on him all night to bring all the stuff back with me and he
 241 can't even stand and I was being (.) I remember being very frustrated and I then I just (.) I got extremely
 242 angry with him

243 -I see

244 -And that was the first time I'd actually gotten that angry in several years (.) that was quite recent that
245 was in August

246 -OK

247 -and I remember uh: after that (4sec) um:: yeah (..) not feeling very happy about it (.) I mean I was pretty
248 unhappy about having to do this shit but I was pr.I was even more* unhappy that I got that angry:

249 -mhm

250 -So (.) or [exhales] um:: so like the most recent time I got like spontaneously angry is that what you're
251 talking about?

252 -tell me about it

253 -ah:: let me think (3sec) inanimate objects make me (.) when I get fr.like I often get frustrated with
254 myself and I get very angry with myself and I start yelling because I'm angry with myself

255 -OK

256 -Like (.) I'm quite absent-minded so I'll just leave my keys and stuff lying all over the place and then I'm in
257 a hurry to go somewhere (.) you start panicking you can't find your keys and I (.) you know I'm just losing
258 my shit completely you know a::nd (.) I realize I'm 15 minutes late because I'm too stupid to put my keys
259 in a place and find* them (.) for example (..)

260 -I get the picture, yeah

261 -[laughs] that* happens (.) the last time that happened was probably:: two years ago (.) three years ago

262 -Alright

263 -Yeah (.) it happened a lot when I was living in eh: (.) in this place in (.) in Harringey and (.) that was the
264 last time (.) the last year this happened very often

265 -Mhm

266 -I mean th.it happened so* often dude (.) that I can't really (.) it's hard* to find one particular instance of
267 it it all melt together (.) really (.) um:: (2sec)

268 -Any particular reason why this was happening during that period?

269 -Y::eah it didn't happen more* during that period than it did in the (.) than it did before but it's just I was
270 made much more aware* of it during that period (.) and so I was able like (.) once you start being told
271 about (.) you know when people care about you the way you're behaving and stuff like that you end up
272 catching it while* it's happening and afterwards you're like "arrghhh" you know (.) the.the (.) it's a you're
273 made a lot more aware of it so you're aware of the instances a lot more clearly because you (.) you are

274 trying to (.) better yourself during that period so (.) it probably didn't happen (.) it probably happened as
275 much before if not (.) if not more

276 -Mhm

277 -But then you know it's like "oh this was a particularly angry period of my life" but then you realize all (.)
278 all* periods of my life were angry it's just that that was the one where you are actually counting the
279 instances (.) actively* counting the instances when you would get pissed off

280 -OK

281 -mmm

282 -I see

283 -And the instances like this I got straight up was on average three times every two weeks (.) sorry two
284 times twice every three weeks (.) in that period I can't say it was once a week or once every couple of
285 weeks but I would definitely (.) I definitely counted a period of three weeks to a month (.) I would get
286 extre::mely angry twice

287 -Alright

288 -And for me that was a lot*(.) because I was counting it (.) whereas not thinking (.) in retrospect I was
289 getting pissed off every single fucking day (..) every day there was something that would just make me (.)
290 make me fly for {unintelligible word} (.) so (..)

291 -So far you've been telling me about ah: (.) how you express your anger towards other people (.) verbally

292 -Mhm

293 -And that you refrain from violence

294 -Mhm

295 -Any other ways you express your anger? Maybe not to other people but (.) like any other outlet for your
296 anger?

297 -There are definitely outlets for my anger (.) I think it's uh (.) it's a:: (.) straight like when (.) when you
298 have that sort of frustration and afterwards you get into anger then afterwards the anger is a slow-burn
299 anger from then that point onwards (..)

300 -Mhm

301 -Ah:: then you (.) you express your anger very differently (2sec)

302 -Ok

303 -You generally express your anger ah (.) ah:: going on and on and on with your mates (..) about this
 304 problem (.) about this person you know

305 -Mhm mhm

306 -Again it's (.) I mean you're dealing with it still in a very angry way cos all you do is complaining and (.) not
 307 talking about it in full re.you know ranting* (.) not* coming up with solutions

308 -Mhm

309 -You know what I mean?

310 -Yeah yeah

311 -It's just perpetuating it (.) the slow-burn anger is like that and sounds like you express it a lot like that
 312 like you're always being negative about stuff (.) or that particular thing that has (.) that thing that made
 313 you (..) go from frustrated to angry (.) well not the thing but the thing you are frustrated with first and
 314 then angry with afterwards you know

315 -Mhm

316 -So you always talking you know and you just let that eats you and then eventually you just cut that
 317 person off your life (..) you know (.) ah:: or another way to express the an.my anger (.) for me that would
 318 be in eh: in writing music! I mean like I write very angry music

319 -OK

320 -I don't think I would write this stuff if I was (.) a peaceful zen person and so (.) and I find that some of
 321 the best* music I've written and some of the angriest shit that I've written has actually been since I've
 322 been able to contr[laughs] to control my anger a bit more

323 -Alright

324 -It is in my mind (.) I don't know this (.) obviously this is completely eh subjective

325 -Obviously

326 -But this is the way I feel about it (.) you know? Um: (2sec) I also used to: ah: I mean anger is a very (.)
 327 was such a central thing to a large part of my life so a lot of the time I would try to escape it (.) you know
 328 like the whole (.) escape myself* so I would (.) from the ages (.) ah:: from the ages of 20 to 25 I was doing
 329 lots of party drugs (..)

330 -Alright

331 -A:nd I would (.) a lot of ecstasy especially (.)

332 -Mhm

333 -And that was in a way (.) in retrospect (.) was an outlet for my anger my (.) my baffling my mind all the
334 time because you know I'd take ecstasy normally (.) and things would happen* and I'd be like "normally
335 this would make me so:* angry (.) but I just don't care* right now (.) this is amazing!" [laughs] you know
336 what I mean? And so you d. it (.) it was like a (.) a: almost a ritualistic thing you do every week every
337 Friday to Sunday you'd be off your tits on E because (.) um: because it's almost like (.) you need a break
338 (.) you need a break from your constant (..) fury

339 -Mhm

340 -You know? And:: so that* was another outlet (.) ah:: (3sec) escapism (.)

341 -OK

342 -In general (.) you know like (.) when I was (.) when I was (.) I was always a very angry kid and I used to
343 feel really calm for example when I used to read (.) quite a lot of fantasy novels and stuff like that I (.) I
344 was a huge* fan of Tolkien when I was a kid and I used to (.) idolize these people because they (.) there
345 were like all these (.) they were in such a tense situation all this crazy story like the thing (.) the whole
346 world is falling down on them blahblahblah and (.) and you just sort of see how people (.) how fantasy
347 people deal with it in a fantasy situation and that's the detached (.) you're aware that that*'s not what
348 reality is (.) but it's just like an ideal and you're like "this is just great" you know? It's a (.) it's that's why I
349 really* liked unrealistic stuff when I was a kid

350 -Mhm

351 -I find that it's pure escapism because you know if you read other books (.) you know it's (.) people
352 emotion you'd find (.) you'd find (..) too close to the (.) to a __ (22:40)

353 -Alright I see

354 -A::nd for a lot of things (.) cos I've gone to a French school I've read a lot of French literature and French
355 literature is all very very emotive you know and (.) it's all about you know brunning and how people feel
356 and stuff (.) I was a big fan of uh (.) what's that pretentious prick* called again? Ah: [knocks knuckles on
357 table repetitively] Baudelaire!

358 -Aha! I see

359 -Baudelaire is the ultimate in the spoilt kids of writing you know? It's the (.) like he is rea:lly happy and
360 you know? He has to take drugs to keep himself happy keep himself going there and you know it's like
361 everything is just really good but is always just lying it's (.) it's an effort to keep yourself happy and all the
362 rest of it

363 -mhm

364 -and then (.) at the same time most of the time he's absolutely bloody miserable with the world and
365 depressed and he's like (.) you know (.) h.hateful of of himself his body women (.) everything*you know

366 like humanity in general and you know the fact that you know (.) [puts on funny voice] “existence is so*
367 unfair” you know (.) and I really could identify with that as a kid so I really used to like Baudelaire (.) but
368 you know after (.) but I can only take it in small doses and I was quite sucked at that sort of thing it was
369 just like a:: (.) like (.) it sort of portrayed the world as* I felt it so generally (.) it was like something
370 [laughs] that would come in small doses cos I really appreciated other people write that but only (.) if I
371 didn’t like (.) yeah reading Baudelaire is getting me pissed off you know it’s getting me rowed up reading
372 Baudelaire I mean “Yeah shit is so unfair! God damn it this guy is right!” you know [laughs] and then after
373 that you’re like “aaah” I d. one day you’re just like “I can’t (.) I wanna read something that (.) doesn’t
374 make me so damn angry” you know what I mean? But the yeah it was like (.) so obviously there was a
375 strong (.) much stronger parallel for escapism

376 -Mhm

377 -In literature (..) ah:: but on (.) on television for example I never used films as an outlet you know? For me
378 that was the worst outlet for my frustrations and stuff I mean (..)

379 -Ok

380 -And I d. bah (..) But eh: but the other thing is like you know like I it’s (.) are you talking about a conscious
381 outlet for your frustration? Or just like something that would actually help your anger? Cos there’s a
382 difference between the two?

383 -What’s the difference?

384 -Well the difference between eh: (.) making a conscious effort to you know because you know you’re a
385 certain way and you know (.) like (.) when I was reading all this fantasy stuff it was because I was making
386 a very clear-minded effort to get into stuff that wasn’t (.) based in any particular reality (..)

387 -Mhm

388 -You know (.) whereas (.) you know for example I did fencing at the time and a lot of sports (..)

389 -OK

390 -And when I did that I was generally very zen (.) but I did not see* that as something I did (.) as an effort
391 to make myself less angry (..)

392 -Alright

393 -You see what I mean?

394 -That’s interesting

395 -So there’s a big difference between the two (..) and I think that’s one thing I’ve always (.) eh (.) known is
396 that m.I wasn’t aware I was angry all the time but I was always aware that I was unhappy* all the time (..)

397 -Mhm

398 -Cos anger definitely comes from a certain degree of unhappiness (.) I mean I'm never* happy when I'm
 399 angry and I when I used to get angry all the time it was because I used to be generally a pretty unhappy
 400 person (..)

401 -Mhm

402 -and also you know you are dealing with the unhappiness as I've said your parents that's the way you act
 403 that's just (.) it's a normal way for people to behave (.) blahblahblah so all these things come together
 404 and (..) so: you know (..) so yeah.

405 -So doing fencing for example (.) how

406 -Oh it helps yeah in retrospect now* I know that it helps (.) you see what I mean

407 -Alright

408 -A::h and like (.) I got angry at the fencing club only twice [laughs] I can tell you about one of them (.) one
 409 of them is actually pretty funny

410 -Please do

411 -Ah (.) this was a mixture of the two actually (.) th. there was this (.) fairly obnoxious guy at the fencing (.)
 412 club fencing club (..)

413 -Mhm

414 -A:nd eh: (.) he was in my (.) in my category so I fenced with him a lot and he was this spoilt little brat and
 415 as I said spoilt brats piss me off so (.)

416 -Yeah

417 -He:: wa:s (.) particularly annoying because when I (.) before I turned up he was the top fencer in his in
 418 our category of the club (.) I* ended up becoming the top fencer in that category in that club (..)

419 -Mhm

420 -So he was just being cheeky and you know taking the piss out of me and all the rest of it but you know I
 421 would just let it slide (.) you know (.) and ah:: (2sec) he wasn't actually racist at all* he was just a dick you
 422 know like there were really nice people (.) imagine in Norway you know in a very posh fencing club at the
 423 time (.) cos I've been to other sports societies etcetera or the scouts and one of the reasons I didn't stay
 424 there was because everyone was really fucking racist with me (.) whereas at the fencing club this guy was
 425 just being an asshole you know and the and he used to just wind me up and all the rest of it and I (.) I
 426 didn't really care cos I was perfectly aware of the fact that you know (.) that the only reason he was being
 427 like that was just because he was being jelly and you know (.) like I'd basically knocked him off his little

428 bloody podium at the fencing club you know (.) the first two weeks he'd beat me every time you know
 429 during training (.) after that he never beat me once (.)

430 -I see

431 -A:nd one day you know like we're doing training again and he's doing the trick where you'd slap the
 432 epee like that on your arm [slaps his arm] without scoring a point it just really hurt* (.) I said "stop doing
 433 it" (.) instead of being rational and say "that's it we're not fencing anymore" and go to the coach and say
 434 "hey listen, it's not for me it's for this guy Henrik cos he's a (.) he's a real bitch" I just fucking screamed
 435 "cunt" in Norwegian I called him "hinte" [repeats word in Norwegian] and I slammed my epee to his
 436 chest (.) broke the blade in half (.) see I actually hurt him but that was just cos he was physically hurting
 437 me (.) but it was in the context of fencing and I just completely lost my shit with him (.) dude I broke the
 438 thing in half and broke two of his ribs a:nd (.) my fencing coach (.) funnily enough he was on my side he
 439 saw the whole thing happen and he sent Henrik home and blacklisted him from the fencing club (..)

440 -Wow

441 -and told me "you're gonna have to pay for the price of your epee" (.) to replace the blade (.) cos you
 442 know I was like "I'm really really sorry" and he's "no, I understand your frustration I understand your
 443 anger; you could have dealt with it a bit better" [laughs] but yeah that was (.) that was rea:lly bad you
 444 know but that was the only time at that fencing club that that happened (3sec) and ah:: you know what?
 445 The physical thing (..)

446 -Mhm

447 -I would actually go back on that (.) but I would say but the anger with the physical thing is like was
 448 incredibly* rare (..)

449 -Mm

450 -I can tell you mate of (.) er:: maybe (.) less* than half (.) probably four-five times

451 -OK

452 -When it came to (.) when I actually got (..) physically angry with people

453 -Mm

454 -And they are never (.) it was never with people I knew (..)

455 -Alright

456 -A:nd it was generally when (.) well "generally" (.) every time it was in a situation where they (.) they'd
 457 started getting physical themselves

458 -Alright (.) I see

459 -But I wasn't (.) it wasn't in school or anything like that (.) all these events were outside of school when (.)
460 people were picking on me and stuff (.) and generally when people are picking on me and stuff I would
461 just get quite upset (.) I will only get angry (.) I know how to handle myself etcetera but it's like in a
462 situation where I felt you know (.) it wasn't unjust cos these guys were dicks to start off with anyway (.)
463 and I didn't really know them and so I didn't really have much of a (.) of a:: a moral yardstick to place
464 them on so you know it's just like "don't bother me I don't know who you are" sort of thing rather than "I
465 know you, you should be doing better. Why is this? Blahblahblah" you know? "this is incredible that you
466 do that" or you know (.) inanimate objects or just getting frustrated and therefore (.) therefore (.) all
467 sorts of reasons I'm exploding (..) so yeah I've been getting physical with people but you know angry
468 and* physical (.) happening extremely rarely (..) anyway with this guy Henrik I remember it just fled from
469 my bat and as* it [unintelligible word] "bam" blade broke in half (.) broke two of his ribs (..)

470 -Did it feel good when you did that?

471 -Oh yeah [laughs] that was the (.) that was one of the rare times when I (.) the rare times when I actually
472 felt (..) OK doing it and my (.) my fencing coach ah: (.) he:: was pretty oldschool so you know (.) physical
473 retribution for him you know he was also oldschool guy from Poland and this guy was (.) lived a pretty
474 hard life so where that sort of stuff is normal (.) you know what I mean?

475 -Mhm

476 -I mean we do (.) we do live in an age where (.) where physically expressing (.) physically doing things like
477 that is much more (ab)normal now than it was before (.)

478 -Mhm?

479 -For example like if you compare like (.) there's this thing that you should really not* hit your children (.)
480 it's the now there's peer-reviewed studies that tell you it's really a bad idea and has knock-on
481 consequences (.) you know? Ah:: so people don't do that anymore (.) or people don't get into fights at
482 pubs anymore cos you know (.) it's a lot better surveyed etcetera I mean like things (.) we live in a much
483 less violent society in this day and age than we used to (..) and he was very much used to violent societies
484 so for him that was nothing at all (.) but funnily enough that (.) that's eh:: he did manage to quite
485 reasonably* tell me that you know I shouldn't really do that again (.) he did sort of punish me I had to
486 pay for the broken blade (..) so on and so forth and yeah

487 -Cool

488 -So:: (.) I mean it's like it's (.) eh: it wasn't all (.) the outcome of my bursts of anger weren't always bad
489 but they were bad for 99% of the time for sure (.) yeah

490 -Mhm

491 -Yeah (.) it's it's like it never these events would never happen with me going afterwards "oh well, that
492 justified everything" you know what I mean (.) "being angry pays off" I never thought about it that way

493 -ok

494 -I never thought about (.) I mean "I want control on people; this or that" you know (.) it's ah: it was
 495 always more I wanted to show people how (.) frustrated I was with them at that times and I couldn't
 496 express it in any other way than just [kicks and punches the air] but yes as I told you there's also that
 497 physical feeling (.) a buzz in your head and yeah (.) and the way you grow up you see people screaming
 498 and yell at each other all the ti:me (.) all these things come into it really so (.) and but this is something I
 499 was quite (.) ah: I was quite aware of ah: (3sec) very recently I mean I that (.) the whole picture (.)
 500 whereas before it was like "oh, I just shouldn't get angry all the time cos no-one else gets this angry" you
 501 know

502 -Mhm

503 -and afterwards (.) cos you never* really manage to dissect it properly it never really goes (.) every time it
 504 reoccurs again it's really actually kind of the reason you know you're angry all the time you know that's a
 505 problem but [claps hands] (.) so there you go

506 -So: you refrain from being physically violent to people but (.) and I might be getting a bit too personal
 507 now so feel free to not answer the question do you like when you get angry do you maybe (.) fantasize
 508 about being violent to people? Or (.) what goes through your head?

509 -No:: [laughs] I don't no I don't

510 -Ok

511 -in (.) well (.) I (4sec) let me think about that carefully (.) because I wouldn't want to give you an
 512 inaccurate answer (.) cos I (.) like (.) I think when you know when you arrive to 100 (..)

513 -Mhm

514 -and it's someone you know (.) then I never think physically (.) physically harming them (.) when I am
 515 expressing my anger to* the person (..)

516 -Mhm

517 -I don't (.) generally don't think about physically harming them (.) ah: there is one* exception though (.)
 518 in my whole life

519 -Alright

520 -there's this one person in my whole entire life (.) that I (.) I felt like physically harming (..) and (.) I had (.)
 521 fantasies of (.) physically harming

522 -Mhm

523 -And ah: (.) ah: but this was a prolo:nged period of frustration and a prolonged period of anger so it did
 524 take me quite a lot* (.) by th. I'm talking about a period 2-3 years (..)

525 -Oh quite long

526 -Exactly (.) quite long and this person was very very close to me (..)

527 -mhm

528 -Ah:: by default (.) a:nd he: used to play in a band with me and I mean he was friends of friends (.) he was
 529 basically a leech

530 -Alright

531 -He used to leech on everyone* (..) and he used to make everyone actually quite angry but so (.) thing is
 532 that this is the first time I've actually seen people getting angry the same way I* was getting (.) but this
 533 was an actually* (.) in a way justified case (.) cos this person created so much frustration (.)

534 -Aha

535 -You know he was the person who would owe you hundreds of pounds he gave you no respect (.) was
 536 extremely manipulative (.) created problems for people to the point of you get thrown out of the house
 537 cos you can't pay the rent (.) ends up squatting places afterwards infiltrating himself (.) s:tealing from his
 538 friends and so on and so forth (.)

539 -Wow

540 -And ah: the frustration grew to anger (.) the anger grew into fantasies of (.) of harming him and it came
 541 to the point where (.) and (.) you know this was in a period as I said when I was doing a lot of party drugs
 542 in the weekend and I was extremely (.) like especially with certain hallucinogens like magic mushrooms (.)
 543 I stopped taking them (.) because I was in a beach in Brighton a:nd (.) I'd been taking a lot* of them lately
 544 and I was also in a very* bad state of mind because I felt this (.) I was very upset with this person (.) he
 545 owed me thousands of pounds (.) he'd ah: (.) he'd stolen from me (.) he'd bad-mouth me to a lot of
 546 people I mean he's being a manipulative sociopath basically (.) I felt incredibly frustrated incredibly like
 547 to the boil of tears sometimes like you know "what do I do about this what do I do about this?" you know
 548 like and I can't cut this person out of my life you know a:nd that was a period when (.) at the peak of that
 549 period I start taking lots* of drugs

550 -Mhm

551 -A:nd one weekend I'd spent (.) I had a big row with him (.) I spent it away from him as much as possible
 552 and that's when the dark thoughts started coming (.) it was about two weeks a month after I had spoken
 553 to him (.) I was at the beach with some friends and we were taking some magic mushrooms (.) we were
 554 all chilling out all of that stuff (.) a:nd (.) in my head I: was (.) plotting his murder (.)

555 -Aha

556 -Actually* plotting his murder (..) and (.) this was a very* distressing thing to happen to me because I was
 557 eh (.) eh:: (.) I would have (.) it's probably the closest time I've actually seen through murdering someone
 558 (.) cos I was in an incredibly odd and depressed state of mind

559 -Mhm

560 -But I caught myself and after that I found (.) I came up (.) I'm not gonna go into detail but let's just say
 561 you know um: yeah it's a bit upsetting so exactly what I was thinking (.) but it did involve (..) getting rid of
 562 this person in an efficient* way

563 -Mhm

564 -with the things that we had in the house (.) and I got back to the house (.) he was in his room asleep
 565 because I was out all night (.) hadn't spoken to him in several weeks (.) and I went downstairs in the
 566 kitchen started taking the tools out (.) and then afterwards (.) I was completely off my tits on mushrooms
 567 at the time as well cos I'd been thinking about this a:ll night long I said "this is it" you know "this is the
 568 answer to your problem" you know and (.) I cut myself short a:nd (.) the next day I told him "fuck you I'm
 569 moving out" [laughs] basically (.) so there (.) there you go

570 -Right (.) cool

571 -But that was (.) like (.) that* was the only* time in my life you know that I've actually really (.) cos
 572 normally it's like "oh I wanna punch this guy in the face so badly" you know but it's (.) but there was an
 573 actual violent* fantasy (.) but I've never had that about anyone else (.) ever* (.) but it took it did take
 574 quite a lo:t you know what I mean? So obviously this person did (.) it wasn't completely irrational you
 575 know (.) irrational (.) I felt you know (.) it did actually come from somewhere:

576 -Mhm

577 -But I wasn't using that as a justification for* (.) you know murdering him it was cos I was I felt so like ah:
 578 ah:: helpless! And I felt like there's no way out and not in a normal state there's no way* I would have
 579 thought that you know I would have thought "oh god if only I could just whack this guy" you know not
 580 entirely thinking seriously and then afterwards you think it through and you think "yeah if you did that
 581 that would be really messed up wouldn't it?" you know (.) but you know if you're into that super-altered
 582 state when you're on mushrooms and all the rest of it and (.) yeah that's why I stopped doing them (.) for
 583 a long period after that I was like "no I'm not touching that shit* again" and ah: I took them again 10
 584 years later and it happened again

585 -aha

586 -I felt (.) I still knew this guy at that time and I felt "oh fuck this is happening again" so and (.) a:nd
 587 actually I had to actively cut this person out of my life completely* um: (.) ah:: and this I should have
 588 done from the onset (2sec)

589 -Mmm

590 -and you know if people are like that (.) that's what it takes cut the out completely ah: instead of letting
 591 them you know eat at you ah: cos that's the worst* kind of anger you know? And the frustration (.) the
 592 lack of confidence to (.) to rectify the situation and all the rest of it

593 -Are there cases where you don't express your anger over say a period of one or two or three years like
 594 with this person?

595 -No you express it quite often but you know it's (.) I always went for being quite (.) direct with people (.)
 596 or like ah:: a mixture of (..) ah: it's severely mentally scarred me this whole thing (.) cos I've never met
 597 anyone like this before in my life (.) it was a big thing it was a big big big big thing you know? It's like I
 598 haven't met anyone like that since or before you know what I mean? It was a one of a kind (.) and I think
 599 that that* relationship there actually had a quite a strong effect on the (.) on my (.) on my perception of
 600 people after that (.)

601 -Aha

602 -And it's (.) it did actually make my anger worse*

603 -In what way?

604 -in that I would get angry a lot more often and I found my life considerably harder to cope with
 605 afterwards (.) cos this person was there all the time (.) I used to have to live with him I was playing (.) the
 606 main thing is I was playing in a band with him and you know it was a (.) a:: (.) and he was friends with all
 607 my* friends (..)

608 -Mmm

609 -So you see what I mean? Either I lose* all my friends (.) o::r you know to cut this guy out (.) or I cut this
 610 guy out but you know no-one else is going to go along with it

611 -Aha

612 -And it turns out that everyone else is like "no we're fine with that we hate this guy as well!" [laughs] but
 613 that only happened after so many many many years and they saw you know what was going on in my
 614 relationship with him and what was happening with some other people and his friends were like "meeh
 615 well you know" and so (.) and that's the other thing I sort of have a problem with keeping people at an
 616 arm's length

617 -Mhm

618 -for a period of time and then letting them in cos you know I (.) I didn't make friends very easily as a kid
619 so it's as soon as someone wants to become friends with me I's like [snaps fingers] "cool mate let's do
620 some shit yeah I'm up for this yeah cool" [laughs] you know what I mean?

621 -I see yeah

622 -So (.) so (.) so yeah

623 -You keep mentioning (..) bands music and all that kind of stuff

624 -Mhm

625 -Is that in any way related to: expressing anger (.) letting it all out? Or not at all?

626 -Not listening to it but composing it yeah

627 -Ok (.) would you like to tell me more about that?

628 -Yea:h I (.) I have quite a musical background and for me that was always a very positive thing in my life
629 (.) listening to music and all the rest of it I mean the feeling that it gives you and all the rest of it (.) like
630 when I got into heavy metal for example (.) at a very very young age (.) it was not like [puts on funny
631 voice] "oh man this is really making me feel like nahnahnahnahnah" I preserved that for (.) for
632 fantasy books and stuff if you really want escapism (.) this music for me was you know reflecting reality
633 back in my face cos the lyrics are so (.) really (.) so you know it was definitely (.) yeah I'd say it was an
634 outlet (.)

635 -Mhm

636 -But it was like (.) it wasn't like (.) I didn't feel like it ah: (.) it didn't feel like escapism (.) you know what I
637 mean (.) and but also I just loved* I just loved the beauty of it you know? It's something I still find very
638 hard to explain listening to music and (.) it's like when you listen to something (.) if I had a bad day at
639 work (.) or a bad day at school or whatever (.) I:: generally don't go home and just put on Napalm Death
640 or something like that I'm not that kind of person (.) I know this one person who does this and I'm like
641 "dude this is so cliché" but it helps him so whatever [laughs] and that's the way it always used to be for
642 me but you know these mental journeys and the lyrics were (.) I always like lyrics that are quite realistic
643 but touch on things that you get you know in your head and blahblahblah but you know it was just really
644 the beau:ty of it (.) the reasons I love it so much is cos I cannot really express it in clear words

645 -Mhm

646 -You know and ah: and listening to it and so (.) obviously all the emotions go into this you know I wasn't
647 just* an angry kid all the time you know? You know there was more to me than that (.) and that was
648 more the side of me that you know (.) enjoy (.) got me engaged into the music

649 -I see

650 -You know? I thought (.) for me it's something like (.) you know that was really (.) otherworldly and that
651 transcended something that was (.) you couldn't really put into words you know

652 -Mm

653 -and ah: and so that was like (.) and I wouldn't really call it "escapism" cos it was like steeped into a
654 certain amount of reality as well and you know I always listened to stuff that was quite (.) steeped into
655 reality like (.) Bay Area Thrash (.) politically conscious hip-hop

656 -Aha aha

657 -Jazz from the period* (.) I mean that's the thing my parents (.) they got me turned on to Jazz when I was
658 very small kid and they actually taught (.) they put that stuff into context for me (.) so in the beginning I'd
659 say "oh I don't like this music" and they'd be like "well think where it came from" and you listen to it
660 carefully again and then afterwards you're like "oh wow this is actually amazing" you know? So it's a (.)
661 that is the pinnacle of my life* (.) is listening to music and expressing it (.) but listening to and expressing
662 it are two different things cos the way you express it is what comes from the heart and you know if you
663 are (.) quite an angry person then that will always be part (.) of your music

664 -Mm

665 -like it or not (.) and people don't necessarily express it by playing violent music

666 -Alright

667 -Cos I used to live with (incomprehensible name) and it was like "this guy" dude "this here put me to
668 shame!" he was so* crazy that he made the rest of [name of band interviewee was playing] including
669 myself look like zen fucking Buddhists (.) and he used to lose his shit so much he would actually break his
670 own expensive equipment in a fit of rage (.) and afterwards he was just feeling really (.) and I remember
671 actually when I (.) knowing this dude here made me actually reflect on myself quite a lot (.) this was
672 about 2006-2007 (.)

673 -Mhm

674 -That's when I first started becoming aware of my (..) issues you know [laughs] by this guy I mean like "oh
675 my God this guy" you know let's call him (3sec) Fred (.) so Fred, right? He'd always (.) he'd get so fucking
676 annoyed you know and get like (.) with himself* not necessarily other people most of the times with
677 himself he'd just throw shit around and I complained to the rest of the band I was like "fucking hell, Fred
678 man, he fucking loses it all the time!" they're like "man, shut up, you* lose your shit all the time" I'm like
679 "no I don't" they're like "yes you do!" I'm like "hmm yeah yeah I do actually" (.) then start observing this
680 guy I mean (.) wow (.) this guy really (.) he* would be a fantastic person to interview [laughs] but (.) sorry
681 I forgot the initial question

682 -The question was about music (.) yeah basically if it is an outlet (.) say you did mention in the beginning
683 that it's not an outlet when you listen to it but when you compose it (.) did I get it right?

684 -But I think it's a good thing to say I (.) it depends what (.) an outlet can be different things!

685 -Mhm

686 -An outlet could be something that ah: ah:: (4sec) that makes you [sighs] I mean it's like (..) it's making a
687 difference between escapism and an outlet I think that's what it is

688 -Ok

689 -But again you know (.) like (.) it was kind* of an outlet but not really: but you know it's like it's (.) it's (.)
690 it's a very difficult question for me to answer that one

691 -Alright

692

693 -But I'd definitely say that the (.) ah: when it comes to listening to it it's incredibly complex

694 -OK

695 -When it comes to listening to it (.) whereas the expression of it is definitely a lot more raw because I was
696 always expressing the rawness of what I feel when I write music

697 -So when you write music are you angry at the time or is it a reflection on a//

698 -//oh no no it's a reflection

699 -OK

700 -And (.) ah:: it's almost like a more measured way of being angry with the world

701 -ok

702 -it's like you actually manage to digest all your frustrations and the blahblahblah and afterwards you're
703 sort of like "bleurgh" [makes metal singer's growl] (.) most of the time it doesn't work but I don't think
704 I've frustrated myself when it doesn't work you know it's but (.) and also it's not like I'm consciously
705 trying to "oh you know, write that angry* stuff" and shit like that (.)

706 -Mhm

707 -It's just that if you read back on your lyrics and the music (.) you know (.) obviously there's a pattern
708 there [laughs] you know what I mean? Like (.) you'd be stupid not to realize it yourself right? In like (.)
709 and that's the other thing writing music is something where you're a lot more self-aware than listening to
710 it

711 -Mhm

712 -Because you're trying to express something quite concrete

713 -Yeah

714 -You see what I mean it's a (.) it's a lot less in the abstract in your head than a: than listening to it

715 -Alright

716 -Yeah (.) so

717 -OK (..) So:: basically I remember you telling me about your fencing classes before (.) how you didn't

718 realize at the time how it helped you with your anger

719 -That's right yeah I got a lot more pissed off after I left fencing

720 -Aha!

721 -Yeah

722 -Eh:: is it the same more or less with music? With writing and playing music? Or is it not at all the same?

723 -Ah: that's a good question (.) um:: nah I'd say it's pretty similar

724 -Ok

725 -Yeah (.) and I'd say it's very similar actually because ah: fencing at the time gave my life much of a

726 purpose you know? Cos I wanted to be a championship fencer at one point I wanted to go to

727 international competitions and shit like that

728 -OK

729 -And you know music very much replaced it so yeah there you go it's quite simple (.) quite simple to

730 answer music very much replaced it

731 -OK

732 -You know (.) creating music

733 -Mhm

734 -But that's cos I:: (.) but it wasn't because I felt like [puts on funny voice] "oh it feels like a better outlet

735 for my anger" you know it's more like you know "this is something I would prefer to spend my life doing"

736 you know (.) then afterwards obviously the result is when I write stuff it would be quite depressive (.)

737 angry (.) shit like that but at the same time when I do this I feel incredibly* positive I mean it used (.) it

738 still does make me so* happy man (.) you know like um:: it was (4sec) for some people I'm pretty sure

739 "yeah it saved their lives" etcetera blahblahblah (..) whereas for me I wouldn't say it saved my life cos I (.)

740 I'd probably find something else

741 -Mhm

742 -You know to take that place for what (.) for music for fencing whatever you know? Ah: I've always been
 743 a (.) very much into (.) expressing yourself (.) I mean fencing is kind of expressing yourself (.) doing this
 744 sport (.) especially when you're on your own against this other person (..)

745 -aha

746 -A::nd it's always very technical and shit like that but you know (.) at the same time you know it's very*
 747 (.) ah:: (.) it's not as running faster than someone else (.) scoring more goals or you know like having (.)
 748 yeah of course there is a score in it but it's like displaying your technique it's very very (..) like boxing or
 749 o:r it's a martial art (.) you know that cos you do (..)

750 -Karate

751 -Yeah (.) it's a very similar mentality to the one you have when you do Karate (.) and I know this because I
 752 used to do a bit of Karate at school

753 -Aha

754 -And I remember there was like ah: I wanted to find a thing that really (.) captivated me you know? I was
 755 very fortunate (.) fencing with this coach was incredible I mean he was (.) he was basically the Norwegian
 756 Olympic coach this guy so I (.) and he trained fucking good (.) kick-ass fencer

757 -Cool! Yeah I get it

758 -But it was too much commitment (.) I'd gotten into music you know I was going to fencing club 3-4 times
 759 a week for four hours at each session you know that was (.) like 8 hours minimum 16 hours sometimes a
 760 week that I'd been doing it (.) and then I went on to music and you know I'd just been on that all the time
 761 (.) playing music very badly* because I'd just discovered the lot (.) but I was getting much more
 762 satisfaction out of it (.) cos it was very much in my own terms

763 -Mhm

764 -You know not the terms of the club blahblahblah you know (.) and (.) I just lost my interest in it (.) I
 765 wanted (.) I wanted the bad* things in life you know? And but I was a tee-totaller (.) I felt rock-n-roll was
 766 bad* enough for me [laughs] and you know I did hash every once in a while when I was a teenager but I
 767 was a very (.) I was actually a very sober* teenager (.) that was my choice

768 -Aha

769 -Apart from you know (.) I smoked weed maybe once a month (.) not even that you know a few times a
 770 year with my friends you know and (.) I never* drank (.) I thought it was stupid

771 -Aha

772 -I thought all other drugs were (.) fucked-up and I had no respect for people who did them (.) you know
 773 (.) so (..)

774 -I see

775 -I was pretty much a tee-totaller very very well (..) well-behaved (.) but very (.) you know (.) physically
 776 strict teenager (.) even when I started playing music (..) all this shit I discovered when I was 18 like at
 777 university so (.) most of it you know like fucking taking drugs and all that shit (.) mmm

778 -Cool! Well I'm getting to the end of my questions

779 -Ok!

780 -It's been a very very good interview (.) ah: would you say anger is a positive or a negative emotion?

781 -Anger is a (.) you know what? That's a very good one (.) I think it's a (.) it's a what we've talked about
 782 right now is ways to express your anger and whether it has consequences in your life (.) I think anger is a
 783 normal emotion (..)

784 -Alright

785 -It's how you deal with it (.) ho:w and what makes you angry especially (.) it's like (.) you have to reserve
 786 your anger for the right* things

787 -Mhm

788 -For example this person I told you about who made me incredibly angry (.) I have no* regrets about that
 789 anger (.) I have regrets about plotting his murder but I have no:* regrets about that anger (.) not* one*
 790 instance* (.) because that guy made my life such* a fucking misery right? Now of course* when I think (.)
 791 I'd be an absolute idiot if I wasn't feeling anger when I think about this guy (..) but I think about all these
 792 other situations where I got very angry you know I say you know that's dumb (.) that's not (.) you know a
 793 normal situation to get angry in (.) so* (.) in (.) as a means to better the situation to express yourself or
 794 an outburst of those it's not a positive thing a good thing at all (.) that's a problem* (.) but* it is (.) anger
 795 is a big part of being human you have (.) it's not you have to reserve* it but you have to (.) ah you know
 796 ensure that you get as angry as little as possible but there are definitely certain situations where eh:
 797 anger is justified (.)

798 -Mhm

799 -You know? I don't think anger is justified when it deals (.) when it comes to dealing with (.) ah:: (.) a
 800 normal rational situation a normal rational person a person who is dealing with (.) you know in normal
 801 rational ways [...] this or that or the other (.) forgetting that or you know not having £20 when they told
 802 you they owe you and you need it I mean that's £20 you can't depend* on people like that you know it's
 803 (.) well yourself if you gave them £20 it's because you can afford to give them £20 (.) see what I mean?

804 -I think so

805 -But yeah it is like (.) that's almost like using anger as a reaction for everything* and any time there is a
806 problem

807 -Mhm

808 -That's* a problem (.) however there are situations in your life where boy if you don't feel angry then
809 you're just a fucking idiot basically [laughs] like (.) this is a horrible thing but say sexually assaulted a
810 relative of yours and you're like [puts on funny voice] "no just stay Zen about it you know? Anger is a bad
811 thing" you know if someone goes like (.) if someone your dad tries to teach you Norwegian you can't
812 read it properly enough you scream and snap your pencil (.) that's dumb you know [laughs] you see what
813 I mean?

814 -I do yeah

815 -So you have to (.) I think it's important to make (.) anger is a normal (.) it's a normal thing to feel (.) and
816 it's but it's also something that all humans have to know how to deal with (.) because it's such an animal
817 side of us

818 -An animal side?

819 -Yeah because we're animals (.) whether we like it or not we are* animals (.) all the hormones and the
820 reactions and like the millennia of (.) you know fucking millions of years of evolution that have made us
821 the way that we are and then we (.) we don't know about (.) this is why you're doing psychology to know
822 more about the human mind and it's a (.) but a lot of these things I think humans are (.) standing on the
823 way of themselves if they (.) if they fall back on their animalistic reactions all the time

824 -Mhm (.) so we need to step above this?

825 -We need to step above this (.) but on the other hands humans have (.) humans have eh:: relationships
826 and do things to each other (.) that within the ideal moral framework is wrong (.) and humans either feel
827 a strong emotion which is either anger or sadness or usually a mixture of both (..)

828 -Ok

829 -See what I mean? And this comes (.) this is something that you know (.) in the bodies that we have and
830 with the evolution that we have (.) it's an animal side to us (.) you know? It's ah:: you might always listen
831 about humans being dual beings and all the rest of it (.) it's just that we're (.) we're just incredibly self-
832 aware compared to other species

833 -mhm

834 -So afterwards you go you know "how much of this is my self-awareness and how much of it is my
835 instinct?" and this and that and blahblahblah and afterwards you think "is it nature? Is it nurture?" it's a
836 very complex thing to think about you know?

837 -Mmm

838 -But I (.) so: yeah I think (.) it's a normal thing to have but also it's an animalistic thing (.) an animal (.) an
839 animal side of being human to actually have these outbursts (.) mainly it's the screaming and throwing
840 shit about and hitting like (.) it's in that stuff (.) but you know it's like (.) I'm really speaking for myself
841 here because people express anger in all sorts of different ways and have all sorts of different
842 experiences and you know (.) so (.) it's (..) but anger is definitely something I think a lot about

843 -Cool (.) anything you'd like to add before we wrap it up?

844 -Eh:: [leans closer to recorder] I would like to add (.) for the record that these days I cope with it a lot lot
845 better than I used to [laughs] and I very rarely get angry

846 -Nice

847 -And these days like (.) if I'm like at work and the tube is 15 minutes late and that (.) I'm fine (.) I don't
848 even actually get to the point where I get angry anymore (.) I think it's perfectly possible to stop yourself
849 from getting there (.) but it takes a certain amount of self-awareness and a certain amount of frankness
850 with yourself

851 -Mhm

852 -And I think that you know one's anger really comes from one's upbringing (.) I think it's the way that you
853 react to things and the world around you and if you're bred to think it's a normal thing to react in this
854 way (.) it really doesn't help because everyone will feel it at one point in their life (.) if you taught them
855 that reacting to it in that way is normal (.) and they're gonna have a lot of fucking problems (.) that's
856 what I would say yeah

1 -To start off, what made you decide to take part in this interview?

2 -Um:: (3sec) I would say I'm quite an angry person eh (.) generally [laughs]

3 -OK

4 -For a while I didn't think it and then ah: (.) especially last couple of months people have kind of been
 5 pointing out "well you are (.) quite known for being angry" so ah: (..) it was kind of a good timing [i.e.
 6 when he heard about the study] I'd say yeah (.) this has been on my mind recently so (.) yeah

7 -In what ways are* you an angry person then?

8 -Um (.) it varies I mean I can tell you the things that make me angry (..) um:

9 -Sure, go for it

10 -Um (3sec)

11 -Do you wanna give me an example?

12 -yeah I mean (.) while we're here [note: the interview was held at the staff room of the pub where the
 13 participant works] this is a fitting example (.) I'm probably (.) not the best candidate to be working in
 14 public service (..) ah (3sec) the smallest* things can piss me off (.) I mean (..) I was I was at work
 15 yesterday and this woman um (.) got really pissy at me about the minimum card-charge

16 -Mhm

17 -Ah:: as if I was just trying to ruin her night when it's just (.) I don't make the policy in the bar so it's just
 18 her attitude that (.) really (.) pissed me off um (.) but (.) with a place that is nice I kinda have to hold my
 19 tongue but in (..) other pubs (.) um (3sec) you know I'd be able to say "fuck you" and you know (.) shout
 20 back at them and kinda do what I want so (..) I tried to be polite I think I'm quite polite generally but I (.)
 21 um especially if people are (.) I don't like rudeness (.) um::

22 -Mhm

23 -Or stupidity a:nd working in (.) public (..) working with the public you deal with that every day (.)
 24 rudeness and stupidity (.) so that kinda wears me down gets on my nerves (.) um: (3sec) lot of
 25 frustrations (.) generally (2sec) um:: I kind of resent (..) that I'm working (.) for idiots basically [laughs]
 26 serving idiots (.) when I'd much rather be at home (.) drinking (.) sitting around in my underwear (.) ah:
 27 (..) writing (.) or playing music (.) a:nd (.) I wanna do those things more (.) more than anything and (..) so
 28 anything that takes me away from those things (.) even if it's for good reasons like earning money to pay
 29 the rent (..) um (..) I can't help but resent them because I feel like it's not what I should be doing and it's
 30 a waste of my time so (..) I get quite angry with that sometimes ah:: (3sec)

31 -I see

32 -Yeah: you know (.) all the clichés where (.) way of the world

33 -[laughs]

34 -Bad music bad bands politicians (..) fascists (.) racists all that kind of stuff (..)

35 -I see

36 -Makes me angry

37 -Mmm (2sec) you mentioned before that in other pubs you've worked that you were allowed to say "fuck
38 off" to people and stuff like that (.) have you ever done this actually?

39 -Yeah (.) yeah a few times (.) um: but I would (.) I would like to think not without good reason ah:: it will
40 be nights where we're understaffed and it's really busy (.) a:nd people are just rude and aggressive for no
41 reason (.) they (.) they act entitled and they'd be rude and aggressive to me or my colleagues (..) um: (..)

42 -Mhm

43 -A:nd when they cross a certain line if they say "fuck off" and they'd say something like "I pay your
44 wages" or "you're here to serve me" that's when I go "OK, they've crossed the line, I can say whatever I
45 want now" so (.)

46 -I see

47 -Yeah just shout right back at them (.) tell them to fuck off (.) fuck themselves all that kind of stuff
48 [laughs]

49 -So is it mostly the notion of entitlement in those people that annoys you? Or is it their manners or//
50 -//there's the entitlement there's the lack of manners there's the belief that (.) those who are serving
51 them are servants and are below them

52 -Mhm

53 -Um:: (..) the lack of yeah lack of respect you know I don't believe you should go into restaurants or bars
54 or pubs and (..) put your feet up on the furniture and believe it.act like it's your living room and these
55 people are your (.) you know your servants or whatever

56 -Mmm

57 -So (4sec)

58 -So this resentment that you've talked about (..) could you by any (.) like could you in any way describe to
59 me what it feels like?

60 -The resentment of not doing what I want to do? And having to (2sec)

61 -Yes

62 -Um:: it's a lot of stress (.) it's a lot of impatience (.) um: you know if I've had like a long week it's been
63 better with this pub cos it's a nicer pub generally

64 -Mhm

65 -But in (.) you know (.) earlier this year if I was (..) working in a place where I was underpaid undervalued
66 (.) on top of the fact that yeah (.) I resent being there in the first place cos [laughs] I'm not doing the
67 creative things that I want* to do (..)

68 -Mhm

69 -Um:: it just feels really stressed out (.) really frustrated very (.) very angry (.) feeling like time is kinda
70 slipping out of my fingers (..) feeling ah: you know that things are quite futile (.) um (.) things like that (.) I
71 don't (.) I don't generally (.) take anger out on (.) on friends or anything or (.) or my girlfriend (..) um (.)
72 that comes more with the depression side which I'm sure we'll to soon enough (.) um (..) yeah just very
73 very stressed and frustrated and kinda feeling like you're sitting on your hands and ah (.) you're waiting
74 for your life to (.) resume as soon as you get out of the door

75 -This sounds like a very physical (.) bodily sensation (.) am I right?

76 -I would say so yeah (.) because (.) if that if this is all the build-up and the ah: the tension (.) then the
77 release of all that wherever (.) you know if I'm playing live or if I'm in the studio or even if I'm just writing
78 and I'm alone (.) um (..) it does feel like a physical release um (..)

79 -Mhm

80 -And I have a very (..) when I sing it's very physical it's very (.) it can be quite tiring cos I'm putting a lot
81 into it it can be quite uncomfortable (.) um:: (4sec) yeah I mean it's (.) with writing if I've had (..) you
82 know a set of really bad days at work and this stuff is kinda swimming around in my head for a while (.)
83 eventually the pieces will settle and I will feel physically moved to get home as soon as I can from work
84 and write it down and put it into some kind of you know (.) story (.) sometimes I'll maybe use it for a
85 column at [name of the magazine he writes for] or sometimes it'll just be the exercise of getting it out of
86 your head and (.) yeah just exercising from (.) from your head and yeah it feels (.) physical it feels like an
87 urge and part of that is getting (.) releasing all that anger and getting it down onto (.) to paper

88 -So (.) music and anger are sort of related in your mind?

89 -Yeah definitely (.) definitely (.) um: (2sec) I mean in the end (.) in the end of the day (.) "in the end of the
90 day" well-worn phrase (.) you know (.) if I like a song I like the song and (.) but it's definitely* a bonus if
91 um (..) if I can relate to it if I can feel* the anger (..) that the musician's articulation or (..) you know it's
92 like the GG Alin song "I wanna piss on you" (.) I used to listen to that a lot when (.) some people were
93 really pissing me off (..) yeah (.) came back to that song a lot and (.) in the end of the day I do just like
94 the song I like (..) the musician but um (3sec) yeah certain times the music and the anger definitely goes
95 hand-in-hand

96 -And how can you detect anger in that music?

97 -Sorry how do I?

98 -How do you detect or experience anger in that music?

99 -Ah:: well sometimes (.) to use GG Alin again sometimes it is obvious (.) if he is screaming "I wanna piss
100 on you" then ah: you know it's right there on the surface (..) um::

101 -Would you say that instrumental music for example can be angry?

102 -Of course! Yeah definitely (.) definitely that would be the other thing I'd say (.) that would be the thing
103 that's not so much on the surface but (.) you can tell (3sec) you can tell the attitude and the way
104 someone's playing (..) um:: I mean you're a musician it's (.) you can tell when someone's going through
105 the motions (.) you know like (.) later Metallica and then you can (.) you can hear the earlier stuff and you
106 can hear how vital and urgent* (.) it sounds

107 -Mmm

108 -Um::

109 -Aha (.) urgency yeah

110 -Urgency definitely (.)

111 -That makes sense

112 -Definitely (.) and that's the (.) yeah that's the key to (.) that's why (..) just going on a little detour (.)
113 that's what I think is missing from a lot of modern rock n' roll and a lot of bands in London (.) ah:: they
114 don't have an urgency because they don't have (.) that anger (..) so I think (.) and this is what [bandmate]
115 from [band] (.) and [other band] this is what we've always had it's (..) anger so it's [laughs] it's a blessing
116 and a curse (2sec) it's nice (.) when you can use it (..)

117 -Mhm

118 -And it's ah: (..) it's pretty horrible when it just makes you (.) frustrated and (.) and (2sec) you're not able
119 to relax because you're constantly stressed and angry at things (.) you know (.) you can't switch your
120 brain off (..)

121 -Is this where (.) depression comes in?

122 -Oh yeah [laughs] yeah yeah (.) yeah (..) it's tied together (2sec) depression of (.) yeah just kinda worrying
123 that I'm not doing what I'm supposed to be doing and then maybe I'll be too late once I'm able to fully
124 commit to it (..) um:: (4sec) yeah you know sometimes (.) sometimes you're out and you just (.) your
125 mind can't click and you're in this fog of (.) depression and (3sec) you can't relate to a lot of people you'll
126 be out and you'll feel (.) a little bit separate like you (.) you're on an island (3sec) and at the time you're

127 just thinking "well these people they're just idiots, they're stupid" and you're not (.) cos you're in the
 128 middle of this (.) you know you're in the eye of the storm and afterwards you think (..) what an asshole
 129 you are [laughs] and you don't really understand where (.) that anger has come from or why and it's
 130 quite depressing and (.) you know (.) trying to (..) trying to control it and (..) stick with positive thoughts
 131 and stuff but it's not (.) not always that easy (..)

132 -Mhm

133 -People (.) people can be quite exhausting [laughs]

134 -So are there negative thoughts going through your head when you're angry? Are you fantasising about
 135 ah: being violent or:: I don't know (.) am I going too far with that?

136 -Not at all! I mean I'm Scot-Irish so (..) violence is in my blood (.) um:: (5sec) yeah (..) with (3sec) I I guess
 137 it comes back to (..) sort of (..) sort of the quality of life cos this (.) this place [i.e. the pub where the
 138 interview is held] is as you can tell very relaxed (..)

139 -Mhm

140 -You get the odd dickhead (..) maybe because it's such an anomaly it feels a lot more dramatic than it is*
 141 but then you go home you forget about it (.) but at (.) the pub I was at before this it was (..) everyday (.)
 142 we had no security (.) lot of demented people coming in an:d (..) our manager was he was just a
 143 complete asshole so yeah (.) I would completely fantasize about taking my bar-blade and (.) scooping his
 144 eyes out an:d um (.) yeah just kicking the shit out of him every time he (.) withheld pay

145 -Aw

146 -Or (.) fucked me over on the rota or: (.) you know did this or that in the little (.) little (.) workplace
 147 dictator that he was um: (.) so no no it's not too far (2sec) um: (.) it's mostly fantasy stuff (.) I definitely
 148 did (.) have (.) violent fantasies when I was younger (.) I'm a bit more mature now I think [laughs] ah: so I
 149 kind of (..) ye:ah I don't waste time thinking about that stuff anymore unless I (.) you know I'm under the
 150 reign of tyranny that was that last (..) workplace ah: but yeah now (.) now I know how I can funnel it
 151 channel it and it's just yeah [bangs hand on the table] waiting to get into the rehearsal room or writing it
 152 down when I get home after the shift and (.) yeah so that's (.) I mean I'd say that's (.) diminished but it's
 153 still there a little bit (.) I suppose I mean especially if you (.) you know I was on the bus home from work
 154 last night and there was this guy (..) it is very good timing you know you've come to me with all this stuff
 155 because [laughs] in one sense I'm saying "yeah things are better!" but in the other sense (.) I'm still
 156 pretty pissed off (..) um: there was these guys there was an Arsenal game last night and these guys were
 157 on the bus (..) my night-bus on the way home after my shift and one of them was just this fu:cking
 158 E:nglish loudmouth and he was talking about "oh this fucking Jew" on the bus next to me "this Yied, this"
 159 whatever and there's just like this complete (.) obnoxiousness (.) there's ignorance there's bigotry (2sec)
 160 um: (..) yeah immediately I'm like there's no (.) you can't always rationalize about a person so (.) the first

161 thought that goes through my head is not wanting to talk to him I wanna (.) put a boot to his face you
 162 know?

163 -Aha

164 -So: (..) in extreme cases like that dude (.) you know (.) racists politicians yeah (.) definitely still got such
 165 thoughts

166 -But you say that nowadays you find it more like (.) not a waste of time but not the best way to spend
 167 your time in you engage in violence?

168 -Exactly* yeah it's not (.) it's not the best (.) best way to use your time um (..) I think that's with growing
 169 older (.) mature* ah:

170 -Mhm

171 -And also the general feeling that you know (.) time is (.) is quite short so you've gotta make most of it
 172 um (3sec) and also I've spent enough time you know (.) hating my bosses hating other people and ah it's
 173 exhausting it's tiring and I don't (..) being angry all the time whether it's big things or everyday things and
 174 trivial things it's ah:: (..) eh it's no way to live (2sec) so

175 -So nowadays you prefer to put it out in the rehearsal room or on the stage

176 -Ye:ah (..) and one (.) yes (..) and that has worked up to a point um: (..) and that's where the depression
 177 rears its head because sometimes (2sec) the release of rehearsing and the writing (..) doesn't always
 178 work it's not (.) it's not a failsafe um (2sec) especially when you you just you can't see anything because
 179 you're in the midst of this (.) this cloud of depression (..)

180 -Mhm

181 -So:: (..) like yeah like I was telling my girlfriend before (.) coming here to speak to you today that this is
 182 sort of like a prelude to my therapy (..) sometimes I do think I might need to speak to someone cos when
 183 (.) yeah when I can't funnel it channel it into writing and rehearsing (..)

184 -Mhm

185 -I don't know what to do it's ah:: (.) and it's ah: you just kinda have to sit on your hands and wait til it
 186 passes um: and it yeah it causes me to kind of (..) be short with people and a bit (.) bit aggressive (..)
 187 maybe if I've had a few drinks as well that definitely* opens up (.) dialogue: (..)

188 -Mhm

189 -Ah: (5sec) yeah (.) yeah If I'm in one of those depressive (.) states where I feel that everything's kinda
 190 pointless and futile (..) and then I go out and I (..) um (..) I end up talking to someone who's just [bangs
 191 hand on table] (..) you know (.) obnoxious (.) dominating the conversation it's a one-way conversation
 192 they're just chatting (.) bullshit at me that I have no interest in hearing (.) um (..) if I've had enough drinks

193 and I'm depressed and I'm frustrated I::'ll just snap at them (.) because I (.) I feel like they're wasting my
194 time and they're not (.) you know (.) elevating the mood and it's a bit irrational I know because I'm the
195 one that decided to go out* (.) in a bad mood in the first place but um (2sec) yeah it's (..) you'll have to
196 bear with me as I rumble cos I'm still (.) I'm still not (.) I'm still trying to piece it all together because for a
197 while I just thought "well this is how I am and I'll use it" and it feels (..) the creativity and stuff like that
198 I've just got to soldier on* but um (.) it's been kinda putting a strain on (.) on some relationships with
199 people recently and um (.) took me a while to realize that um (..) so yeah now I'm (.) I'm trying to piece it
200 all together and fix it where I can and maybe (.) maybe have to speak to [laughs] a professional or
201 something for the parts I can't fix to figure out (..)

202 -Mhm (..) and have you figured out what these parts are? Would you mind sharing? I don't know (.) am I
203 getting too personal here?

204 -No no that's fine um (.) no I mean like I said it just goes back to (.) the frustrations of life that I have with
205 (.) you know the resentments and the frustrations and (3sec) um (..) it's like that cycle (.) you realize that
206 you're being irrational and (.) you know it's not like I have a terrible life or anything like that (.) um (.) but
207 I just as you said (.) as you quite rightly observed (..) I feel I have to do stuff with (.) with such a physical
208 urge that any time something interferes with that (.) even if it's (2sec) you know as important as holding
209 down a job um (..)

210 -Mhm

211 -The frustration of not being able to do what I need to do can sometimes be really* overbearing (.) um:
212 (..) so that's (.) I know that's definitely one big thing um: (..) the depression I don't know so much I don't
213 know where (.) where that comes from (.) I think that's just an accumulation of all the anger and the
214 frustration a:nd (..) you know like I mentally beat myself up quite a lot like I'm quite hard on myself (.) I
215 always think the next piece [bangs hand on table] could be better I always think the next gig will be
216 better (..) um (..)

217 -Why is that?

218 -I don't know! I d (.) I think I think because I feel like I'm not doing enough already I think (.) I'm lazy I
219 think I should be dedicating more time to (.) writing and (.) being better at my instrument and stuff like
220 that and (.) so yeah just as much as I'll punish someone for talking too much to me when I'm out in a bad
221 mood even though you know I was the one who left the house (.) I will also (.) you know punish myself*
222 mentally if I feel I haven't done enough you know (.) this week (..) so I think yeah there's that whole
223 accumulation and I think that definitely contributes to such depressive states and (..) and things like that
224 so yeah (.) I think that's definitely* a big factor

225 -Would you say that this accumulation you're talking about is it um made worse or better or is it not
226 influenced by whether you express your anger or not? Like do you at any time hold your anger inside
227 you? Do you bottle it up?

228 -Yeah yeah with certain things I do um (..) I mean I'm quite I could be quite mouthy (.) and obnoxious (.)
 229 around the right people um (..) you know my co-workers I don't know too well personally so I don't (.)
 230 spout off unless someone comes at the bar and asks for Guns N' Roses which I hate* ah (..)

231 -OK we'll get back to that

232 -[Laughs] So um (.) so around certain people I hold it at certain times I will hold the anger yes* (..) um (..)
 233 and I'm trying to hold it now because I've realized that (..) for example (.) well I keep coming back to this
 234 example cos it's a big part of my life (.) if I'm in a rehearsal room with three other people (..) it's not
 235 pleasant for them to listen to me for four hours yell about this or yell about that and occasionally play a
 236 song with them [bangs hand on table]

237 -I see

238 -So (.) I need to ah: I've learnt to kind of restrain myself the:re (.) I've learnt to restrain myself (.) around
 239 my girlfriend because to me* it's just normal to me (.) I'm obnoxious and (.) loud and opinionated so (.)
 240 I'll just yell at trivial things at home (..) and I did don't always see how that can be kind of (.) jarring or
 241 exhausting for (.) people around me I mean some* people [bangs hand on table] you know see the
 242 humour in it and most of the time there's a bit of humour there (..)

243 -Mhm

244 -Um (..) Say I can hold it depending on the circumstances um (2sec) certain things (..) there's one big
 245 thing I have to hold um (..) and that's because the old magazine [name of the magazine] which I had (..) when I got screwed out of that (.) there was nothing I could do (.) I had to really kind of (.) I spent a few
 246 days angry about it but the:n (..) I had to kinda push myself to just move forwards and (..) put that stuff
 247 away because (.) there was nothing I could do about it so all that (.) it wouldn't* be (.) all I'd be doing
 248 would just be stewing and angry over nothing so ah:: (..) because yeah the circumstances were I (..) it was
 249 completely out of my hands I mean (.) maybe I could have done more I don't know but I try not to think
 250 about it at all now because it just (..) you open a box* and then you know you get angry start
 251 overthinking "maybe I should have done this, maybe I should have said that" (.) um: (.) so that's an anger
 252 I (.) I don't even hold I try and (.) bury [laughs]

253 -Alright

254 -Otherwise (.) otherwise um: (..) yeah otherwise I'll just (..) it will all (.) unravel and all (.) I'll over-analyse
 255 it too much and (3sec) yeah

256 -And you'll be wasting your time again (.) right?

257 -Yeah wasting time (.) an::d (2sec) yeah just kinda feeling stupid and feeling (.) feeling like I fucked* up
 258 and (..) things like that so (..)

260 -I see (.) so is that how you feel when you bottle your anger up? Do you feel like it's your fault about
 261 whatever happened or is it not at all related to that?

262 -Sometimes* yeah (.) sometimes (.) like I said I can be quite (.) quite hard um (.) on myself (.) so
 263 sometimes definitely* and that's again probably (.) the path (.) the depression is maybe (.) that self-
 264 resentment um (.) yeah yeah with certain instances definitely yeah I do (.) I will blame myself or (..) yeah
 265 (3sec) again I don't really know why [laughs]

266 -I wanna ask (.) those instances when you snap out at people (..)

267 -Yeah

268 -What comes along with it like ah: what kind of thoughts go through your head o:r do you feel any (.)
 269 strange sensation in your body or//

270 -//Um:: (.) it's not that* aspect of the anger isn't physical I'd say it's just (.) it's definitely mental I mean if
 271 someone's talking at you (.)

272 -Mhm

273 -For a long time and you're already a bit (..) annoyed anyway you know you wanna go out you're having a
 274 drink

275 -Mhm

276 -OK I'll (.) this is this is (.) one of the main instances so: (.) you know I had a long couple of weeks at work
 277 (.) not very productive with the writing and the bands (.) I go out to my girlfriend's bar and I: (.) um: (.)
 278 yeah just trying to you know have a couple of drinks and not think about things and I get (.) talking to this
 279 guy who is completely obnoxious an:d he's just (.) a bit off his face and (.) like I said earlier obnoxiousness
 280 (.) stupidity (.) even though I can embody both of those things more than (.) on more than a few
 281 occasions um (.) yeah they they really (.) you know (.) piss me off and (.) so I'd be sitting there and this
 282 guy is just (.) ta:lk:ing at me (.) repeating the same story every fifteen minutes (.) over* and over and over
 283 the same story um (.) so it's not physical I just keep (.) I just um (.) my head is swamped every time he
 284 opens his mouth my head is swamped with "Why am I listening to this? This guy is an idiot. Why is he
 285 wasting my time?" and then (.) it manifests with me just saying "You've told me the same story for the
 286 last two hours. Shut the fuck up. Just..." verbally it doesn't get physical or anything like that

287 -OK

288 -Um (.) so yeah it's more verbal just "What are you doing? Fuck off" [laughs] "leave me alone, stop
 289 talking to me" that kinda (.) that's how (.) ah: it manifests I'd say (3sec)

290 -Cool (..) what would you class as good* angry music? And what would you class as bad angry music?

291 -Ooh! Um:: (3sec) I mean I don't know (.) I don't have too many general hard-n-fast rules I can only say
 292 what applies to me (.)

293 -Mhm

294 -Um: I do believe stress and anger can help (..) although (..) with that obviously comes certain music and
 295 bands that go hand-in-hand with that (.) um (..) that's a difficult one because I mean the easiest thing to
 296 say would be "oh well, a good kind of angry music is punk" because you know they're talking about
 297 change* and this and that (..)

298 -Mhm

299 -But (.) I don't know how much change (.) can be brought about by just yelling in the face of 10 drums at
 300 total [...] on a Friday night with your punk band

301 -Good point

302 -[exhales] so: (.) I'd have to (.) yeah bring it back to me and (.) have to say (.) the cathartic kind of anger
 303 and yeah the release (.) you know not just (.) bitching and whining (.) don't know I haven't thought about
 304 it too much (.) I guess (..) you've got kind of a (.) you know eh: certain hardcore bands like the Cro-Mags
 305 who are very angry but (.) overall the message is positive so that* (.) that's great (.) can be helpful to
 306 listen to at times and then you've got (.) on the other end of that hardcore spectrum you've got
 307 something like (.) Sheer Terror who are a very angry band they're renowned for their anger their most
 308 famous song is "Can't Hate Enough" which has been misinterpreted because (.) the singer himself has
 309 said you know "you can't waste your life hating"

310 -Mhm

311 -But um: that song expresses that (.) you know that rage and that moment a::nd a lot of (.) unlike a lot of
 312 other hardcore who have the [26:18] of politics (.) social issues (.) Sheer Terror and stuff i:s (.) I find it
 313 very cathartic it's all about people and relationships and life and problems (.) a::h and it's written very
 314 elegantly very poetically um: (.) so that's good that's always a helpful anger that's (..) um that's never a
 315 kind of anger that brings you down or muddies the water and contributes to (.) more of your (.) more of
 316 your feelings and (.) confusion

317 -I see (3sec) you've mentioned ah: you know your artistic output through your bands and how this might
 318 work as a catharsis for you (.) right?

319 -Yes

320 -So I guess you're trying to keep the bitching and moaning outside of all that

321 -Yeah (.) yeah (.) you don't want to um: I mean that's the kind of line you have to walk um in your artistic
 322 showing and not (.) telling a::nd (2sec) you know also having a separation between writing a diary and
 323 letting people read that and then taking what you're feeling and putting it into some kind of vaguely

324 artistic way (.) um (..) you know it could be really easy for me to go home and write a whole list of “this
325 person was a cunt at work today, this sucked, I didn’t like this guy, my boss blah blah blah” and you know
326 pass it off as lyrics and you know people do that but yeah if it’s bitching without any point without any
327 structure without any interesting kind of narrative then it’s not interesting to me it’s not (.) it’s not
328 worthless it’s not worth anything (.) um: (3sec) and that’s why people like Bukowski were important and
329 are* important (.) because of how they (.) how they present everyday grievances and life and everything
330 and: the constant madness but (.) they don’t present it in a [puts on funny voice] “oh this sucks and that
331 sucks and wahwahwah” because let’s face it we’re all here and life is for the living and you know we
332 don’t have terrible* lives um: so you’ve gotta keep some perspective um:

333 -Mhm

334 -and you can’t let (.) yeah you can’t let the anger cloud that (.) you just spewed on (.) that’s why I think
335 that Discharge are one of the few punk bands that can get away with sloganeering (.) they don’t really
336 have lyrics they don’t tell stories they you know they’re just going “Never Again! Never Again!” [bangs
337 fist on table] and it works for them it works I mean (.) they’re not exactly listing grievances with the
338 government either but (.) they’re (.) they’re not too deep lyrically but they (.) it works* there’s something
339 righteous about the anger and the rage um: and in that instance it works it’s (..) cased very well

340 -Hm

341 -Um:: but The Exploited just going [chanting] “Fuck the U.S.A., fuck the U.S.A.” (..) I can’t (.) stand* it man
342 it’s just (.) so* bad (..) and The Exploited are

343 -I won’t argue with that

344 -Haha

345 -Ok, so through art you can make something good out of being ah: experiencing certain situations (..)
346 right?

347 -Yeah (.) definitely (.) definitely (.) ah (2sec)

348 -Is that the whole point or is it (.) just fun?

349 -The whole point of doing it is that (.) for some mystical reason I feel that I need to do it and I enjoy it
350 more than anything else

351 -Mhm

352 -Ah: (..) it’s not* about you know playing a cool solo it’s it’s (.) the most excitement is when you’re in the
353 room you know (.) with your bandmates and you’re working on songs (.) and that’s always* a positive
354 thing always like a happy thing and you strive for that (.) it just also so happens to be that (..) t (.) you
355 know (.) you tend to be there more and more just (.) because everything else is weighing down on you in
356 everyday life and (.) getting in there (.) is just a release in and of itself

357 -Mhm

358 -Um:: it's f(.) I keep saying you know (.) I felt like thinking this way and feeling this way (.) cos I've been
 359 doing it for so long was a: (..) eh you know I just thought it was (.) quite normal but the more I'm doing it
 360 (.) and I'm still new to being a singer in a band (..)

361 -Mmm

362 -The more gigs I'm doing (.) I'm getting people coming after me (.) up to me after shows you know (.)
 363 whether it's regulars at The Dev "oh it's angry boy" you know "we could see the veins coming out of your
 364 neck when you were singing" or (.) yeah it's people coming up to me after shows they're like "what are
 365 you so angry about?" you know like strangers (.) people I don't know they're like "what are you singing
 366 about?" things like that (..) um: and I kinda feel like (2sec) I feel like that's such a dumb question cos
 367 there's [laughs] there's no shortage of things you can be angry about in this world and also (.) it's fucking
 368 (.) you know heavy* hardcore punk (.) it's supposed to be angry and immediate and urgent (.) and
 369 aggressive you know? It's not supposed to be: (..) you know it's not supposed to be nice* [laughs] (4sec)

370 -Who's the angriest person you've seen onstage?

371 -Um [laughs] (4sec) that's a tough one (8sec) there's a lot of self-destructive singers but where that*
 372 comes from (.) it's anybody's guess (.) um::

373 -I guess you have a point there

374 -Give me a minute (.) I'm trying to think of (.) there's gotta be some* it's just my brain is just slowly
 375 waking up (.) ah: (20sec) there's definitely (.) it would most probably be more towards the hardcore and
 376 punk side than metal because metal suffers from a lot of pantomime aspects (.) uh: ev(.)even you know
 377 even great bands like Obituary are fucking masters but (.) when you watch them you wouldn't
 378 necessarily say they're angry they just make great death metal and that's how they (.) you know that's
 379 how they express* themselves but (.) there's nothing necessarily angry* about it so I would (.) and I find
 380 that with a lot* of heavy metal so I would prob:ably lean more towards the punk and hardcore side and
 381 there is (.) plenty* of pissed off singers um (..) I guess John (.) John Brannon from Negative Approach (.)
 382 Laughing Hyenas and Easy Action um (.) you know he's renowned for his scowl (.) and his voice is (.)
 383 bru:tal* a::nd (.) still is after many years (.) and he is (.) he is* definitely a big angry figurehead ah: (.) and
 384 a vocal inspiration I would say (..) u::m (3sec) they're not (..) generally* known as the angriest band even
 385 though they've got very aggressive songs and a very furious style (.) um but (.) the Poison Idea song (.)
 386 Discontent (.) great title (.) um that's all about (.) that's all about Nazis and (.) the vocals on that are so*
 387 angry just (.) incredible voice um (.) they got a lot of flack for that when it came out cos Poison Idea was
 388 always like "oh the band that collectively weigh a ton" cos all they do is take heroin and eat junk-food
 389 and drink booze and all they write about is drugs and life and (.) hating your boss and stuff um (.) and
 390 then they came out with this political songs and a lot of people didn't like it (.) but um (.) it's still a very
 391 good song and the: (.) yeah the delivery is incredible (.) furious riffs furious drums (.) um:: really* brutal

392 angry vocals (..) Discharge Never Again (.) that* is really angry (.) they're getting on a bit now they're
 393 getting older now so (.) not so much anymore but (.) you listen to that* you feel* that and that's (.) very
 394 cathartic physically and* emotionally (..)

395 -Mhm

396 -Um: (7sec) yeah (5sec) yeah* (.) old songs about hating your boss and storming out and ah saying "fuck
 397 it!"

398 -What do you think about when you listen to Discharge or Poison Idea or others? Are there specific
 399 images that go through your head or is it (.) ah:

400 -Primarily (.) primarily I just love the music and the imagery it has (.) it has to be that (.) there's no
 401 shortage of angry bands but if they can't carry a fucking tune then (.) I can't relate to that

402 -Yeah

403 -Ah: and there's no shortage of angry raging D-Beat bands (.) Crust bands (.) ah:: it depends* (.) some of
 404 them have more abstract lyrics (.) Discharge is very simple (.) you know it's like sloganeering it's very
 405 direct (.) um so yeah when I listen to Never Again and they're talking about the government fucking you
 406 over and things like that (.) yeah I definitely think about how that is appropriate to our times

407 -Mmm

408 -Um: (.) when I listen to Sheer Terror you know you definitely think about life and relationships and (..)
 409 shitty jobs and people and anger and things like that um:: but it's not so much a (.) not so much a
 410 mopping thing (.) ah: it's more of an empowering thing (.) it's like "yeah I am pissed off and that's good
 411 and that's fine and I'm not" (.) you know "and I'm not gonna sit around and mop and whine about it I'm
 412 gonna... I'll express it and" you know in a dignified way [bangs hand on table] and (3sec) yeah

413 -That brings me to my next question (.) would you say that anger is a positive or a negative emotion?

414 -It depends on the type of anger (.) ah: (.) I don't wanna be angry and snapping at people around me (.)
 415 even if they're (.) you know dominating conversations and being obnoxious you know I (.) I chose to
 416 come out and I should just leave and go to the other end of the bar [bangs hand on table] um (3sec) and
 417 when it's being angry at yourself all the time and ah or fuck it a rude person at work or whatever (.) all
 418 that anger is just everyday trivial nonsense and to get (.) wrapped up in it is not good (.) it's negative (.)
 419 um (.) but to be angry and have a reaction if someone does* do you wrong or to be angry at the way the
 420 world is or (.) you know things like that (.) it's it's better than being numb* and having your eyes closed
 421 and your ears closed um (3sec) I'm trying to learn to keep my mouth shut more often but I think (.)
 422 overall it's better* to [laughs] you know to stomp around a bit and let off steam than just uh (.) you know
 423 (.) cruise through life asleep or half-awake or something so (.) yeah I'd say it depends on (.) it depends on
 424 the type of anger and the situation um (.) some things call for anger you know? Um:

425 -Mhm

426 -you can't change things politically (.) you can't change things socially (.) you know (.) how much racists
 427 and fascists are empowered now with (.) Brexit and Trump and all this kind of stuff (.) you can't just nod
 428 and go [puts on funny voice] "oh I understand" you know and "oh it will work itself out" and be calm (.) I
 429 think the time for that is past (.) so you gotta be angry then (.) you know (.) but that's yeah that's a
 430 positive that's a productive (.) productive anger (.) if it helps you achieve something rather than (.) you
 431 know (..) smashing people's faces in

432 -Totally (.) but you did mention that you are trying to learn to keep your mouth shut

433 -Ye:ah

434 -What's the advantage of that?

435 -We:ll you know you wake up the next day hangover and you go over everything you said loudly and
 436 obnoxiously and you know how (..) how over the top (.) you were

437 -mhm

438 -so it's definitely that (.) the hangovers* are easier (.) so there's less regrets ah: (..) sometimes you're
 439 just being too quick to say things and judge things (.) when maybe you should just step back and kind of
 440 absorb more of what's going on about you rather than quickly demonizing something and shooting it
 441 down (.) I'm the worst for (.) you know (.) hearing one minute of the band's song and going "this is
 442 terrible I hate them they're hacks" or (..) you know things like that so (.) yeah these would be the
 443 advantages (..) you're being more pleasant for other people to be [laughs] to be around (.) and also not
 444 getting yourself worked up over (.) trivial* things

445 -Mhm (..) what's wrong with bands like Guns N' Roses? You've mentioned them a few times today

446 -[laughs] I hate them I hate them (.) and I hate the high horse they rode into town on (.) the irony is
 447 they're seen as this paradigm of rock n' roll (.) by idiots (.) um the amount of times (.) and this is before* I
 448 had to work every Friday night closing the bar to Paradise City while dipshits who do not know rock n' roll
 449 lost* their mind and dry-humped each other in front of the bar (.) ah this is well* before that stage

450 -Wow sounds like a very interesting stage

451 -Yeah [laughs] just never liked them (.) never liked the: (..) it's just something that seems so phony about
 452 them (..) you know

453 -mhm

454 -something I mean (.) again* GG Alin said it best he said "what is going on with rock n' roll when you've
 455 got bands like Ramones praising Guns n' Roses?" um (..) it's sort of hard to put the finger on but I get the
 456 feeling that they're phonies* ah: (.) and they're rock-stars in the worst kind of way (.) I love KISS and KISS

457 are so [bangs hand on table] over-the-top with how they're rock stars that you have to throw up your
458 hands and say "fuck it I don't care" I mean having a KISS coffin (.) a KISS casket is the tuckiest thing
459 imaginable but (.) you gotta say (.) "fuck it whatever" the songs they wrote are too good they can (.) they
460 can be* dicks I'll ignore that side of them with Guns n' Roses I never thought that they wrote good
461 enough songs to excuse them being dickheads I mean Slash is [muffled word] as fuck I mean Axl Rose
462 can't sing um::

463 -But then why did they get to where they got?

464 -Why did Hitler get to where he got I mean that would be the [laughs] the lazy "oh bring Hitler in that
465 would win any argument" I mean (.) [sighs] people are idiots and the timing was right you know?

466 -Mhm

467 -it's no (.) I don't think there is any coincidence they got as big as they got (.) they came about when they
468 did (.) I mean don't get me wrong there's a ton of people I know who are into heavy metal (.) punk and
469 all sorts of stuff and they love Guns n' Roses just as much as people who don't listen to that music love
470 Guns n' Roses

471 -Mhm

472 -Ah: yeah (..) it doesn't surprise me I do* get why they like them but there's certain things about them
473 that other people can ignore and I can't

474 -OK

475 -[laughs]

476 -You are an angry person you say (.) but you're also a very smiley person I see

477 -Ye:ah I hear that a lot actually (.) especially since working here people are like "you're always smiling"
478 ah: I try I try to keep a sense of humour and try to remind myself how (.) absurd* life is and how absurd it
479 is to (.) get frustrated and angry at it (..) it's the cause [?] of dichotomy it's walking that tight rope of "I've
480 got stuff to do and I need to do it" and then "relax... enjoy... life"you know like (.)breathe out

481 -Sound like two sides of the same coin in a sense

482 -Yeah

483 -Alright (.) would you say that humour is a way of pushing away bad energy or

484 -Yeah! Definitely (.) definitely (.) and humour can be angry ah: (.) you look at like Hunter Thompson stuff
485 and Ralph Steadman stuff and Charles Bukowski stuff (.) there's anger there but there's also humour

486 -Mhm

487 -There's also humour (.) um:: and sometimes the humour can help deliver an angry message that might
488 have been harder for people to hear had it not been (.) you know (.) had (.) not being presented in a
489 certain way to make it more accessible but it's more the absurdities surrounding (.) that are highlighted

490 -Aha

491 -And that's done through humour so (..) you can say (.) you know it's very easy to get depressed and
492 angry and say Trump (.) for example is (..) baiting racists (..) you know he's a horrible horrible man and
493 that's really depressing (.) the state of politics and the state of (.) where we are so (.) actually

494 -Mhm

495 -But (.) you can also say the same thing but have it coloured by the fact that (.) by highlighting the fact
496 that he's such a caricature and he's so ridiculous and the things he does are ridiculous (..) and you can
497 still carry the same message across um (2sec) so yeah humour can be angry and (.) if it's (.) if it's done the
498 right way

499 -Cool. Do you have anything to add before I stop recording?

500 -Um (3sec) I'll think of something at the bus [laughs]

1 -To start off, what made you decide to take part in this interview?

2 -Well in general I wouldn't consider myself an angry* person but I would say that I'm someone who (.)

3 does experience anger and is quite (.) ah (..) is almost annoyed by the fact that I get really angry (.) so ah:

4 it's definitely something that has (.) it was called out in the ad (.) you know (.) I've definitely had my

5 battles with anger if you will so it seemed (.) quite (.) relevant and all in all I think I can (.) at least offer

6 something useful for the study (.) ah (.) so I figured why not?

7 -Nice one thank you (.) so: what is it that you find so annoying about (.) getting angry? Or anger (.) in

8 general?

9 -Um (.) I tend to consider myself as quite a reasonable person (.) I generally try to do the best I can (.) try

10 to organize things so: nothing* will go wrong (.) I find it especially annoying (.) that the anger tends to

11 linger* (.) to a degree where I can't get rid of it (.) from my head (.) so (.) I'll try to be reasonable with

12 myself (.) I say "look, it doesn't matter, it's not that big-a-deal" and to me that makes sense (.) but there's

13 a sense of anger that I have yet (.) especially towards people who (.) either don't give me credit for a lot

14 of work or people who don't perform or deliver something they promised (..)

15 -Mhm

16 -Which (.) which annoys me to no end (.) and makes me very angry towards them and ah: you know I

17 don't really want* to be angry at them (.) you know (.) I want to find a way to communicate with them to

18 (.) sort of achieve the goal (..) um:: (..) but also anger over really stupid* things (.) say (2sec) ah: (..) say

19 things that can be fixed* really easily like like (.) let's say I lost my travelcard (.) that's something that you

20 can go you can replace and (.) ah (.) get your money back (.) as long as you keep the tickets (.) which I

21 have* done many times (.) fortunately um (.) [laughs] lost my oyster card many times (.) ah:: (..) but you

22 know there's this anger* that's bursting* it's (.) I wouldn't say that things turn red but it feels like that in

23 my head and ah (3sec) and you know it's (.) I wish there was a way of dealing with these things with a bit

24 more optimism than with (.) with anger (.) you know ah I find anger to be actually quite (.) unproductive

25 (3sec)

26 -Aha

27 -[inhales] in a lot of ways (.) ah (.) especially in day-to-day life whilst in (.) maybe more artistic expression

28 ah (..) for example in writing or in playing music it's actually quite useful* and I tend to get rid of my

29 anger that* way so (.) that's why I tend to be quite calm [inhales] (2sec)

30 -Mhm ok a few things to work with here (..) so (.) I'd like to ask you if you have any concrete examples of

31 a situation when you got angry eh: or if you'd rather go down the artistic expression path?

32 -I don't mind I mean whatever helps you more (.) I mean of course there's plenty of examples (.) it just

33 depends what you're after really

34 -Ok so let's start with that (.) do you remember like any event* that made you particularly angry? And
 35 how you felt in that event?

36 -Ah let me think what would be a good example here

37 -Sure

38 -(10sec) so (.) [exhales] well I mean that goes directly into the artistic side of things but I (.) I'm in a band

39 -Mhm

40 -Ah (.) a:nd (.) there's a certain drummer in that band who has been a proper pain in my side for years (.)
 41 unfortunately he's ludicrously talented so (..) I cannot just (.) stop working with him as he would sort of
 42 (..) a lot of (.) the band would lose identity if he were to leave the band (.)

43 -Mhm

44 -Which he has done on numerous* occasions and keeps coming back* (.) the main issue is that he is one
 45 of the forming members along with me and (.) um (.) the band means a lot to him (.) like a (.) I don't think
 46 many other things in life mean quite a lot to him than the band (.) as the band does (.) ah: and he's a very
 47 very frustrating person (.) um: he's the kind of (.) he's very very (.) pigheaded in a way (.) or very mule-
 48 like in a way that (.) when he decides he can't be bothered to do something he won't do it (.) even
 49 though he's promised* (..) he won't answer his phone (.) he won't show up (.) and (.) he clearly has
 50 seasonal depression for (.) in the winter he clearly has this depression and (.) he basically knows this (.)
 51 but he refuses to do anything about it (.) it's something that can be dealt with quite easily today um:: but
 52 basically (.) ah: he decides not to and he makes that (.) not only his* problem but also our* problem so I
 53 find it very very hard to deal with his* stubbornness and his way of not doing things he's promised ah (..) or simply not getting in touch at all (.) I find it hard to deal with because I know that he's got seasonal
 54 depression but he's also refusing to deal with it

55

56 -Mmm

57 -He's not going to see a shrink or anything and it's very very (.) very annoying! So recently (.) not quite
 58 recently (.) a couple of years ago we were in the studio (.) recording (.) so we had a budget that was set
 59 by the record label so essentially we were on a job to finish the record and uh: when we get to the
 60 phases of mixing the album (..) he basically had a slight* disagreement via e-mail with the mixing (.) with
 61 the producer (.) and after (.) the producer said "but look, can you see this... why I'm doing this?" he just
 62 decided that "ok fine do whatever you want" and after that (.) for the entirety of the mixing (.) and he is
 63 by far the most experienced mixing person in the (.) in that* group (.) he didn't get in touch with us (.) he
 64 didn't get in touch with the mixer (.) he wouldn't answer his phone to anyone* (.) he wouldn't even
 65 answer his door* [laughs] so you know we were in complete trouble because ah (2sec) because he just
 66 wouldn't communicate with anything and that for me created a constant* sadness and anger that I just
 67 carried with me because you know (.) here we are we worked for ten years to record this album and you

68 know he's just not there he's not there and the fury is just (.) overboiling and it and it and it takes over
69 other parts of life (.) it makes you irritable it makes you (.) and it won't go away with no matter or reason
70 because even when you say to yourself "this doesn't matter it's fine look it's just that one thing we'll get
71 this out we'll find a way" the anger is so* overwhelming at times and you're just trying to do anything
72 trying to do your dayjob and it's just there (.) it lingers and it takes (.) chains you to this thought which (.)
73 like an earworm like a song just won't go away from your head it'll just (.) it goes in circles and it comes
74 back and returns and (.) whenever you have a moment when you don't really think about much (.) for
75 example you just walk into the station or something (.) to go to work in the morning and there's like
76 nothing in your head besides of "let's get this routine over with let's go to the station" it's still* there it's
77 (.) that's exactly* when it strikes when you're not thinking about anything else

78 -Mhm

79 -But then when you try* to think about something else you know it won't allow you either (.) um (..) so
80 that is a very very difficult thing to deal with a lot of the times (.) and then of course when he (.) when he
81 eventually came back to the band (.) we fired him after this occasion but he came back cos yes (.) we
82 figured you know he was in good mood he was in a good place (.) but he refuses to regret anything* that
83 he's done (.) not not a single thing (.) he refuses to apologize for anything* (.) and (.) honestly (.) as much
84 as a (.) I'm trying not to swear really [laughs]

85 -It's ok you can swear

86 -As much as a douchebag as he's been (.) you can use some other word there I'm sure

87 -There's no problem with using swear words

88 -OK (.) as much as fucking cunt as he's been

89 -Alright

90 -He doesn't acknowledge that he's done anything wrong (.) I've actually taken him aside a few times and
91 tried to talk to him and he (.) "you realize why this is not... ok" and he (.) you know (.) for me* (.) that is
92 also something I'm currently dealing with I've actually stopped caring to a large degree about what he
93 thinks or what he does but the thing is what he* does (..) directly influences my* life you know I have to
94 write a lot of the music (.) ah (.) create a lot* of the product and (..) "what so (..) and then play it with
95 him?" you know after all the crap that he's done to me I should give him the joy to play music that he
96 enjoys? He refuses to really write I just have to tell him what to do and yet he keeps on claiming and I
97 believe he's just having a big break-up in his life as well (.) broke-up with his girlfriend for this very reason
98 (.) that he doesn't give a fuck about pretty much anything (.) he used* to be a heavy drug user but he
99 isn't really anymore (.) ah but um: essentially it's just infuriating and it's this lingering thing and there's
100 very* very few things that I actually have this anger with (.) I mean one is definitely band members and
101 collaborators (..) ah:: the other is (.) can be work sometimes but ah you know there's very few things that

102 really get me in that way and it's just really (.) rather than being (.) a direct example of one occasion that
 103 you requested that's more like an ongoing ah: (.) ongoing thing so I can be more specific if you want
 104 about things but let me know anyways.

105 -What were you about to say about this (.) permanent thing?

106 -Well it's just (.) it's just infuriating I don't know why I do it to myself but then (.)

107 -Mhm

108 -You know (.) in a way (.) it's a:lways gonna be there as long as he's* there (.) but then he's a very good
 109 friend when he isn't sort of (.) in one of his phases*

110 -Mhm

111 -I find that (.) you know people have to be able to (.) compromise and when you challenge someone on
 112 their actions they should (..) reflect and if they do:n't (..) well fuck [laughs]

113 -So what made you particularly angry about this person was his refusal to apologize about anything (.) o:r
 114 (.) the combined effect of his/

115 -/ye:ah I think it's more (.) the (.) combined effect if you will (.) a::h (..) because you know we we all work
 116 on this together and it's important for us* (.) but for some reason (.) he decides (.) that you know he puts
 117 himself above everybody else and anybody's else opinion doesn't matter which (..) which fine I mean in a
 118 way (.) what does someone's opinion matter? It doesn't really (.) I don't care about people's opinion
 119 when they (.) ah: (.) review my music so it's only within this band fear (.) sphere* of things that I really (.)
 120 care and when the anger really still comes out

121 -Mmm

122 -But (.) honestly I (.) um (..) since I started to sort of cope with my ah: OCD that anger has in a large way
 123 also (.) ah: (..) surpassed like disappeared

124 -Mhm

125 -So ah:: I used to have a massive issue OCD-wise with ah (..) taps (.) with water taps

126 -Ok

127 -So I couldn't leave the house because of water taps (.) so that sort of completely fucking triggered my
 128 mind and then that became hobs and that became doors but ah because basically I lived in very very
 129 poor (.) state of housing for a lot of years where pretty much everything leaks and everything can break
 130 so I got really* paranoid about that so that came with a lot of anger issues about* that like ah eh anger at
 131 myself for not being able to deal with things

132 -Aha I see

133 -like that so (.) ah (.) so anything* could really (.) cause a massive bit of anger especially* computer
 134 games

135 -[laughs]

136 -especially computer games yeah

137 -From what I understand so far well (.) yeah from what I understand so far what you find particularly
 138 frustrating about the state of anger is that you can't reasonably deal with it (.) that you can't put it in a
 139 sort of (.) logic that you can't find the logic in it

140 -Ye:ah I just don't (.) see why these things should matter to me so much (.) I mean one other thing I still
 141 get angry about is (.) is computer games that ah (.) that tend to be a bit rigged

142 -OK

143 -Let's say (.) the FIFA game

144 -What about it?

145 -So it's a it's a football game and it's sort of one of the biggest games in the world it comes out annually*

146 -Mhm

147 -But it's got it's got this thing called scripting in it (.) which (.) if you are for example playing a big tea:m (.)

148 -Mhm

149 -Ah and you're playing against a small team (.) basically (.) the system makes the small team score within
 150 the first two minutes (.) and then (.) then you can pretty much attack the entire game and then it (.) one
 151 time I hit the post about twenty times (.) cos the game won't let you score so it's almost like an
 152 infuriating machine [laughs]

153 -Aha

154 -You know it's ah (.) completely mad and (.) the fact that that (.) matters to me (..) it's (..) it's just so* (..)
 155 so* frustrating

156 -So what annoys you particularly is that you find it unfair?

157 -Yeah I think it ties in with something I said earlier about (.) due rewards for effort (.) basically

158 -Mhm

159 -And you that game seems to be almost looped on (.) no matter how* good I get (.) there'll be one
 160 moment in which the game (.) basically (.) starts controlling my players (.) for split seconds but enough to
 161 (.) for that team to score and it's no way for me to get the ball and it's like (.) you know I've never taken
 162 such drugs but it probably feels the same as chasing a dragon or something [laughs]

163 -[laughs]

164 -You know it's always so close and you think "yeah fine now I'm ready I can go upper level and I can play
 165 players in the (.) online cos I'm getting really good at this" but the moment that happens (.) something
 166 like this kicks in (.) so it's more the due rewards for efforts (.) I mean efforts* of playing a video game is
 167 so: (.) pointless* ultimately and it's a time when (.) it's a distractor (.) ah so it shouldn't* matter (.) but I
 168 guess (.) you know you wouldn't do it if it didn't matter to you in some way but I am a horrendously bad
 169 loser and I used to have a lot* of anger issues about losing

170 -mhm

171 -and I still do but I'm definitely better but I get that (.) completely from my father who: ah (.) who now*
 172 when he's 50 years old he's playing roller-hockey with 20 (.) 20 year-old French kids and he's still the best
 173 there cos he was almost a professional ice-hockey player but (.) he* can't deal with his anger either* and
 174 I think probably something but I used to f:: completely throw my toys out of the pram when I was a kid
 175 played sports and I lost but I but I was actually aspiring to be a football player when I was younger before
 176 I broke my knees

177 -Aha

178 -So of course that was very frustrating and ah: another source of anger as well

179 -Sounds ah (.) very frustrating indeed

180 -Yeah [bangs hand on the table]

181 -So you've mentioned a few times so far that you (.) find it difficult to get rid of the anger. Is that so?

182 -Ye:ah I mean (2sec)

183 -But what do you do in an effort to

184 -Oh I try to desperately solve the situation and get some sort of efficient solution to (.) the problem so (..)
 185 that's why for example someone not answering their phone and not being in any way communicative is
 186 very difficult for me to deal* with (..)

187 -Mhm

188 -Because (.) a::h (2sec) anger also works sort of (.) for me it's when somebody (..) insists that I've done
 189 something wrong and I absolutely don't agree with it at all (.) um:: but I try to solve it like I want I want
 190 resolution (.) to be (.) I want there to be a resolution I want to sort it out (.) because (.) I don't really like
 191 leaving things hanging I wanna solve these problems immediately and when s (.) so I try to compromise I
 192 try to find a solution that works for both

193 -Mhm

194 -A:h but (.) yeah I mean that's what I do ah: (.) and sometimes it is impossible which is [scratches table]
 195 ah (.) quite annoying [laughs]

196 -You mentioned something about music as well and how anger: sort of propels you forward to: write it?
 197 Or

198 -Yeah yeah in a way* it does (.) eh (.) I think* it actually has more of a therapeutic effect (.) in a way (.)
 199 that (.) I don't write music out* of anger I think (.) but ah I think it helps ah alleviate stress and anger
 200 because the music that I write is certainly very angry very loud and very mean* (3sec)

201 -Aha (.) but its effect on your psyche is (.) taking your mind away from problems?

202 -Oh it does it's one of my favourite things to do in the world

203 -Aha

204 -So what do you do when your favourite thing is music it pretty much (.) engulfs your mind into that so (.)
 205 yeah I mean music is a massive part of my life so

206 -Would by any chance be able to tap into that moment when anger turns into:: a song or a riff or an idea
 207 in general? And maybe give me an idea of (.) what it feels like?

208 -I don't think it does actually make the riff (.) I think it makes (.) a certain tempo* and a certain intensity
 209 of the song

210 -Mhm

211 -So you know just like when (.) some people get angry they just start punching walls or something I tend
 212 to grab a guitar and just start playing without thinking and usually (.) the notes are probably nonsensical
 213 but the way that (.) of playing is (.) less controlled but more aggressive ah: (.) and it really is for me (.) as
 214 anger comes it comes like as a wave it feels almost like it's coming from my spine to my head I can feel it
 215 and it just engulfs* (.) ah (.) it takes over the head completely* (.) ah (.) and it sort of ends in my frontal
 216 lobe (.) I can feel my frontal lobe just s (.) shattering you know not shattering but I can feel the pressure
 217 on the frontal lobe very strongly and (.) you know (.) it's just there* and it takes over (.) it's (.) it's not (.) I
 218 mean that makes it sound like I'm sort of acting like the Hulk or something no I don't I just (.) actually
 219 these days I just try to just get away especially from my wife so I don't say anything bad to her for no
 220 reason you know

221 -Mhm

222 -There's been a few occasions you know ah (.) of course I'd never (.) I never bring any violence or
 223 anything like that just (.) just you know say a really shitty comment about something (.) I think I once got
 224 angry when she put butternut squash in my favourite meal [laughs] I hate* butternut squash [laughs] but
 225 that was when I had when my anger issues were worse than they are

226 -So you overall try to refrain from ah (.) unfair comments or (.) yeah violence as you said

227 -Ye:ah (..) yeah I mean I try it myself* I don't see why other people can't (.) but yes some people they (.)

228 they seek out these things I mean I have a friend who (.) who will go to sports games mainly to get drunk

229 and shout abuse at others (.) starts fights and you know I ah: I talked to him once and asked "why are you

230 doing this? Can't we just watch the game?" and he said "no, that's the bit that I enjoy most, being a loud-

231 mouthed cunt"

232 -I see (2sec) interesting (.) so you mentioned a few physiological reactions to anger like how it comes up

233 from your spine (.) how it engulfs you (.) even bursting out and stuff like that so do you (.) could you give

234 me a clearer idea of what your body feels like?

235 -I think that (.) it's mostly in my head I would say I mean I get quite tense but ah (..) overall it just feels

236 like once* the anger is sort of in my head and it feels like it's (.) really taking over (.) all I can think of (.) I

237 try to usually do something like focus* on something because I feel that (.) anything* that happens will

238 basically (..) basically* I will sort of (..) just become infuriated like when I'm in that angry state I can like

239 (.) of course you know I think I have a tad bit less control of what I do so let's say (.) tha:t (.) I'm by my

240 computer and I'm really* angry and I just do something I put my hand to the left and I: knock over a

241 bottle of water or something and that will fall down I mean that (.) that* would (.) in that state when I'm

242 angry that would make me completely* freak out just probably (.) I'd probably scream very loudly

243 -Mhm

244 -Uh: and I'm (.) trained vocalist so my voice is very loud so my neighbours wouldn't be very happy with

245 that (.) ah:: um (.) it's happened a few times

246 -Mhm

247 -my old house especially (.) ah: but basically just screaming (.) scre:aming trying to (.) just nothing that (.)

248 no words just out of sheer fury (.) ah:: if you will um (2sec) sometimes I'll punch some object [laughs] but

249 (.) it's more like (..) when you're shaking with anger like that (.) when that extra (.) spicing or that extra

250 straw that has broken the camel's back is there (.) I don't really know what to do with my anger I just (.) I

251 wanna punch things but then (.) but I'm a reasonable person (.) I don't wanna punch anyone* in pe (.)

252 any person or (.) any other human being that's (.) doesn't happen ah: (.) but I wanna punch things but (.)

253 most of the furniture in this house is mine

254 -[laughs]

255 -my own property and sort of (.) I built it myself (.) most of it (.) you know from IKEA packages and stuff

256 so I don't wanna break anything but (.) but there is there is this nee:d to (.) well I once punched a

257 cupboard door (.) broke in half [laughs] I was so angry

258 -Wow (.) did it feel good?

259 -Yeah it felt* (.) no it just hurt [laughs] but (.) it's almost like you wanna get it out somehow but it's not*
 260 like (..) beyond that sort of state* that you are when you're s (.) when I'm extremely* angry (.) and I find
 261 that there are two sort of ways one is the one that lingers and it's there all the time and one which is just
 262 fury

263 -Mhm

264 -which is absolutely uncontrollable fury ah (.) and during the latter you know I (.) just (.) need to get rid of
 265 it somehow* (.) and I don't really know how [laughs] honestly (.) besides of just trying to do something
 266 that (.) isn't (.) ah in any way infuriating or just watching a series of TV shows or something (.) that I've (.)
 267 seen a million times

268 -Mhm

269 -So it's almost like a (.) like a happy place [laughs]

270 -Nice (.) so loud person loud music and all that does loudness (.) volume go hand-in-hand with anger?

271 -I think volume helps a lot because volume ah (..) volume (.) especially high volume is louder than
 272 anything else so (.)

273 -mhm

274 -so it's almost (.) drowning out (.) anything else

275 -I see

276 -so if I'm putting on similarly as putting on TV shows putting on an album very loud (.) either on speakers
 277 or headphones can sort of (.) transport you into a different mindset (.) ah: I mean that's a lot* of (.) music
 278 is very emotional to listen to (.) when you actually listen to music not (.) not fucking chugga-chugga
 279 techno-rubbish (.) when you actually listen to mm real music with a real point and emotions they do tend
 280 to sort of take over (.) ah: (.) your thoughts at the time (.) and it can* be very in (.) dealing with (.) with it
 281 (..) yeah

282 -What kind of music are you referring to?

283 -Ah: I'm referring to (.) very loud (.) music very (.) mainly (.) it's based on rock-n-roll really from the 60s
 284 and that developed into punk and (.) and from that into heavy metal and (.) and then into extreme*
 285 metal (.) eh (.) ah: (.) but I'm not sure how useful that's for the study really

286 -I'm just asking cos I need to have it recorded for the study

287 -So yeah black metal death metal all this stuff (.) I'm not a devil-worshipped or [laughs] neither do I have
 288 any sadistic masochistic notions or anything like that so

289 -OK so the reason I'm asking is because the other day I was interviewing a guy who's very much into punk
 290 and punk is as he described it more-or-less designed* to make you angry at (.) I don't know the
 291 establishment or whatever (.) would you say that something similar is the case with the music (.) you
 292 listen to?

293 -(2sec) I don't know I mean I enjoy punk and enjoy the punk ethic as well

294 -mmm

295 -but um (.) basically (.) I think it's more (.) there is a certain sense of elitism in the music that I listen to
 296 because it's not easy music to listen to it takes you a lot of listens before you understand what's going on

297 -mhm

298 -so ah:: it definitely: (..) sort of ah divides you or push you to sort of be more (.) yourself (.) than jumping
 299 on any bandwagons (.) so you know like (.) I find the fact that people can listen to Rhianna and (.) just (.)
 300 accept that that's great music I find that (.) horrible* (.) I find it just awful this is the worst* kind of
 301 recycled horrible garbage and everything* in the music is clearly* just (.) there to (..) it's actually market
 302 researched (.) like everything that's happening every single piece of structure (.) there's no individuality
 303 and I think a lot of this music sort of (.) seeks (.) individuality and seeks ways to (.) not* be part of the
 304 masses so (.) I I guess in a way (.) it (.) it's just so for example let's say (.) bad example but let's say the
 305 fact that Trump won or the fact that there was Brexit (.) it's completely unbelievable to me (.) you know
 306 it's (.) is (.) there's clearly* (..) a massive (..) part of society that (.) that is just (.) so* self-obsessed and
 307 narcissistic (.) you know that that all they can think of is what u what things used to be like (.) and
 308 everything's fine in memories because you know (.) you tend to only remember the highlights really (.) so
 309 (.) you tend to remember the highlights when you were six* and you climbed a tree

310 -[laughs]

311 -Christ's sake no* amount of politics is gonna bring you back to being (.) a meter tall and being able to
 312 climb that tree because that (.) tree would break down you fat fuck! (.) ah yeah so in a sense (.) that was
 313 actually quite angry (.) but in that sense (.) you know (.) I guess it's sort of (.) it is a subculture and
 314 subcultures tend to (.) tend to sort of (.) look with animosity to the (.) to the mainstream so ah (.) in a way
 315 (2sec) doesn't really make me angry because (.) I'm not (.) actually (.) an angry person (.) I'm just (.) angry
 316 (.) when (.) the I have these few triggers which I (.) just can't stand that they're there but (.) they are so (.)
 317 it's probably best not to live in denial (.) denial of it

318 -Mhm

319 -I mean (.) I think religion is one but would I go back in time and kill Christ? I don't know (.) Nocturnus
 320 would [laughs]

321 -So what about the mainstream? What is it that annoys you about it?

322 -I find it really really (4sec) it's just (.) it's just the fact that you can watch television and the first thing you
323 see is "ah, I quite like that" and it's just this ah: this focusing on just (.) hits (.) like (.) "this is popular I will
324 watch this... this is pop music it's popular music" but there is nothing that you are (.) grabbing onto (..)
325 yourself* you know you don't delve deeper* and especially now that we live in this (.) ear of headlines
326 especially with the way that the internet is developing at the moment

327 -mmm

328 -is that everything* is just headlines nobody really dives deep into things (.) learns to be really great at
329 them (.) but they just know (.) this very upper crust (.) this very icing you know rather than the actual
330 cake (..) ah (.) you know it's ah (.) it's something that frustrates me in society (.) to a large degree (.) but
331 then also (.) from my other sort of perspective (.) you know so what? Let them do that (.) but but in a
332 way (.) when when that kind of (.) simple* way of thinking you know (.) it's only been a downward spiral
333 in a way in society because ah: (.) think about the 70s (.) I mean here I'm being nostalgic just like
334 everybody but (.) think (.) I mean I* actually don't like the music that that I'm gonna refer to (.) 70s (.)
335 prog music was very popular (.) prog music was (.) was in (.) on all* the shows (.) on all the big shows (.)
336 and that's hard music to listen to you can't listen to it they don't have hooks and that's and they don't
337 really have anything to claw on to it's just (.) and that's especially why it died because you know all these
338 guys were in these big bands (.) prog bands (.) they just realized they can do everything and they just (.)
339 just put in 70-minute wank-fest out there and you know people will just say "yes, here we go!" you know
340 "I've done this" and everyone's like "wow that's amazing" ok fine I understand that that died but (.) the
341 fact that nothing* has really been replaced (.) nothing really replaced it just all the music seems to go to
342 the lowest common denominator and it's just (.) things (.) simplifying-simplifying-simplifying with the
343 internet and I (.) don't really understand how these (.) people even go through (.) basic concepts really
344 [laughs] I mean I find it I mean yeah (.) I actually fully acknowledge that it is* the (.) oldest generations
345 that do the voting things (.) but (.) younger generation is just so appallingly* (..) they have basically been
346 marketed to the limit that the corporations that (.) now I sound like a hippie (.) ah that the big
347 corporations want to be and they easily control that way (.) and I find that just to be appalling and the (.)
348 and the fact that the large mass can be controlled also means that everything will be shaped and formed
349 in society based on the way that (.) they are (.) and the way that you can get the majority to (.) ah: to
350 behave and act and it's just (.) you know that* point even affects me (.) it affects me that Brexit's
351 happened (.) that Trump's gonna be U.S. president you know (.) and that way I find that mass culture is
352 so easily deceived (.) I'm not saying every single person who doesn't listen to metal music is an idiot I'm
353 absolutely not saying that* I probably have (.) probably 90% of the people who listen to metal music are
354 idiots you know [laughs] probably (.) probably but then that's probably everybody (.) probably 1/4th of
355 the population is probably (.) pretty fucking daft

356 -mmm

357 -but that doesn't matter! You can be daft and happy you know (.) doesn't matter to me (.) as long as you
 358 don't make it my problem really

359 -mhm

360 -and it is my problem that ah (.) that (2sec) that I can't go to work drinks because I have to listen to RnB
 361 and drink fucking cocktails (.) I wanna

362 -What's wrong with listening to RnB and drinking cocktails?

363 -It pisses me off (.) I don't like it this is (.) not my preference

364 -OK

365 -and I don't feel I have to conform* to that just because (.) that is what's popular (.) you know I'll do it for
 366 professional reasons for a bit but I (.) I will find it very very annoying

367 -mhm (2sec) um: a while ago you mentioned these two states of anger one being the absolute fury and
 368 the other being some sort of lingering feeling that's ah () ah:

369 -yeah I mean I think the lingering feeling is also linked a lot with sadness and just disappointment

370 -mhm

371 -and and that's something (.) that's just there (.) that sort of the anger and* the disappointment breed
 372 the anger (.) eh: cos you get so angry that this person has had the cheek or whatever to do this to go
 373 here and to let you down to this degree cos I'm someone who really works and believes that (.) hard
 374 work should be rewarded and it's very hard for me to deal with (.) the fact that someone has not done
 375 their part cos cos I've I always try to do my bit I try to learn to use different (.) let's say if again for music I
 376 try to use different music programmes so I can (.) if the drummer isn't doing something I can program
 377 the drums (.)

378 -mmm

379 -I learnt to become a ten times better guitarist in a few years just cos (.) someone wasn't writing the
 380 songs so I* had to write the songs and you know (.) I find it (.) really annoying for example when (.)
 381 because I've gone to these lengths that someone then wouldn't for example write any songs (.) because I
 382 can do it you know

383 -mhm

384 -is weird laziness I understand it personally as a creative person I mean all these people are creative
 385 people (.) why would they (..) be that lazy? [laughs] it's just (.) it's weird and it's just (.) it's not really
 386 something I'm (.) experiencing at the moment (.) um: (..) I've a certain amount of remorse for the fact
 387 that for example the drummer clearly* has seasonal depression

388 -mmm

389 -ah: but (..) it is something that that's there a lot (.) but it is (.) a form of it is also present when I'm for
 390 example not doing* something I've (.) I promised to do (.) even if it's minor

391 -mhm

392 -ah:: let's say for example I haven't mixed something (.) mixed a project or something in time and I'm sort
 393 of letting it wait and I'm procrastinating and like that (.) that will bother me but that won't be anger
 394 that'll just be a similar kind of worry

395 -mmm

396 -a similar feeling as for example disappointment ah: (..) in a way (.) lingers and then breeds anger whilst
 397 (.) the actual* state of anger (.) is something that (.) tends to sort of come and (.) not really go away
 398 that's not really triggered by anything it's just (.) just comes out of nowhere and I usually try to just sit
 399 down (.) not do anything (.) or just watch something (.) isolate myself quickly so I (.) don't do anything
 400 stupid (.) you know I (.) w when I'm in that state of anger I used to (.) very foolishly get immediately on
 401 facebook or whatsapp where nobody* can read the tone of your language and had massive* fights with
 402 (.) with everybody I was angry with (.) but these days I found that just writing down what I would say to
 403 them (.) and then not sending it (.) is like really helpful [laughs] because you sort of get out that (.) what
 404 you would say

405 -mhm

406 -and how you would argue your case and I've written (.) thousand words sometimes just how I would
 407 deal with this how I would right now (.) react to it and honestly (.) when I read it afterwards when I've
 408 calmed down I thought the reasoning is always good but I'm also glad that I didn't send it because (.) I
 409 think a lot of people just (.) are not prepared to have any of that (.) way of understanding things on their
 410 own

411 -aha (2sec) what does it look like usually?

412 -oh no: it's it's very well-formed I mean there's the best* English I can muster and perfectly laid out with
 413 structure and (.) just to bring the points across (.) ah: in a way also trying to perhaps be (.) a bit hurtful in
 414 the way that it's so calmly and well-written that (.) you know (.) it usually just ends with something like
 415 (2sec) ah (.) "and I must say I'm quite disappointed" or something like you know it's quite professional if
 416 you will because I find that (..) that you know big capitals or (.) big exclamation marks and swear words
 417 don't really have the effect that a very deep (.) trying to reach down to their soul and trying to grab it
 418 out and explain to it why it's such a (.) why it's being so unreasonable (.) so yeah I mean I usually delete
 419 those because otherwise (.) you know (.) [I?They? 36.05] might find them and you know (.) these are
 420 people (.) these are pretty much always people I've known for 15 years (.) my nearest and dearest

421 -mhm (..) I see (2sec) ah you've mentioned a few times so far like a different morphs that anger has taken
422 in you throughout the years like how you started being a more angry person than you are now and how
423 it was combined with your OCD and whatnot (..) but (..) like (..) looking back on your life (..) what place
424 would you say anger occupies in it (..) in general? Like (..) how has it shaped you as a person? If at all?

425 -(3sec) well (..) I mean (4sec) I definitely (..) the biggest issue that anger had in my life when I was younger
426 (..) and growing up was the complete inability to lose (..)

427 -mhm

428 -ah: I still consider myself a very very bad loser but I try to sort of cope with it in (..) the usual (..) "pff what
429 does it matter?" but then that* fear (..) not fear (..) that complete reluctance and (..) of losing is something
430 that probably made me quite strong because I know that if I lose I'll be really angry I'll be absolutely
431 horrible (..) and it's made me a bit of a (..) you know as a sports fan (..) horrible at losing still but (..) I think it
432 helps* for example supporting a team that doesn't always win like (..) I used to be a supporter of a very
433 successful team that pretty much won something every year and now I (..) tend to support teams that
434 don't really win anything ever [laughs] so it's you know (..) it's almost like (..) therapeutic in a way? That
435 you know (..) been following a team for 10 years and they never won anything and they always* got really
436 close so you're disappointed and angry about that but I guess the fact that it happens all the time it's sort
437 of makes you deal with it a bit better (..) cos losing ah (..) I think losing is a big trigger in anger with
438 everything*

439 -mhm

440 -because (..) for example (..) I consider it losing when I have an argument with someone and we don't
441 resolve it so I have to keep resolving it o:r (..) I consider it losing when ah (5sec) well I consider most
442 things losing really and that made me angry [laughs] so yeah so I guess I still have a lot of problems with
443 anger and losing [laughs]

444 -but ah: ok so that's a fine transition from supporting a successful team to supporting a successful team
445 to supporting a not-so-successful team and how would that (..) like how is that therapeutic in in any way?

446 -well I I don't know I found that um (2sec) well I always supported these very successful teams and I'm
447 like (..) 3years old because kids like winning kids like the best thing that's out there

448 -mhm

449 -ah so basically that team is in Germany (..) and I used to live in Germany

450 -aha

451 -but ah (..) but* I don't live there (..) and I haven't lived there for over twenty years almost thirty years ah
452 and you know as a result (..) why would I support a team that's (..) way over there and keeps winning?
453 That's (..) just winning I find it to be quite one-sided and boring really (..) ah there's no excitement really of

454 losing I mean they they tend to win the league ten (.) ten games to go you know why watch that? So I
455 started supporting the team ah in my area and I've never lived anywhere as long as I did when I used to
456 live in North London in Finsbury Park and Finsbury Park naturally (.) you live there you're in the middle in
457 the cauldron of Arsenal supporters so I became an Arsenal supporter after* they had that massive
458 winning run in the in the early 2000s so basically: (.) whilst I being an Arsenal supporter for ten years
459 they've only won (.) 2 FA cups that's it you know? They used to win the League all the time you know (.)
460 the FA cup's respected but it's not that (.) impressive it's constantly losing the big games and winning the
461 to be honest I started supporting them mainly because I love the way they play football it's entertaining
462 it's old-school it's (.) it's there to be pretty not to be fucking disgusting and ugly like Chelse or something
463 where you just defend all the time just to make your point (.) ugh[sound of throwing up] but you know
464 that (.) it doesn't really occupy enough of my brain (.) because I do realize that (.) whatever I* do has no
465 impact on this (.) you know I'm in the stadium screaming my guts off and they won't hear me you know
466 (.) nothing I do has any real influence on things so it isn't something that I* am directly involved with and
467 I think probably it's something that I really struggled with when I was younger because I sort of
468 considered "I'm a supporter of this team" so I take their loss personally you know the (.) I've never been
469 one of these horrible football fans that exist now saying "ah f: kick the manager out he lost one game!"
470 ah you know "hate this hate that" you know when the (.) ah (..) yeah I think there's a good ability to
471 distance myself now (.) from losing games (.) however I'm a very passionate person as well when it
472 comes to music and sports and I do find that if I distance myself too* much (.)

473 -mhm

474 -I just stop caring altogether (..) so in a way there has* to be that dread of losing and caring about losing

475 -mhm

476 -but it's hard to balance it sometimes for example I stopped (.) I used to always follow Finnish national
477 ice-hockey and now (.) I just don't really care cos I (.) stopped caring enough cos they use to lose [laughs]

478 -I see

479 -So so I still watch it but I'm not as passionate about it as I used to be

480 -You've mentioned a few times how losing or the fear of losing makes you strong (.) maybe because you
481 try not to lose and that would make you angry (..) with the fear that I might be getting a bit too personal
482 here could you by any chance recall a moment in your life when you lost and how that (.) made you
483 angry? And how you felt during that time

484 -(..) ah: (..) is there any sort of field that you want me to (.) focus on?

485 -Ah you mention that you play sports (.) or you played sports

486 -oh dear yeah [laughs]

487 -so that would be one or ah music could* be another field (2sec) or I don't know even your job perhaps
 488 might be something you might draw from

489 -ye::ah well there is a lot of course [laughs] I mean I used to play a lot of sports (.) ah: well I mean I was
 490 first defender (.) football defender central defender and then I broke my knees so I became a goalkeeper
 491 for a while

492 -that sounds like a bad place to be at (.) broken knees

493 -Yeah well you know I could run but I couldn't sort of jump [laughs] so yeah I tended to be the (.) I mean
 494 there wasn't like an official (.) captain if you will but I was always screaming my guts out saying "get the
 495 fucking left flank covered fuck's sake!" a lot of these were Germans so I could do that in German so the
 496 (.) Frenchies who were playing wouldn't understand so so it was good (.) I could swear as much as I
 497 wanted

498 -good!

499 -um (..) so there was one game which we won (.) 17-1

500 -wow

501 -and the goal that I conceded was (..) fucking pathetic I: ah: I was basically (.) just they got a shot in (.)
 502 and the shot came directly* at me (.) and I raised my hands (.) going "well that's gonna go over" and
 503 zoon! It went right over my head and into the net and you know even that 17-1 didn't cos I screwed it up
 504 (.) cos I screwed up the zero you know (.) and I still have nightmares of that [laughs] it's it's completely
 505 bizarre (..) um but yeah in in a way losing makes me more disappointed than angry (.) it makes me more
 506 angry in a (.) it makes me angry at myself but then being angry at myself is not something I (.) do* too
 507 much (.) I'm just disappointed by myself I usually try to (.) overcome* these issues for example if I'm at
 508 work and I haven't finished something I'll just stay at work for 5 hours and do it

509 -aha

510 -you know cos I've done it and I will finish it but then I then for example (.) if after those 5 hours I hand
 511 that in and my boss says "it's crap" that* will make me so fucking mad that is no limits I mean I'll be as
 512 professional as I can but I'll just write something like an "ok" or something (.) thanks for flagging you
 513 know I try to give the shortest possible answer so I don't (.) completely (.) lose my shit (.) ah: similarly to
 514 (.) yeah there was another week when a girl at work you know she (.) she wrote me sort of a reminder e-
 515 mail about me having forgotten to send her a handover e-mail which basically is an e-mail that explains
 516 what has happened the previous day so then so that (.) when she takes over when I'm not at the office (.)
 517 she then knows what's going on (.) so I'd forgotten to send that (.) but there was absolutely nothing* to
 518 fucking report (.) so she sent an e-mail cc'ing the entire* team and my manager so e:verybody saw her
 519 and she made me look like almost deliberately look like a fucking bitch you know and look like an
 520 incompetent ba:stard and I've just had this day when I couldn't write much and she cc's the entire team

521 just (.) for no:: reason for no reason that I can justify and that was the only time actually ever to get going
 522 and she was corny answered and and said “was there anyway you could have done that to make me look
 523 less incompetent and unprofessional?” and she didn’t understand it at a::ll* she she was just like “I don’t
 524 I don’t understand” and that that made me so* angry and I’m so* glad I didn’t do anything stupid cos I
 525 was so near of writing a proper “fuck off” email to her (..)
 526 -I get it yeah
 527 -And then you know in a way ah I lost because I didn’t do my job fully so it considers (.) consider it losing
 528 -If you will (.) then again she did go to extreme length to point that out
 529 -Yeah I mean yeah it was a mistake but it was completely pointless I mean I did nothing under that e-mail
 530 -Precisely (5sec) good um you’ve already answered most of my questions to be honest (.) on your own so
 531 very well done for this I have to ask in your opinion is anger a positive or a negative emotion? Or neither?
 532 Or both?
 533 - The way that I (..) the way that I experience it is very negative
 534 -negative
 535 -yeah it’s (.) I don’t* really get angry beyond (.) you know I usually get disappointed I usually get
 536 saddened (.) anger in the way that I experience it the way it links is highly* disruptive for me (.) because I
 537 don’t want* to be angry I’m not* an angry person (..) but anger just comes in these waves that I (.) I
 538 don’t* control (.) and I find it really really disruptive if (.) and there was a few years ago when my OCD
 539 started hitting and that and I’ve no idea really what the hell was going on with my head that (.) I was
 540 very* angry and my wife even says we weren’t married then says that was a very* very tough year (.) cos
 541 I was just angry a::ll the time about everything like dropping (.) dropping I don’t know (.) dropping a mug
 542 [laughs] or something that didn’t even break you know ah: you know (..) and I find that especially that
 543 period of my life was very bad and I’ve never seen anyone being as angry at losing as I especially when I
 544 was a kid my dad was so* embarrassed so many times yeah it’ll (.) it’s just really (.) I think anger is in a
 545 way (.) bad* thing but the way that I experience anger is just (.) wei:rd success fanaticism kind of way and
 546 ah (..) I don’t know but um from angry music I get euphoria rather than anger
 547 -aha
 548 -so um you know so in a way anger is really very negative for me I find it really unproductive I find anger
 549 doesn’t really do anything ah: and there is no time where (..) when I was doing something angry that I
 550 wouldn’t have done it better* if I wasn’t if I’d calmed myself down and did it so::
 551 -aha
 552 -yeah I find that I get rid of so: much anger with my music that I don’t need it for anything else (.) I find
 553 it’s amazing* for my music but I find it really* (5sec) makes me angry [laughs]

554 -so that's one thing when you write music when you listen to music (.) is there a state of euphoria
555 through anger? Or is there a way of externalizing your anger through music?

556 -Well I suppose somehow the anger of the music takes my anger away

557 -aha

558 -rather than me getting angry from* the music like I always find moshpits fucking pointless

559 -ok

560 -because the anger isn't there for me like (.) it's the best thing in the world for me really (.) music is
561 amazing

562 -mmm

563 -it's just such* a big part of my life you know I'm thirty and I have a vinyl collection and I have posters on
564 my walls (.) you know I have a teenage mixing room so I can mix music to make music you know it's such
565 a massive part you know it makes me (.) happy really (.) it makes me euphoric it makes me happy of my
566 achievement as a child or something I feel like a teenager when I write music I feel like (.) everything is
567 possible you know I'll (.) I'll listen to rehearsals that I've played just numerous times trying to find the
568 right things (.) I mean I'm completely obsessed (.) when it comes to music I have like no* barrier of (.)
569 how long to work for example I can work on music for 12 hours no problem (.) mixing writing I have no
570 limit so when we get to the studio we have 10 hour rehearsals and it was nothing to me and it was fine (.)
571 10 hours (.) no problem (.) and you know when you're in the studio we work 12 hours and the producer
572 leaves and I do more so it's just something I'm at work it takes (.) my thirst for it is undrencheable so
573 yeah (.) but I don't find that it makes me angry if anything it takes the anger away

574 -Good (5sec) anything you'd like to add?

575 -(2sec) no not really

1 -Alright so: as you know this study is about anger and the way it is experienced by men so: would you
2 mind telling what made you decide to take part in this study?

3 -Um:: (2sec) well (2sec) I:: (..) I know* I've got a lot of anger

4 -mhm

5 -I do* know that (.) a::h (.) and I've been thinking about it actually recently more and more (..)

6 -ok

7 -and trying to understand why* I feel this anger and this frustration and why* (..) um (.) in s. certain
8 simple situations (..) I cannot control it or (.) or I've got all those feelings and I it should be easier but I k.
9 it it's some sort of rage* that (.) gets control of my: (.) my behaviour my personality and when I've got it
10 and what I'm gonna do could be (..) dri:ving (.) could be: (..) I get upset very quickly basically (.) by things
11 people do that common sense or ah: (.) I me:an (.) I don't know if you want me to get into details (.) um

12 -Please yeah the more details you give me the better for my research

13 -um:

14 -anything you feel comfortable with

15 -Yeah yeah yeah um: (.) [exhales] I get upset ah: (.) um if people don't behave the way I personally would
16 and feel this has an impact on my freedom on my happiness or:: (.) you know (2sec) say for example I
17 can g. give you an example for where my studio where I work

18 -of course

19 -it's it's a (.) mm (.) so it's a shared* space (..)

20 -mhm

21 -ah: we've got com. Ah: corridors that we're sharing (.) we've got in common* a:nd (.) I get upset if
22 people leave (.) ah (.) their belongings there because they're not supposed to so (..)

23 -mhm

24 -they're breaking those (.) I'm not in charge here so I don't control right? But (.) I get very angry and I feel
25 (.) I'm fairly if I wanna explain that to people I get s.straight away into some sort of ah: (..) state where
26 I'm not [angrily] calm* I cannot explain like (.) the way I'm speaking to you right now (..) I:: um it's very
27 hard to explain actually but I ah:: (..) I'm upset I'm pissed off basically

28 -ok

29 -an:d ah: (.) if* I get someone confrontational in front of me (.) that's not gonna help (.) if I've got
30 someone who's calm and (.) comprehensive* things are m:ight (.) resolve by themselves and we (.) we

31 will be able to to talk about the situation (.) if I've got someone that is (.) senile to me o:r (.) who is
 32 confrontational I:: (.) it's gonna be difficult

33 -mhm

34 -a:nd (.) ah:: I can feel sometimes that I wanna (.) be violent with people ah (.) ah I don't do* it but I feel
 35 it (2sec)

36 -ok

37 -you know (..) punching someone [laughs] because I'm so upset about (.) his (.) his behaviour (..)
 38 injustice (.) really makes me angry as well

39 -injustice?

40 -unjustice yeah (.) anything that is not fair* (.) re:ally really makes me angry (3sec)

41 -do you have maybe an example of that?

42 -um (3sec)

43 -are you talking about global (.) world politics or small instances of injustice?

44 -both! Both really (.) um: I would say the global one makes me sad more than angry (..) because I feel
 45 (2sec) I'm powerless

46 -mhm

47 -whereas if it's like very specific (.) specific ah point or situation (.) I'm not saying I'm in control but I feel
 48 like I can do something about it (.) I mean you: can do to a certain extent something about the world
 49 situation but say it's more (.) overwhelming so I feel more sad* (..) I don't I (.) I feel some sort of anger
 50 but it's not that anger I'm talking about (.) that's not that thing that makes me boil and feel like (.) quite
 51 often I feel like vengeance* (.) I feel that vengeance is related to anger (.) in uh for me* (.) if something
 52 wrong happened to me and somebody does something wrong to me (.) I want to avenge myself (.) in one
 53 way or another* (.) and that's very very strong (.) and I'm struggling not to do it and I'm (.) I'm trying to
 54 find [laughs] things (.) silly things (.) you know when I take a step back and I look at it (.) I know it's stupid
 55 and I shouldn't do it (.) you know? For example (.) in my studio I've got control of the power supply of the
 56 (.) quite a few studios around here and if someone else (.) who runs the studio next door is being
 57 annoying and ah (2sec) behave in a way that is ah not acceptable* (.) according to me (..)

58 -mmm

59 -I'm thinking I can switch off their electricity to piss them off (.) that's* some sort of revenge (.) you know
 60 I [laughs] you know (..) and um: (..) there is a guy (.) so (.) the guy next door for example (.) he's got a
 61 studio (.) he's got a client who came one day (..)

62 -mmm

63 -with his bike (.) rang the bell of my studio (.) I'm the only one having a bell around here (.) rang* the bell
64 of my studio to get in (.) I: stopped in the middle of my session to get out (.) opened the door said "yeah,
65 hi, what do you want?" "oh yeah I want to go and see my friend" I said "you know this is the bell of my
66 studio" and he was starting to be quite aggressive and (.) forced his way in with his bike (.) I didn't like
67 that (.) came back to my session (.) I had a few more implications with that person (..) um:: a week after
68 (.) because he left his bike in the corridor (.) in the middle of the way (.) which is hazard for security exit
69 (.) if there is a fire etc so I tried to talk to that person (.) um (3sec) he:: he didn't want to (..) really (4sec)
70 you know agree or understand the situation and that* really (.) makes me angry so (.) for example when I
71 see his bike (.) in the corridor (.) each time I see it (..) I really wanna break the bike

72 -mhm

73 -[laughs] I really wanna break the bike (.) well take (.) you know take it out or do* something a:nd it's (.) it
74 takes (.) it takes some energy out of me because you know (.) I don't know if it's like that for other people
75 or if they're just "oh I don't care" (.) for me it's not possible (.) I see that bike and it's a reminder every
76 time (.) and I really wanna do something and I feel like "ok I should switch off the electricity just to piss
77 them off, I should take that bike outside or I should break that bike or" you know (.) this kind of things (.)

78 -I see (..) so thinking about yourself while you're in that state like (.) when you see the bike for example
79 and you get pissed off (.)

80 -yeah

81 -could you by any chance try to describe to me what it feels like? What's the (..) inner tension if you will?

82 -in terms of thoughts or physical (.) physically?

83 -whatever you consider most important (.)

84 -well the (.) on the (.) on the psychological or (.) in terms of psyche (.) um: the mind is just like all those
85 thoughts (.) you know mainly* vengeance and (..) or how (.) I think if I cannot solve the situation it's
86 almost like I'm facing a problem (.) well I am* facing a problem and I try to find a solution that's how I
87 approach life in general anyway (.) um:: if I'm facing a problem and I cannot find a solution or I find
88 myself stuck because of someone else* (2sec)

89 -mhm

90 -um:: that's* what makes me angry and I wanna (.) I try to find a solution to the situation if I cannot I
91 think that's when I t (.) tend to go to find ideas to avenge myself to to (.) make it square* (.) you know? (.)
92 um (.) phy:sically* (..) it's very hard to describe it I don't know I never really: (..) paid attention I guess um
93 (6sec) maybe I feel (.) warmer (.) hot (.)

94 -mhm

95 -possibly you know (.) maybe (.) I don't know it's like this expression (.) I don't know if it's the same in
 96 English but (.) "my blood is boiling" we say that in French
 97 -we say that in Greece as well (.) I think they have a similar expression in English
 98 -that's what I feel like
 99 -aha
 100 -you know like it's boiling it's really (.) a:nd (4sec) I get stressed as well (..) also I've got (.) probably a
 101 state of fight or flight response you know (.) when your heartbeat is accelerated and you feel s (.) I feel
 102 stressed* (..)
 103 -aha
 104 -and I cannot focus on what I'm I'm doing and what's important* (..) you know I should be focusing on
 105 something more important but I'm focusing on that* (..)
 106 -mmm
 107 -and I don't want that to happen actually you know (.) I wish* I could just be maybe someone like Ghandi
 108 or you know just (.) ca:lm and don't say anything and accept everything and (..)
 109 -mmm
 110 -but I cannot* (.) it's very difficult (2sec)
 111 -I see
 112 -um: (.) yeah (.) I mean (3sec) I mean there's (..) another situation that really upsets me like (.) while
 113 driving* (.) when people make mistakes basically I don't accept (.) it's not that I don't accept but I'm (.)
 114 I'm struggling with accepting that people are humans* (.) you know and (..) and everyone can make
 115 mistakes (..)
 116 -mhm
 117 -I'm usually (.) I'm quite good at accepting that but for some reason when I'm driving (.) you know if I see
 118 someone doing (..) driving the wrong (..) making mistakes or you know they're not respecting the rules*
 119 that upset me
 120 -why is that?
 121 -Ah:: I don't know it probably is also (.) I think that a lot of things are related probably with my
 122 education*
 123 -mhm

124 -my parents* (..) the way my dad is (..) ah:: (3sec) um:: (..) yeah I mean it's probably related to
 125 perfectionism as well (..) I'm very perfectionist so (..)

126 -ok

127 -you know (..) um: (3sec) yeah (..) it's actually quite hard* to talk about anger (..) really because it's ah: like
 128 I told you I've been thinking a lot* about it but (..) ah: (..) it's not that easy to analyse (..) I've realized that
 129 recently that (..) ah: I'm* very angry (3sec)

130 -and?

131 -I'm very angry [laughs] like I'm gonna give you another example

132 -please do

133 -that's* very silly (..) I mean (..) you can laugh because [laughs] it's silly (2sec) where I live I've got my
 134 parking space in my (..) in the underground car park

135 -mhm

136 -a::nd one night I came home after work (..) I was quite tired (..) I had a long day at work (..) a:nd (..) there
 137 was a car (..) parked (..) in front* of my parking space (..)

138 -mhm

139 -but (..) like halfway through my parking space

140 -I see

141 -you know? And that* really upset me (..) I think (..) I believe* that most people would say "ah that's not
 142 really nice" or "oh that person is (..) selfish or doesn't think or" you know (..) but for it's like "no way!" (..) [more emphatically] "no way! they've got no right to do that!" [laughs] that's how I feel (..) you know (..)

144 -aha

145 -a:nd (..) and I get like really angry* and I'm like (..) the first thing is trying to think about something to ah:
 146 (..) it's like almost like you get slapped in the face and (..) I have to slap back* (..) that (..) that's the feeling

147 -aha (..) that's an interesting way of putting it

148 -yeah (..) I felt like (..) I (..) I got slapped and then I wanna slap back (..) you know "why?!" you know "why
 149 are you slapping me? You need one as well!" you know it's very* silly (..) so what I di:d (..) is park my car
 150 against that person's car like really right against it

151 -aha

152 -and the:n (..) I went and lift up the (..) um: (..) the wind-screen wipers just to (..) you know make them
 153 aware (..) because what I was thinking is that I'm pretty sure that person would not even notice I'm

154 parked (.) you know right* at the back of the car because (.) that* type of people who can do this type of
 155 things (.) are that kind of people who don't think at all so they wouldn't even notice it (..)

156 -mhm

157 -um: (..) so that's what I did and then and I forgot about it (.) went to be:d (.) had dinner went to bed and
 158 in the morning I woke up (.) went downstai:rs and there was a car (.) that car was still* there in the same
 159 place with the wind-screen up (.) and there was another car blocking my car so I couldn't get out

160 -oh no

161 -[inhales] so:: I (.) I was (.) yeah I was like raging (.) I was re:ally pissed off you know (.) and I was like
 162 "who is that? Is that a friend of that person? Whose is that car?" so I (.) I was supposed to come to the
 163 studio (.) I was kind of late to to meet my clients in the morning (.) I ran back upstairs there is like an
 164 office dealing with all the estate (.) to tell them about the situation (.) you know to find out who that is (.)
 165 I took some pictures (.) and on my way up there's a guy coming out of the elevator going to the parking
 166 lot (..) and somehow* I looked at him and told him "is that your car there?" and that was his car blocking
 167 my my car (.) he said "yeah! Why are you parked on my wife's car?" so that was his wife's car I was like
 168 "I'm not parked on your wife's car she's parked..." and you know it's very silly* it's like childish right?

169 -[laughs] may:be yeah

170 -it is it's (.) that's how it is (.) and I was really pissed off and then I start swearing and (.) I mean for me to
 171 be violent I mean physically (.) I mean I would have to have someone to be physically violent to me first*

172 -aha ok

173 -and then (.) ah actually it reminds me of another story (.) I've got like plenty* of stories [laughs] it's
 174 insane (.) I'm really* angry (.) I am very angry (.) it's really weird it's ah:: (3sec)

175 -Ok so: have you always been angry? Or (.) always (.) I don't know have you been like that for many
 176 years? Or

177 -I guess so (.) as far as I can remember* (.) maybe not when I was a kid like (..) I don't know (.) we were
 178 fighting with my brother as well

179 -mhm

180 -a lot* (.) he's just a year older than me (.) 14 months

181 -ok

182 -and we were fighting a lot

183 -so is it like a natural thing for you to be in that state?

184 -ye:ah I would say so it's kind of (.) yeah it's it's (.) it feels* natural (.) I don't know what natural means
 185 but for me it's part of myself yeah (.)

186 -mhm

187 -um: I guess (.) if I think about it I don't think people are born like that

188 -mhm

189 -I think it's something that has developed in* me because of frustration (.) that's why I've been thinking a
 190 lot about it recently (.) to try to understand because I don't think it's normal* I don't think it's healthy
 191 because it brings you stress (.) you know so: I (.) I am pretty sure it's related to my education um: (.) a lot
 192 due to what my parents forced* on me (.) um having no freedom (.) that's probably where the injustice
 193 is from (.) even if my parents are probably one of the most kind and giving people I know you know
 194 they're very (.) very-very giving people (.) ah the way my mum mainly educated me is that she had an
 195 idea of who* she wanted me to be

196 -mhm

197 -so:: she forced* me to do things she (.) instead of just letting me be: and discover with me who (.) what
 198 kind of person I am (..)

199 -I see

200 -um: so she wanted me to be either a doctor or a surgeon or you know this kind of things (.) a lawyer (.)

201 -mhm

202 -my mum is Jewish so she wanted me to be a (.) a good* Jewish boy you know like following the tradition
 203 learning about the Jewish tradition and everything (..)

204 -aha

205 -but it wasn't me (.) I hated* that (..) I was forced to play the violin as a kid for 7 years (..)

206 -mhm

207 -and I hated* it as well (.) I never worked on it but I was forced all these things and I think that's probably
 208 where (.) all this frustration and anger comes from

209 -mhm

210 -I mean that's the only explanation I can (.) you know think of

211 -because you were made to do things that you didn't feel (.) comfortable doing/

212 -/yeah! Um (.) because I've been controlled (.) like a pawn (.) as a kid so (.) I wasn't (2sec) I wasn't like a
 213 (2sec) an individual* (.) I was the son of my mom and she had a specific idea of who* I should be (.) who I

214 should become and how I should behave and (.) don't know instead of (.) you know kids you need to let
 215 them free and just explore and (.) in a way (.) I would say (..)

216 -agreed, yeah

217 -so:: I think it's probably from there

218 -mhm

219 -but yeah it's (.) it's very natural (.) um as far as I can remember I'm (.) um (.) I'm (.) I felt angry (.) I felt
 220 anger (..) and I'm listening to viol(.) I mean (.) I'm listening to all sorts of music now but for a long period
 221 of my life I was listening to metal music (.) since probably when I was 11 or 12 I started to listen to (.)
 222 Nirvana and (.) Motorhead and then move on to harder and harder stuff like Pantera and like (.) some
 223 bands that are very-very angry (.) when you listen to them

224 -what is it that you find um (.) what is it that attracts you to these bands if I may ask?

225 -um:: it's hard to (.) to explain but it's a it's it's (2sec) it feels nice* [laughs] it's like you feel powerful at
 226 the same time it feels like all that anger that you've got in you all that feeling it's (.) it's (.) it's synching
 227 with the music somehow (.) and you feel good you know the music is like (.) resonating with you

228 -alright

229 -you know? It's like (.) when you listen to a Pantera (.) Pantera is probably one of the (..) most angry
 230 band I know (.) there is like more violent stuff but (.) it's (2sec) I don't know when you hear the guy the
 231 singer singing and you hear (.) this voice it's (.) and the sound everything (.) the guitars (.) it's very
 232 powerful*

233 -mmm

234 -yeah it kind of resonates (.) with me

235 -sounds quite therapeutic

236 -um:: yeah (.) I never thought about it that way but I'm sure it was* (..)

237 -mhm

238 -I just thought he was the only good musi(.) at the time when I was a kid (.) I thought he was the only
 239 good music (.) you know that's how I would see it and the rest was shit [laughs]

240 -alright

241 -so: but maybe it's just because it was: (.) yeah (.) as you said (.) therapeutic and making (.) it was making
 242 me feel better* about myself you know or (.) or about how I feel (.) maybe: (.) yeah that helps (.) maybe
 243 listening to the music maybe dancing to it you know (..) all that negativity and all that anger was probably

244 going up* at the same time (.) part of it (.) I wouldn't say all of it but I think part of it (.) so it's probably
 245 balancing out (.) you know the (4sec)

246 -I see (..) do you play music yourself?

247 -Yeah (.) um:: yeah I play drums I play the guitar but I'm (.) I've got a (.) yeah I've got a recording studio so
 248 yeah

249 -got it (.) would you say that anger finds a way of expression through your playing of the music or is it just
 250 (.) two different spheres?

251 -Um:: (.) no I think it used* to (.) more than now because I guess with (.) um I'm 37 now so um (.) you
 252 know you start getting a bit more mature [laughs] with age (.) that's normally what happens (.) um:: (.)
 253 and I guess*(..) um (2sec) some anger (3sec) just (.) kind of goes with time um (..) o:r (.) I don't know if it
 254 really goes but it's not as intense and as powerful so I discovered other music as well that I really like and
 255 (.) I've opened also myself to more (.) all sorts of emotion so (.) melancholy is one that I really like um (..)

256 -ok

257 -I don't know if it's close to anger (.) maybe it's related somehow but melancholy is very (.) something
 258 that touch me really* deeply

259 -mhm

260 -so I listen to some jazz music from (.) from Sweden that is quite sad but it's very melancholic it's not just
 261 sa:d you know (.) it's very (.) I don't know how to describe it better than to say it's melancholic

262 -would you say that melancholy is related to anger in any way?

263 -um: (4sec) ye(.) I think* so (.) I think so because it's probably a sadness inside of me of (.) not being
 264 loved by my parents for who I am

265 -mhm

266 -you know (.) the frustration part of them (.) ah (.) forcing* me into one specific way of life (.) that* leads
 267 to anger but maybe the part that leads to melancholy and sadness is probably the (.) the (..) the love (.)
 268 you know because basically I've I feel that (.) I wasn't aware of that as a kid (.) but I was probably feeling
 269 it (.) that (.) my parents weren't loving* me they were loving (..) an image of me or or something they (.)
 270 they thought I should* be (.) so they were creating (.) another* person (..)

271 -I see

272 -So I think yeah it's (.) for me it's related in a way (..) yeah (..)

273 -Alright (..) ah: so (.) do you have any other ways of putting your anger out of your system? I mean (.) you
 274 mentioned before how you sometimes plan about doing stuff like switching off the main supply for the
 275 other guys but do you have any other (.) I don't know rituals o:r

276 -um ye:ah I've got (.) for example I can tell you another story that (.) that's* proper anger and violence at
 277 the same time

278 -aha

279 -um:: I was driving back from the (..) the gym one day going to work (.) here (.) and (.) I passed by a traffic
 280 light a:nd (.) it's a two-lane road that merge into one road (.)

281 -ok

282 -and I was faster than the car on the other lane who was waiting at the traffic light because I was coming
 283 from another road so I passed in front of him (..) he didn't like it (2sec) I don't remember if he made a
 284 sign saying I'm a wanker or if he flipped a finger to me or (.) it was one or the other (.) I replied back* (.)
 285 you know (.) I didn't think twice (.) I replied back (..) but* I felt ac(.) actually at the time I wasn't feeling
 286 angry that's what inter(.) actually that's what's interesting about it (.) cos I was in control (..) because I
 287 was the one you know (.) you know (..) it's not like I've done anything wrong (.) you know (.) I didn't cut
 288 the road to the guy I was just faster than him it was (.) you know (.) I mean (.) I don't know if I'm allowed
 289 to say any swearing or

290 -yeah of course of course

291 -I mean it's almost like a dick-contest basically that's how I would describe it and (.) basically (.) me
 292 passing in front of him (.) made him feel I had a bigger dick or something you know (.) it's kind of stupid
 293 male hormonal kind of

294 -mhm

295 -you know

296 -thing (..) I mean that's how I can interpret (.) interpret it (.) I just carried on my way (.) but the gu:y (.)
 297 that* guy was probably very angry (.) he followed* me (.) up to the studio (.) a:nd I stopped my car (.)
 298 parked (.) went outside (.) the guy stopped went outside started to push me (.) and I didn't wanna fight
 299 you know I was like (.) I showed him the camera there's a CCTV I said "you know there's a CCTV camera
 300 just there" and he's like "I don't care" and he punched* me (..)

301 -wow

302 -and I was really surprised (.) well (.) not really surprised but I was like "ok, what shall I do" you know (.)
 303 and the guy went back into his car and started to (.) to drive away (.) so I stepped behind his car took my
 304 phone started taking pictures of his (.) license plate

305 -mhm

306 -but because he saw me he started to reverse and wanted to drive (.) like run me over! I've just had the
 307 time to jump on the side you know to avoid so I didn't (.) I didn't get a chance to see if I had the license
 308 plate or not it was like my old 3G yeah iPhone 3G (.) so it's (.) the technology was not great I don't know
 309 if you remember (.) picture was taken there was like white screen

310 -aha

311 -and then it was taking like 2-3 second to appear

312 -I think I remember yeah

313 -so (.) I didn't know and I was like "shit what's going on? That guy's gonna go I don't even know if those
 314 cameras have seen anything if I can..." and the problem is that I (.) I've had another issue maybe like a
 315 month before with another guy and in my head (.) in my head straight-away I thought "ok, this guy just
 316 punched me and he's (.) going away I'm not sure I've got his plate if I go to the police station it might be
 317 (.) nothing* might happen (..) um: last* time I did that I didn't do anything to the guy I went to the police
 318 station they didn't said nothing, they did nothing because the camera was not working there was no
 319 proof or anything I was like "that's happening again. No way!" this guy had his front door window open

320 -aha

321 -and he was driving back trying to run me over (.) I stepped to the side and I saw him and I had all those
 322 thoughts (.) like it was quite fast but I had all those thoughts I described (.) I had all those thoughts in 5
 323 seconds and I was like "this guy is gonna go" (.) you know "go away unpunished" and I looked at him and
 324 through the window I punched* him [laughs] like (.) re:ally hard (.) I made him bleed actually (.) I opened
 325 his his eyebrow (..) and it made me feel good

326 -it did?

327 -oh yeah [laughs] yeah I'm telling you I felt good* (.) it was (.) I don't know it felt like re::ally good (.)
 328 because also I think he was taking a punch for the other guy (.) at the other story before um and you
 329 know went unpunished (.) I think he was taking a punch for both so (.) it felt good but he didn't like it
 330 obviously (.) stopped the car went out again and started to [laughs] and he started chasing me I was
 331 pushing him and you know I was saying you know (.) because I'm still very conscious when those things
 332 happen (.) and I was saying you know "this can go (..) far*"

333 -mmm

334 -it can really go wrong

335 -the guy sounds like a very dedicated person yeah

336 -yeah so I was like (.) I managed to control him I think I was probably (.) surprisingly more powerful than
 337 him because he was like the type of like (.) English hooligan bald guy (.) that type of guy like shaved head
 338 like quite bulky and stuff (.) he was like a bit shorter than me (..) but I've got quite a lot of strength and I
 339 managed to hold his both his arms and control him

340 -mmm

341 -and I was (.) um (.) I was like "we need to stop now" I was looking at him right in the eyes "we need to
 342 stop this is gonna go wrong" and also that was close to the entrance of the studio (.) and there is some
 343 little (..) pieces of metal sticking out on the floor at some parts and I was like if he pushes harder or
 344 whatever I mean (.) one of us (.) you know I was thinking even me if I push him and he falls there on his
 345 head (.) I could kill* the guy I was like "we need to stop now, we need to stop that" (.) the guy was like
 346 completely* in a fury (.) what he did it was like (.) I was holding his arms he brought his arm up and bite
 347 my thumb like re:ally bite it (.) remove like a piece of my flesh and bleed (.) he took my scarf out (.) throw
 348 it on the roof or something like that and then left (2sec) that's (..)

349 -wow

350 -I mean if I'm angry (.) that guy I don't know what he is [laughs] that guy is like furious I mean to bite
 351 someone is like (.) is like cavemen right?

352 -yeah

353 -so (.) yeah (3sec) but (.) I think it's funny cos I'm telling you that story but I don't think I was (.) angry* at
 354 any point there (..)

355 -aha

356 -funnily enough (.) so: (.) and that punching him made me feel good (.) even if he bit me after (.) it's weird
 357 actually it's one of the situation where I was feeling (.) not angry but I felt it's (.) it's more related to
 358 injustice you know (.)

359 -mhm

360 -him getting away after doing that and just (.) driving off and trying to run me over (.) that's not (2sec)
 361 that (.) that's not right you know

362 -doesn't sound right (.) definitely (.)

363 -so:: yeah (.) um: did you ask me a specific question before because I probably deviated to the::

364 -I asked what other ways of putting anger out of your system you have

365 -Yeah! (..)

366 -If any

367 -Yeah yeah (.) I mean I (..) I don't think about it but I think doing sports probably (.) calm me down (..) um
 368 I don't think "oh yeah I'm very angry I feel very angry I need to go and do sports" (..)

369 -mmm

370 -but if I do sports if I go running if I go swimming (.) ah work-out a bit do anything like that (.) I feel way
 371 calmer so (.) I guess it's probably biological like the release of (.) what is it? (.) endorphin

372 -mhm

373 -is it endorphin when you do sports? (..) um this kind of things I think probably help me a lot* and it's (.)
 374 mainly (.) the other way-round when I do lots of sports I feel very calm I feel (.) yeah zen (.) smooth and
 375 you know (.) I can handle situations

376 -mmm

377 -I can feel like "yeah that doesn't bother me it's fine I don't care" (.) ah (.) but when I get too busy with
 378 life (.) the studio with business with (.) everything (.) and I don't have time (.) um (.) to do any sports I can
 379 feel* getting very irritated very quickly by small things um:: (.) I mean yeah life right now well not right
 380 now but now in general I haven't done any sports since (.) in a few weeks or even a month because I
 381 didn't get a chance I'm like running all over the place and I can feel like (.) in my relationship with my
 382 girlfriend you know like (..) yesterday I got rea::lly angry* (.) I got pissed-off

383 -why? What happened? If you don't mind me asking

384 -no: no I don't mind (.) it's very silly but (.) um:: so: I had a long day at work (.) I was expecting a delivery
 385 (.) a speaker because one of my speakers broke down (.) so I bought one last Friday a::nd (.) to get it
 386 delivered on Monday because I have clients on Monday evening

387 -that's yesterday?

388 -that's yesterday yeah (.) um: unsurprisingly DPD (.) not to name them [laughs] were rubbish um they
 389 give you a slot a time slot (.) I was here a::ll the time I was with clients I was (.) had clients coming in and
 390 out so the bell was definitely working (.) I received a text "oh we're sorry we missed you no-one was
 391 home we couldn't deliver your parcel" (.) I was like "wha::t?! it's 7pm I've got my clients here..." tried to
 392 call them obviously you get onto an automated response (.) no way to speak to anyone I tried to call the
 393 (.) the music shop I bought the the (.) speaker from (.) obviously it's not their fault (.) but they were
 394 closed so I had to wait until this morning and I managed to resolve it this morning by calling the shop and
 395 they said "we're sorry we'll refund you the..." ah the shipping fee because I paid specifically to get next
 396 day (.) next working day delivery (.) so they were very good a::nd I was angry over the phone even
 397 though I know (.) and I said to the lady "I know it's not your fault it's DPD" and (.) and even her she's not
 398 responsible she's just a person behi:nd (.) behind a phone (.) when I called her I was like trying to say
 399 "stay ca:lm" you know "it's not her fault" but I could feel like alongway the conversation I was getting (.)

400 she was being very kind she was being very understanding (.) but I could feel the anger and I was really
 401 upset:t (.) "that's not right" you know (.) I needed to get it out I needed to (.) you know express it
 402 -mmm
 403 -so (.) to go back to my girlfriend
 404 -aha
 405 -(3sec) so that speaker wasn't delivered I finished my session (.) sent off the clients go home feeling very*
 406 angry (.) oh yeah hunger can make you very angry!
 407 -aha
 408 -hunger can make you very angry
 409 -alright
 410 -being hungry is also I think a source of anger
 411 -ok (.) that's interesting
 412 - yeah (.) I think when I'm hungry I can (.) get irritated very easily so there was like (.) a few layers of (.) of
 413 ah: things that were you know pissing me off (.) I was really hungry tired no sports (.) working all day
 414 every day so stressful (.) a:nd that problem with the speaker (.) I go back home I try still to look on my
 415 phone (.) find trying to find different phone numbers to call DPD (.) trying to ca:ll a::nd my girlfriend was
 416 there (.) she had cooked some soup (.) um she served the soup she served the food and she was rea:dy
 417 to watch like a movie and she was like "do you wanna eat? Don't you wanna eat first?" and I was like "no
 418 no that's fine I need to finish that" (.) "don't you wanna eat?" "don't you wanna eat?" she kept on
 419 repeating it I was like "no* that's gonna be closed I need to do it now*" and (..) until at some point I
 420 don't remember she (.) she said it again and I got upset I was like (.) I started to scream I was like "fuck's
 421 sake" you know "give me a break just leave me in peace I'm trying to sort out something" you know "if
 422 you wanna eat just eat" um (.) well she left and went into the bedroom and (.) watched something on
 423 her phone or something like that
 424 -aha
 425 -but I got very* angry for that (.) it's very* silly but you know it's like (.) build-up (.) you know and then it
 426 explodes
 427 -mmm
 428 -it explode
 429 -while it's building up (..)
 430 -yeah

431 -ah: do you have any idea what (.) like (.) what goes through your head for example? You told me about
432 the physical side of it a little bit

433 -yeah (.) so through my head (.) um (8sec) it's rea:lly I would say really it's like (.) it's all down to injustice
434 (.) that's how I get back to all the time

435 -ok

436 -like something being really unfair (.) you know I find that unfair (.) that I paid for something (.) and it's
437 not being delivered

438 -mhm

439 -and then I tried to contact them and there's no-one* to talk to

440 -mmm

441 -and ah (.) also there's a lie* behind it "oh we couldn't deliver you're not home" that's not true*

442 -mhm

443 -it's a:ll those things that (.) I mean (.) I don't think my girlfriend really pissed me off it's more like (.) the
444 fact that I was angry for that (.) the fact that I was hungry and um ti:red (.) you know and it was a silly
445 move I should have just (.) give up and sort all that in the morning because I knew* at that point there
446 was nothing (.) else I could do but I still wanted to try

447 -mhm

448 -I wanted to shout at someone! I wanted to say just [laughs] "you're wrong, you're rubbish!" you know
449 or "you're crap!" you know I wanted to say that to someone

450 -but you couldn't

451 -no I couldn't

452 -I see

453 -and that made me re:ally frustrated

454 -so you snapped at your girlfriend

455 -I guess so

456 -and how did you feel afterwards? If* I may ask

457 -um (.) [exhales] it's quite complicated if I just take that* as a situation (.) if you just think about that

458 -mhm

459 -I should feel bad about it (.) you know taking it on my girlfriend (.) who cooked dinner that's how (.) I
 460 mean um (..) consciously or or if you know if I think about it like (.) like that I should feel bad but I don't
 461 because it's more complicated I mean I've got (.) relationships are never e:asy or straightforward there's
 462 (.) there are older stuff that piss me off with my girlfriend that's probably also (..) ah: linked to why: I (.) I
 463 reacted like that towards her yesterday

464 -I see

465 -but (.) obviously it's not (.) right (.) you know to (.) but I (.) I think I needed to let out something (..) you
 466 know? And then she was trying to (.) problem is there is no communication as well (.) communication
 467 doesn't work sometimes (.) I try to tell to tell her something and she doesn't get it!

468 -mhm

469 -you know I just wanted her to leave me alone*

470 -like you said

471 -yeah (2sec) um:: (3sec) if* she had just left me alone I think I wouldn't* have (.) you know I would have
 472 kept angry to that man but she almost like (.) I mean that may be unfair for me to say but almost like she
 473 attracted my anger to her

474 -aha

475 -if you see what I mean (.) if that makes sense (..)

476 -I think I do

477 -uh (.) if she had let me deal with my stuff (.) be angry (.) after a while I'd be like "okay, fuck it, I'll just
 478 deal with it tomorrow there's nothing else I can do, I've tried as much as I could, now it's time to eat,
 479 watch a movie and relax, tomorrow I have to go back to work" [laughs]

480 -mhm

481 -cos I had to go back to work as well

482 -shit

483 -yeah [laughs] but yeah then (.) uh she pissed me off at night because she was crying and she was not
 484 sleeping and then she was she kept waking up and going to the bedroom the living room (.) coming back
 485 to the bedroo:m (.) kept on doing that and (..) she's not working today you know? So I'm* working pretty
 486 much every* day and I'm like "can you just" (.) I went to bed I tried to calm down (.) went to bed took a
 487 book I was like "can we not talk please?" like "it's time to sleep now so I just" but you know (.) her
 488 behaviour was not like (.) she cannot switch off (.) we've got very* different personalities anyway (.) I
 489 don't know if it's (.) uh a man-woman thing

490 -mhm

491 -but um you know I just need to be left alone (.) cave (.) you know do my thing and then I'm fine* (.) after
 492 a day or two you know (2sec) but yeah then in the middle of the night I heard her sleeping (.) and I was
 493 awake* I was like "fuck sake, now you're fine you're sleeping and you're..." you know and I'm awake and
 494 tomorrow I have to wake up early and I've got a long day and (.) you know that's [laughs] that's (4sec)

495 -a bit of injustice in there as well right?

496 -yeah! Yeah (.) yeah* (2sec) it's very unfair yeah [laughs] exactly (2sec) exactly* (2sec) uh (.) um: yeah (.)
 497 but except that (.) I don't know if music* helped me to get my anger out but (.) I like practicing on my pad
 498 I practice drums and (.) I do exercises and it's kind of a: (..) I think it's more related to meditation
 499 somehow (..) because I have to focus* but at the same time it's not like really: heavily mentally
 500 demanding exercise because I (.) unless I'm trying something new* (..)

501 -mhm

502 -then yeah it's demanding for your brain but once it's in your system and (.) and it's a (.) uh: muscle
 503 memory (..)

504 -mhm

505 -your brain can just (.) relax and your body acts so you've got the impression of doing something (..) I
 506 mean it's not your impression you're* doing something but your body can relax and I'm being productive
 507 as well (.) I've got the same kind of feeling when I travel by train (2sec)

508 -alright

509 -I haven't I haven't travelled by train in a long* time but I remember* (..)

510 -mhm

511 -feeling good* sometimes rea:lly* good travelling by train because (.) I know I'm (.) I'm doing something
 512 (..) I'm going from one point to another

513 -mhm

514 -so I'm being active even if I'm (.) not (..)

515 -I think I get what you're saying

516 -you see what I mean? So (3sec) it's almost like I can relax* (.) I'm allowed to relax (.) it's probably one of
 517 my other issues I'm ve:ry bad at staying still and doing nothing (..)

518 -mhm

519 -I can watch movies I can watch TV series I can like (.) you know (.) watch them like all night long which is
 520 probably "doing nothing" for people but for me it's not (.) it's "doing something" um (..) but like (.) you

521 know hanging out (.) with no purpose (.) like in a pub (.) drinking (.) you know unless there's like a
 522 stimulating conversation (.) intellectual conversation or something interesting to say or to share or some
 523 dear friends I haven't seen in a while telling me about their life or you know I (.) I hate* that (.) [laughs] I
 524 hate that (.) I don't know if that makes me feel angry but that makes me feel very* uncomfortable and
 525 very (..) I don't like that so being on the train is probably similar to (.) to that you know I can (.) I don't
 526 know I can relax and that's what I'm saying practicing on a pad makes me relax as well (.) I don't see that
 527 as "oh I'm angry" I mean none of the things I do in life are like "oh I'm angry I need to do something
 528 about it" you know you see sometimes in movies or people saying "oh I need to go... punch a punching
 529 bowl and box to get my anger out" or "I need to run" (..)

530 -yeah

531 -and (.) I don't think I've ever* had that (.) maybe I should (.) you know (.) maybe I should "oh I'm angry I
 532 need to get it out" (3sec)

533 -but you: just mentioned the relaxation and I guess that's more or less the opposite of (.) feeling angry

534 -yeah

535 -is it?

536 -oh yeah! Yeah (.)

537 -so I guess from what you told me that (.) if you are in a state of anger that you would find it hard to just
 538 sit down and practice on your pad for example?

539 -oh yeah (.) when I'm angry it's very hard to do anything* (..) read (..) yesterday I couldn't read my book

540 -you couldn't read your book?

541 -no! I was struggling I was reading one line and then (.) and then reading the same line again not knowing
 542 at all and (.) it's almost like I'm reading that (.) I don't even understand it

543 -aha

544 -um: (.) it's not that type of thing when your mind wonders and you're not focusing because maybe* the
 545 book is not that interesting or (..) or I don't know you don't really feel like reading you want to read but
 546 in fact you don't (.) it's not like that at all* (.) you know sometimes I read pages and I don't realize (.) I
 547 read like two pages and then it's like "I don't even know what I read... ok let's read it again" that's not
 548 like that (.) it's like I was struggling* (.) I was reading the same line I was like "I cannot focus... I cannot
 549 understand... what is he talking about?" and "I'm reading it, it doesn't make sense..." it's not that thing
 550 where you read through it and you get at the end of the page and then "oh I didn't realize I was reading
 551 without... reading"

552 -mhm

553 -it's very different yeah I was really* struggling (.) and that was making me even more angry (..)

554 -I see

555 -so it's like [laughs] you know? Frustration (..) so (.) I think reading a book is not a good way for me to

556 chill (.) I don't think playing on the pad would be (..) I think something physical (.) yeah (.) definitely (.)

557 so:: (.) I'm probably gonna take back what I said when I said when I practice it probably relieves the anger

558 (.) um (.) it probably it probably helps me to:: (2sec) feel more at peace and at ease with myself and

559 making me feel good and also because I like practicing and it's it's (.) goal achievement for me you know

560 (.) it's life a life goal to be better as a drummer (..) but if I was angry* (.) I don't think I could practice I

561 don't think it's something because if that's the question you're asking me "what would you do if you're

562 angry to relieve the anger?" (..)

563 -mmm

564 -uh that wouldn't work

565 -ok

566 -that probably helps me to stay healthy and you know more balanced the same way as doing sports on a

567 regular basis (.) however I think if I was very angry and I was going for a run

568 -mhm

569 -I definitely think it would make me feel good after

570 -alright

571 -yeah (..) so physically I need to (.) you know (.) it's it's probably (.) yeah runni:ng or you know (..) yeah I

572 wanna punch something sometimes I feel like that (.) and I just (.) yeah I wanna get it out (..) but I I rarely

573 do

574 -aha

575 -I don't I don't think* that way I don't think oh yeah I'm angry I should go for a run

576 -you did mention before that you don't often engage in violent acts (..) o:r

577 -no (.) I'm not saying I haven't (.) I did in the past (.) been into fights one way or another

578 -you fought with your brother as well

579 -yeah (.) oh yeah (.) um: I'm trying to think if I ever instigated a fight (.)

580 -mhm

581 -I don't think I ever did (..)

582 -alright

583 -um (.) provoked probably like mmm you know when you kinda like (.) I don't know how to describe that
584 in English but you know it's (.) you're confronting someone and it's time to get a bit like (3sec) uh hot and
585 you get close and it's a bit like you know (.) but I rarely (.) I don't think I ever punched someone like (.) no
586 (.) I cannot remember it (.) or did something to someone without being (.) you know pushed first (3sec)

587 -aha (.) that's cool

588 -yeah (2sec)

589 -you've mentioned the adjective "silly" a few times so far

590 -yeah

591 -when describing the (.) the state of anger

592 -yeah

593 -what's so silly about it?

594 -(5sec) because it's very childish (..) I think (..) I think anger* is very much a childish thing (.) it's
595 something you (.) some sort of frustration some sort of tantrum* (.) you know it's (.) I see it like (.) I mean
596 (.) it's not like that at all when you look* at it (.) because you see adults being angry swearing probably
597 being violent (.) you know in a state of anger (.) can be frightening can be scary

598 -mmm

599 -especially if you've got somebody like a big baby like a big boy [laughs] like someone massive getting
600 angry you know it's not (.) you cannot say (.) you cannot relate that to a child but (.) I'm pre:ttly sure
601 maybe I'm (.) I'm wrong but it's related to childhood frustration

602 -mhm

603 -that will stay pretty much all your life (.) you will struggle to get rid of them (.) you will have to work
604 hard* to get rid of those frustrations (..) you know something that builds up like (.) inside a kid up to
605 maybe 5 year old 6 year old 10 year old I don't know what age (2sec) um: once my brother explained to
606 me (.) cos he just had a daughter so he read a lot of books about (.) kids that (.) when kids have tantrum
607 or or (..) or they cry: or they're angry (..) you shouldn't try to calm them down (.) tell them "oh that's
608 alright that's ok" you should let them express all this anger (.) because if not you can frustrate them (.) I
609 don't know like keeping the anger within them at the adult stage after (.) I mean it's probably one of the
610 (.) the reasons um (..) yeah* I find that very silly* (.) it's um (3sec) I mean (.) the story with the car (.) me
611 putting my car right next to (..)

612 -mhm

613 -I could have just (.) there was enough space for me to still park my car in my parking space (..) um (.) a
614 mature way of dealing with it (.) and that's what I wanted to do and now I remember (.) is to write a (.)

615 you know a note and put it on the windscreen but (.) and again it's unjustice coming into play (.) I felt
616 "why::* should I waste my time going up (.) to my flat (.) find a piece of paper and a pen (.) think about
617 writing you know something (.) without letting my anger out (.) because even on a piece of paper you can
618 let your anger out 'you piece of shit what are you doing on my parking space?'" cos that's how I feel but
619 I'm trying to control it because as I told you I've been thinking a lot about anger recently and try to (..)
620 evolve (.) try to be more mature that's why I'm saying "silly" I was like "that's the way to do it and you
621 should do it" and I was like "no... I'm wasting my time because that a(.) that punk* was like parked on my
622 parking space" was like "why!?" you know? (..) and (.) reacting that way is stupid (..)

623 -mmm

624 -it is (.) it's not mature (.) a mature person would go up (.) if you're upset about it either* let it go and if it
625 really upsets you (.) write a note and be kind (..) "could you please be more respectful of others?" and
626 you know "this is not your property" and "you're parked on my parking space halfway through" you
627 know (.) "please* don't do that again" (..)

628 -mhm

629 -something like that (.) and also um: (3sec) pre-judging (..) ah people (.) I didn't even know who that
630 person was at the time (.) I didn't even know it was a lady (.) you know in your head you straight away
631 think about (.) you're imagining "oh that's a guy" um you (.) you create something you know (.) um and
632 (..) in my head I was like "that guy parks (.) is parked on my parking space like that" he didn't even have
633 like a parking permit

634 -mhm

635 -I was like "this is the kind of guy even if I write a note... he wouldn't care about it... so why?" (..)

636 -I see

637 -I mean I go (.) maybe not (.) you know I'm making like (.) assumptions

638 -mmm

639 -I'm actually making complete assumptions I've no clue (.) maybe that person had a bad day (.) I don't
640 know maybe that's not his ca:r maybe someone else was driving who is not really skilled at driving (..) I
641 don't know it could be like (.) hundreds* of reasons (.) you know (..)

642 -mmm

643 -but (.) I jumped to conclusions straight away an:d uh yeah (.) so yeah that's why I think it's silly (.) it's it's
644 very immature I think (.) anger (..) I mean it's c(.) my* anger I would say (..) I wouldn't say all* anger
645 because someone being angry (..) um (2sec) the anger I feel towards for example when we started to talk
646 about it like the world and injustice and this kind of things (..)

647 -mhm

648 -that's* not silly (..) that makes me sad more than anything else (.) sad and angry but I don't feel (.) it's
 649 not the same anger it's not (..) o::r maybe the anger we've talked so far about is mainly frustration more
 650 than anger (.) I don't know (..) or it's related (..) you know (..) I mean there's also frustration into not
 651 being able to change the world you know like people suffering all the places (..)

652 -aha

653 -guilt as well so (..)

654 -guilt?

655 -yeah it's more complicated (.) yeah because I feel I'm complaining (.) we::* complain we live in London
 656 we complain about (.) what we have and (.) to be honest I've got it better than many people living in
 657 London I'm sure (.) and I'm already complaining (..) and (..) most people in London have it better than
 658 half the population of the world (.) maybe not half but a third of the population of the world so you know
 659 (.) there's guilt behind it as well

660 -alright that's interesting

661 -ye:ah (.) so it's it's (.) it's a mixture I think like of sadness anger and guilt and (..) you know (..)

662 -so so far if I've got it right you describe anger as a more or less negative emotion (..) right? Or does it
 663 have its positive sides as well?

664 -[exhales] ah that's such a tricky question (.) so far the way I've described it yeah (.) because maybe it's
 665 it's ah: what I've been focusing on within me (.) right now like that specific anger (.) but no it's not
 666 necessarily* negative I would I would say (.) anger can drive* you as well

667 -alright

668 -um: (2sec)

669 -do you maybe have an example of that from your personal life or::

670 -um (.) not especially I mean just like not like a clear* example (.) but um (7sec) I'm very* determined
 671 person (.) I'm very driven (.) and I'm wondering i::f you know that frustration and anger I've got due to
 672 my parents' education (..)

673 -mmm

674 -has uh helped me being where I am now (.) achieving what I've achieved (.) I'm in London (.) I run my
 675 own business (.) I'm French I came to a place I didn't know the culture or the language

676 -mhm

677 -and I set up a a business by myself (.) I'm successful with my business (.) um: (2sec) after my parents
678 rejecting everything* I wanted to do or I was (.) as a teenager I've never been able to to understand who
679 I was really (.) there was [muffled word] myself (.) but it's in my 30s and only I would say even now that I
680 (.) understand who I am and I'm trying to really (.) see* the real self my real self (.) you know (.) because
681 it took me a long time to fight* (.) basically

682 -mhm

683 -I could have been (.) maybe it's also my personality I'm not* submissive I'm very um:: (..) I'm I'm (.)
684 there's a word for that in English (..) fursty (.) fiery (.) I don't remember the word (..) I:: (..) I* don't let go
685 (.) I'm very tenacious

686 -ok

687 -a:nd ah: yeah I could have just accepted it (.) my parents forcing me to take one way and (.) you know (.)
688 just study and be (.) become whatever you know but not my (.) not who I am (.) and I think a lot of
689 persons are like unfortunately (..) you know in our type of society um (.) whether it's from the parents'
690 education the teachers o:r the society itself forcing people to (.) to be: (.) uh (.) what they not*

691 -mhm

692 -breaking them up (..) stopping them from um being creative (.) education is not (.) helping creativity so::
693 maybe* it's all that frustration and anger that (.) you know (.) drives me as well

694 -mhm

695 -ah: and help me (.) carry on (..) tell my parents "fuck off! I wanna do music, I am a musician, I love it, I
696 will find my way" you know and (.) so anger is not necessarily negative um (..) don't know if I can
697 think about anything else um (5sec) I would* say anger is mostly* negative in general um (5sec) but it can
698 help (.) sometimes um:: (..) but if I if we think about it my my (.) my example of my life (..)

699 -mhm

700 -if I had supporting parents (.) loving parents (.) I'm not saying they weren't loving but on that aspect
701 supporting and understanding who I am and (.) helping me put myself and put my life the way I wanted
702 and the way it was supposed to be for me* with love* (.) I probably would have achieved (..) more

703 -mhm

704 -so if you think about it that way (.) anger is not as powerful as love (2sec)

705 -ok

706 -d(.) does that make sense?

707 -would you like to tell me more about it? I think I get the gist but

708 -well if my parents were supportive and (.) maybe I would have started drumming when I was 11-10-11-
709 12 I don't know um (.) because I remember seeing drummers and being really excited but because they
710 forced me to play the piano the (.) the violin (.) a:nd overall my dad was very* authoritative and you
711 know (.) there was no way (.) you know (.) "we bought you" (.) I remember going to a music shop with
712 him to buy some strings for my brother's classical guitar and some (.) something for my violin and I
713 looked into the shop front (.) the front of the shop I don't know what you call that

714 -mmm

715 -and seeing a saxophone I looked at it "ah" I pointed at it said something and my dad straight-away said
716 "ah, we just bought you a violin" um you know "you're gonna stick to it" or something like that you know
717 but quite angry and I just (.) sh:ut up* you know I was 8 or 9 you know (.) but (.) you know a kid wants to
718 try

719 -that's true yeah

720 - maybe you know if it was my kid doing that I'd go "yeah that's a saxophone do you wanna get it and see
721 if we can try it?" that's what I would say you know (.) doesn't mean necessarily buy it (.) but anyway my
722 parents are not necessarily the most (.) mature people (.) they they're lovely people you know as I said
723 they're very kind and caring in (.) one way but they've been also (..) destroyed by their own education
724 and home so you know (.) it's like passed-on generation (.) and I'm trying to break that actually (.) it's
725 probably why I still don't have a kid

726 -[laughs]

727 -uh but that's another story but um (.) yeah to go back to the comparison love (.) the comparison
728 between love and anger (.) um (3sec) yeah I remember drummers and that's something I remember the
729 very* first time I saw a drummer it was a drum student (.) we had to do some sort of (.) mini concert in
730 the conservatory where I was playing (.) I was playing violin (.) I cannot play violin for shit now although I
731 played for 7 years as a kid I hated it (.) my family wanted me to play for them [puts on funny voice] "ah::
732 that's beautiful" and that was horr(.) horrendous (.) it's s(.) [laughs] it's rea:lly silly (.) I mean (.) um (..)
733 but yeah (.) amongst the the students and the kids playing (.) lots of violins lots of pianists lots of classical
734 guitar and flutes and a:ll the classical instruments (.) conservatory French (.) you know French education
735 (..)

736 -I get the picture yeah

737 -um (..) there was a drummer in there (.) and the guy came with t-shirt and massive speaker with a radio-
738 cassette and started playing a rock tune and (.) punched* the drum and rocked to it (.) I was blown away
739 (.) I didn't say anything you know (.) I was probably 10 or (.) I knew by knowing my parents that there was
740 no* way they would put a drum-kit anywhere near where we were living and they wouldn't buy (.) so
741 that thing I just forgot about it (.) and I started playing drums when I was 23 and now I'm making a living

742 playing (.) not only that but part of my living is playing drums (.) teaching (.) you know (.) um: so:: (.)
743 started playing at 23 (.) being in my 30s a:nd (.) starting to make it happen for starting to make it happen
744 for myself (.) if I had loving parents (.) um:: you know they'd put me behind the drum-kit when I was 10
745 and I'd realize what I wanted to (.) maybe at 18 I would be an awesome drummer (..)

746 -mmm

747 -you know started my career then* and (.) and push further (..)

748 -of course yeah

749 -ah:: so yeah (.) bu:t (..) all the anger inside me kept me going

750 -mmm

751 -and I'm still (.) doing what I want now (.) you know (.) so [laughs]

752 -that's cool

753 -it's not completely negative but I don't think it's as powerful as love (.) you know and and (.) happiness

754 -mmm

755 -I don't know if it's the opposite of anger (.) happiness (.) but I guess it is somehow

756 -mhm

757 -you know?

758 -that's interesting

759 -or love (.) love happiness frustration I think it's the opposite things (((57.47)))

760 -ye:ah that's actually going very very well I only have (..) ma:ybe a couple more questions

761 -yeah sure

762 -ah:: I think it's time for me to pop up this question it might sound like a very simple one but (.) take your
763 time to think about it (.) so if someone asked you what anger is (.) what is anger (.) what would you (.) say
764 to them?

765 -um (12sec) what anger is in general?

766 -yeah

767 -(16sec) I would say it's (.) it's a feeling of frustration* and (.) unfairness injustice and (.) uh (..) um (8sec)
768 something* that um can touch anyone

769 -mhm

770 -but* every person is different and everyone is gonna react differently (..) anger is not necessarily: (.)
771 something violent (..)

772 -mhm

773 -um:: it's a s (.) it could be a (.) I would say (.) I wanted to say a strength but (..) I wanna say an energy or
774 (.) you know (.) a power (.) but not necessarily positive one (.) it's what you do with it

775 -alright

776 -I think (.) that's how I would describe it (.) that it's really an energy (.) and I think it's something you can
777 pass on to people

778 -mhm

779 -uh obviously when I say pass it on that's probably that's very negative so like you can (.) make someone
780 else frustrated and angry (.) and that person is not gonna like (.) I think (.) I think I'm getting very uh: um I
781 think you say esoteric?

782 -mhm

783 -o:r very like (..) um (..) spiritual* about it but I think you know it's all about energy you know we talk like
784 about reggae good vibes I don't think that's completely wrong (.) I don't know if people really: (.) um (.)
785 think about it very deeply in general but that's what it is and I think it's the same with uh with anger* (.)
786 you know (.) if you're angry you're you get up (.) you're angry you go and take your car drive and being
787 upset on the ro:ad and piss off other people that person might have a good day started his day well but
788 then you got him upset he gets to work and gets his frustration on someone else*

789 -mmm

790 -you pass on that frustration to people and that as well (.) I think (.) but yeah (.) um it's some sort of
791 energy (.) I would say anger

792 -cool

793 -yeah

794 -alright I'm (.) very happy with that (.) do you have anything to add before we wrap it up?

795 -um: no* I mean (.) that's cool (.) that was interesting to talk about it

1 -Alright (..) so let me start by asking you (..) what is it that made you decide to take part in this (..) in this
2 study?

3 -Um I got very* angry uh (..) a couple of years ago (..) three years ago now (..) a:nd I got it was such a
4 difficult period for me that extreme anger if you like and I ended up (..) suffering* from depression and I
5 was put in a: (..) a hospital for people with mental health problems

6 -oh I see

7 -for like two months (..) then gradually I sort of recovered* from that over like two years (..) but still I find
8 myself suffering from anger (..) a:nd (..) ah slowly after that I got the idea that "you know what?" I think
9 (..) if you wanna deal with problems whether it's anger or anything else it's a good thing to talk about it

10 -mhm

11 -so for me it was interesting to (..) to have the opportunity to come in and talk to someone (..) tell
12 someone what I've been through or am going through (2sec)

13 -great! Um (..) so:: what are you going through?

14 -Well basically I would say (..) ehm [bangs hand on table] (3sec) most* of the time I think I deal with anger
15 like a normal person like you know something might make me a little bit upset or angry and it's not a big
16 problem you do get on but some* times (..) when I have interactions with people (..)

17 -mhm?

18 -I'm particularly thinking about my (..) some colleagues at work (..) and also eh (..) e:h (..) some family
19 members I suppose a:nd (..) people I've been (..) one* person I've been in a relationship with in particular
20 (..) sometimes my interactions with them (..) make me feel very angry and (..) personally (..) I always think
21 it's because I've been wronged (..) those people have wronged me (..)

22 -mhm

23 -they've done an injustice what I perceive to be an injustice (..) and it's terribly unfair

24 -I see

25 -and that leads to my anger (..) but you know w(.) I think what I notice about anger actually (..) and I see a
26 counsellor by the way so (..) I talk sometimes about it with him (..) at first when I get angry (..) I get angry
27 at the other person (..)

28 -mhm

29 -ah:: then after some time (..) I mean maybe (..) days later (..) I know the anger will s(.) turn in on myself*
30 (..) at myself for letting me get in that situation of being (..) so disreputable that I hang out with this
31 person that makes me so angry or that I'm in a situation where I have to work with this colleague

32 because (.) ah (.) she's clearly (.) or he's so clearly very (.) you know (2sec) rude* and I should never have
 33 to work with them so why am I in this environment where I have to work with this person who's so rude
 34 and is my fault that I'm there (.) and so the anger turns on me and that anger can actually last (.)
 35 sometime for (.) sometimes it can go on for some time and then (.) sometimes it doesn't last that long (.)
 36 sometimes it c(.) really can last for (.) a couple of weeks
 37 -oh!
 38 -yeah
 39 -ok
 40 -say with quite extreme* anger
 41 -mhm
 42 -and (.) I think something that I* think is important (.) I really do* wanna share (.) is that in my upbringing
 43 (..)
 44 -mmm
 45 -I was always told that you know anger (.) no not only anger but I was explicitly told that violence is bad
 46 (.) I (.) I don't hit people I haven't (.) I've never been to prison or anything (.) when I get angry at people I
 47 don't hit them you don't need to worry about that
 48 -ok
 49 -but as part of this up(.) upbringing (.) and my school was very strict (.) parents very strict you know there
 50 is also a sense that if you get upset or angry or (..) something's (.) annoying* you (..)
 51 -mhm
 52 -you should not take it out on other people you should not shout you should not raise your voice and I*
 53 think (.) eh:: (.) when I get angry I then feel very very guilty because I feel like "oh my god!" you know?
 54 -mmm
 55 -although I feel my anger is justified I've been told my whole life never* to let it come out never to let
 56 anybody see (.) to bottle it up I suppose we've been told to bottle these things up bottle good feelings up
 57 you bottle bad feelings up you certainly don't get angry at other people (.) at work they'd say it's
 58 unprofessional my mother would say it's immoral you know (.) teachers would say it's wrong you'd get in
 59 trouble for it at school (..) and I think that contributes a lot because I'm sort of (..) feeling* very angry and
 60 grieved (.) for something terrible that (.) I think has happened to me and it's wrong and it's wrong and
 61 I've (.) every right* to be mad (.) but then at the back of my head (..) I'm being told that voice you know
 62 from my teachers from my mom (..) from society "you can't get angry" (.) even if they've wronged you
 63 you can't get angry you know (.) turn the other cheek

64 -mhm

65 -and then that (.) uh (..) it always makes me more* angry you know? That I'm so weak* (.) weak (.) feel
66 weak

67 -mhm

68 -it's the irony of (.) this extreme anger (.) I fee:I weak (.)

69 -ok!

70 -I feel like I've been wronged by this other person that's weakness no.1 (.) I'm a weak person to be
71 wronged by my colleague (.) then I'm weak cos I'm turning this anger into my (.) sorry I get angry and
72 then I have to turn that anger into myself because I've been told to always bottle it up and then I that's
73 the second reason I'm weak and then the third reason I'm weak is because these ideas and (.) values if
74 you like that my parents have (.) given to me (.) maybe they're not correct and they're not right so it's
75 like (.) the third weakness you know

76 -mhm

77 -weakness in values (4sec)

78 -can you give me an example maybe of a situation that made you angry?

79 -Yes! Ah: We:ll (.) just before Christmas (2sec) the secret-Santa at work (..) I: I got a present for a
80 colleague (.) chocolates you know and it turned out my colleague (.) which I didn't know (.) was diabetic*
81 (..)

82 -mhm

83 -and she: ah:: (.) at the sort of secret-Santa present-giving (.) she: ah:: (2sec) left the chocolates behind
84 (..)

85 -mhm

86 -and that was it (.) as it turns out nothing else happened regarding her at work I was very angry (.) it was
87 also my last day ah before Christmas holiday I would go away on holiday and (..) my God my God I felt
88 so* wronged* that I'd gone out of my (.) I'd gone* out of my way to buy that present I know it was a little
89 thing it doesn't cost* much etc but I'd gone out of my way I remember on the previous Monday (.) after
90 work in the cold it was in December it'd been raining (.) I walked* to the shop when I wanted to stay at
91 home you know in the warmth and bought her a present (.) looked around "ah I'll buy her that" she's an
92 old lady she likes to watch Sunderdale on TV she likes (.) I had no* idea she was diabetic (..)

93 -mm

94 -eh lots of my friends laughed at me when I told them this story you know "ah you silly fool" but anyway I
 95 couldn't believe what I felt* was this ru:deness* from this woman (.) she's also quite ah senior

96 -mm

97 -in a much better position than me you know she's getting retired soon she doesn't have any (.) you
 98 know financial pressures or any (.) as far as I can tell she's been successful she's done well* in life so
 99 why* is she getting upset about this (.) little* thing? And that was making me:* upset and very angry a:nd
 100 then when I went off for Christmas you know my family and I couldn't get over this feeling of extreme
 101 anger (.) and it did then turn on me and thinking "why the hell am I working there I've got to leave this
 102 situation it's terrible" I ended up actually taking the decision to (.) leave* that job

103 -oh!

104 -in due course it's actually my last day it's on Wednesday (..)

105 -oh so you did follow up on this decision as well

106 -yes! Yes!

107 -alright

108 -I mean serious anger (.) serious anger and actually part of that (.) the reason I'm here at [name of the
 109 educational institution he attends, where the interview took place] I'm taking a short course as I said in
 110 my e-mail in Programming and one of the reasons I'm doing that (.) in fact my main motivation (.) is
 111 basically (.) this woman she might be successful but she's very* old (.) she can't use a computer she
 112 certainly can't program I don't wanna be rude but she's not particularly clever she:: (..) you know she
 113 neve:r (.) in her day they did any A-levels which is like (.) GCSEs today she never did anything beyond that
 114 (.) she never went to university etcetera etcetera

115 -mhm

116 -and you know I thought "god, it's very... rude" I was being so angry (.) with myself* for being in the same
 117 situation that I thought you know "I've got to get out! I've got to make sure my skills are so much better
 118 than hers..." I hated her so much at that point (.) so I did (.) I knew about [institution] that it's very
 119 respected (.) it was at that point that I actually (.) signed up for the course (.) thinking cos I want to upskill
 120 you know and get better (..)

121 -I see

122 -a:nd (.) yes it was that anger that motivated me (..) yes

123 -so anger was fairly central in that story you're telling me

124 -absolutely (.) and there've been other times (.) like this in my life (..)

125 -ok

126 -anger has motivated me to make a (.) positive difference actually (.) cos I feel like (.) you know anger (.)
 127 people always say it's a bad thing but you know it can be positive (.) in like (.) I don't (..) like I said I don't
 128 get violent or I don't throw chairs around the room when I get angry although I did (.) I remember that
 129 night after I saw that lady I went home and I was punching my pillow [punches palm] a lot (.) a lot of
 130 anger in me (.) and then I ended up (.) crying (.) full bitter embarrassment for a grown man but this is the
 131 situation that I'm in (.) you know?

132 -absolutely yeah

133 -yeah so (..) yeah can be very prevailing very (.) central powerful and motive force (.) so basic you know?

134 -so in what ways has it been positive?

135 -because it made me bloody well [bangs hand on desk] say "I'm not sticking around in my job anymore!
 136 And you know what? I'm not gonna be anything* like this woman! I'm not going to work there I'm gonna
 137 have such (.) better (.) skills I'm gonna make* myself a better person and I'm gonna come to sit into this
 138 program course on the weekend" (.) ah at great expense I might add (.) it's such a big (.) a big deal (.) cos
 139 before* that (.) you know I've been thinking about coming to [institution] and then I'd go "oh no no no"
 140 cos it's very expensive (.) "do I really need it?" this kind of superfluous (.) but the anger* (.) oh such
 141 anger I think (.) "I've gotta make something of this" you know?

142 -mhm

143 -I'm not gonna sit* around (.) working with this woman any longer

144 -I see (..) so it was like a force that drove you to (.) sort of /

145 -/yes of course

146 -make things better

147 -yes (.) that's right

148 -So what does anger feel* like when you go into those states of ah/
 149 -/well for me it's (.) in here [points to the chest area] (.) feels like some sort of chemical is being released
 150 (.) and it's an odd feeling cos it's a feeling of rage (.) you know and wanting* to something to take action*
 151 (.) right?

152 -mhm

153 -Like "I wanna do* something" but at the same time it's a feeling of sadness* (..)

154 -ok

155 -and being wronged at the same time and it's (.) it's a (.) not pleasant feeling and wanna be out of it (.)
 156 wanna be out of it (..)

157 -ok

158 -and my body is telling me (.) I suppose it's a bit like adrenaline (.) "the way to get out of this terrible
 159 feeling is to do* something" you know (.) [bangs hand on desk] to scream (.) slam the table whatever it is

160 -mmm

161 -eh (.) and it's something I want to escape* from

162 -alright

163 -so when I say it's positive I don't mean it's positive "ah I feel great I just love feeling angry" no no no (.) I
 164 hate* (.) I hate feeling angry but as a consequence of that anger I'm gonna do (.) something that changes
 165 my situation

166 -I see

167 -Yeah but I'm definitely (.) feeling (.) feeling very angry: (.) when I'm feeling very angry (.) I want to run
 168 away from that anger (.) I want to get away from the anger (.) and it just feels like the way to do that is to
 169 [muffled word] (.) do:* something

170 -so you told me you don't really engage in violence or you don't hit other people but how do you let it (.)
 171 how do you let it out?

172 -well as I said with that lady I punched the pillow

173 -mhm

174 -but um usually something I do and I don't know if it's a result of my education but I do usually end up
 175 sitting down thinking these thoughts over my head and then usually what I find when I look back is that I
 176 over-rationalize the situation (.) so I think of every little newt and cranny detail (.) even make some
 177 details up as well (.) and they can seem like it really is terrible (.) so for example all* that happened
 178 before Christmas (.) let's face it (.) cos I bought some chocolates for a diabetic and she doesn't eat
 179 chocolates cos she's diabetic (.) that's all that happened right (..) but then I was thinking about it in much
 180 more detail and get "oh she's deliberately trying to spite me, she did that because she must have known
 181 that the present was from me and somehow she saw it and (.) you know she's got lots of money and
 182 she's trying to rub in to other members of stuff and..." (..)

183 -mhm

184 -and actually I'm sure that's not the case right? I take a step back I'm sure that's not the case (..) but it
 185 doesn't stop my mind from thinking like that and trying to put everything together into some grand story
 186 (.) some grand horrible story where this woman and the whole word* is against* me (.)

187 -mhm

188 -and I've got a plot! I plot a way (.) a way back if you like (..) and then certainly w(.) to be a lot of sitting
 189 around being (.) almost (.) someone said it's a resolution I said that started (.) 2-3 years ago

190 -mhm

191 -and then (.) you know (.) sitting and then the feeling sort of coming in on myself "why on Earth am I
 192 working with her? Why on Earth do I work there? Why is it like that?" you know (..) and as regards the
 193 actual feeling it's definitely a chemical in my opinion (.) a chemical being released in my body

194 -mhm (..) so it's a very (.) physical thing (.) isn't it?

195 -yes*

196 -ok

197 -like an oaring (.) I don't know how to describe it like an oaring sensation

198 -mhm

199 -like there's something here [points chest]

200 -alright

201 -that can ever flow so eventually in due course it will eventually calm down (.) in the evening or a few
 202 days later or a few weeks later (.) you do* eventually (.) calm down and go back to normal to (..)
 203 equilibrium (.)

204 -mhm (..) and how does it feel when you get to that equilibrium?

205 -ah (.) yeah I think (..) it's usually a dip (.)

206 -mmm

207 -before you go back to equilibrium so it's like you're here [points in space] let's say this is the equilibrium
 208 [points lower] so you're like "ah! So angry!" and things are slowly calming down but then when you hit
 209 the equilibrium you slightly dip below it (..)

210 -mhm

211 -because here you're feeling upset (.) sad (.) just like (.) for (.) doesn't matter why* you got angry (.) you
 212 just don't wanna feel angry and you know then things get normal and it's just back to (.) to normal life
 213 like I am here you know (.) so move on (.) life goes on (..) just like a wave you know?

214 -yeah I see (..) so do you define anger like a wave?

215 -yes yeah

216 -mmm

217 -because it's a (.) it has intensity (.) that's why I think a wave describes it so it's like (.) the intensity can
218 grow you know even after the effect you know?

219 -aha

220 -and then ev(.) well eventually subsides it's not like it's (.) anger and then straight back to normal no no
221 it's a wave (..)

222 -alright

223 -(2sec) I think anyway

224 -so when you bottle up this anger (.) do you use (.) I don't know (.) techniques or does it come naturally?

225 -eh no: I think I think it's a: (.) happens naturally

226 -aha

227 -but only in the sense that I've been educated* since my childhood to (.) be respectful and bottle things
228 up (..)

229 -mhm

230 -I mean I have with my counsellor been through some mindfulness techniques (..)

231 -mhm

232 -ah but to be honest I never [laughs] when I'm angry I'm not thinking about mindfulness I'm thinking
233 about (.) why I'm fucking angry

234 -I see

235 -so I'm not about to suddenly start meditating when I'm (.) in the middle of a rage

236 -mhm

237 -so essentially no I don't do anything I just (.) sit there (.) yeah

238 -alright

239 -being angry (.) which is not very healthy I recognize that and I've got to change* (.) but (5sec)

240 -um:: I'm wondering about this ah: education you told me you received about how to deal with anger
241 and emotions in general (.) do you think ah: things would be better if you hadn't received that? Maybe (.)
242 gone down a different/

243 -/ um:: yes and no (.)

244 -ok

245 -so I'll start with the "no" (..) the obvious reason I would say no (.)

246 -mhm

247 -because otherwise I might (.) you know be (.) [slams desk] punching someone you know (..)

248 -mmm

249 -and that is the good thing about it (.) i'm not go- I'm not violent [laughs] that's a good thing (.) but the
 250 other side is (.) when you keep something inside it's (.) it's bottled up it seems to get worse and worse
 251 and worse

252 -mmmhm

253 -that's why I'm very glad I'm here talking to you about my feelings and now (.) one of the positive things I
 254 do* do to deal with anger (.) is talk to people (.) particularly my family my m- my mother basically

255 -aha

256 -talk to my mother (.) counsellor you know that's the people I talk to (.) um: and in my (.) education (.)
 257 growing up it was (.) always the case that you can't (.) you shouldn't talk to anyone about your emotions
 258 you don't talk* about emotions you don't talk about love you don't talk about hate you don't talk about
 259 fear and (.) I don't know

260 -why not?

261 -well (.) um (.) I suppose I had a traditional British educa:tion and that was the mondus operandi certainly
 262 my public school was very traditional I went to- sorry (.) I should explain (.) I was sent to a public school
 263 when I was thirteen (..)

264 -mhm

265 -a:nd public schools (.) historically (.) you know (.) my school used to be a boarding school it wasn't bad I
 266 might compare but it was about (.) making you independent from your parents like emotionally*
 267 independent?

268 -mhm

269 -cos the idea is to become an officer in the army or something like that you know?

270 -I see

271 -because you've been d- emotionally detached from your parents

272 -mmm

273 -a:nd (..) and so I think it was as (..) as part of this education* where (..) strong people particularly strong
 274 boys (..) you don't let out any emotions cos you know the idea is that if you're in the army (..) you're not
 275 going to you're not going to let out any emotions you know when you're (..) in Faulkland islands or
 276 something or (..) or if you're in the navy or when you're some high-flying (..) boardroom CEO you know?
 277 You're not gonna suddenly start (..) crying to a chairman about your (..) wife's divorce you know?
 278 Whatever it may be (..) and that was very much the ethos (..) the ethos was basically "successful people
 279 don't get upset" certainly not in public "successful people don't cry"

280 -mhm

281 -and to be honest all that sort of role-model we'd have at school and (..) you know (..) like the role of
 282 family for example (..) you never see the Queen cry (..) Prince Philip (..) you never see: (..) the President of
 283 America cry

284 -mmm

285 -you know you never see (..) successful people whatever they do cry that was what we were sort of told
 286 was to that affect (..) and that (..) you should be strong* (..)

287 -mmm

288 -strength is a virtue (..) moral (..) moral strength and I think everything is that (..) at my school everything
 289 was associated with morals so (..) doing well in tests you're doing well because you've got strong* moral
 290 fibre Henry (..) or doing well in the rugby because (..) everyone in this school has strong moral fibre* you
 291 know (..) doing well in this that or the other because you've got strong moral fibre doing well keeping
 292 your feelings bottled up because you've got strong moral fibre Henry you know (..)

293 -I see

294 -That's a very clear* (..) part of my education

295 -So this strength (..) you're talking about (..) a received strength /

296 -/of course for me it's not* a strength (..) as you say (..) recei:ved strength like received wisdom (..) I don't
 297 have any strength (..) not anymore anyway

298 -ok (..) not anymore? You mean after you left /

299 -I think at school I had a lot* more strength

300 -mhm (..) so is your environment important on how you deal with your emotions?

301 -absolutely because (..) something else actually that might be very interesting is when I was 18 (..) so I was
 302 uh (..) a bit angry I suppose with my parents for some time for no (..) basically (..) when I look back for no
 303 particular reason you know? Like my father was away at work too much and my mother is too controlling

304 or whatever (.) this sort of minor things (..) anyway* (.) I was driven by that anger believe it or not when I
 305 was 18 to (.) leave to essentially run away from home (.)

306 -mhm

307 -and I went to Hong Kong where I'd eh: (.) successfully got a scholarship to go to university there for
 308 three years and it covered my expenses and I didn't have to rely on parents and I literally did not talk to
 309 them for a long* period of time (.) I was at the other side of the world

310 -mhm

311 -anyway when I was in Hong Kong (.) the culture there is very different and I very much I still think I've
 312 assimilated it and in Hong Kong (.) in Asia (.) you know people do not talk about emotions you got a
 313 girlfriend you don't even tell your close friends until you've gone out for like a year it's very (.) closeted (.)
 314 very introverted and I very much (.) mimicked (.) ah:: people's behaviour there and I think that probably
 315 made things worse (.) yeah (.) I mean if I thought I bottled feelings up in the UK I mean that's ten times
 316 worse in China and not gonna (.) you wanna speak to someone in China about relations (.) no-one wants
 317 to listen [laughs] so (..)

318 -ok (..) yeah that sounds like a difficult place to be at (.)

319 -yeah (..) yeah (3sec)

320 -so when you do express your anger (.) how does it come out? Like when you express it to other people
 321 or don't you do that at all?

322 -well now (.) so let's say I was angry tonight (.) this I wouldn't do this in the past (.) I'd call my mother

323 -alright

324 -a:nd I'd tell her the situation (.) but I'll tell you sometimes other people they don't understand* (..)

325 -mhm

326 -and they say "well, why did this... why did this" but they don't understand blah blah blah (.) and
 327 sometimes (.) make me even more angry (.) even more angry

328 -do you have an example of that??

329 -yeah like this woman at work (.) the chocolate woman (.) so when I tried to explain to my mother how
 330 angry I was she was like "Henry, it's a minor thing" I was like "No! You don't understand!" and I did (.) I
 331 was shouting you know I was like "why can't you understand me why can't you help me?" and then it's
 332 like this completely separate anger like you know "mom I'm calling you to try and get over this big issue
 333 and you're actually making it worse!" you know "why can't you understand you're my mother (.) why
 334 can't you understand? Why can't you understand? Why are you wronging me as well?" It's always this (.)
 335 impression* that everyone is wronging me (.) everybody* (..)

336 -mhm

337 -you know? It was that woman now it's my mother (.) ah now my flatmates are (.) you know cooking at
 338 (.) 10 pm at night and I can't sleep (.) "oh my god!" you know? (3sec) ye:ah very frustrating yeah

339 -ok (.) so: yeah it does sound very frustrating (.) really (.) if no-one understands you like this (..) so by
 340 talking you do find a way of releasing?

341 -eventually yeah (.) as long as the other person is (.) eventually understands the (.) the other person
 342 eventually says "oh yes of course I agree right" (..)

343 -mhm

344 -"what a rude woman" which eventually my mother did (.) my mother did agree (.) and said it was rude
 345 of her not to sort of formally accept the gift (.) and I think that you know it is rude (.) isn't it? For
 346 someone not to formally accept (.) even if you didn't like it you know you don't (.) sort of (.) leave it there
 347 it's completely rude

348 -I agree (.) absolutely

349 -yeah (.) you say I think you say yeah you say you say you agree (.) I think that's the root cause of my
 350 problem because (.) there always is a truth in what I'm saying of what's happened there's always a truth
 351 when I say I've been wronged there's always a truth in it (.) it's just I blow it out of all proportion (.)

352 -ok

353 -and there is this wave you know (.) and as the wave is getting more and more higher and more and
 354 more intense I deliberately make everything worse in my head to fit the increased intensity of my anger

355 -ok

356 -I have to (.) make the cause fit the results you know?

357 -That's interesting indeed

358 -So I'll just make things up and say "oh she did it deliberately" (.) "she hates me" or "she's always hated
 359 me" or something or "she's trying to get me down" or something

360 -but as you said (.) yeah there is an element of truth in what you say because that was a very rude /

361 -/yeah (.) yeah

362 -mmm

363 -cos I think there are some* people (.) it's probably not my place to say (.) some people who (.) go out of
 364 their way to look* for anger when nothing's* happened (.) I wouldn't say I'm one of those people

365 -mhm

366 -you might see them trump people deliberately start fights and they might deliberately try to create a
 367 reason to be angry but for me there'd be always (.) some* truth in it (.) something that's already
 368 happened

369 -ok

370 -before I get (..) some trigger

371 -aha

372 -yeah (..) something external* to me (.) external* trigger (.) always a trigger that gets me angry

373 -but the:n (.) you mentioned earlier that there is the beginning of your anger and then at some point it is
 374 internalized (.) so when this happens (.) what is it that causes it?

375 -Ah: time* (..)

376 -mhm

377 -so: (..) I don't know why it suddenly switches from being (.) from me wanting to externally* (.) express*
 378 my anger to then suddenly (..) just gonna be sitting there (..)

379 -mhm

380 -thinking about it (.) in my head* [laughs/sighs] (.) I I I don't know why I mean my suggestion is that it's
 381 the upbringing (.) and I don't know when it suddenly happened (3sec) but it certainly leads to guilt (..)

382 -aha

383 -I think guilt is (.) is terrible because you know I've been angry (.) and now I'm guilty about being angry
 384 and I can't deny that I've been angry and it's me*!

385 -mhm

386 -it gets me* (.) it's my body (.) you know no-one sort of stuck a needle in me and made these chemicals
 387 come around to make me feel angry* (..) an event and my body has responded and it's my choice (.) so
 388 I'm guilty* about that (.) feeling you know worried about that o::r whatever it may be (.) as I said before
 389 about thinking how (.) how can I possibly have left myself into this situation in the first place

390 -mhm (..) so this guilt and sadness that you mentioned before (.) they sort of come together during that
 391 period

392 -mmm

393 -of internalization

394 -mhm yes (.) internalization yes (.) yes

395 -would I be rude to ask what was it that happened two or three years ago?

396 -oh no no please (.) a:h (.) heh (2sec) we:ll (.) eh: I was eh: (..) I'm just thinking about the way to (.) to say
 397 it (.) it's quite a long thing so I'm like (..)

398 -take your time

399 -thinking of a way to put it in order and all

400 -yeah (..) feel free to describe it anyway you want

401 -(10sec) yes so what happened is I met someone (.) who I fancied (.) and we sort of started what I*
 402 thought was a relationship (.) but it wasn't* a relationship (..) a:nd it ended very quickly (.) after a couple
 403 of weeks (.) so that person (.) a couple of weeks later (.) they came back to me asking fo:r (.) to borrow
 404 money (.) you can imagine what this sort of thing kinda leads to (.) anyway and (.) I sort of like (.) in
 405 return for me borrowing the money which was always promised back to me (.) we sort of (.) I
 406 [laughs/sighs] I* thought I* was gonna have a relationship with this person it would be great (.) fantastic
 407 (2sec) yeah the person however (.) was sort of playing me along I suppose (.) but in fairness* to the other
 408 person (.) they're sort of playing me along for about six months and (.) a:nd (.) I was living in I was a
 409 student in Cambridge at the time a:nd (.) this person was a student in Bermont (Birmingham?) (.)

410 -mhm

411 -a:nd (.) and so (.) it's not like we were hanging out every day or anything like that a:nd (.) it's sort of long
 412 distance so: (..) not much was going on you know (..) anyway* eh:: Christmas holiday came around (.)
 413 spending more (.) then spending everyday with this person (.) like not becoming a relationship just
 414 friends I suppose close friends (..) the person I think was pretty (.) definitely beyond (..)

415 -mhm

416 -and then: ah (.) [laughs/sighs] I didn't see it this way at the time (..) but in retrospect all that happened is
 417 that (..) on January or (.) sorry (.) February the 4th (..) I: (..) suddenly realized this person was a gold-
 418 digger (.) who's never gonna pay me back the money (.) and I wasn't even in a relationship with them I
 419 hadn't had any sex with them etcetera (.) it was all uh rouge if you like (.)

420 -mhm

421 -a:nd (.) I got very angry a:nd (.) and very upset* a:nd I (.) I tried to jump off a bridge to kill myself

422 -oh

423 -and that's where yeah (.) when you think about it (.) when I think about it it's quite minor you know? I
 424 mean (2sec)

425 -well it depends on how you felt (.) I guess

426 -ye:ah (2sec) but (..) in retrospect as someone who's recovered from it now (.) I think it was quite minor
 427 [laughs] my reaction was ridiculous* but (.) anyway that's what happened I got on a train to London then
 428 got another train to Bristol tried to jump off at a Suspension Bridge

429 -ok

430 -which is a very tall bridge

431 -alright

432 -didn't happen

433 -didn't happen you mean you didn't jump off or

434 -Yeah so I went down there (.) Levenview and (.) stayed in a b'n'b first I tried to jump on a bike but didn't
 435 have this sort of willpower

436 -mhm

437 -anyway the next day I went up in the afternoon I stood up on the bridge and I texted my mom and (.) I'd
 438 actually told her a couple of weeks before about this plan of suicide and so (.) she actually (.) and my dad
 439 (.) came literally came to get me immediately (.) so within two hours they were down there cos they
 440 were worried I would kill myself and then they sort of (.) took care of me with seeing (.) psychiatrist and I
 441 was referred to the social care immediately reported suicidal which was [muffled words] and then: (.) to
 442 begin with (.) a::h I was (.) angry with that person (.) but then you know the anger completely* faded (.) I
 443 was obviously on a lot of drugs (.) and then (.) you know began sort of an extreme depression if you like
 444 (.) eh (.) ah (.) and it was angry at myself for being (.) for putting myself in this situation (..)

445 -mhm

446 -and I kept thinking that about killing myself for some time (.) and it was always I was thinking (.) my
 447 motivation was "oh if I kill myself somehow I'll be reborn" which is not true innit? A:nd "I'll be able to re-
 448 live my life"

449 -mhm

450 -and I'd (.) change so many things (.) it was coming back to this idea of hating myself for putting myself in
 451 that situation and wanting to change (.) things (.) so going back I would never meet that person I'd never
 452 lend money to people I'd never (..) I'd never actually do this that or the other (3sec) [bangs hand on desk]
 453 and it (.) became all about me

454 -mhm

455 -I'd be constantly thinking over the situations that had happened (.) thinking over how (.) I'd let myself (.)
 456 it was nobody else it was all about me (.) anger at me and thinking how (.) fucking stupid I was (.) what a

457 fucking idiot I was and blah blah blah (..) that's (.) self-hate I suppose (.) when I was sick for about six
458 months (..)

459 -mhm

460 -I left and I'm seeing a counsellor and I thought "what the hell was I doing? I might just get on with my
461 life" (..) yeah (..) over that big extreme hatred (.) I'm sorry if I over (.) that extreme period of hatred and
462 anger but even if I saw that person right now (.) or through here [points at window] I wouldn't actually
463 feel any anger towards them which is quite remarkable

464 -true that

465 -yeah I was almost killed for that person (.) right or wrong you know that person caused me a lot of pain
466 (.) I'd (.) I'd probably just wave (.) if that person wants to talk to me I'd be like "oh I'm just in here,
467 hanging around, I'll talk to you later"

468 -actually yeah that's a (.) that's quite an improvement

469 -that is definitely yeah (.) and (.) to be honest (.) ah: (.) I can't even explain why because (..) ah maybe it's
470 the drugs I was on at the time maybe it's my counsellor maybe it's talking it through maybe it's
471 recognizing that in actuality what that person did to me was quite minor (3sec)

472 -mhm

473 -ah (3sec) I don't know maybe it's just (.) as a:: more mature person I don't want to re-run all that anger
474 and pain and suffering

475 -mhm

476 -I'm quite happy to be angry at the lady who refused my Christmas gift

477 -mhm

478 -but that [laughs] for some reason (.) the depression from 2-3 years ago the person who caused it (.) now
479 I'm happy to move on from that (.) I'd love to know why I'm happy to move on from that and not* move
480 on from this colleague who I gave chocolates to (.) it's (.) that seems even more* minor you know? I do
481 recognize how (.) how minor these things are but (..)

482 -thinking about those two cases (.) the situations you're describing I can see an obvious difference
483 between the two I mean one was very personal to you very (.) close to home sort of whereas the other
484 one is (.) obviously in a different environment a professional environment and ah: yeah perhaps you
485 could call it more minor than the other one but ah still there was something that was there like a stinging
486 part

487 -mmm

488 -mmm (.) so you're saying that the anger that you felt while you were in the hospital ah (2sec) first of all
489 has disappeared has evaporated from the way you're describing it now

490 -yeah

491 -seems like it has

492 -yes

493 -but was it like (.) did it um: motivate you as you as you said earlier to/
494 -/well it motivated me to kill myself [laughs]

495 -yeah [laughs] that is true but after that was it a motivation to (.) do bad things to yourself or to others?
496 -eh:: it was quite some time ago (.) I mean I ended up doing some vents to improve myself so I ended up
497 (.) learning some new skills I learned to use [...] and I started making things

498 -mmm

499 -but I'm trying to think now cos this is (.) trying to remember whether this was directly because of that
500 whole (.) or because I was just interested in those things (.) you know what I don't think it was related to
501 that anger and I think by that (.) by the time I was recovered (.) from that anger I could (.) couldn't
502 remember I was on an awful lot of medication (.) and a lot of that medication continued

503 -mhm

504 -and I'm still on [...] so yeah (..) and I wonder if that medicine somehow (.) managed to get rid of that
505 pain and anger but also* I think the other thing is when I think back to it now (.) what (.) what I think
506 mostly* is God how tiring it was to be angry the whole time

507 -tiring?

508 -Tiring yeah when your body feels that anger that pain

509 -mhm

510 -and the desire not to have to re-live it (.) I mean ultimately it was all fu- futile it was all pointless it was
511 all a waste of time (.) me being angry (.) for six months at the hospital (.) didn't achieve anything

512 -mmm

513 -didn't (..) make me a better person I mean (.) if anything I just wasted six months of my life you know (.)
514 I could have been working or studying cos I was supposed to be (.) at Cambridge at the time

515 -mhm

516 -yeah (10sec)

517 -so overall pretty negative

518 -yeah [laughs] pretty negative pretty negative but you know taking positives [bangs desk] (.) you live and
519 learn from your mistakes (.) touch wood (.)

520 -mmm

521 -so I hope I wi- well (.) I know* I will never ever go through (.) those mistakes again (2sec)

522 -that's a good thing isn't it?

523 -that's* a good thing and something else tha:t I do tell myself these days is to avoid confrontation (.)
524 why? Because I don't want* to (.) get angry and in fact you'll notice this story I told you (.) it was not
525 because I* picked a fight it was not because I* got angry (2sec) it's other in my opinion it's other people
526 starting a fight with me (.) this woman refusing my gift it was her* refusing the gift (.) not me (.) you
527 know and there'd be other instances like that (..) it's the other person (..)

528 -mhm

529 -it's the other person starting a fight (.) a voice in the back of my head is saying "oh avoid confrontation,
530 try to turn around"

531 -mhm

532 -you know this helps (.) rather than getting angry and (2sec) just try to avoid it like that (.) literally like (.)
533 like that

534 -I hear you (.) and how does that influence your view on the other person who's treating you that way?

535 -yeah I don't fucking like them and I think they're fucking pathetic I mean ah (.) I'm not gonna bullshit I
536 think they're fucking and ah: I can't believe they'd treat me in that way and I think they're very very
537 different from me* (.) and as I said earlier I think the::y they don't have any skills they haven't got any
538 intelligence they haven't got any (..) um (.) good things about them and you know what I'm Henry I'm
539 different I've got skills and I'm gonna get more skills and I've come here to learn programming and all the
540 rest of it (..) so in my mind I'm making a very* clear* difference between me* (.) good* (.) and them* (.)
541 ba:d* you know? Fuck! (..) Fuck them* you know?

542 -aha

543 -fuck them they're stupid (.) fucks you know? I'm sorry I'm swearing quite a lot now

544 -no no please

545 -I'm bringing back all this anger you see? (2sec)

546 -by the way is swearing (.) like something that goes together with anger?

547 -yeah for me yeah (.) really for me (.) swearing (..)

548 -mhm (..) is it a way of uh (..) releasing it?

549 -I suppose so because after this lady: was rude to me when I got home I was (..) punch my (..) my pillow so
 550 for about two hours I was swearing I mean (..) really in the privacy of my own home I was really swearing
 551 you know (..)

552 -mhm

553 -sounds pretty pathetic* but I was (..) back then blinded (..) “fucking this” (..) “aaaah” [laughs] it was
 554 terrible really (3sec)

555 -but you didn’t express it to her did you?

556 -no (..) I believe you have to bear in mind that this woman is quite (..) she’s (..) although she’s my co-
 557 worker she’s (..) quite senior so

558 -mmm mmm

559 -[laughs] if I was gonna do that it would have (..) I’d probably be fi:red* you know or be de-promoted so I
 560 was aware of the consequences of (..) taking my anger out on her (..) you might say “well, why do you
 561 care if you’re gonna quit anyway?” and of course I’m quitting but you know you need a reference for
 562 your next job (..) so (..)

563 -yes

564 -don’t want them writing in my reference that Henry swore and insulted this old lady (2sec)

565 -yes that wouldn’t help very much

566 -no no (10sec)

567 -have there ever been occasions where you do express your anger directly to the other person?

568 -yeah I was [laughs] with my family

569 -aha

570 -sounds so bad doesn’t it? People you hold dear* in life and you love the most (..) ones you get angry with
 571 there are people I don’t really give a shit about like that woman (..) very rude to me and I didn’t express
 572 anything to her (..) should be the other way round you know I put my family (..)

573 -why so?

574 -my family’s always been very supportive and loving (..) so they don’t deserve me to be rude to them (..
 575 you know they’re the ones who help me in life (..) this fucking* (..) lady who was rude to me she doesn’t
 576 deserve anything from me she’s* not my kin she’s not my friend she’s not my (..) anything* she’s just a
 577 very* rude lady (..) if anyone deserves me to be rude to them (..) she* does (..)

578 -mhm

579 -not* my family (.) but I ended up being rude to my family (.) and particularly to my mom (..) yeah (..)

580 -mhm (..) do you think she understands when you/

581 -/oh yes yes cos we always talk about it afterwards when things calm down (.) and actually sometimes

582 she gets angry as well (..)

583 -mhm

584 -I think it's a (.) she doesn't get as angry as me but she definitely gets angry so (..) she can understand the

585 feeling [laughs]

586 -I see (5sec) were you an angry kid?

587 -yes and no (..)

588 -mhm

589 -so I think like all children you get angry and upset at very* little things when you're a child "oh I can't

590 play with" or whatever (.) you know tiny little things (..)

591 -mhm

592 -but ah: there came an age (.) must be around 10 or 11 where (..) I started to get very clear more

593 educational or maybe I just started to notice it (.) "Henry you need to start bottling things up" (.) so I

594 went to two schools I went to a public school when I was 13 before that I was at a prep school (.) prep

595 school is designed to prepare you hence the name fo:r (.) a public school (.)

596 -mhm

597 -and (.) if you finish the prep school it's practically the same as a public school they're very similar and it's

598 like sports-mad and making you into a great character (.) character-education

599 -mhm

600 -and that was the name (.) lent to my prep school education it was character*-education so it was (.) not

601 just frowned upon it was actively discouraged to (.) get angry so (.) I think then from about the age of 10

602 onwards I was being very clearly educated to keep things inside (.) which lasted for (.) what (.) 8 years

603 then I went to Hong Kong so then it lasted for another 3 years so then I'm coming out an angry young

604 man aged 21 with no idea how to express my feelings (..) or how to deal with anger and you know that

605 wore me down a cause of (.) extreme anger and unhappiness (..)

606 -mmm

607 -I have heard of a school or college that gives anger lessons and also happiness lessons to its pupils so

608 maybe that could have been good for me (.)

609 -you think so?

610 -yes if it was (.) assuming it's a proper (.) properly taught thing where they have experts or professionals
 611 who know* how to help people with anger or to get people to help themselves with anger (.) that I think
 612 would be a very* good thing

613 -do you engage in art or anything?

614 -no

615 -ok (..) so: no:: indirect way of letting out anger

616 -no I've never tried

617 -mhm (.) you never tried because you never had the interest to?

618 -correct (.)

619 -mhm

620 -I haven't done any art since (.) school

621 -ok (10sec) are you happy that you went through that school (.) through that way of education?

622 -well (.) everything has pros and cons doesn't it?

623 -mhm

624 -so (.) I got a very (.) academic education which is a pro a:nd (.) I had some pretty good times (.) a pro (.)
 625 but cons uh (.) well (.) being taught this moral system about bottling everything up (.) having a stiff up-
 626 stiff upper lip

627 -what do you mean by that?

628 -keeping everything bottled up inside so your lip never wavers (.) you know when you cry sometimes
 629 people's lips they start to waver like [shows wavering movement with finger] it's a very British thing (.)
 630 um (.) stiff upper lip (5sec) yeah I mean I think education is also an incredibly complicated thing with so
 631 much that's (.) difficult to go back and change it all (.) and of course I'm not an expert (.) so even with
 632 hindsight it's difficult to say whether that (.) moral* education about having a stiff upper lip was good for
 633 me or was bad for me I don't know you know and I don't know what the alternative would have been
 634 would (.) a vacuum moral education be better? O:r (.) maybe some modern approach where you (.) paint
 635 or do art to deal with anger? I don't know (.) I really don't know

636 -mmm yeah that's an interesting perspective definitely

637 -I should probably try to do art actually (.) yeah

638 -personally I couldn't recommend it more but (.) yeah why don't you give it a try?

639 -yes

640 -so if someone asks you to define anger (.) like in a few words (.) or a few sentences if you will (.) what
641 would you say to them?

642 -yeah I'll have to think about that if you give me a moment

643 -sure take your time

644 -there's so much to say isn't it?

645 -I mean feel free to give me more than a few sentences if you want to (.) but

646 -(12sec) I think anger is extreme* rage

647 -mmm

648 -combined (..) with sadness at the same time (.) and it manifest itself (.) with a terrible (.) feeling in your
649 chest (.) something there which you've (.) got to get rid of (.) and it's that same feeling which is both
650 driving* that (.) anger (.) and which for some reason you think by being angry you get rid of that feeling

651 -aha (.) that's interesting can you maybe tell me a bit more about that? About how (.) through being
652 angry you are driving yourself out of this?

653 -yes of course I'm not sure if it's true* (.) that by being more angry you alleviate yourself of that feeling I
654 don't know if that's true at all but of course this (.) this angry feeling on the inside (.) it's telling me
655 [shouts] to go crazy! To throw this up in the air! To shout and scream because I've got this terrible feeling
656 and I wanna get rid of it!?

657 -mmm

658 -and to get rid of it that feeling says "you can get rid of me by being more angry! Be more angry!"
659 [volume drops] but actually what I think usually happens is you don't get (.) that feeling's getting bigger
660 (.) until eventually you know you start to reach the peak and then start to (.) to calm down like to run out
661 of energy to be more angry (.) so it's (.) counter-intuitive* (..)

662 -mhm

663 -It's telling you to do* something (.) which as well as making matters worse for other people (.) makes
664 you angry (.) also makes things worse for you* so it's (..) [laughs] it's not very good (..) or maybe I just (.)
665 maybe the problems is I lack dis- discipline (.) maybe if I was a more disciplined person I could identify
666 that angry feeling and say "stop!" (.) maybe that's what normally people do when they're angry

667 -I don't know either

668 -but the thing is I (.) I'd question that because in (.) other aspects of my life I'm very disciplined

669 -mhm

670 -so maybe ah: it's not like I'm an untidy person you know like I stick to strict routines (.) very organized
 671 etcetera so I don't believe it's a lack of discipline

672 -what could it be then?

673 -well I think with me it's always triggered by a sense of injustice like we spoke of before I think I can
 674 illustrate this as well (.) Saturday night I was in China Town for Chinese New Year

675 -mmm

676 -a man (.) a big fat man with hair all over his being (.) there's someone filming him (.) and I'm not joking I
 677 was with a friend (.) he came up to me as I was waiting to get into the restaurant (.) the queue outside
 678 was long (.) he came up to me and he started rubbing (.) I'm not joking he went "uh uh" like a monkey
 679 and started rubbing his hair against me (.) this went on for about 15 seconds (.) you know I didn't do
 680 anything I didn't even care and it transpired like it was like he was going around doing this to a lot of
 681 people and had someone filming him to (.) you know presumably put up the video on youtube or
 682 something and get (.) get a reaction for a funny video or something

683 -I see

684 -anyway I didn't know that was the case as he was doing it to me but I didn't (.) I just didn't care (.)

685 -ok

686 -yeah I didn't get angry at all

687 -mhm

688 -and I think the reason is I (.) I didn't feel like I was wronged (.) I didn't feel an injustice has happened (..)

689 -mhm

690 -of course it was a bit strange but I didn't feel wronged he didn't try to (.) I had my wallet over here and if
 691 he'd tried to rob me I would have known (.) of course if he had tried to rob me it would have been a
 692 different story but he didn't so (.) I don't feel wronged in any way (.) and I didn't really care (.) just like
 693 "ok" (.) it was a completely reaction to it if (.) you know I get chocolates to someone and they leave them
 694 then I'm very fucking angry (.) yes (.) for me: it must* be the sense of injustice* (..) I've* been wronged
 695 and that's* why I'm angry and I should be angry because I've been (.) fucked over by someone who's
 696 breaking the law or breaking (.) a social contract

697 -mhm I see (.) yeah I totally see the difference between the two situations you are describing (..) would
 698 you say that this sense of injustice (.) well (.) I guess it's justified to say that you can have injustice in your
 699 private life in your everyday like day-to-day activities and you can like have like major injustice like global
 700 with (.) I don't know um one country invading another for example and all that (.) does that affect you in
 701 any way?

702 -uh no (.) when I was younger (..)
703 -mmm
704 -I was more politically active I suppose and those things did get me really angry but nowadays seeing my
705 whole life you know of bullshit in politics and hypocrisy there is (.) doesn't make me angry anymore
706 -ok so you kind of
707 -but yeah when I was younger I was (.) very passionate about (.) standing up to things in the world that I
708 thought was wrong but I mean every country does terrible things to each other you know (.) it's difficult
709 to be angry otherwise I'd be angry all fucking day long [both laugh]
710 -that is true
711 -that's my point of view
712 -so I guess you feel happy you're not concerned with that anymore
713 -yes
714 -yeah makes sense
715 -is (.) because with this kind of (.) I remember being very angry at America for invading Iraq
716 -aha
717 -when I was younger
718 -2002?
719 -2001 I think
720 -yeah
721 -it was the year 2000_? (..) anyway (.) a:nd there's absolutely nothing you can do to have any meaningful
722 impact or effect on the united states government at all
723 -mmm
724 -you may be part of a protest they're not gonna give a shit about a protest outside of America you know
725 they (.) I (.) I would be amazed* if it was even reported to the president that there was a protest in
726 London (.) you know most Americans don't really give a shit about things outside of America or the public
727 opinion outside of America (.) so there's literally no:thing you can do in a:ny way to influence what the
728 U.S. is going to do about that so if you get angry about it it's re:ally pointless
729 -mhm (.) I get your point yeah (..) from what you're telling me I get the impression that (.) in a sense even
730 though you do bottle things up and you don't express it directly to other people it does make a

731 difference to you whether there is like a reasonable way of working your way out of it or not on whether
732 it's gonna get/
733 -/yes I suppose so (.) yes I've never thought about that before but yes that's right
734 -mhm
735 -because as you say (.) I realize that there's nothing I can do about the American government so: (.)
736 therefore I'm not gonna get involved in it but for this lady who made me very angry I then tried to plot a
737 course (.) out of it so I resigned from this job
738 -mhm
739 -come here into this bloody expensive program because (.) it's all about trying to plot a way out* of that
740 situation so I very well know it will not happen again (.) because I fucking quit that job! And (.) after
741 Wednesday I'm not seeing that lady ever again
742 -mmm
743 -ever* (..) and (.) if I see her on the street I'm not going to go over and say hello so (.) yeah actually I've
744 plotted a course away from that [laughs]
745 -yeah that's a good thing (.) definitely
746 -yeah that is* good yeah (.) yes:!
747 -[laughs]
748 -hallelujah! Hallelujah!
749 -nice one (.) um: yeah I'm getting to the end of the interview basically you've answered most of the
750 questions I had without me even asking them so (.) thank you for that (.) I do have a couple more
751 questions basically (.) so you did mention that it might (.) like when you feel angry it might ah: take a few
752 days or weeks until it comes (.) until you calm down so do you find it hard to like sleep or eat or do: day-
753 to-day activities?
754 -yes I'm being tense at the very peak* of the anger
755 -mhm
756 -can be difficult to sleep (.) but that very peak of the anger doesn't (.) seldom lasts more than one night
757 (.) so I mean (.) this wave when you reach the peak it starts to go down afterwards but of course uh (.)
758 this (.) wave could last several days (..) um:: certainly yeah (.) eating (.) performing normal bodily
759 functions is difficult (.) don't wanna eat (.) don't wanna drink (.) can't sleep (.) can't read yeah I don't
760 know if you've ever experienced it when you're so (.) focused* on something (.) for example if you're so
761 focused on what's going on in the world whatever you can't read yeah something like that so for this

762 time of my anger I can't read (.) even I'm (.) I want* to (.) you know I've got some work to do or I've got
 763 to (.) or (.) I've got to (.) get something read I can't (.) just can't (.) you know you try to read (.) a
 764 sentence yeah (.) you just f- (2sec) I don't wanna keep swearing you just can't* (.) do it you've just got
 765 that anger constantly constantly constantly (..)

766 -mhm

767 -that's what it's like in the peak you can't really (.) do normal things (.) and if you try to cook it's like you
 768 spill everything you know like (.) again I won't demonstrate but you know these little things when you're
 769 angry you just try to get fucking tea and it'll go everywhere and then you're "argh!" you know

770 -I think I've been there myself

771 -yeah [laughs] yeah

772 -and ah earlier on you mentioned that (.) you know (.) anger is a:: like a driving force that pushes you to
 773 get out of that angry state by becoming more angry like while it's (..) driving up to its /

774 -/yes yes

775 -yes

776 -it's saying "Henry, to get out of this angry state get more angry" and that actually makes you more angry

777 -hmm but that's my question does that make you more* angry?

778 -ah only in retrospect (.) at the time (.) even though it's happened to me many many times (.) when it's
 779 happening I'm like "yes of course get more angry get more angry"

780 -is it euphoric?

781 -no no it's always (.) [sighs] it's always a terrible feeling to be angry it's not something I strive to
 782 experience not something that I'd want to experience again (.) though I'm sure I will (.) it is not euphoric
 783 at all (.) the only (.) sense I'd say it's euphoric is that (.) when I felt euphoric when I felt very happy (.) you
 784 know like dancing or something (.) you know how like you just keep dancing and you feel better and
 785 better and better and your happy feelings get better and better and better?

786 -mhm

787 -it can be like that but with negative feelings you know [laughs] your negative feelings are getting worse
 788 and worse and worse you know and you're still getting more

789 -mhm

790 -only* in that sense would I call it euphoric (.) because when you say euphoric to me it means
 791 something's expanding* and getting (.) bigger and then people usually use it to mean "my happy feelings

792 are getting bigger and bigger and bigger” but for me the sad feelings or the angry feelings are getting
793 bigger and bigger and bigger

794 -mhm (..) is there a sense of empowerment in that?

795 -no:: no not for me (.) not for me (.) no: because the whole time I’m aware that I’ve been wronged (.) so I
796 feel like I’ve been wronged I feel like I’ve been disempowered (.) I suppose* that my actions (.) I’m taking
797 my actions to try to reclaim* some of that disempowerment

798 -reclaim?

799 -to reclaim to reclaim I feel like it’s been taken away but I don’t feel like I’m getting more powerful I don’t
800 feel like it’s (.) like I’m somehow getting a stronger person not at all* (.) I only say that I feel like I’m
801 regaining what someone’s taken from me in the last few minutes or the last hour (.) yeah (2sec)

802 -I see (7sec)

803 -yeah (10sec)

804 -nice! Ah: do you have something to add before we wrap it up?

805 -um (..) I’ll just have a think (8sec) anger (5sec) oh yes there is one thing I would like to add

806 -please

807 -so I do think anger is natural for everyone to have a little bit of anger from time to time (.) you know like
808 it’s natural to have sadness from time to time (.) happiness from time to time

809 -mhm

810 -but I feel in my* circumstances anger’s assumed a bigger than normal price (place?)

811 -mhm

812 -so I think I’m [...] than other people that’s what I’m saying (.) but I don’t want to get rid of anger
813 altogether

814 -you don’t?

815 -no no (.) cos I think it’s natural (.) it’s more of a philosophical point

816 -please tell me more

817 -well I don’t like feeling sad but I don’t wanna get rid of sadness because every (.) we have sadness to
818 balance happiness and (.) a little bit of anger to (.) balance a little bit of hope

819 -mhm

820 -yeah it’s just a philosophical point

821 -mhm

822 -I don't know maybe in heaven there's no anger I don't know but (2sec)

823 -who knows?

824 -who knows? [laughs]

825 -aha (.) nice one (.)

826 -yeah

827 -so you do feel comfortable with your anger

828 -no I don't feel comfortable with my* levels of anger

829 -mmm

830 -but (.) at the same time (.) when I'm (3sec) I hope in 10 years time I won't have any anger problems

831 anymore but (.) I still want to have a little* bit of anger

832 -mmm

833 -just like I want to have a little bit of sadness from time to time a little bit of hope from time to time a

834 little bit of happiness you know it's just philosophically I mean everything should balance (.) like if I

835 couldn't feel a little bit of sadness I would never be able to feel a little bit of hope

836 -I see

837 -just like (.) if I couldn't feel a little bit sadness from time to time I'd have no idea what it feels like to feel

838 a little bit happy

839 -mmm

840 -from time to time (.) I'm not trying to delete it from my body (.) like I said I think it's perfectly natural to

841 have a little* bit of anger (.) it's just unfortunately* I have an awful lot

842 -unfortunately (.) so you think that makes you (.) weaker than other people?

843 -yes

844 -mmm

845 -I mean can you imagine if I was a politician you know going mad in the house of commons (.) or a

846 president going mad in front of the world's leaders you know?

847 -well (.) people might love it you never know

848 -maybe on TV but (.) it wouldn't make me a successful politician (.) you know

849 -possibly not

850 -mmm

851 -cool (.) thank you for this interview (.) ah: anything else you'd like to add?

852 -no (.) no (.) that's everything

1 -Ok so:: (.) let me ask why (.) let me start by asking you what made you decide to take part in this (.)
2 interview (2sec) you know it's about anger (.) right?

3 -Yeah (..) um (.) I don't (.) like (.) eh (.) physically I was (.) I do like (.) stuff (..) downstairs

4 -mhm?

5 -in the autism research centre downstairs (.)

6 -ok

7 -so I signed up with them a couple of years ago

8 -mhm

9 -and I was in their control group (.) right? (..) so then I helped the ah (.) that friend of mine kinda put me
10 in touch with them

11 -mhm

12 -so:: (.) between like (.) [muffled words] research over here fo:r (.) time and time again (..) and you know
13 I have (.) and I ha:ve (.) and I help to take care of my cousin who's with autism (2sec)

14 -I see

15 -so:: (.) that kinda put me quite a bit of a pressure

16 -mhm

17 -it's not easy to deal with (.) him (.) deal with others (.) so (..) I thought this would be: (..) more of a (.) you
18 know just a way to talk about things

19 -ok

20 -yeah (.) I mean (.) because it's not easy to find (.) people to talk about them kind of things

21 -mhm

22 -his mom* (.) right? Who is like my in-law (.) she re:ally struggles

23 -ok

24 -with the pressure (.) because she has to take care of him day-to-day so:: (.) I've seen* like how she's (.)
25 like she bubbles she's like (.) you know? Sometimes she just have to get away (..)

26 -mhm

27 -she leaves him with his dad and she goes off (.) see family (.) trips (.) just to get away (.) you know
28 because of (.) the pressures of that life and (.) have to deal with a kid like that (.) puts extra pressure on

29 me (.) so (.) I've seen the kind of way that anger* is kinda eating people around me so (.) I thought it
 30 would be a good idea (.) just to (.) it's something I've never done before

31 -sure why not? So is anger part of that (.) stressing situation you just mentioned? For you I mean

32 -for me? (.) Um:: you know it's a very strange thing because (.) you know it's kinda like (.) when my aunt
 33 (.) or in-law not sure what to call her (.) when she goes on that trips (.) she (.) leaves [child's name] with
 34 my family (.) although she's divorced you know my brother who she's abandoned (.) she's kinda divorced
 35 so (..)

36

37 -ok

38 -we* kinda end up having to take care of (.) the kid when she's not around

39 -mhm

40 -cos we kinda live around each-other so the closest much of the relatives live in Birmingham or abroad
 41 so: (.) we kinda have that responsibility so (.) for me the issue of anger is kinda like (.) that's one situation
 42 I'm in (..) looking after this young man

43 -mhm

44 -but it's not (.) it's just stressed out I really can't (.) vent it anywhere (.) understand?

45 -mmm

46 -so it's kinda like (.) it's (.) pile-up on you and it's not (.) he's not somebody who you can go and (.) you
 47 know shout at or (.) that's completely* the wrong approach

48 -mmm

49 -as I've learnt [bangs hand on table] about autism from the guys downstairs

50 -mmm

51 -you know [mentions names] they kinda like taught me (.) you know (.) basically I was looking for ways so
 52 I can have like a positive impact on the young man so (.) and I had to change my ways (.) my my (.)
 53 temper

54 -mhm

55 -I had to deal with my temper my aggression (..) so dealing with that man is like a (.) it's a thing you kinda
 56 almost have to face your own kind of demons (.) you know?

57 -ok

58 -realize you're dealing with somebody who you can't (..) you know (..) deal with like a normal person (..)

59 -mhm

60 -so it kinda gets a little bit frustrating (..) to kind of build up with that guy in front of you (..) so you kinda
61 vent (..) the stress on other people (..) so (..) this is just a way for me to describe to just talk about my stuff
62 (..) you know (..) I'm not talking to anybody close to me I'm not like (..) cos some people close to me
63 probably have the same challenges dealing with him

64 -mmm

65 -so we end up talking in circles

66 -I think I understand

67 -you know? [bangs hand on table] so that's what it is to me

68 -mmm

69 -[bangs hand on table] to deal with my anger (..) cos you know it's not like (..) I'm not really angry at him*
70 (..)

71 -mmm

72 -I don't know but the thing is like (..) frustration (..) you know? It's a kinda built-up (..) to a point where I
73 just need to talk to somebody else

74 -mmm

75 -I can't talk to my GP o:r (..) I don't really go for psychological [bangs hand on table] you know I don't
76 want to be labelled* (..) as a guy who goes to see a psychiatrist I'm like (..)

77 -ok

78 -it's not like (..) I don't think I'm crazy yet

79 -[laughs] well from my experience I've seen people going to the psychiatrist without being crazy but
80 that's totally understandable (..) absolutely

81 -mmm

82 -so: I see that you've gone some ways so far to describe (..) anger (..) in general (..) could you tell me some
83 more info about what anger feels like for you? Like when you get angry what is it that (..) distinguishes
84 this state?

85 -[sighs] um: (..) the state of anger for me?

86 -mhm

87 -is a (2sec) basically it's almost like (..) heartburn (..) you know?

88 -ok

89 -it's like something's boiling from (.) inside me (.) it's going up my chest

90 -mmm

91 -and it's like (.) I feel like heat in my chest you know like steam (.) not h not like stea:m like I want to burp

92 (.) but it's not coming out as a burp you know?

93 -mhm

94 -and then (2sec) you know (..) it's like it's in my hands (.) it just goes from my chest it goes to my

95 shoulders it goes in my arms you know and I'm (.) next thing I know I'm trying to (.) create like things I'm

96 trying to explain to somebody with my hands stuff (.)and you shouldn't be (..) getting in my way or

97 whatever it is (.) whatever they're trying to (.) calm me (.) it's coming in my face whatever (.) I need to tell

98 them to back off and it goes like (.) that's how the feeling goes (.) from like (.) almost like a burp to (.) a

99 feeling in my hands* like a (..) you know? (.) it's like eh (.) it's like my hands go "yo stop whatever you're

100 doing" you know?

101 -mhm

102 -but (.) it kinda like gets in my head* (2sec) it's almost like a:: almost like a bomb-tic

103 -alright

104 -it just goes from my chest to my head but I don't explode there yet (..) I kinda chill-out and just go to the

105 hands (.) like "ok I'll give the guy a last kind of warning* notice" you know? (..) before I do anything crazy

106 they're like "stop whatever you're doing" (..)

107 -mhm

108 -that's how I feel

109 -sounds like a very bodily kind of (.) sensation

110 -yeah! It is* bodily yeah

111 -mmm

112 -yeah

113 -and ah: (..) well I guess it's hard to describe but (.) when you say you're trying to explain to the other

114 person with your hands (.) how you feel (..)

115 -mhm

116 -like can you give me a couple more (.) information about that?

117 -don't know it's just (.) if somebody gets in my face you know I kind of (.) came out of the train today and
 118 (..)

119 -mhm?

120 -I'm coming out of the station (.) this other guy is trying to come in and you know it's like (4sec) you know
 121 it's like (..) you're trying to go into a place gotta let other people out first you know?

122 -mhm

123 -but this guy is just like he just walk in like (.) same way as walking on the street same pace like (.) people
 124 are supposed to walk out of their way for him (..) so you know um (.) he kinda like (.) was in my (.) I was
 125 getting outside I was like "ok I've got to go there" where I wanted to reach right? Ok I go to where I want
 126 to reach (.) this fool is trying to get in so I'm like "ok" (.) so he I just let him pass you know it's like he just
 127 came (.) right? (.) stopped (.) we were heading to collide with each other at the entrance so I just stop let
 128 him pass* (..)

129 -mmm

130 -but there was like like a split second there when I thought "maybe I should trip this fool" (..) you know?
 131 Was like (.) [laughs] it was like a split second (.) I could see his legs he was like a tall guy: (..)

132 -mhm

133 -and he's just walking like the same (.) the same way big strides like he was on the street and he's just
 134 walking he's like (..) he just walked into a busy station and he's like "everybody's supposed to move out
 135 of my way" so I was like thinking "maybe I should trip this fool" and just walk (.) what is he going to do?
 136 What can* he do? They've just fallen and look like a fool (..) so that's (.) I know [laughs] then I thought to
 137 myself "I'm on my way to talk about anger and I get in a fight" [laughs] you know?

138 -mhm

139 -so I mean for me it's (..) you know if if he had confronted me I'd have I'd have to like tell him "hey!" you
 140 know? "keep your distance" because some people like to (.) they like get to your face with their mouths
 141 or (.) they try to put their hands on you (..) so I usually try and tell them "keep your distance" you know
 142 keep at arms length say what you've got to say I'll say what I have to say

143 -mmm

144 -you know (.) if that doesn't work you know (.) go from there (..) but ah (.) I don't really (.) I usually give
 145 that person a chance to speak their mind (.) explain themselves (.)

146 -mmm

147 -because you know if (.) someone like that that's just (.) that kind of behaviour is just crazy (.) people do
 148 it all the time (.) I've seen that kind of behaviour a lot but (.) just want it to be checked you know? But it's
 149 almost* like they're absent-minded

150 -mmm

151 -yeah I mean some people are just literally absent-minded they're just walking they have blinders in their
 152 eyes (.) sometimes it's not (.) intentional I don't know (.) just behaving like this (.) absent-minded
 153 completely* (3sec)

154 -do you ever get physical with people when they make you angry?

155 -um:: [exhales] sometimes yeah (.) to me I think (.) the line is crossed when people grab me (.) when
 156 they grab me now they're in problems (.)

157 -ok

158 -when you grab me I'm going to grab you (..) you understand? So: (.)

159 -mhm

160 -they'll hit me then (.) you will probably be in trouble (.) you know (.) it will get worse but (.) if you grab
 161 me I'll grab you (.) and I find it is usually people who are bigger (.) not just bigger than me I think usually
 162 (.) ye:ah if people are big but taller than me

163 -mhm

164 -usually think they can grab me (.) people who are taller think they can just get their way because they're
 165 bigger (.) they don't realize (.) you know (.) how vulnerable they are

166 -mmm

167 -and then people who are younger or (.) who think (.) they have more money than you (.) they just talk
 168 how they want (..) you know?

169 -mhm

170 -so that's I mean I would (.) if somebody was younger (.) and they've got a (.) they have a nasty mouth
 171 (2sec) I don't know (.) but sometimes I feel some of these kids need to be (.) you know (.) straightened-
 172 out but (.) it can never (.) I've seen situations where things have gone wrong (..) right?

173 -mhm

174 -Whe:re (.) you can grab someone that's younger than you (.) you try to straighten them out shake them
 175 or something like that (.) you get in a lot* of trouble

176 -mhm

177 -but (.) usually when someone is smaller than you (.) and they will hold you grab you first* (.) then you
 178 know you just (.) you have the right to defend yourself and it's (.) the balance* you know cos when they
 179 catch you even with the whether you (.) you know (.) end up in the police or anybody else (.) most people
 180 (..) they usually (.) it's a resort of like (.) you have a better chance with somebody who's older than you

181 -mmm

182 -that's why they don't [muffled words] and the people I know who've gone into this kind of (.) problems
 183 (.) feel their (.) even their own children* (.) trying to provoke them (.) so I find it's usually the younger
 184 person is always (.) the younger person is in a better position

185 -mhm

186 -the older person holds the amount of discipline the whatever it is so I'm usually (.) someone is older
 187 than me you know (.) that's their problem (.) you know (.) if they're younger than me I'm (..) I'll be careful
 188 what I do (..) you know?

189 -mhm

190 -because (.) I could get into a lot of trouble (.) but (.) someone who is older than me they (.) they're not
 191 my problem (.) they come at me someone who's the same age (.) it just depends (.) you know but I'm
 192 usually a little more careful now near younger children now (.)

193 -mhm

194 -teenagers even (.) kids in this college you know they're (.) younger than me so (.) they're a bit different
 195 (.) to me it just depends

196 -mhm (.) ah:: I've got a couple of questions stemming from what you just said but let me start by asking
 197 (.) do you have an example or two to give me of those people who have been rude to you or who
 198 grabbed you and how you (.) felt basically in that time?

199 -yeah I mean those (.) [laughs] there was some little kid who:: (.) he was he's (.) basically it was on a bus
 200 (.) right?

201 -mhm

202 -I was leaving work and this kids jump on the bus (.) so this guy is after this young girl (.) he is trying to
 203 seduce this girl and she doesn't wanna hear (.) what he have to say

204 -mhm

205 -so:: she jumps and comes to sit next to me (.) and I'm sitting next to the window and she ask me "can I
 206 sit next to the window? Can I take that window seat?" you know the bus was pretty much full with seats
 207 she's just trying to get away from this guy

208 -mmm

209 -he's there with like two or three of his friends and I'm just like "ok let her sit next to" she's sitting there
 210 I'm sitting on the isle that guy trying to talk to her over me so I (.) I'm like (.) I don't know (.) "why are you
 211 trying to talk over me?" He got pissed off and he thought he was brave because he had two or three of
 212 his guys with him

213 -mhm

214 -so he grabbed me and told me [laughs] "move over" understand? And let him sit next to his girl (.) or
 215 this girl he's chasing after

216 -mmm

217 -so (.) I told him I'm not* getting up so he kinda grabbed me and said you know "you don't mess with me
 218 cos I'm a little (.) cockney rubbish" you know (.) and talking all this nonsense (.) I just you know I just
 219 turned around I told him let go of me so he'd grabbed me I told him "let go of me let go of me" so the
 220 bus had stopped (.) right?

221 -mmm

222 -so I waited until the bus started moving (.) I just throw him right on the isles (.) the guy just fell over (.)
 223 he came back and I told him "dude, you touch me you're in trouble" you know? "touch me and trouble"
 224 (.) next thing you know (.) these other people now (.) who were (.) they're not happy with the guy
 225 because him and his friends get in and they're playing (.) some song on their ipod and (.) and I don't
 226 know what (..)

227 -mmm

228 -so they're making a whole lot of noise and (.) other people now jump in the mix but you know (.) the bus
 229 was moving now (.) I'm looking at this kid (.) he has been ruffled you know he never thought I would
 230 throw him like that (.) I really threw him pretty good you know once the bus began moving it was "bang"
 231 I just threw him! They just went three or four benches you understand?

232 -mhm

233 -so I mean the camera is there it's got me I'm sitting down he's standing up holding me (.) holding my
 234 jacket I mean (.) I'm not at fault so he's like (.) the guy wanted to come and evict me from the seat you
 235 know it's a bus you can sit wherever you want so I (.) threw the kid (.) the kid (.) you know walk up and he
 236 was ruffled you know they had knives (.) his friends had knives (.) I didn't know what they wanted to do
 237 (.) they got up and you know they (.) acted like they wanted to make noise you know (.) so I just turned
 238 around like [recreates move] this I'm looking at them I'm looking at him (.) it's like you know "come" (.)
 239 waiting to come first (.) so once other people got involved* (.) they got scared* you know they're like
 240 "hey" because then the bus driver stopped the bus at the next stop (.) he wasn't moving (.) tell him ok (.)

241 you guys you want to go outside let's go outside (.) they tell me [puts on funny voice] "come outside
 242 we're going to do this and that and that" ok (.) I tell them "ok let's go outside ok after you guys go out
 243 first I'll be right behind you" so they got up (.) they got up they're like "let's go let's go" (..) we went
 244 outside to the door and we got to the door (.) I told driver "these guys are making trouble" (.) you know
 245 "call the police" (.) and they are like "oh you are coward you're afraid" and all that "you don't wanna
 246 come outside" I'm like "no no (.) I'm not coming outside" so I told the driver "hey" [bangs hand on table]
 247 (..) you know "you need to throw these kids off the bus" you know? "you need to call the cops" (.) you
 248 know? "right now, you need to call the cops" so (..) the kids now are telling me to come outside I'm like
 249 "no:" I just basically it was like two or three of them on the bus I just pushed them and threw them out
 250 and I told the bus driver "close the door" (.) and that's it* (.) and he closed the door and (.) you know (..)

251 eh it was like (.) somewhere between (.) halfway between where I work and my home

252 -mhm

253 -so I didn't really care (.) I don't care where these kids end up (.) they are (.) like (.) they are not really kids
 254 who are (.) they don't hang around where I work they don't hang around where I live (.) so I don't care (.)
 255 they are like people from nowhere (.)

256 -mmm

257 -stupid little brats (.) so I was like "get rid of them" and one of them tried to like (.) threw something at
 258 me (.) can or bottle or whatever it is (.) but (.) ye:ah I mean that was the first (.) and the last time basically
 259 I had to deal with (.) youth like this

260 -mmm

261 -but I knew* because (.) I'm in the bus you know I had people around me I had backup (.) at least people
 262 who saw what's going on because (.) I mean like (.) slapped around (.) you can't turn (.) slap around these
 263 youngsters because they are re:ally* crazy (.) I'd only do it if I was somewhere where I was like (.) being
 264 seen (.) if there was no camera I'd straighten them (.) I'd sit down and give them a good* talk but (.) I
 265 would not do it somewhere in public (..) because these kids they're crazy nowadays (.)

266 -mmm

267 -they have knives and they have all kinds of stuff (.) they don't listen they've got no respect for anybody*
 268 so: (.) they're stabbing (.) so you can't even be pissed off with them (.) because maybe (.) you don't know
 269 how they grew up you know? All kinds of problems so I don't I don't blame them (.) I only blame adults
 270 but that was the last time I had to deal with a youngster

271 -mmm (.) was it mostly their rudeness or their whole approach (.) the physical approach?

272 -I think the whole thing was (.) first of all (.) I mean (.) the guy had when (.) when when (.) you know it's
 273 like (.) somewhere between where I am (.) coming from and where I'm going this kid jumps on the bus (.)
 274 maybe five minutes or ten minutes later (.) so he's following the girl upstairs with three of his friends (.)

275 or two of his friends (.) so (.) you know she sits down he sits down behind her you know he's trying to
276 play some of this like r'n'b music trying to talk to her (.) he thinks he is (.) some kind of god or (.) you
277 know cupid or whatever

278 -[laughs]

279 -you understand? So (.) the man failed in (.) he failed in his endeavour (.) you understand?

280 -mmm

281 -the girl don't want (.) speak to him you know? He shouldn't be pushing himself on that (.) you know if
282 she don't want she don't want (.) right?

283 -mmm

284 -and she comes to me she says she wants to sit next to me next to the window (.) she wants to put (.) a
285 barrier between her and him so (.) he should have gotten the message there you understand?

286 -mmm

287 -so I'm (.) I'm trying to tell him you know "don't" you know "don't be too aggressive" you know I mean if
288 you make them run away like that* (.) where they're going to sit next to me [laughs] and I'm (.) a total
289 stranger (..) you need to slow your roll (.) so the guy (.) he didn't want to listen so: (.) to me: (.) he was in
290 (.) he was into you know (.) he was deserving* of what he got

291 -mmm

292 -to grab (.) think he was foolish (.) you know (.) to grab me (.) that was just foolish that is like (.) I mean I
293 can understand if it's (.) the man going after his wife or guy and a girlfriend you know? This is different (.)

294 -mmm

295 -this is like (.) there's not a po(.) there's not a po(.) there's nothing* between you (.) you understand? If
296 there's something between you and you I'm at the bus and you're (.) arguing with your wife (.) I'm not
297 gonna come between that* you know? Even if she comes and hides behind me (.) the only thing I'll do is
298 (.) I'll try and stop you try to reason with you stop from hitting*

299 -mhm

300 -you understand? But I won't get between you if you want to talk to her (.) you know (.) that's not my
301 business (.) I don't wanna get involved in that* (..) or your girlfriend or whatever it is you understand?
302 This is a different thing (.)

303 -mmm

304 -this is a kid chasing after a girl (.) who don't want nothing to do with him so (..) I was in my (.) I was
 305 justified in my position to say "no" (.) to behave like I behaved (.) you understand ? so: I was angry* but
 306 really it was a kind of a different kind of anger

307 -mhm

308 -it was like (.) I was (.) kind of I felt (.) little bit justified* (.) to be pissed off

309 -mmm

310 -but I didn't really get that pissed off (.) you understand? Even though it was (.) he wanted to fight you
 311 know it's like (.) just stupid you know? See a stupid arrogant macho you know kind of mentality so (.) I
 312 was pissed off but (.) you know (..) in moderation I'd say (.)

313 -mhm

314 -it was moderated (.) I got angry but (.) I was regulating myself

315 -mmm

316 -And I knew* there was a point which I wouldn't go beyond (.) there was no way I would get of the bus
 317 with them I just wanted to go trick them get them to go outside kick* them out (..)

318 -mmm

319 -and somewhat get the driver to close the door

320 -mmm

321 -that was the whole plan (.) you understand? So you know (.) the whole time with them (.) I was trying to
 322 fool them that I was willing to (.) whatever (.) [laughs] whatever it was they wanted to do (.) fight or
 323 whatever stupid nonsense it was (.) I* didn't even know they had knives all these youngsters now f:
 324 throw all kinds of stuff you never know

325 -mmm

326 -they'll stab with anything (.) with a pencil (.) so: (..) I survived there but you know like (.) I knew* how far
 327 I was going to go with them

328 -mmm

329 -but (.) not beyond that (.) wasn't like I would go (.) absolutely pissed off and I was gonna throwing blows
 330 or anything like that

331 -have you ever been in such a situation? Where you get very pissed off and started throwing blows o:r (.)
 332 just getting very* pissed off at someone?

333 -Um: (2sec) yeah (..) I was pissed off (2sec) yeah (..) couple of years ago at my last landlord

334 -mhm!

335 -I'd been pissed off (.) you know this (.) this (.) this is one of the stupidest landlords you've ever seen
336 right? (2sec)

337 -Please tell me more

338 -It was (.) the landlord was (.) um (.) basically (.) he was going through financial problems (.) right?

339 -mmm

340 -so (.) when he was going through financial problems (.) the ah the boiler in the house broke down (.)
341 right? (.) this was about maybe February or March (.) somewhere around there (.) so February March (.)
342 the boiler br(.) basically the boiler broke down in such a way that (.) it could not sustain heating for over
343 two hours

344 -ok

345 -there are two hours just cut off (.)

346 -mhm

347 -it had some problem and he couldn't fix it (.) and you know (.) he couldn't get no deal (.) nothing (.) and
348 he was broke (.) so: (.) at the end of the day (.) the house had how many rooms? 2,3,4... two of the
349 tenants moved out within a month

350 -mmm

351 -understand? then they told him "give us our deposit" (.) "this is crap this is nonsense" you know?
352 Because basically (.) that means we had to all shower in the morning when we get up to leave (.) within
353 those two hours we have to all shower and be down at that place

354 -that's tricky!

355 -exactly! Four of us we had [laughs] you know we had to get in (.) and get out quick*

356 -mmm

357 -understand? It was like no two showers (.) so basically it was (.) only one shower with two bathrooms (.)
358 you know two toilets (.) but there was only one shower (.) so we had to do that (.) every morning we had
359 to get in line and (.) you know (.) you couldn't like (.) you know like come out too early (.) because some
360 people are crazy they will start showering at 4 o'clock and that means that (.) 6 there's no more no more
361 hot water

362 -yeah

363 -so we had to like (.) contro:l our showering for (.) you know imagine (.) and it was co:ld winter so he put
364 the heating on (.) it's only on for two hours and it shuts off (.) and by the time you get it back on* (..) in

365 the winter especially (.) you know like heating systems (.) it's so* cold sometimes the water might freeze
 366 inside (.)

367 -mmm

368 -so what will happen is that (.) it'll heat up (.) for two hours only (.) cuts off (.) water will freeze inside
 369 there (.) then will take two hours to heat it up (.) you understand? So (.) I mean (.) it was crazy (.) we are
 370 freezing to death (.) you understand? So people some(.) people moved out there's only two of us left (..)

371 -mmm

372 -and the landlord try to convince us "stay stay" you know "this (.) this won't last long we'll" you know "I'll
 373 get the boiler this is just a short-time" you know (.) and the guy* (.) failed to (.) ah: to [muffled] used to
 374 come and send a guy (.) a landscape to cut down the trees you know like (.) fucking trees were growing
 375 to the neighbour's yard (.)

376 -mmm

377 -there was grass all over the freaking place you understand? So: he had to come cut it ever so often and
 378 and trim down the trees (.) failed to do that right? Um:: (..) Eh: failed to take care of like the front of the
 379 house too (.) so basically just failed to do (.) a whole bunch of repairs (.) that had to be done (.) so we told
 380 him this was going to be like "ok" February (.) March was still a bit cold (.) February was the worst (.)
 381 March was cold (.) then it came into summer (.) the hotter months (.) the guy didn't fix anything* (.) then
 382 it got to winter (.) haha (.) freaking (.) once we start getting into like (.) December* (.) the problem had
 383 started in February

384 -mmm

385 -so this guy at the end of the day (.) end up fixing it (.) almost in January the next year (.) you
 386 understand? After convincing us to stay there for the (.) for that* long

387 -I understand yeah

388 -you understand? (.) so (.) after all* that (.) we told him (.) "it was supposed to be two-three months after
 389 three*" when it come to summer (.) the boiler really wasn't that much of a problem

390 -mmm

391 -cos we didn't need the heat* (.) the two-hour shower thing when there was only two of us (.) you
 392 understand? It was a different story right? So: two hours thing (.) whereas the heating (.) you know (.)
 393 that was the main problem (.)

394 -mmm

395 -cos (.) the boiler broke down in the winter (..) so this guy (.) waited through the summer knew he
 396 wouldn't have that much of a problem (.) he came himself to like cut down the weeds and all that stuff (.)

397 then would leave his tools there (.) so that's him saying "guys when you get a chance just (.) do a bit of
 398 trimming" you know

399 -[laughs]

400 -you understand? This guy's like "help me maintain the property" right?

401 -I see

402 -but at the same time (.) we're paying full rent for all this crap (.) so now come winter (.) the winter the
 403 boiler got worse* now it was cutting down almost every hour (.) so we were two guys (.) showering to
 404 wake up (.) we had to shower in cold water pretty much and in freaking winter (.) so: this freaking guy (.)
 405 makes us go through all this (.) he's not giving us any (.) you know (.) any money off our rent (.) we're
 406 paying full rent for all this crap (.) all this time (.) so he says "when I fix the boiler I'll cut you guys (.) your
 407 rent" you know "I'll give you guys (.) both of you I'll give you six months I'll give you like half-rent" right?
 408 (2sec) so: after all that (.) come January I don't know they won the lottery or what happened to him (.)
 409 the freaking guy comes with mortars and flageteers the whole house (.) gets a new boiler (.) new tiles in
 410 the bathroom (.) everything (.) cuts everything in the back(.) in fact he gets rid of all the grass (.) and then
 411 brings in the artificial stuff (.)

412 -mmm

413 -trims down tree (.) I mean repaints the whole freaking place (.) like freaking new (.) I don't know where
 414 he got all this money from (.) then after all that crap* (.) he wants to get rid of us* now (.) and bring in
 415 new tenants

416 -wow

417 -that's what he did he gave us six weeks notice (.) after all that shit that we'd endured for a whole year (.)
 418 so I was fucking pissed with the guy (.) I almost punched him (.) his lungs out (.) then there was he came
 419 one day in the weekend (.) woke me up and (.) and that's when he gave me the six-week notice

420 -mhm

421 -and I was pissed (.) almost knocked him out (.) if he wasn't with his kid I would have punched him in the
 422 face (.) that was one time I was pretty pissed* and in fact I left the house and took a long walk (.) I almost
 423 knocked the guy out you know? (..) and (4sec) that was the worst* (.) and then the guy didn't even like (.)
 424 he had a garage (.) he didn't want to keep my stuff I was like "look, I've gotta find a place that's good so
 425 (.) I'm going to go sleep on somebody's couch for (.)" you know "a couple of weeks just keep all my stuff
 426 in your garage"

427 -mmm

428 -wouldn't do that

429 -nice

430 -yeah (.) that's about landlords in London (.) that's how good they are (..)

431 -mmm

432 -so I was pissed I almost knocked this guy out (.) I wanted to do something to the house (.) I literally went
433 to pick up my stuff I just wanted to (.) leave a match or something and just burn (.) his garage to the
434 ground (.) but the problem is that (.) this fucking guy had kept (.) some stuff from (.) my other roommate

435 -mhm

436 -you understand?

437 -mmm

438 -So he kept some stuff of my roommate (.)

439 -I see

440 -but wouldn't keep mine (..) so (.) that was freak(.) that* pissed me off (.) I was pissed* (.) I tell you it was
441 just ridiculous (..) I really felt back then like burning the place down you know? (..) hehe (.) wow that was
442 one (.) the last thing to piss me off

443 -mhm (..) it does sound like a (.)

444 -mmm?

445 -nasty experience

446 -yes very nasty

447 -but what you did instead was go for a (.) long walk you said?

448 -yeah I went for a long walk a:nd uh (.) when I left the house I stole something of his (.) just to: (.) remind
449 me of him (2sec)

450 -good move (.) I guess

451 -[laughs] it was something that uh (.) basically the phonograph you know?

452 -mhm

453 -playing old records (.) so I took it with me I said "ok, keep this" you know (.) just to remind me of a:ll the
454 crap that I had to go through in this house (.) and g(.) it got really bad I'm telling you it was (.) that last
455 December that he had the (.) the boiler was completely knocked-out (.) was completely knocked out (.) it
456 was (.) going on for an hour then it would go off (.) then it started leaking (..) you understand?

457 -mmm

458 -so: if you put it on at a certain time you know the water would freeze inside the boiler (.) you put it on (.)
 459 the water would freeze and then it would back up in the boiler (.) then just pour out of the boiler

460 -mmm

461 -so if you left it on at night (.) like you know heating the place (.) you go to sleep you wake up in the
 462 morning there's water all over the floor (..) so (.) we learnt this and I had to become like a plumber (.) I
 463 had to bend and learn how to: (.) because there was a pipe inside that was just (.) freezing (.) right?

464 -mmm

465 -Cos the pipes go in and out of the house and (.) into the water system so (.) [bangs hand on table]
 466 basically we had to go (.) find out where that pipe was and then insulate it (..) and then what we'd do is
 467 you know (.) we'd get like a heater (.) this (.) mobile heaters (.)

468 -mhm

469 -and then go and like warm it up (.) warm it up so a(.) it (.) the water would melt (.)

470 -yeah

471 -so I had to become a plumber just to you know (.) to survive this winter (.) then you had (.) you know
 472 because (.) he refused to give us back our deposit (.) you understand?

473 -mmm

474 -until you know he was like he was holding on to it I think our deposits were the ones that were helping
 475 him hold on to and run to a [muffled] that's what was helping him (.) the only thing we had was what we
 476 had (.) access to a bigger house (..) pff what? Two other empty rooms which we could do what? You
 477 know? What? We just hold parties and we have (..)

478 -[laughs]

479 -that is what we got (.) that is it (.) that is all that he did for us (..) mmm

480 -doesn't sound very fair

481 -no it wasn't (..) nasty* business (.) nasty business (3sec)

482 -yeah I shouldn't be surprised that a landlord (.) had done this (..) I've had pretty nasty experiences with
 483 landlords myself

484 -[laughs] yes they are nasty people (.) they're nasty (.) because they think they are needed (.) you know?

485 -mmm

486 -I tell you (4sec)

487 -Do you want some more [points to the tea cup]?

488 -No I'm good

489 -Do you:: (.) like (.) from the way you've been describing things you sound like someone who's doing
 490 martial arts (.) do you (.) do any of that stuff?

491 -No I don't actually I (.)

492 -ok

493 -I think I should and I literally (2sec) literally: ah (..) my pastor got the [muffled] so: (.) he's been (..) about
 494 a year ago (.) about a year and a half (.) he's been (.) running some different techniques* from his GP or
 495 medical advisors so he's been (.) passing those on to us (.) people go to his church (.) they're giving him
 496 the standard you know? Breathing meditation all this kind of crap

497 -mhm

498 -so he's trying to incorporate that kind of stuff into his (.) Christianity and all that

499 -why not?

500 -yeah I mean (.) I've always you know (.) but yeah you can't really (.) you can't bring it to a Christian
 501 church you know (.) asking why to bring that kind of things (.) because (.) the way we talk of things like
 502 meditation (.) this kind of stuff (.) this comes from like a (.) they come from a different angle (.) they
 503 come from Buddhism and (..) other religions

504 -it's true

505 -you know (.) a lot (.) and it's like (.) us Christians they don't (.) to (.) give credit to another religion so: (..)
 506 they kinda try to repackage it and (.) try to change its name and try to give it (.) the same thing! You
 507 know?

508 -mmm

509 -they are the same thing (.) and then (.) try to find a way they can toss some Christian (.) sprinkling on it (.)
 510 look like it came from us (.)

511 -mmm

512 -but you know that (.) that's what he's trying to do so: (.) I kinda wanna research deeper and get to know
 513 where this come from

514 -mmm

515 -so ah (..) yeah I've been thinking yeah (.) maybe breathing a bit (.) you know (.) drinking tea (.) changing
 516 diets but not (.) I've always had a fascination with martial arts but (.) ever since you know (.) I gained so
 517 much weight (..)

518 -sorry come again?

519 -I gained so much weight so (.) I don't think I will be able to perform or learn the way I could have you
520 know?

521 -You might be in for a surprise but

522 -mmm?

523 -yeah

524 -mmm?

525 -basically where I'm getting at with my question is: how do you let off steam?

526 -how do I let off steam? I (.) I go swimming (.)

527 -aha ok

528 -I go swimming I go and play: (.) table tennis you know (.) I used to drink* but now I don't (.) can't drink
529 anymore

530 -why not?

531 -e::h cos I was in a car accident (..)

532 -oh shit

533 -bad one (.) and I lost my driving license and I (.) heh (.) hurt myself real bad around this (.) you know (.)

534 -mmm

535 -my kidney was (.) you know? And I stop (.) basically I had to slow (.) slow my roll

536 -mmm

537 -a little bit (.) so I stopped drinking it (.) nowadays I'm drinking (.) more expensive stuff and a little bit (.) I
538 used to drink a lot of cheap alcohol

539 -mhm

540 -but nowadays then I stopped drinking that I stopped (.) drink out of can beer (.) then I stopped drinking
541 bottled beer then I started drinking (.) like Brandy and (.) cognac and whiskey

542 -mhm

543 -no I just drink everything but less* (.) very little

544 -ok

545 -you know so (.) alcohol is no good so I mean (.) doesn't resolve the issue

546 -mhm

547 -chemically cos once it gets in you (.) alcohol is like fuel innit? it's just pure energy (.) you know? And then
548 the problem with it is that you know (.) alcohol is the perfect* drink for people who want to get angry
549 and mad

550 -who want* to get angry?

551 -Yeah yeah (.) if you want to release your anger

552 -mhm

553 -and you want to go crazy you drink alcohol (..) cos alcohol is fuel (.) it burns so it's (.) a lot of energy (.)
554 then it like (.) it shuts down part of your brain (.)you know (.) so you can (.) so you don't have any (.) what
555 are they called? Inhibitio:ns (.) you just do whatever you want (.) drink it and go mad and break and
556 destroy everything (.) so: (.) it's the worst thing (.) then you forget that's another frightening thing but I
557 can't hold (.) I can't hold it the way I used to (.) I used to be able to hold a lot of alcohol

558 -mmm

559 -and a lot of (.) other little drugs you know? A lot of little marijuanas and that type of things but (.) I can't
560 do it anymore you know what I'm saying? the minute I go into that thing (.) [snaps fingers] it's like that it
561 makes me high and too drunk quickly (.) I don't know I think I've lost part of my (.) it's not psychological I
562 think it's physical

563 -mhm

564 -I don't know this feeling that (.) ever since I've had it like (.) I've started gaining weight I feel like (.) my
565 system is slo:wer (.) you know? So (.) I kinda've stopped doing these things more (.) I think water is the
566 best way (..)

567 -Water?

568 -Yeah I me:an (..) swimming and that kind of other things

569 -mhm

570 -When I relax nowadays (.) I choose rather to swim* (.) or to drink tea or (..) some other way some other
571 sports (.) that's not too excessive

572 -mhm

573 -like if I want to play golf I'll probably play it (..) but yeah that's that's how I: (.) chill out and release
574 steam (.) some exercise

575 -mmm

576 -unfortunately I don't think I'm good with (.) I used to do sex for sometime bu:t (..)

577 -mhm

578 -it's at the wrong women (.) the wrong women I'd hang around the wrong women

579 -ok

580 -mhm

581 -in what way (.) wrong women?

582 -u::m [laughs] they're just you know they're just a bit crazy (.) they're a bit crazy yeah (.)

583 -aha

584 -either they're looking for much more or much less* (..) couldn't find someone who was just looking for

585 what I was looking for so: (.) [snaps fingers] we kind of ended up in (.) a lot of fights* or (.) a lot of

586 disagreements* (3sec)

587 -so overall would you say that anger has shaped your social life in a (.) particular way? (..) o:r

588 -[dry-cough] I think anger (.) well (.) I think (.) I used to be too: (.) too pissed off (.) too violent (.)

589 -mhm

590 -sometime (.) I lost a lot of friends because I was a bit too (.) too quick to anger

591 -mhm

592 -a:h yeah I remember one time I was (..) um (.) living in this house and the (.) we had gone to work in a (.)

593 me and my friend we got that job down in (.) Ilisbury (.) so we'd rented the house (.) we were living like

594 a:ll five of us all house (.) everyone working for the same firm and (.) we'd drink ever again Friday

595 Saturday Sunday we'd just be pure drinking partying so I mean (.) pf (.) one day we got so* drunk and

596 then some guy had pissed us off (.) before (.) he had pissed me off (.) basically (.)

597 -mhm

598 -and he's a very stupid (.) very stupid guy (.) you know he would come* in you know when we were

599 drinking and kinda like (.) our house was (.) well (.) kind of foolish (.) at least the guys I was living with

600 were kind of foolish (.) they had an open house* (.) basically one guy was a dealer* (.) he was selling

601 marijuana

602 -mhm

603 -right? So when (.) you're selling marijuana (.) one of the doors is always open (.)

604 -I see

605 -the kitchen door (.) you understand?

606 -mhm

607 -cos there's business going on there (.) so the front door is locked but the customers always know (.)
608 there's a back way to the house

609 -mhm

610 -you understand so: (.) the little veranda the little area (.) of the house was (.) in the middle (.) right
611 behind it was an attached house (.) 2 or 3 houses attached and there was like (.) a little space* (.)
612 between the houses

613 -mhm

614 -so we'd just know how to walk it and get in through the back door so:: (.) some of these (.) Alex (.) he
615 would come in (.) and I guess he would see he would (.) he was a dealer but I think he was selling
616 something harder* than marijuana

617 -oh

618 -so (.) he was selling (.) marijuana was the cover

619 -mhm

620 -which he would share with us (.) you know? We'd share a spliff everyday (.) before we go sleeping (.)
621 we'd have a spliff and smoke it (.) we'd buy whatever we want to have to do (.) so (.) you understand?
622 But he was selling other stuff behind that (.) because some of these addicts would come in and they
623 would just (.) you know wild out you know? They would freaking go crazy you know some of them are
624 freaking* nuts you know? The guy would come in* (.) you know (.) odd times of the morning (.) you know
625 when when (.) when you are a dealer (.) you deal with the customer whenever the customer is ready
626 you know? So at the end of the day this guy (.) his sleeping patterns were horrible (.) I mean these
627 customers would come at freaking 2 in the morning 3 in the morning 4 in the morning (.) you hear some
628 guy shouting "oh" you know (.) "I caught you while asleep you guys what are you fucking doing? Why are
629 you sleeping? You should be awake man it's all these women out here" and all these fucking [muffled]
630 you know the guy is up and (.) excited (.) you don't know where he's come from you don't know where
631 he's going (.) he's just so* excited (.) you know (.) obviously that's not weed (.) you know weed doesn't
632 make you behave like that (.)

633 -mmm

634 -it was probably some coke or something like that (.) so the guy was (.) it wasn't one it was a couple of
635 them (.) one of these idiots came in one of our parties on a Friday or Saturday and [whispered] I just like
636 (.) [back to normal] we started fighting I almost took his head off and then you know like (.)

637 -you mean with the customer or /

638 -/the customer* the customer

639 -alright

640 -the dealer was my friend (.)

641 -mmm

642 -even though I never really used his product but he was my friend (.) so I was pissed off at him (.) and I

643 was pissed off at some of the other housemates who were kind of (..) too (.) accommodating (.) some of

644 these ladies (.) you understand? There was a (.) there has to be like (.) a level of or some kind of agreed

645 (.) among those living in this house (.) we must agree on certain things (.) not just merely (.) who's gonna

646 buy the freaking toilet paper (.) you understand?

647 -mmm

648 -we have to agree after 5 or after 7 after (.) 1 o'clock 2 o'clock (.) no opening the door we have to

649 freaking close the door sometime

650 -mhm

651 -this fucking place can't be a business (.) a:ll the time (..) so (.) I was angry with some of them and

652 allegedly when I was drunk (.) I bust some guys in and (.) allegedly (.) I was threatening to bust any of

653 these (.) [puts on funny voice] any of his (.) supporters [both laugh] so they look at me like "this guy's

654 crazy" (.) "when he's drunk (.) he might attack any one of us" so (.) everyone but the dealer wanted to

655 kick me out of the house because (.) of that one the (..)

656 -mhm

657 -so:: (.) I would say that anger was like (.) you know (.) I should have found a way of getting rid of it (.) in

658 some way (.) but yeah there was (.) that guy there bugging me (.) and the whole situation there bugging

659 me for a long time (.) and I didn't sit down and let people know (.) what was going on

660 -mhm

661 -set down some kind of rules because (.) basically (.) I had been the guy to tell the guys "ok we need to"

662 you know "have some (.) rules for certain things" you know this would help set up the house (.) get

663 people to stick together but (.) I never really tried to (.) impose* (.) any rules on their lives (.) you know?

664 -mhm

665 -like sit down say "look" (.) [bangs hand on table] "every week somebody has to buy the toilet paper or

666 has to do this or that in the house" so we're living (.) five guys (.) things are going on up and down you

667 understand? So: (.) you have to tell people "get this that and the other" you know? Because we had

668 different patterns

669 -mhm

670 -so I had to tell them “look, from now on, you can’t bring your girlfriend to this bathroom she has to use
 671 the [muffled]” (.) you understand? “We have to agree – the women, they have to go to that bathroom
 672 can’t come to this one” cos you know guys (.) I mean (.) fucking hell how guys can mess up a bathroom
 673 (..)

674 -yup

675 -[laughs] and it’s like (.) you don’t want to invite women to (.) you know? (.) guy’s a fucking (.) the guy
 676 goes to toilet (.) I don’t want even to imagine if there was one toilet (.) you understand?

677 -I do yeah

678 -so: (.) I mean (.) some basic rules (.) you know a lot of them are just youngster they’re just foolish

679 -mmm

680 -you know some of them are from Moldova (.) or Russia? One of them Russian (.) one girl is from Kazak
 681 (.) you know they are from all* over the place (.) so (.) cross-cultural things and (.) you know

682 -mhm

683 -sometimes hard to explain to people (.) they don’t accept or even (.) you know (.) they think you’re
 684 trying to (.) be funny with them or you don’t like them you know it’s (.) it’s hard to explain (.) so:: (.) it
 685 was hard living (.) but it was (.) yeah it was kind of an angry situation because I couldn’t impose too many
 686 rules on them or trying to impose (.) and let them figure out some things (.) but that was bugging me* (.)

687 -mmm

688 -what had bugged me that the dealer himself having been a dealer for some time (.) he didn’t really (.)
 689 understand how he had to (.) because this guy was (.) letting us smoke his weed every day (..)

690 -mmm

691 -he he kind of felt like [puts on funny voice] “oh I’m letting these guys smoke my weed so, it’s like I can
 692 like, they’ll allow me they’ll allow my customers to misbehave”

693 -mmm

694 -that was not true (.) so (.) when I broke off when I got pissed off [bangs fist on hand] now everything
 695 everybody (.) turned against me instead of supporting me and (.) I know that (.) what was I thinking
 696 anyway so (.) that was one situation where I lost my temper (.) flipped out on a guy

697 -mmm

698 -although he never (.) you know took it any further (.) actually I ended up fighting one of his friends
 699 [muffled] (.) this is very funny (.) this guy who I attacked (.) this customer (.) he went and told somebody
 700 else lies that I had said about them (.)

701 -aha

702 -and then those guys ended up attacking me in a bar (.) then we went to having a big* fight (.) and
 703 getting (.) everyone got arrested (.) you know (.) so (.) that was another thing (.) that was just crazy (.) it
 704 was insanity (.) you know?

705 -that was pretty (.) messed up I guess

706 -yeah I mean (.) there was (.) I used to drink a lot those days so (.) and I used to go to the bar alone (.) to
 707 the big (.) big mistake but yeah

708 -mhm

709 -so I mean this* guy I pissed him off I hit him so he went and told some other people lies that I'd told
 710 about them (.) and they attacked me in a bar (.) we all got arrested (.) so that was (.) another time that I
 711 got very pissed off although (.) I didn't know who to get angry at because I didn't find out about this until
 712 a year* later

713 -I see

714 -yeah (.) so I didn't even find that it was him* who told them* "this and that and that" so I was pissed off
 715 at them "look man, why?"

716 -I see (.) ok

717 -so: (.) I mean (.) those days alcohol drinking and the fighting (.) that's how I was getting through my
 718 anger (.) it was like (.) if I'm angry with you we drink we fight and that's it (.) but then (.) as I was living in
 719 that house (.) I had one instance where (.) some younger guys (.) they got into trouble (.) I gave them bad
 720 advice* (..) and they went out and they got into trouble (.) it came back at me (.) so after that I kinda like
 721 (.) you know I kinda changed my (.) way of operating

722 -mmm

723 -because these were young (.) much younger than me* and I'd given them some advice about something
 724 which (.) I was(n't?) 100% sure (.) or (.) I was led to believe on some kind of situation (.) and then (.) I
 725 gave them bad* advice (.) then they came back (.) [muffled] (.) they came back at me* so: (..) [inhales] I
 726 felt pretty bad about myself you know I felt like (.) "boy, I've got no right to be angry at this kind of
 727 situation" so I never (.) I never had to confront that kind of (.) you know (.) anger from them*

728 -mmm

729 -I mean from (.) from those younger guys who thought I was (.) I was knowledgeable in this thing (.) in
 730 which I had misrepresented myself (.)

731 -I see yeah

732 -so that kind of like (.) made me think (.) and to cool down a little bit because some of these (.) some of
733 these things I'm doing* (.) I'm kinda not justified being angry all the time (.) so I need to cool down (.) cos
734 I saw these kids (.) justifiably angry at me so I had* to (.) back down and think for myself (.) you know?
735 That's why (.) at least I see things a little bit differently after that (.) you know and after the: (.) the police
736 business you know (.) once I get knicked it's (.) it's a whole other story (.) once I get knicked (.) that's it (.)
737 cos once I got knicked at that bar (.) right?

738 -mhm

739 -maybe 2 weeks later the police see me driving a car (.) stop me (.) every time they saw me drive they
740 stop me (.)

741 -I see

742 -because once you get drunk and you fight and you end up in the jail (.) drunk driving is like (.) and they
743 feel it's like (.) "you are a drunk driver" (.) you understand? So every time they see you driving (.) they
744 don't care what the (.) it might be freaking (.) 9 in the morning or afternoon or 3 o'clock in the afternoon
745 (.) it doesn't matter they'll have to stop* you [bangs hand on table] so (.) every* time they saw me they
746 stopped me (.) "that guy" (.) it's like you're marked* (.) that's it*

747 -mmm

748 -it's like once they know that it's in your record that's it (..) [bangs hand on table] and eventually they
749 caught me drunk driving [laughs] (.) but ah (.) I'm telling you it was like a: (.) once the cops get you and
750 they come after you and they start harassing you (.) [claps hands] that's it (.) it's [muffled] complete

751 -did that* piss you off?

752 -yeah I was pissed off but you know the the cops it's like you're fighting a brick wall you know you fight a
753 brick wall (.) and I had to go and deal with cases and judges and (.) I came to realize "my God" (.)
754 common sense* (.) my common sense thinking (.) if I was to try and (.) sit down with somebody who was
755 like an intellectual (..)

756 -mhm

757 -I mean (.) I'll get it out (.) and deal with it logically (.) at the end of the day (.) the law is completely
758 different to that (.) what you think is common sense is not legal (.) the law is the opposite it's almost like
759 (.) we:ird and oh (.) it's f(.) insane it's like crazy (.) you understand? It's like you're knocking on a door that
760 will never open (.) so you fight and you throw the blows (.) you get angry and angry (.) the more you get
761 angry the more it gives you (.) pressure (.) you understand? And punishment (.) and pressure

762 -mmm

763 -at the end of the day I mea:n it just b(.) it wears you out (.) that's what (.) dealing with police does it just
764 wears you out (.) you know it wea:rs you out and makes you lo:se (.) you know (..) almost like it's
765 designed to make you lose your will to fight you understand?

766 -aha

767 -so that half of my anger lost (.) fighting battles with the police and the law (.) on something as stupid as
768 drunk* driving (.) drink* (.) you know this kind of things (.) you know that's (.) took (.) half of my time half
769 of my anger away

770 -mhm

771 -the way I used to be is not the way I (.) I am now (.) so half of it was just just stamped out by by the law
772 (.) that's why I even went to do* law

773 -aha

774 -cos I'm in the legal side of things (.) you know I was part in (.) more like (.) business maybe at work
775 business like engineering kind of student (.)

776 -mhm

777 -math (.) I'm more of a math guy

778 -ok

779 -but now I'm more of a legal (.) history guy so (.) after (.) you know (.) after basically I'd been laid off I said
780 "maybe I'll do law and change my career" but then now again (.) it's kind of cut (.) the legal business (.) or
781 law (.) it's kinda hard to get into law

782 -I see

783 -yeah so it's something it's (.) it's (.) let's call it rough (.) let's call it tough (.) even though (.) it's kind of
784 tough but (.) ye:ah see half of my anger disappeared fighting the law because (.) they don't care whether
785 you're right (.) you could be right and you could be pissed off (.) and you could fight (.) but they are still
786 beat you (.) turn around and see (?) the law is completely different to common sense (.) you know? (.)
787 and if the (.) if the cop's on you (.) they'll never leave you alone they'll harass you (.) it's like (.) you are a
788 suspect in everything

789 -mhm

790 -imagine (.) for doing something like drinking I'm telling you it's crazy (.) it's insane (.) you can't drink in
791 public you can't do this you can't do that (.) now I can't drive so (2sec)

792 -yeah (.) I get the picture yeah

793 -yeah (..) and that's [bangs hand on table] that's another thing I'm angry about (.) I can't drive for maybe
 794 another year so: that's it (4 sec)

795 -cool well to be honest you've answered most of the questions I've had so far just by talking for your own
 796 so thanks for that (..) ah: I do have a couple more if you're ok with that

797 -right

798 -ah so (..) first of all I need to ask (..) would you classify anger as a negative or as a positive emotion? Or is
 799 it neutral? Or both? How would you call that?

800 -I don't know I think (..) I think it depends (..) it depends on how old you are or in my* case

801 -mhm

802 -I just look at anger as a positive emotion

803 -ok

804 -you understand? Because at the end of the day there's just (..) so much injustice* in the world it's so
 805 much wrong* (..) in the world

806 -mhm

807 -you can see it now (..) you can see the nonsense that is going on now (..) and see how (..) the people are
 808 reacting to (..) they're called terrorists (..) they call it terrorism (..) it's really just anger (..)

809 -mmm

810 -that's really all there is to it it's really just anger* (..) and now they're reacting to it as if (..) it's in
 811 themselves they're terrorists (..) they're not angry

812 -mhm

813 -and it's kind of something very malignant something very (..) almost evil* kind of way of dealing with this
 814 (..) you know (..) kind of caricature of people

815 -mhm

816 -and they say "they're terrorists" (..) a terrorist is not a person has no emotion is not is not somebody's
 817 son somebody's father he has no freaking (..) brain to think for himself it's not an intellectual (..) it's like
 818 he's a thing you know? It's like turning someone who is human in (..) in (..) you know dehumanizing them
 819 (..) completely

820 -mhm

821 -you understand? so this is (..) basically (..) a terrorist is somebody who's very angry and full (..) full of
 822 suicidal thoughts (..) that's how they are portrayed (..) understand?

823 -mhm

824 -and that is come (.) every day (.) look around you it's just like (.) put on your TV (.) for whole week (.) I
 825 think it's a:ll (.) they'll show one terrorist blowing up in I don't know (.) there was one in Sweden one in
 826 Russia St. Petersburg one in freaking (.) Egypt (.) I mean every day there was one from every other
 827 country

828 -ye:ah it was a wild week indeed

829 -it was a wild week innit? Was it last week?

830 -or two weeks ago

831 -exactly

832 -I remember that

833 -it was a crazy week there was a bombing from different countries everyday (.) all of them were allegedly
 834 Muslims

835 -mmm

836 -all of them were angry (.) all of them were suicidal (.) I mean there's no* reasoning (.) even the guy who
 837 who: did the crazy stuff outside parliament (.) it doesn't go into what you're thinking* (..) um: it's like (.)
 838 it's just like (.) nothing (.) there's nothing about their character

839 -mmm

840 -there's so* much about the character of the people they have hurt you know "this guy, he'd come from
 841 America he loved his wife and took her to trips around London he went to school here and there" fucking
 842 so much information about the victims

843 -mmm mmm

844 -so much (.) what they were like their hopes their freaking anticipations all this freaking crap (.) but the
 845 guy who did it is like an empty vessel is like (.) you watch the guy from London right? People (.) he was
 846 staying at a hotel right?

847 -mhm

848 -all the guests at the hotel "I met him he was a nice guy can't believe he did this" (.) the staff (.) the
 849 freaking manager "I met him nice guy paid on time didn't..." you know "friendly as hell can't believe he
 850 was even thinking these thoughts" you understand? So the guy is like ah (.) I don't know how* you look
 851 at them (.) he's angry (.) suicidal (.) but he's not showing either one

852 -mhm

853 -you understand? It's like he's cloaking them you understand? It's like he's full of this anger [laughs] and
 854 yet he's nice he's nice and normal so (.) you cannot know who they are (.) but they're very angry and
 855 they're very suicidal (.) so (.) I mean (.) in this kind of environment (.) I mean (.) I don't know what to say
 856 whether anger is positive or anger is negative

857 -mhm

858 -but anger is being sold as (.) negative (.) something negative

859 -mhm

860 -but you wonder (.) I mean (.) the people who actually fight this anger (.) are they not angry? Like (.) isn't
 861 the prime-minister angry? All these people who are (.) Russians the Swedish (.) aren't you* angry?

862 -mhm

863 -when these people blow up all this stuff? Aren't you angry aren't you feeling anger and is anger not a
 864 good thing then? Because you're going to fight with these people you need anger (.) you would need
 865 anger you would need to be angry (.) otherwise (.) how can you move? Anger will give you energy (.) to
 866 wake up and go (.) fight these people if you you know but (.) you know (.) it's portrayed like (.) people are
 867 very passive (.) people who are passive (.) "I don't know what I'm just going to work I don't know what"
 868 and then this guy just came and blew up stuff and interrupted everything drove a truck (.) they're all
 869 driving trucks nowadays (.) trucks are (.) you can't afford a truck rent a car

870 -[laughs]

871 -so I'm this (.) this (.) the way the situation is (.) I think anger a positive thing

872 -mhm

873 -plus* the way they are setting it up and they're portraying it is "these people are angry they're suicidal"
 874 but they're not explaining who it is they are going to fight these governments and all these (.) prime-
 875 ministers and those fighting those (.) those terrorists

876 -mmm

877 -who's gonna fight them? Are they not going to be angry too? I mean you need some anger* (.) or how
 878 are you going to approach this? Are you like Jesus (.) going to forgive them? Hug them or (.) what are you
 879 going to do?

880 -mhm

881 -you are going there to blow stuff up you understand? So you're this so you're angry (.) they're not
 882 talking they're not talking about their own anger

883 -mmm

884 -they're just talking about those people's anger and how they're suicidal but at the same time they can't
885 detect the (.) how can you be so* angry to the point of killing* yourself and killing somebody else but
886 nobody can see it? You look (.) pleasant (.) and macho and all that (.) I mean (.) come on

887 -mmm

888 -I'm* angry just (.) by the way they are portraying it and I think it's positive (.) people are* really angry
889 you understand? Because (.) this passivity cannot keep going on (.) you know people can't keep blowing
890 up stuff and people are not (.) angry enough to go "hey, why are they doing it? How come they're doing
891 it in 50 different countries and all these countries and yet nobody can stop them?"

892 -mmm

893 -I mean the whole (.) I mean anger is positive (.) to me (.) that's all I think (.) I think we need anger to get
894 (.) for somebody to get off their behinds and do something about this (.) cos if the governments* do
895 something about it (.) we know what they are going to do (.) they're going to do what that (.) the Trump
896 guy does (.) just blow up and (.) he's going to attack another country

897 -mmm

898 -and (.) what he'll do is what he'll do (.) kill these people there (.) and then (.) those people there will get
899 angry and then they'll (.) you know (.) end up somewhere (.) in London or wherever it is (.) cos this is all
900 this game is about (.) it's about (.) go kill innocent people there (.) those innocent people sign up to the IS
901 or whatever it is (.) organization there is (.) and then they'll come and blow stadiums (.) and then we (.)
902 gives us a reason to go and blow people there (.) I mean it's a cycle that's (.) that's what I see (.) a cycle (.)
903 because there' no (.) it's like the powers of the world have no big enemies and they don't compete
904 against each other

905 -mhm

906 -for some reason they don't want to compete (.) they just want to collaborate (.) they still need to explain
907 why they spend all their money on defence and weapons so they're trying to create this (.) cycle of
908 terrorism and it (.) it makes me angry just to see it (.) because that's what I see (.) innocent people are
909 getting killed those people that are in these countries retaliate and they call them terrorists (.) if they
910 retaliate in that* country (.) I* don't consider them as terrorists but they'd still be called terrorists you
911 understand? How can isol (.) what they call isol (.) isol means what? Islamic State of Iraq and Syria (.) if
912 they are fighting in Iraq and Syria (.) how can they be terrorists? They are rebels they are trying to take
913 over the place

914 -mmm

915 -I understand that they fight if they're in those two areas (.) they're not terrorists (.) they are fighting to
916 take over [muffled] (.) that's their home they're trying to get it off their government (.) that's their
917 business

918 -mhm

919 -but if they do it here (.) then they're terrorists (.) they have no business doing doing their war here (.)

920 they wanna take over over there (.) they should move there you know? And there's nobody who'll admit

921 that they're different* (.)

922 -mhm

923 -so (.) that kinda make me angry* (.) to see that we are living in this kind of environment where (.) it's

924 just (.) I mean there's no: (.) nobody's even trying to get the facts (.) tell the truth (.) we are just in this (.)

925 insane madness of just lies and violence (.) that* makes me pissed off and (.) not enough anger (.) people

926 are not angry enough to carry plackets and go down the street (.) and fight each other (.) because that's

927 what they do (.)

928 -mmm

929 -they go down the street and they see someone else that has the opposite placket and "you're for war

930 I'm against we'll start fighting there" (.) that makes sense (.) I mean people need to be angry enough to

931 do much more than that

932 -mmm

933 -so I think anger is positive*

934 -great (.) cool (.) anything you'd like to add?

935 -I don't know you said you had two questions

936 -yeah well basically you answered (.) more or less both of them (.) um:: actually let me improvise a bit

937 and ask you (.) you mentioned that you're a Christian didn't you? You go to church

938 -I go to church yeah (.) I'm not necessarily a Christian I go to church (.) sometimes I go to church for other

939 people

940 -oh ok

941 -yeah

942 -so: I was about to ask uh (.) if you see any anger in the teachings you hear in the church? In that sphere?

943 -well if you go to the bible (.) Jesus got angry on the (.) what they call that? Money-exchange

944 -mmm

945 -the betting shops inside the church

946 -the temple

947 -in the temple and

948 -mmm

949 -so he found these what are they called? Betting shops (.) they call them bureau de change (.) you
950 understand?

951 -mhm

952 -business inside the temple (.) once they started doing their business inside (.) he got pissed off

953 -mmm

954 -and he broke stuff and you know brought it down and all that kind of stuff although he was arrested you
955 know (.) but he did all that so (.) that goes to show (.) you know (.) anger is part of the religion [laughs]
956 the bible has three parts innit? what is it the three you know the Creation of the World

957 -mhm

958 -then Man's tempting to Sin

959 -mhm

960 -then you've got the so-called saviour Jesus (.) the character coming to save you

961 -mmm

962 -then people they descended to sin again then you have Armageddon destruction

963 -the apocalypse

964 -the apocalypse (.) you understand? You have two (.) three basic hills (.) three mountains (.)

965 -mhm

966 -one is the creation (.) the other is the (.) the return of the Christ (.) then you have the third one is
967 apocalypse which is nothing but anger (.) so God comes back angry (.) he came with love in the beginning
968 to (.) create and now he's pissed (.) he ends everything

969 -sounds like a natural cycle

970 -[laughs] it's almost* that it's almost like a cycle but (.) I think it's (.) it's very different from a natural
971 cycle

972 -mhm

973 -it's totally different I mean this whole idea of the human intersection is very (.) it's very problematic
974 because (.) humanity I mean (.) if you go into a forest (.) right? You know that (.) forest can spread I
975 mean pretty much all of the continents right? If human beings aren't there to stop that

976 -mmm

977 -cos humans are the bigger deterrent to (.) to nature progress

978 -absolutely

979 -now we (.) yeah we are the most* destructive creatures (.) even though we need that forest we are the
 980 bigger destroyers (.) you understand? So if you look at it (.) in reality (.) it's not necessary for us to exist
 981 for (.) what you call nature to go on (.) you understand? Fish and (.) trees and (.) insects will keep
 982 propagating (.) we are not functional (.) so if we all died right now (.) everything will go on as usual you
 983 know? It's like

984 -pretty much

985 -mmm?

986 -pretty much

987 -yeah! I mean there'll be no:: (.) the [muffled] will take over again (.) that's the thing no-one was ever
 988 really in control here you understand? If at a:ll (.) you'd say what the insects will go back on top of the
 989 food chain or (.) actually bacterias are at the top of the food chain (.) they eat us alive every day

990 -mhm

991 -and viruses (.) they feast on us (.) as we live (.) we can't live without them (.) and we can't live without
 992 them eating us alive

993 -so:

994 -yeah actually underneath that

995 -mhm

996 -we can't even see them you can't see that (.) they're eating us alive but (.) we sti:ll (.) keep thinking we
 997 are (.) I don't know (.) I don't know what we think we are (.) at the end of the day (.) we are not necessary
 998 for the food chain (.) we are not necessary (.) we do not have to exist (.) so: whether we are here or not
 999 (.) everything goes on (.) so (.) this who:le so-called natural cycle (.) at least in the bible it's like (.) this
 1000 human intersession is (.) kind of weird in that (.) you know if God created the world (.) why would he
 1001 send anybody back just to save (.) this very destructive thing that is hanging around here (.) which is not
 1002 even necessary?

1003 -mhm

1004 -it's not necessary to bring this thing into place (.) cos we just take out what we put back in (.) I mean
 1005 money (.) that's all pretty much we are good for

1006 -[laughs]

1007 -yeah! And guess what (.) we don't even put it back in nature (.) we are strange creatures

1008 -true that

1009 -yeah I mean we (.) all our sewage goes into a plant and it's turning into fertilizer (.) and then it goes
 1010 back into the soil (.) we take all the shit in all these cities (.) we take it recycle it and put it back in a plant
 1011 (.) put some additives in it and then (.) councils and cities sell* it (.) to farmers (.) imagine (.) all our crap
 1012 (.) it doesn't go back

1013 -[laughs]

1014 -you know we eat for free but (.) to put the stuff back in the ground we have to judge (.)

1015 -[laughs]

1016 -that is all (.) it is just (.) when I look at it in religion (.) any religion you look at (.) violence is steeped in all
 1017 of them (.)

1018 -mhm

1019 -you know but it's not violence in terms of (.) you know this kind of human emotional violence it's like (.)
 1020 catastrophic violence like (.) life ending (.) it's always like this (.) high-level insanity almost like a flood*
 1021 and then all the religion have some concept of (.) karma or whatever you want to call it (.)

1022 -mmm

1023 -it's death (.) they put on a different shadow (.) death (.) they put a god there (.) but it's still (.) it's still
 1024 anger because (.) you know (.) we are putting it out there (.) you know we are the ones putting it out
 1025 there we are some of the biggest (.) we are the eternal anger in the world I mean (.) just go to a zoo and
 1026 look at those animals (.) and they look at you (.) and you can see it in their eyes they're pissed (.) they say
 1027 "why did you take me out of there? I was living free and enjoying myself (.) had all of that and enjoying
 1028 myself (.) and you put me in this shithole? With all these iron bars? So that kids can look at me and throw
 1029 stuff at me?"

1030 -[laughs]

1031 -it's true (.) you can see even the animals are getting pissed off (.) the anger is just pilling up pilling up (.)
 1032 you know we* are the biggest purveyors of anger in the (.) in the whole universe probably (.) you know I
 1033 doubt there any other aliens

1034 -[laughs]

1035 -even if there are aliens if they come and saw what people are doing here they would never come back
 1036 (.) they come see it once they'd be like "oh shit, we don't want anything to do with this cos they're out of
 1037 their minds"

1038 -I think I agree

1039 -yeah

1040 -nice (.) so that's interesting (.) is there anything you would like to add?

1041 -about anger?

1042 -yes

1043 -yeah I think anger is is (.) in this environment can be a positive thing there's too much ignorance (.)

1044 there's too much ignorance too much (.) too many people who don't (.) so much things they don't* know

1045 (.) but it al(.) it's a:lso (.) it's people are lied to (.) so much (.) they're lied to (.) look at Brexit (.) that was

1046 the biggest con ever

1047 -[laughs] well

1048 -I mean (.) I mean it is so* obvious (.) I mean (.) people should be angry and they should use common

1049 sense (.) I mean (.) Brexit was based on anger it was an (.) angerful (.) it's the biggest (.) if you want to

1050 study anger you should [laughs] study Brexit

1051 -a few people have told me about that actually

1052 -yes I mean that's (.) Brexit was just all about anger

1053 -mmm

1054 -what was the anger about? Was it (.) who are we angry at? They're angry at government they're angry

1055 at Cameron (.) they were angry before that at the: dickhead (.) to the dickhead who were running the

1056 libdems

1057 -Tony Blair?

1058 -No the libdems (.) this idiot who's like running the government with (.) you know the coalition

1059 government (.) I mean (.) Cameron and this* dickhead I don't remember his name (.) he was so* stupid

1060 (.) he was a libdem

1061 -mhm

1062 -so he: (.) the minute he got into power (.) right? There was a coalition government (.) it could have been

1063 (.) conservatives with anybody else but they (.) chose libdems right? And when the libdems promised (.)

1064 they're going to keep the fees low (.) guess what? The minute they come in they throw that they say "ok

1065 we are the government we're happy that's it. They can't kick us out of the government because

1066 otherwise there'll be an election so... we're happy to have all these good jobs, as ministers as all that"

1067 they throw out their promises they said "ok conservatives whatever you want we'll just agree with you"

1068 (..) threw away I mean (.) that was the biggest thing (.) listen people voted for libdem to keep the fees

1069 down (.) fees came from 3,000 or 2,500 up to [muffled] is it 9 grant? it's insane (..) people with no money

1070 you want them to pay 9 grant (.) it was 2,500 now they're paying triple (.) it's not like they increased it by

1071 50% or gradually (.) they went from 2,500 to 9 grant (.) straight (.) and the party fought against that but
 1072 when they got into power they conceded (.) the Conservatives (.) they said "ok, whatever they want us to
 1073 do. We just want to be in there so long as we're in power" that's it (.) that's* what they did* so (.) all this
 1074 anger* (.) is (.) the students are angry at the libdems (.) right?

1075 -mmm

1076 -libdems are on with the Conservatives (.) people are angry at the Conservatives because they're cutting
 1077 everything (.) they cut from spending on benefits to (.) you name it they're cutting everything (.) right? So
 1078 people angry at them (.) and the Conservatives used this Brexit vote to trick all that anger and turn it
 1079 away from them because they're the cause of the anger (.) most of it (.) and then blamed Europe (.)
 1080 continental Europe (.) "you should be angry because of Europe, all your problems could have been solved
 1081 had we not been in Europe" that's what they're basically telling people

1082 -mmm

1083 -so turn around think "oh yeah Europe was a problem" that's what they basically told them "Europe was
 1084 a problem all along, the reason we are doing cuts all this is because of Europe"

1085 -mmm

1086 -so:: it was very simple and it (.) they gave them the comfortable way out (.) "you're angry you don't have
 1087 to come and chant on the streets and do that. All you have to do is just go pull a lever and just tick a box.
 1088 That's it. It's comfortable. Just say it. "No to Europe". That's it" I say no (.) cos most of them were angry
 1089 but they were not thinking

1090 -mmm

1091 -and guess what they are being fed lies (.) just the government lying to them day after day after day (.)
 1092 and guess what (.) after all that anger all that ignorance has been fed a lot of bullshit (.) so it's just pure
 1093 bullshit (.) they got (.) some prominent names (.) "come on stand up and give that bullshit" pure lies! (.)
 1094 people voted "out" I mean (.) to me it's almost like (.) the whole country's like a big* lab that was like a
 1095 big experiment (.) [muffled] (.) it was like a big anger experiment you know take all the anger that's been
 1096 (.)vented (.) you know built-up over the years and then point it somewhere else (..) what will happen?
 1097 People thought (.) they said "oh this is why I'm angry! This is what bring all the problems. Yeah it's not
 1098 about the government who did all this nonsense... no it's EU!" (..) point their anger there (.) that's the
 1099 reason (.) you know "it's immigration" or whatever it is (.) and people [] all that anger against the
 1100 immigration against the government (.) because immigration is the government (.) the government can
 1101 alter the immigration policy (.) it's within EU rules (.) they allow it (.) they could have done it a long time
 1102 ago they chose* not to do it (.)

1103 -mhm

1104 -and they knew what they were doing (.) and guess what [bangs hand on table] you can't have a
1105 referendum and (.) these are material clause that changes any contract or treaty right? (.) so: (.) what (.)
1106 what changed materially to force* David Cameron to hold the referendum? Nothing (.) he just went and
1107 called it (.) you understand? There was no* reason for him to call it (.) the last treaty to materially change
1108 (.) because the EU is a contract innit? it's a deal between Britain and Europe right? Or the EU (.)
1109 organization (..) If EU changes something materially that changes a position of Britain (.) right? (.) like ah:
1110 get some kind of rule that changes you know the amount of debt or deficit that a country can hold (.)
1111 now they have all these kind of rules innit? 19-20% or 50% or whatever the hell it is (.) that materially
1112 changes (.) the country's position right?

1113 -mmm

1114 -so that (.) itself (.) triggers automatically the right to a referendum (.) you cannot have a referendum any
1115 time you want (.) when you sign a treaty you can't have a referendum right in the middle of it when
1116 nothing* has happened change the contract

1117 -mmm

1118 -some things must change you understand that is (.) you're married and then your wife tells you "from
1119 now on you can't sleep in my room you have to freaking go and get your own damn room" (.) sleeping in
1120 separate rooms

1121 -mmm

1122 -that materially changes the damn contract so you can get a divorce based on that* (.) so that is (.)
1123 there's nothing* that happened (.) it's like nothing at all that materially changed the deal between EU
1124 and UK (.) so calling a referendum in itself was illegal

1125 -I see

1126 -you understand?

1127 -mmm

1128 -it was illegal you can't just wake up and say "oh you know what I don't like you anymore" or you know
1129 "my wife, I don't like you anymore, I need to leave you now" (.) nothing has changed (.) you understand?
1130 I mean something has to have changed I mean (.) it's not like you even (.) listen! (.) these guys haven't
1131 even done new deals with other countries or they don't have anything cooking (.) nothing in the works
1132 with any other countries (.) just in case they left the EU

1133 -mmm

1134 -so it's like a guy telling his wife "I want to leave you" but he has no-one on the side (.) it's like "where
1135 the hell are you going?" you know "what has happened between you and your wife? Everything was
1136 normal and one day you said "I'm going to split" why do you want to split? Nothing has changed between

1137 you and your wife and guess what you've nothing no-one waiting for you on the side" (..) it's [laughs] the
 1138 whole thing is fucking insane if you look at it like that

1139 -yeah indeed

1140 -yeah (..) or what is the reason? Why did he call a referendum? He has no reason to do it (..) but the
 1141 reason he did it was what? That this country has no constitution at least not a real one

1142 -mmm

1143 -right? Parliament is sovereign (..) that means parliament (..) parliament has the power (..) not* the people
 1144 (..) the people do not have power in this country (..) parliament has all the power only parliament can
 1145 make laws (..) people can't make laws

1146 -mmm

1147 -so if with the referendum (..) parliament can change it (..) parliament can do anything it wants (..) basically
 1148 parliament can do anything it wants (..) the people can't (..) they have to do what parliament (..) allows
 1149 them to do (..)

1150 -mmm

1151 -so since he (..) had the majority in parliament (..) the PM (..) he could do any goddamn thing he wanted
 1152 [bangs hand on table] (..) and he decided (..) he wants to have a referendum because (..) I don't know (..) there is some game* he was looking for (..) I mean think about it (..) he give the Scottish a referendum
 1153 before* he did the EU referendum (..) think about it (..) right? I mean (..) how can he do that? How can you
 1154 tell us "Scots, have your referendum" then after that* you change (..) because (..) Scotland is in the UK (..) the UK is a deal*
 1155
 1156

1157 -mmm

1158 -called United Kingdom (..) it's a deal that's made between Scotland England Wales Northern Ireland (..) of
 1159 how they're going to co-exist (..) powers (..) regulations (..) taxes (..) they are deals like points of contracts
 1160 right?

1161 -mmm

1162 -no:w (..) when they're in the EU (..) right? Or getting into the EU (..) these contracts changed (..) right? But
 1163 the Scots accepted they said "ok, we accept to be in the EU but don't change anything... as long as the UK
 1164 deal the contracts unchanged, we don't mind going into the EU" but now that they're coming out* of the
 1165 EU (..) everything is going to change (..) right? When we entered the EU you understand that means so (..) something material (..) is going to change (..) because EU was making the loans coming down into the UK
 1166 right?
 1167

1168 -mmm

1169 -Scotland had its own legal system (.) so if you pulled out the EU (.) you'll affect the Scottish legal system
 1170 taxation system (.) goods coming in (.) you understand? You'll change something material to the contract
 1171 between Scotland and the UK

1172 -mmm

1173 -because the UK gave powers to the EU right? Now as they're coming back* (.) the UK is not the same
 1174 from the time it entered to the time it's leaving

1175 -mmm

1176 -it has changed something (.) the deal* with Scotland have changed (.) if you've given them more power
 1177 giving more power to them (.) right? But guess what even though they devolve power to them (.)
 1178 Scotland is still affected by the (.) the law of the EU right? So now the same where Scotland was in 1973
 1179 is not the same way that it is now

1180 -mmm

1181 -it has more* power within the UK (.) so as the powers come back from the EU to the UK it won't be
 1182 going (.) you know (.) it won't be distributed equally (.) you know (.) back to Scotland (.) some to Wales
 1183 you know then some to London no (.) London will get everything (..) all the powers coming back to
 1184 London (.) then* they'll decide what to give to Scotland

1185 -mmm

1186 -so Scotland [bangs hand on table] should never have been given that referendum before* the EU one (.)
 1187 they should have the EU referendum first and if people want to leave Scotland have their referendum
 1188 after that (.) [muffled] you know (.) that's how things should be (2sec) but* (..) you saw this you saw what
 1189 this guy did (.) that's what it is (.) that's what it is so: (.) the whole thing is a game it's based on anger I
 1190 mean (.) politicians (.) [muffled] they use just basically human emotions I mean there's no logic* to
 1191 anything that they do (.) especially in Britain (.) they just prey on anger frustration I mean it's just pure
 1192 human emotions they just prey on (.) look at it it's just plain emotions

1193 -I guess

1194 -Yeah because it's almost like one ask himself (.) at bottom line this is just anger (.) and frustration (.)
 1195 that's it (.) isn't logic that (.) there's no:: (.) people aren't thinking "what am I going to get out of it?"
 1196 people don't think like that (.) people to Greece (.) I guess with your political (.) although now Greece is in
 1197 a different state

1198 -we had a similar referendum over there

1199 -yeah?!

1200 -yeah and I guess those were the main (.) forces at play with ah (.) you know the people back there (.)
1201 people were pissed off (.) you know they gave them a scapegoat to blame and then yeah
1202 -what?
1203 -people actually voted to leave the Eurozone (.) the EU
1204 -ok
1205 -but then the government just turned around and told them “yeah thanks for your vote but we’re not
1206 gonna do it”
1207 -what? So...
1208 -yeah I (.) it’s ah
1209 -[laughs]
1210 (conversation drifting off to Greek politics etc.)

1 -OK as you know this study is about anger and the experience of anger so (..) what role would you say
2 anger plays in your life?

3 -Um:: (.) I'd say it's a regula:r (.) feature

4 -Mhm

5 -Um (.) fairly (.) un*welcome feature of my life not just my (.) personal psychology but (.) those I am close
6 to

7 -Mhm

8 -Particularly my (.) current partner um and (.) there's a long history of (.) of anger and (.) anger issues and
9 (.) violent outbursts in my (..) father*

10 -mhm

11 -and my brothers (.) so it's a: (..) there's an inter-generational (.) transmission to some extent but ah: no
12 matter how (.) how much I try and educate myself and try and become a cultured individual it doesn't*
13 go away

14 -mhm

15 -ah (.) I smoke* (.) so I think (..) I think that's a symptom of (.) of anger that is not (.) socially acceptable so
16 it becomes something I (.) internalize there's a lot of anger that is (.) not recognized in myself (.) toward
17 myself (.) do you know what I mean? (.) and (.) and I can become quite outwardly* angry towards others
18 although I wouldn't express* it

19 -ok

20 -um (.) yeah

21 -how do you find this feeling (.) when you're not expressing it?

22 -how do::?

23 -how does it feel when you're not expressing it?

24 -Well it kind of (.) there's a word in English (.) "seething" (.)

25 -mmm

26 -It seethes it kind of (.) it builds up* (.) it's almost like a hydraulic system I feel* like there's a well within
27 me (.) you know and I try to keep the levels down but every now and again some times some extreme*
28 (.) overflows occur and (.) as I've become (.) I'm in my 30s (.) as an adult (.) as I've experienced some (.)
29 some* (.) quite severe hardships when it comes to (.) my mother dying (.) three days after I passed my
30 PhD and (..)

31 -mhm

32 -and (.) I wasn't able to go to her funeral due to (.) how angry I was at my father and my family

33 -mhm

34 -and there's just been a (.) there's been a severe* disconnection between me and my fa:mily: (.) me and
 35 my social circle since (.) I kind of had (..) I suppose a nervous breakdown (.) after my mother died (.) um I
 36 was (.) I was taking drugs I wasn't sleeping I ended up in prison (.) I managed to (.) get myself out* of that
 37 situation and (..) there were some extreme (.) moments when I was (.) I was (.) I was so* angry that (.)
 38 you know (.) my decision-making was (.) was (.) limited to the extent that the authorities had to get
 39 involved you know? I was not able to make rational choices I was trying to kick down my friend's door*
 40 to get my (.) my diazepam prescription so I was [blurred word] certain medicines that helped keep me
 41 ca:lm (.) I was taking beaterblockers for a while I was (.) I was on a quite high dosage of (.) of tranquilizer
 42 but I've managed to kind of (.) I've managed to reclaim* more of myself (.) it hasn't got rid of the anger

43 -mmm

44 -I've just grown up I've just learnt that (.) if I lose control* like I have done (.) like my father used to on a
 45 regular ba:sis (.)

46 -mmm

47 -and if I frighten people close to me (.) the outcome will be police are involved (.) court cases (.) prison
 48 and I don't want* that (.)

49 -mmm

50 -so (.) there's (.) there's a (.)[bangs hand on table] there's a risk for me that I could lose control again but
 51 (.) because I'm like hea:lthier now (.) I'm not taking drugs and I'm sleeping and I'm trying to make
 52 something of my life (.) again (.) after (.) getting through such a traumatic childhood being in foster-care
 53 (.) cos my (.) my father was truly (..) pathologically aggressive (.) to my mother (.) primarily (.) and both
 54 my brothers sort of didn't (.) didn't educate themselves so they have quite a limited life (.) I've tried to
 55 take a different route but it hasn't (..) it hasn't removed the (..) the rot* (.) you know? the anger the
 56 boiling* seething* potential to become violent (.)

57 -mhm

58 -and I am certainly not* a violent pe:rson but (.) if people push me or if I feel under attack or threatened
 59 or I feel (.) injustice* there have been times when I (.) I just used that* as an excuse like n (.) nothing (.)
 60 nothing will matter (.) my life wouldn't matter (.) I will fight* for the principle [inhales] (.) but you kind of
 61 have to learn to suppress it and you have to learn to kind of (.) compose yourself (.) to not let other
 62 people push your buttons and that's a skill (.) that's a strategy that I'm only recently learning

63 -mmm

64 -I wouldn't say I've mastered it (.) but regularly I feel pushed to the point where in the past I would have
65 exploded or become physically (.) confrontational and I still (..) am* being (..) pushed into situations with
66 people I love that (.) require* me to defend myself (.) which is about bad decision-making and I'm drawn
67 to the wrong kind of (.) explosive personality that can quite (.) quite easily (.) take advantage of me: since
68 I have the (.) the (.) the label of like a vulnerable person with mental health difficulties as well as (.) some
69 medical issues so it's just kind of (..) it's while I was drawn to (.) I mean I'm interested to explore* it (.)
70 myself* (.) I don't think I need to go to anger management but (.) I would go if I (.) had* the opportunity
71 because I think it's (.) it's a matter of your own self-respect it's a matter of how (.) how far are you willing
72 to go (.) to make your point (.) if you can't use verbal communication (.) maybe you need to remove the
73 risk remove the threat of (.) move away from the people that seem to be (.) rallying you up or provoking
74 you and I find it hard to do that when I have a very isolated social existence with just one person who I
75 love (.) who loves me (.) who just happens to be (.) better at controlling (.) themselves but also (..) good
76 at (..) pushing my buttons you know? It's a test (.) all the time (.) just to try and keep things calm in my
77 life

78 -mhm

79 -and to try not to (.) engage in (.) too much conflict or if conflict is going on like (.) you know
80 psychological conflict (.) to try and (.) I have to tell myself there's like a switch* to not let that switch go
81 off but now I know (.) when that switch goes off I know it (..)

82 -mhm

83 -and I know to think ahead and look through the (.) repercussions of (.) if I (.) react too (.) severely (.) or
84 too harshly to this (.) perceived threat which later I will probably regret (.) so try it's weird it's like you
85 have to suck it up (.) there's a saying like "grate your teeth"

86 -mmm

87 -"put up or shut up" (.) you know? My mother used to say "if you can't say anything nice don't say
88 anything at all" and I just (.) I'm just trying to practice these (.) these life-skills that (.) that (.) weren't
89 really taught to me as a child that I'm having to pick up as an adult under (.) immense stress trying to do
90 (.) good things* with my life

91 -mmm

92 -but I can't expect other people just to bow down to my every whim my every wish (.) I have to accept*
93 there's gonna be conflict in life but I need to have strategies as to how to avoid them becoming (.)
94 outwardly (.) you know (..) physical (3sec) [inhales] so: (.) it's a big deal* I mean (.) not a week goes by
95 when I'm not (.) challenged in this way (..)

96 -mhm

97 -I can get by (fine?) my day-to-day life me and my personal* relationship (.) it's a (.) big (.) it's a major
 98 feature (.)

99 -mhm

100 -how to manage (.) not only my (..) anger my aggressiveness but (.) someone else's (.) who (.) is perhaps
 101 (.) too old to change and (.) should be doing their own work on it but I'm (.) having to kind of compensate
 102 for their lack of self-awareness as well as take the blame for (.) for everything* that goes wrong and it's
 103 like (.) it's like dealing with (.) vaguely (.) sort of psychotic phenomenon where people are not really (.)
 104 perceiving reality but I'm having to live in their (..) delusion

105 -mhm

106 -and (.) I'm having to not (.) feed into it by just (.) it's it's making* me get stronger (.) having to stay calm
 107 (.) but it's also keeping me very close to that line of risk* of (.) potentially (.) what if I snap? What if I lose
 108 control? And that's* what I'm constantly scared of (..) but thankfully* for the last year or so: I've been
 109 able to walk away (.) whereas in the past I think I was too dependent on people I was too (..) I was I was
 110 homeless I was (.) taking drugs I was not thinking straight I wasn't sleeping* (.) for five days in a row (.)
 111 [inhales] and none of that stuff bodes well (.) as I've (.) as I've experienced first-hand and I don't* wanna
 112 go through any of that again so it's (.) it's easy to kind of remember and step away and just think
 113 "nothing is worth me losing my freedom" (..) I never wanna be incarcerated again (.) I never wanna have
 114 to go through the drama of court cases and dealing with police and I was (..) [inhales] in a such a
 115 ridiculous story of (.) being like (.) taken* to the hospital by the police cos my partner had stabbed* me:
 116 (..)

117 -Wow

118 -And (..)

119 -Was that in a fit of rage or was it/

120 -/well it was (.) as I was being locked out of the place I was trying to kick the door in to get my stuff and
 121 the police came (.) took* me to the hospital (.) I thought* they wanted to kill* me (.) I thought they
 122 wanted me dead so I escaped* the police in hospital by climbing through a hatch in the toilet and the
 123 police got me again* (.) outside and I ended up like kicking* a police officer I just made my own life (.)
 124 living hell (.) for a year or so (.) doing all this crazy stuff (..) and I never* wanna do any of that again but
 125 it's (.) it doesn't strike me as surprising when I look at the life I've had and the parents I had and (..) I
 126 witnessed regular* (.) physical abuse (.) growing up and (.) both of my brothers sort of tried to eh have a
 127 protest with my father but he's such a big guy (.) neither of them won (.) I never got to like (.) I* never
 128 bothered trying* (.) I just left home and went into care (..) but that creates a big sadness and I think
 129 anger is connected to sadness* (..)

130 -Can you tell me more about this (.) connection?

131 -[inhales] I think (2sec) when* you're sad about something and (.) no-one will understand no-one can
 132 understand and you don't even wanna go into it because you are trying to avoid the (.) the feelings that
 133 are associated with why* you're sad (..) anger is the next go-to (.) place you know? I just think (.) it's
 134 obvious to me that it's connected to a (.) to a sadness in anybody that is ah: angry* (.) there's never
 135 anger without sadness as far as I'm concerned (.) it's just hard for the person who's angry to recognize
 136 that* sadness their anger is a (.) symptom of them being unable to look at that sadness

137 -mhm

138 -so I think I'm like on the: fence with it like I can* (.) I can recognize that there's sadness* connected to it
 139 and I want* to look at it (.) but it's hard* (..) so then anger is still an option* (.) but I'm turning away*
 140 from it and (.) it doesn't mean you automatically deal with the sadness you are still stuck between
 141 sadness and anger (2sec)

142 -mhm

143 -so* you try and ignore* it you try to just get on and try not to focus* on the sad stuff try not to (.) be in
 144 life situations that make you angry but you can't avoid them everywhere*

145 -mmm

146 -there's a limit there's like (.) the normal* day-to-day when you are experiencing [???14.04] stresses and
 147 people pissing you off and stuff like that and I can deal with that but (.) most people avoid anything over*
 148 that (.) most people (.) sensible people (.) get ah an insight into (.) someone else's propensity to evoke ah
 149 (.) extreme* emotion in them (.) and they walk away

150 -mhm

151 -cos nobody wants that (.) if you're (.) rational if you're well-supported by other friends if you've got
 152 other people around you who don't* want you to be angry and want* you to (.) work through your
 153 sadness I mean I'm lucky I've got some* good people in my life but I'm (.) I'm isolated from them and the
 154 sadness* keeps me away from them (..)

155 -mmm

156 -and it keeps me somewhat* co-dependent (.) with certain people that (.) probably have a similar
 157 dynamic with me* but I am not trying to (.) draw out other people's anger I just happened to have lived a
 158 life where I seem to be comfortable* around (..) excessive* amounts of emotion* (.)

159 -mmm

160 -and I'm not* (.) that scared of it but at the same time (.) I think I should* be so [inhales] (2sec) [exhales]
 161 ah: it's just (.) it's a conundrum but I imagine I'll be spending the rest of my life trying to figure out how
 162 to keep the balance cos I don't wanna walk away from it anymore and I'm not* gonna judge anyone for
 163 being angry* (..)

164 -mmm

165 -of* being too old to change their ways and look at where the (.) anger comes from it's not my place to
 166 tell anyone about themselves but (.) living with someone you do* get to know them and they (.) in the
 167 end there's a limit to what they will (.) hear (.) there's a limit to what they can (.) see of themselves (.)

168 -mhm

169 -and (.) I:: (.) I* live face-to-face with that limit every* day (..) I* seem to have no* limits [giggles] as to
 170 what I can see of myself and what I can feel of other people's I'm very very like (..) sponge-like and I can
 171 feel other people's emotion and I will be convinced that (.) I'm* like the reason why they're feeling this
 172 and they'll be convinced but I think* about it later (..) I have to remind myself I'm not the reason* why
 173 other people have (..) traumatic life experiences that lead them to be dysfunctional (.) I might be in* their
 174 life now experiencing the repercussions of that dysfunction and I'm not their therapist and I'm not (..)

175 -mmm

176 -holly put together myself wholly supportive and just able to be a container for all of their unrealized
 177 emotion so (.) at this point in my life aged 34 I do: (.) it's like I'm (.) I'm fearful that (..) I don't have the
 178 right stuff I don't have enough of the right stuff to guarantee I will survive any onslaught of (.) other
 179 people's emotions (..)

180 -mmm

181 -I don't have the skills to know a:lways when to (.) pull away (.) I definitely do not have the skill to (.)
 182 dissociate myself completely from the wrong (.) kind of person I seem to be (.) unhealthily drawn to (..)
 183 the kind a kind of chaotic lifestyle and (.) I don't like* it but I have to accept that about myself it's like (.)
 184 the alternative seems like (.) complete (.) isolation and complete (.) solitary just being (.) very depressed

185 -mmm

186 -and I can deal with that now and then but (.) if I have the option I'll go with the chaotic (..) more
 187 expressive and (.) potentially more exciting (.) option

188 -mmm

189 -to the end of days I'll go that* way

190 -mmm

191 -even though I'll be kicking myself along the way it's "it's so* much drama" and "why am I bothering?"
 192 but it's just (..)

193 -Does this drama make you angry? Or /

194 -/Yes it does* (.) it does (..) I take it inside* I don't (.) I don't let someone know I go quiet it's I mull it over
 195 in my head I feel the injustice* of things I feel really angry about things but it (.) it fades (.) if I don't (.) if I
 196 don't do anything about it (..) things tend to go better (..) but I'm not (.) dealing* with it and it means it's
 197 a continual (.) presence* in my life where I'm just (..) sort of abso:rbing* this (.) negative (.) emo:tion that
 198 I I'm processing internally and after a few days I just (.) put it into perspective and it (.) seems to
 199 disappear but I'm sure it goes somewhere (..) in me* it's being internalized (..) you know?

200 -And is this the source of anger? This internalization?

201 -Ye:ah:! (.) it f (.) it feeds into like (.) risk-taking behaviour you know if I decide I wanna like (.) take some
 202 drugs or (.) take* an overdose or maybe I'm suicidal you know all of those things come from that amount
 203 of continual absorption of of (.) of affect* that warrants an a reaction but I don't I don'[t have the right or
 204 I don't have the space to react or I've learnt that if I react (.) things go worse for me

205 -you mentioned that before you mentioned something about regret after you /

206 -/yeah!

207 -Would you like would you like to tell me more about it? So what kind of regret or what kind of
 208 reactions?

209 -[exhales] Every time I've I've I've (.) felt this injustice of like let me "let me protest this injustice" things
 210 always go worse (.) for me

211 -mhm

212 -things become more* chaotic there's mo:re stress there's more drama there's more* anger it starts to
 213 become (.) a snowball effect

214 -mhm

215 -and it just can go on and on and I'd just rather not start an avalanche (.) so (..) there's something there
 216 making the loud noise that can cause the avalanche and I'm just trying to like (.) keep that noise quiet (.)
 217 but there's an avalanche building in me

218 -sounds very stressful yeah so you say you can create an avalanche with the people you know or you just
 219 internalize the whole thing and/

220 -/no-one else can know or can deal with my avalanche so (.) let's not go there like (.) it's not* gonna help
 221 me: and (.) they're not going to understand the point I'm maki:ng it will always get (.) blamed on me even
 222 though this is being caused in my opinion by (.) this loud noise that (.) is coming from outside of me (.) it's
 223 still being (.) blamed on me so (.) in the end I just give up it becomes hopelessness you just kind of think
 224 "well, what's the point?" you either become really reactive person and I've been that person

225 -mhm

226 -I've tried every wee way of reacting to the point of ending up in prison (..) and this never got me
 227 anywhere (..) it just takes longer to recover from* those reactions (..) so let me try and just keep it (..) keep
 228 my (..) mouth shut let me just try and (..) give people the benefit of the doubt maybe they're not* trying to
 229 kill me (..) maybe they don't* want me dead

230 -mmm

231 -maybe they do care even though (..) it's not feeling friendly right now cos today it might feel like this but
 232 in a couple of days I'll have got over it (..) I've been through worse (..) but if it's a regular cyclical pattern of
 233 life where every few days you're having to kind of (..) settle down inside yourself because someone is
 234 making you angry but you can't* let them know (..) and you're not free to (..) express your (..) disdain* in
 235 the same way they* are with you and you're constantly being told you're* flawed or you're in the wrong
 236 or you're doing something that's making them unhappy and you never get to say the equivalent back (..)

237 -mmm

238 -that (..) shit makes me angry* it's making me angry now thinking about it [giggles] you know it surely
 239 doesn't* go away

240 -mmm

241 -and it's a c (..) it's like a hydraulic system it's like (..) the (..) the level is here [points to belly] and people
 242 are pouring into it that's why I try and (..) as much as I can (..) remove* the (..) the inputs that can make
 243 that go up (..) whenever I've (..) whenever I've felt that (..) possibility of someone else really suddenly
 244 making this level rise (..) I've just distanced myself but there's always one* person in my life that I can't
 245 seem to distance myself from who's doing it (..) a lot* like (..) regularly continually (..) I might have a few
 246 days of peace and quiet but they will know exactly how to (..) make it overflow

247 -mhm

248 -and I find this like a challenge I find this like something I (..) am [breathes in and out] it seems unhealthy
 249 but I feel like (..) my ability to (..) keep the level down and not let other people (..) make me lose control (..
 250 can only be making me stronger (..) "what does not kill you makes you stronger" (2sec) but it might be
 251 slowly killing me (..) so (..)

252 -mhm

253 -but (..) at this point I couldn't care less because it's my: (..) existence it's the life I live it's the bed I've
 254 made I have to lay there unless I'm willing to (..) tear myself away from what feels most natural which
 255 does seem to be a very expressive emotional chaotic life (..)

256 -mmm

257 -I don't have anyone else to blame I cannot blame anyone else no-one's forcing me (..) you know? It's
 258 my* choice so (..) that's where I'm (..) the confusion comes in from (..) perhaps being given the wrong

259 messages as a child that (.) love is wrapped up with violence and (.) anger is not always proof that there is
 260 no love in fact sometimes anger is (..) proof of the opposite (.) there would be no anger if (.) someone did
 261 not care so I think that's* where I'm (..) troubled

262 -Do you stand behind this ah (.) view of love and anger?

263 -Yeah:: I mean (.) it's all I've ever known

264 -mhm (..) do you have examples from your personal life you would like to share by any chance?

265 -Oh yeah (.) it's like (.) it's like a dual aspect of (.) it's like a secret pleasure in (.) when (.) I* make
 266 someone else* angry:: (.)

267 -mhm

268 -it's like knowing f(.) for an instant knowing that (.) you're still important to that person (.) if they didn't
 269 care about you (.) there would be no emotion but the anger and the level of the anger is a (.) is a
 270 measuring stick for me (.) it shows me how much they care about me and that's fucked up (.)

271 -[laughs]

272 -right? But it's

273 -well...

274 -It's something I know to be true (..) so secretly I might have made someone angry and they'll be angry
 275 with me and it'll be hard for me to deal with but some* part of mine will be like (.) happy like "ah:: they
 276 still care" and that is just (.) a dysfunctional and disturbing reality that I've lived my whole life (..) my
 277 mother (.) demonstrated that to me my whole life she never* left my father he used to beat her (.) stupid
 278 day-in day-out and (.) even to her dying day she was devoted to him and she was (.) reassured by his
 279 devotion to her (..) it was like (.) she told me this (.) that (2sec) being hit or being (.) um (.) the subject of
 280 some (.) my father's aggression was proof that he loved* her and was better than nothing

281 -mmm

282 -and that is the bare nuts and bolts of it that is (.) what I gained [bangs hand on table] from (.) my parents
 283 this is what I (.) learnt (.) about love (3sec)

284 -you mentioned before that it was anger that kept you away from your mother's funeral

285 -yeah I was so* angry with my dad

286 -mhm

287 -he made a (.) well he did* kill her (.) so (..) it was hard to (.) um (..) face him

288 -was it (.) are you being metaphorical now?

289 -no: I mean (..) in (..) in a (..) in a metaphorical sense he was killing her my whole life as well as she was (..)
290 sitting in and out of wanting to die and wanting to live and I was the one with her on my (..) her head on
291 my lap asking me to help her end her life* and then m (..) moments later crying and saying she wanted to
292 live* (..) that was one of my earliest experiences so (..) he was so* violent to her and so* abusive that she
293 became disabled and (..) in the end she was on like breathing machines and (..) he (..) he:: (2sec) there was
294 suspicion about her death the police asked me do I think my father killed my mother and I kind of was so
295 distraught that I was offended that they'd ask and I asked him (..) and he denied it (..) but deep down
296 inside I know (..) th(.) the possibility of him taking the oxygen away (..) it would have been a kindness of
297 some kind (..) in his eyes and I don't (..) it it (..) I don't feel different towards him about the fact that he
298 may well have ended her life (..) than I do about the fact that he made her life a living hell every day that I
299 was growing up

300 -mmm

301 -it doesn't change it (..) in a way I was* glad he put her out of her misery if he did as well as I'm angry with
302 him but (..) at the time* (..) there was no way I could go to the funeral I was too distraught (..)

303 -mmm

304 -I was too (..) I was so* connected to my mother (..) that (..) her being physically dead on the on this
305 planet um (..) didn't* require me going to her funeral and I know she would understand (2sec) sh(..) she's
306 a she's a cadaver now (..) you know?

307 -mmm

308 -I don't need to go I have no connection with my family they are just are sources of pain and abuse (..) so
309 why go? Just for my mother's memory? No I mean I live in honour of my mother every day she'd be
310 proud of me being here now (..) she'd be proud of the (..) the efforts I made to reclaim my life after some
311 of the awful things that I've been through since she died

312 -mhm

313 -and I'm pretty sure she was waiting for me to finish my PhD because she died three days later so (..) you
314 know (..) I had such a close bond with my mother I was looking after her when she was unwell I was her
315 constant (..) go-to

316 -mmm

317 -I would be in another country she'd be in the hospital and I'd be the first person by her bedside I'd be
318 visiting her bed every* day (..) staying with her for hours my family my brothers my dad couldn't handle it
319 for ten minutes (..) they they just washed their hands of her like w(.) I was the last (..) eh youngest child in
320 a series of three boys and I felt I was born into a family of men who had just already washed their hands
321 of my mother (..) she was a chronic alcoholic my father just fed her alcohol her whole life she was lying on
322 the sofa for most of my childhood with a bucket (..) and there was a time in just the year before she died

323 where my dad asked me to go and look after* my mom and I went to find her (.) she'd been lying in her
324 own urine for a week and he hadn't even helped her (.) her wash and I had to help her use the bucket
325 and the state of her existence the quality of her life was so* devastating but it was like that for my whole
326 life so (.) while I only have compassion for myself and what I've seen I have no qualms with the amounts
327 of anger and aggression and (.) and violence that is within me and I am quite proud of myself for the (.)
328 amount of control I have

329 -mmm

330 -for how soft-sounding I might be and how caring and compassionate I can be to other people (.) I just
331 have no interest in opening myself up to anyone's (2sec) interests* (.) you know? I might be a suitable (.)
332 ah (.) vessel for other people to pour whatever they want into but I will not just let anybody do it (.)
333 [sighs] so (.) part of me feels like I'm just repeating the cycle but I'm like (.) am I just (.) am I living the life
334 that my mother lived or am I somehow between my mother and my father but I'm certainly not (..) an
335 abusive person (.) I just am (.) vulnerable to abuse and being abused and I seem to be quite (.) quite
336 comfortable or quite ok with letting it go on even when I know it's not cool (.) and I can't (.) I can't shake
337 it (.)

338 -mhm

339 -just yet and I hope I will be able to in the future it's something to do with (.) my self-worth it's something
340 to do with (.) [bangs hand on table] still having something to learn (..) it may all be as it should* be (.) it's
341 not all (.) a bad* story in my life right now it's not all bad

342 -mhm

343 -I don't need it to be all good (.) in order to be ok it's just how bad (.) will I let it get before you know (.)
344 when you get to the point where you start to question how much of it you wanna share with your friends
345 because you know what they're gonna say (.) time after time people are saying "you really need to get
346 out of this situation you really need to get out of this situation this is abusive this is controlling this is..."
347 whatever (..)

348 -mmm (.) and how do you feel when your friends tell you that?

349 -I feel sort of like (.) emba:rrased*

350 -aha

351 -that's embarrassing that (.) it's so obvious to other people and I can't seem to explain why I just can't
352 justify why I'm ok with (.) the situation I would never advise anybody* in my friendship circle to put up
353 with the shit I put up with (.) [inhales] but for some reason it's ok for me (..)

354 -mmm

355 -cos (..) you know I'm like hanging on by (.) by my teeth to life really (..) I'm just trembling back onto the
 356 platform of like (.) a life that I'm proud of and (.) that I want other people to be proud of and I've always
 357 been good at distinguishing myself and doing well in these ways but I've always always also* been quite
 358 (..) a mess?

359 -mhm

360 -so (.) half of this is just like (.) acceptance being like uh (.) "it's me I'm ok with it this has always been (.)
 361 me I get where it's coming from I'm I'm not gonna beat myself up too much about it" but (.) it does chip
 362 away at your sense of self-worth when (.) you (.)

363 -mmm

364 -when you allow yourself to be mistreated* and you have no recourse to (.) you and you know you will
 365 never* have any recourse to make that person aware of just how damaging (.) their attitude towards you
 366 is (.) but there's some triumph in it for me (.) for being (.) being ok even though* they think it's ok but
 367 everyone else thinks [giggles] it's abusive and I (.) don't really like it but I'm bigger than that I'm better
 368 than that (.) I'm not gonna (..) s (.) I'm not gonna allow* someone to reduce me like that (.) they may
 369 think* they are* (..) I may (.) I may (.) show signs that I'm diminished (.) but I will always (.) pick myself up
 370 again I will always rise again I will always (.) I know* (.) when I get away from that* situation I will pick
 371 myself up and start again and be fine but (.) I may end up in a similar dynamic

372 -mmm

373 -and that is just the nature of the beast (2sec)

374 -You've mentioned a few times how you: (.) sort of regulate your life how you get back to that point and
 375 all that (.) would you say anger is in any way (.) does it play a role in that? In /

376 -/ye:ah (.) ye:ah (.) when you get that* angry that you think someone wants you to fail so* much that you
 377 just that you use it (.) you use it for good reason you use that energy* (.) to propel yourself to prove
 378 them wrong (.) and I can always* do that (.) I can always do better than that person

379 -mhm

380 -so: (.) it's a it's a (.) it's a (.) it's a rich well of emotion that you can draw from for negative (.) and* for
 381 positive

382 -mmm

383 -but it's dangerous

384 -dangerous?

385 -it's dangerous because (.) you can lose control you can be in danger

386 -mmm

387 -I am sometimes in danger sometimes I'm locked out suddenly my partner tricks me to leave the house
 388 takes my key from my bag and I'm locked out late at night (.) and I'm trying to become a nurse (.) that's
 389 bullshit (.) d'you know what I mean?

390 -why does your partner do that?

391 -because of their* sadness and anger (.) that apparently I'm the source of (.) that (.) I can see it as (.) I
 392 can't agree*

393 -ok

394 -but I'll never be able to (.) debate the point I'll always have to accept it and that's (.) what (.) eats away
 395 at you (.) it eats away because you feel like "god" you really wanna get them back or some revenge or
 396 something but I just f:orget that (.) I've tried every wit way of that revenge (.) tactics and it just (.) causes
 397 more trouble and stress than it's worth

398 -mmm

399 -but it's like (.) the alternative of pushing away and being like "fuck you this and that" the alternative is
 400 not* (.) nothing and peace and zen and Buddhist meditation (.) it's (.) it's internally* (.) is: (.) you're
 401 taking it in and it's having* an effect and it can be (.) to spur me on to do better* regardless (.) and it can
 402 also be (.) chipping away at my (..) my will to live*

403 -I hear you (.) yeah (.)

404 -Yeah? (.) I will never let anyone (.) crush* me it will only be up to me [giggles]

405 -Does it ah (.) is what you're talking about what the British refer to as (.) bottling up emotions? Or is it a
 406 different thing?

407 -No I think the bottling up of emotions is a generic sense of what I'm talking about

408 -mmm

409 -I mean (.) on a very deep and raging (.) rageful level that is about bottling up emotion [bangs hand on
 410 table] and it's eating away at you

411 -mmm

412 -and it's (.) it's (.) p(.) ah:: I mean it gets (.) it keeps me hot (.) I* run* hot* (.) you know what I mean?

413 -mmm

414 -I like to have the windows open (.) my partner (.) does not like the windows open and wants to shut the
 415 windows and put the heaters on and I'm (.) I'm hot (.) I'm bothered (.) on a molecular level your cells die
 416 (.) sooner (.) the more hot they are

417 -mmm ok

418 -you know like (.) we can freeze like cryo (.) cryo-something (.) the cell (.) lives longer the cooler it is and
419 I'm learning now that this (.) this (.) this running hot thing (.) getting all hot and bothered (.) bothers me*
420 so I just don't want (.) I don't want other people to be able to like make* me that hot I have to try and
421 stay ca:lm

422 -ok ok I get it

423 -that's my challenge (.) just try to stay calm (.) even when things are going to pot even when things are
424 getting a bit

425 -mmm

426 -you know even when someone else is being avold and (.) hurting your feelings and potentially (.)
427 mistreating you (.) even then (.) I'm learning to try and just stay cool

428 -mmm

429 -definitely* try and not to make it worse (.) cos I am very good at doing that [laughs]

430 -ok (.) by pushing other people's (.) buttons?

431 -Yeah without even knowing just by defending myself just by trying to make the point that "this is not fair
432 and it's not ok"

433 -mmm

434 -you get to a point where you learn you've tried every* wit way of explaining to someone and they'll
435 never see it the way you see it so (..) so fine I don't have* to see it the way you* see it I'm never going to
436 be convinced that I'm the source of all your misery

437 -mmm

438 -I may be being a bit (.) mmm (.) absent-minded or (.) or selfish I have those propensities in myself and
439 I'm entitled* to them (.) no-one can take that away from me (.) if I have to put up with your shit (.) then
440 (.) you're gonna have to put up with some of mine (.) I'm not gonna try to make it worse

441 -mmm

442 -when I see it's getting out of hand and I now need to (.) stay calm (.) we don't need to revisit it (.) every
443 time we try and revisit it in conversation it's always still intellectually disjointed

444 -mmm

445 -someone sees it like this (.) and I'm trying to get them to see (.) how it is for me: (.) and it doesn't work

446 -mmm

447 -cos I'm quite (.) sophisticated (.) intellect (.) who can see things from different perspectives not
 448 everyone can do that

449 -mmm

450 -and I can't expect them to so in the end you end up knowing that and just (.) just accepting that (.) you
 451 know (.) agree to disagree you'll never be able to get them to see the (.) there really* is an injustice on (.)
 452 on me* but (.) they think they're* the one that's hard done-by (..) so be it

453 -mmm (.) even (.) sorry please

454 -can you just say sorry and (.) acknowledge and (.) keep it moving (.)

455 -mmm

456 -that's what Mariah Carey says [giggles]

457 -[laughs] does she?

458 -ye:ah (.)

459 -ah/

460 -/apologize (.) acknowledge apologize and keep it moving (.) it's the easiest way to go through it

461 -well if Mariah says so

462 -yeah! Mimi

463 -um: (.) would you say that being an intellectual and being able to see different points in situations makes
 464 you: more angry? Than you would if you didn't?

465 -[?40:30] actually

466 -ok

467 -it's probably been a (.) a sort of (.) it's probably been a (2sec) uh what's the word I'm looking for?
 468 Because (.) as a young child being faced with all this crazy stuff going on I'd constantly be like (..) surveying it from all perspectives (.) from her* perspective from his* perspective (.) never from my own

469 surveying it from all perspectives (.) from her* perspective from his* perspective (.) never from my own

470 -ok

471 -and it's a kind of (.) it's a distraction technique it kind of (.) you end up (.) your head can fall out your
 472 brain can fall out of your head cos you end up being so* open-minded and so (.) empathetic with other
 473 people's perspective you never quite settle on yourself "how do I* feel about this?"

474 -mmm

475 -and I think it's a technique that I've employed since being infant that's (.) kept me like (.) maybe* like (.)
 476 intellectually curious with what's going on (.) and human psychology and what's behind people's actions
 477 and why are they like this and why is he doing this and why is she letting him do that you know?

478 -mmm

479 -that's just made me who I am (.) I consider it an asset* and if it's (.) if it's saved me from just (.) being
 480 very basic and just taking a stance and being like "I don't like this" or "I don't agree" or whatever (.) I can
 481 take that perspective but I can also see (.) others and I wanna know what it's like for the other it's (.) it
 482 kind of is a technique that avoids* you ever really (.) settling-in I don't like that settling-in to my own
 483 feeling of (.) of being wronged (.) of this being something that hurts me and I don't want this to happen
 484 because I never accepted that (.) because I don't want something to happen it shouldn't happen (.) things
 485 happen (.) shit happens (.) just cos you don't like it doesn't mean it's not gonna happen

486 -mmm

487 -and I have the same expectation of other people it's just they don't seem to understand that I'm a bit*
 488 more (..) forgiving and tolerant than they* are (.) but I've spent too long in my life thinking that (.) putting
 489 up with misery and (.) and mistreatment and abuse was worth it because it was (.) it was growing my
 490 tolerance

491 -mmm

492 -if it makes you miserable (.) after seven years (.) you're not getting much out of it and I've been
 493 liberated from that a number of times and I know when I get to the end of the journey with someone and
 494 there's nothing more to learn and I can't grow anymore I* will probably walk away when I'm ready: (.)
 495 but (.) maybe I'm not ready just now (.) maybe it's not so bad (.) maybe I just needed to have a chat
 496 about it (.) and let some of that stuff out (.) but let's hope that that other person isn't going to just try
 497 and fill it up again cos (.) some times I get the impression that (.) people don't want* me to be empty

498 -aha

499 -if I show too much (.) emptiness (.) they want it back full-up again because they (.) they (.) they need*
 500 me to be (.) held down by my anger (..)

501 -mhm (.) why would they need you to be held down/

502 -/ I don't know (.) that's* the kind of (.) paranoid sort of vaguely* psychotic [muffled word]

503 -are you talking about your partner now?

504 -ye::ah sometimes I really (.) every* time I feel really good and it's (.) empty (.) I feel somehow that he* is
 505 just wanting to (.) put it back in me so much that I just think "this is fucked up. I'm not allowed to be
 506 calm. I'm not allowed to be completely empty of (.) destructive emotion" I have to always be on the edge
 507 of some (.) ah: negotiation situation where there's my life on the line or my dignity on the line it's bullshit

508 (.) I haven't figured that one out yet (.) so the strategy and tactic for that is never to let anyone know*
509 how empty you are but I am so open and (.) transparent that (.) it's just easy to see I think (.) you know?

510 -mhm

511 -(puts on funny voice) it's ha:rd (.) it's hard being me

512 -you keep going back to notions of justice and fairness and all that

513 -ye:ah

514 -um (.) would you by any chance be able to describe to me how it feels for you when you first detect an
515 injustice? Do you get angry straight away or/

516 -/I've always been the guy that will s(.) that jumps up and protests to the injustice and I'm (.) I've gone on
517 grand missions thinking I'm a vigilante (.) justice man trying to make things right (.) trying to let people
518 know (.) I will go any (.) level to (.) to sabotage their life if I see an injustice on my friends or on myself (.)
519 you know? And I've (.) tried (.) so* many random and extreme versions of that that I've (.) I've real(.) I've
520 come to the conclusion that it's not my place on the Earth to (.) stand up for every injustice I've spent the
521 majority of my life being that guy

522 -mhm

523 -and yeah I'm (.) I'm sensitive and attuned to injustice but I'd rather not know about it

524 -ok

525 -and what I'm more concerned about is the injustice upon myself

526 -mhm

527 -of putting up with things that cannot be protested (.) you know? That's where I'm at now (.) that's
528 coming to (.) what I'm trying to avoid (.) try to avoid feeling that I'm enduring too much injustice

529 -Mmm

530 -but when the injustice is happening it's when (.) I'm angry (.) when I'm most angry when I feel an
531 injustice (..)

532 -and how do you (.) behave or feel?

533 -I think that's when I (.) can* lose control that's when I can (.) really (.) explode that's when I can become
534 (.) physically (..) you know (..) not violent cos I don't attack people but people coming towards me I will
535 defend myself and (..)

536 -mmm

537 -it's just I'm always taken back to me trying to kick in this door I was (.) you cannot* kick it in so it was
538 just a waste of time and I was like smashing the windows and ended up being stabbed it all just (.) I
539 always keep getting taken back to that* feeling of so much injustice that I'm willing (..) to be in handcuffs
540 (..)

541 -mmm

542 -and I'm like (.) let me not* focus on the injustice let me try and put some perspective on this now you
543 know at least I've got my freedom (.) it's a bit abusive it's a bit wrong but (.) they're not gonna hear it so
544 let me just (.) watch some TV and calm down (.) make some dinner and do the washing-up and do the
545 cleaning and do: (..)

546 -mmm

547 -do everything to show that I'm trying to be respectful of (..) someone else like trying* to look after me
548 or letting me in their life even though those practical physical (.) material things mean nothing* to me

549 -mmm

550 -and there's a big (.) big (.) deep sadness there but that's just the nature of (.) of my (.) existence (.) it's
551 just (.) dealing with these (.) these gaps* in my spiritual well-being and (.) trying to grow stronger trying
552 to grow more independent (.) just yearning for that ability to sort of (.) stand on my own two feet and
553 not allow* anyone else to (.) make me feel anything* that I don't wanna feel

554 -mmm

555 -I think I'm getting there (.) I'm just not ready to let go of (.) that* (.) sort of chaotic (.) existence that I'm
556 (.) just been conditioned to (.) take it as normal (.) cos if it's not happening things can feel very quiet and I
557 can become very destructive in other ways and I don't like the alternative d'you know what I mean? I'd
558 rather not wanna (.) wanna kill myself so I will put up with something else (..)

559 -that makes perfect sense I think

560 -yea:h

561 -a couple more questions if you have the time for this

562 -mmm

563 -um:: you have given me a very good account of how it feels psychologically for you (.) when you get
564 angry or when other people make you angry (.) how does it feel physically? You've mentioned this whole
565 hydraulic system

566 -yeah yeah getting hot*

567 -mhm

568 -getting really* hot (.) my blood starts to boil (.) um (.) my heart starts to race you know like (.) it's a
569 proper fight or flight situation

570 -aha

571 -and it's always the "fight" bit it's always trying to (.) yeah (.) it's really like (.) that's why I was taking beta
572 blockers (.)

573 -mhm

574 -that's why I'm still taking tranquillizers I'm on a very low dose of Valium right now but I don't like going
575 without them

576 -ok

577 -I haven't had them (.) for a few days and I need to go to the doctor to get some more cos I don't like
578 going without them if like it's calm (.) I just like having them because I know it will just help (.) soothe me
579 in a way (.) that I need that kind of an intervention (..)

580 -mhm

581 -I think that's fair enough but the beta blockers I don't (.) like to take but they're really sort of (.) strong
582 you take them and you feel your heart really (makes sound) and then it slows down it's like (.) it
583 physically (.) inhibits that stress response and I've (.) I've had times when I've needed that but it was a
584 short period of time and I got rid of them as quickly as I could (.) I used to smoke a lot of weed so that (.)
585 that helped for many years to keep me (.) quite calm

586 -mmm

587 -but it also helped me become psychotic so: (.) I don't do that anymore I mean I still (.) I would like (.) I
588 would like every day after coming to uni to have a spliff or something you know just to calm down

589 -mmm

590 -from the (.) the mental activity (.) cos I find it hard to sleep (.)

591 -mmm

592 -the blood boiling when you're angry the (.) the heat (.) my body running so hot already as it is (.) my
593 body runs hot (.) so when something's happening that makes me angry (.) it always can make me sweat
594 (.) makes my heart race (.) it makes me (.) agitated (.) I wanna (.) I wanna smash shit up (.) I mean that*
595 impulse has been suppressed

596 -mmm

597 -but if I were in a room with plates and a baseball bat I would have so* much fun smashing shit up like in
598 Japan they have basements where they have effigies of their bosses that the workers can come down

599 and (.) beat the crap out of them you know like the Bonobo doll thing (.) it's a real force of human life (.)
600 aggression and the (.) the need to (.) let it out (.) and it's something that (.) as a working class raised
601 white (.) so to speak man (.) my grandfather was actually native American so I have a kind of spiritual
602 connection to more of an indigenous part of my ancestry but at the end of the day I identify as white (.)
603 I'm working class (.) and it does just seem to be the plight of (.) of (.) not just white but working class (.)
604 raised poor (.) grown up on a council estate (.) men and women who struggle on the whole (.) with anger
605 and aggressiveness (.) and it's because we've seen it our whole lives it's because it's (.) socially
606 conditioned we're supposed to be workers (.) we're supposed to be strong (.) our bodies get used up to
607 do the labour of the (.) the ruling classes and the middle classes you know (.) I lived with a middle-class
608 family in the foster care and the boys in that family (.) they* don't express anger like my brothers and me
609 and my dad (.) they're taught how to behave* (.) their parents weren't hanged to their necks every day
610 so they're not being traumatized you know it's just (.) it's obvious to me why (.) to get along in this world
611 you can't be angry (.) no-one wants to see* that (.) the moment you show that to the wrong people
612 you're gonna be (3sec)

613 -mmm

614 -kept away (.) you know? You don't (.) you don't wanna be an angry person (.) no-one wants to be an
615 angry person so: (..) it's one thing to be able to get along with (.) the world the people in the world and
616 not show too much anger but it's always there* under the surface and (.) you feel (.) you're not
617 connected to these people because you are genuinely full* of rage (.) that you can't express and (.) to
618 differing degrees (.) many of the people in prison have problems with this stuff if there's (.) violent crime
619 you know? It's a big issue in our world today a:nd I feel I'm somewhat on the top of the bottom of the
620 heap (.) so I know what it's like but I can also see the light and I (.) I'm obviously trying to be a (.) good
621 boy (..) you know?

622 -mhm

623 -I'm trying* to do well I'm not trying to ruin my life by being angry (.) and I'm learning (.) as I get older (.)
624 even though I'm learning very late in life things I should have learnt much* younger (.)

625 -mmm

626 -but I can't let my past define me (.) no-one's going to understand my past but I have to have compassion
627 for it (.) I know why I am like I am and I don't need* anyone else to understand that I just need to (.)
628 control myself (.) I'm only in control of myself so (.) I can only blame myself if things go wrong

629 -mmm

630 -and I (.) you grow in the sense of (.) pride in yourself to be able to compose yourself and hold your head
631 up high and feel like you are like a (.) civilian (.) I mean going from being in prison to being a student has
632 been a long journey and I'm really proud of myself for getting* away from that awfulness and (.) being

633 able to feel that I'm like (.) a person in the world again that people actually like (.) could be (.) impressed
634 with (.) what I'm doing with my life and my good friends know what I've been through and they are* (.)
635 but there's always this niggling doubt (.) even in me and in all of them (.) I could* fuck it all up (.) that's
636 always going to be like that (.) and I like (.) get like that (.) I don't know anything else (.) I don't know
637 anything different I just know that it's never a done deal (.) there's always a risk with me (.)

638 -mmm

639 -don't cross me (.) don't give me a reason (.) to cut you out of my life cos I won't let anyone* else be the
640 (.) the (.) the architect of my demise (.) [giggling] I am my own architect of my demise (.) if ever (.) demise
641 occurs (.) [inhales] so: (.) yeah (.) still got lot to work on

642 -sounds like but sounds like you're on the right path so:

643 -thanks mate

644 -haha nice one (.) so yeah (.) I must say you answered pretty much all my questions so is there anything
645 you'd like to add before we wrap it up?

646 -um: what are your thoughts on anger?

1 -ok (.) as you know this study is about anger

2 -yeah

3 -so may: I ask (.) what brought you to this study or what role anger plays in your life?

4 -ah:

5 -if any

6 -yeah! Ah: (.) so:: (..) I: (.) when I saw this (.) immediately I thought of of ah: my relationship with my
7 girlfriend (.) whom I've been with for quite a long time

8 -ok

9 -um: (..) for about (.) 8-9 years? Nearly 9 years (.)

10 -wow

11 -I'm 27 so (.) relatively young and not many young people (.) well (.) maybe (.) I've (.) none of my friends
12 have been in relationships that long

13 -mmm

14 -a:nd a: she:: (.) she's from Cyprus (.) she's Armenian but she's from Cyprus a:nd (..) she's very kind of ah
15 (..) intense* (.) passionate (.) loud (.) I mean (.) the stereotypes* of Mediterranean people and I (.) I think
16 (.) I would (.) I would have described myself not as that (.) I would have been you know (.) stereotypically
17 British (.) in inverted comas and (.) you know (.) calm relaxed and things like that and ah: (.) but* (.) you
18 know is (.) we: (.) we've been through a lot together and we (.) I think we just have very different (.) ah::
19 (.) ways of dealing with anger and frustration with the world and I'm (.) very much someone who (.) eh:
20 (..) you know (.) keeps it in and bottles it in and then explodes (.)

21 -aha

22 -whereas (.) my partner* (.) is (.) you know (.) uh (.) an.angry all the time (.) you know (.) or angry at a
23 certain level and then up-and-down whereas I like this [points with his hand] a:nd you know (.) depends
24 on the context of that anger

25 -ok

26 -um but (.) when I saw the advert (.) that's the first thing that came to my mind and then I was thinking
27 (.) over the last (.) erm (.) five years of my life (.) cos of the time frame and I was thinking (.) you know (.)
28 what* (.) role has anger played in my life (.) has it been more than any other (.) part in my life?

29 -mhm

30 -have I been more angry recently than I've (.) ever been I don't know (..) probably* (.) which I guess
31 might come out from talking about it

32 -alright

33 -eh um: (.) so (.) yeah I just thought that'd be an interesting (.) thing to (.) to talk about and and get paid
 34 for that you know [bangs hand on table] but I also (.) I thought (.) it definitely has a role in my life um (..)

35 -cool

36 -yeah

37 -so you mentioned that you are the calm component in the relationship

38 -yeah yeah

39 -the calm part (.) erm (.) how does this come into play with (.) the other part?

40 -(..) yeah um (.) so:: when my par. so five years ago my partner (.) her (.) her father died (.)

41 -oh

42 -very suddenly um (.) within (.) about three weeks of becoming ill (.) he died (.) of cancer (.) uh (.) wasn't
 43 diagnosed wasn't anything (.) a:nd even even before that we'd moved in together for maybe (.) maybe 3
 44 or 4 years (.) um: (.) a:nd (.) we yeah we had (.) you know (.) aspects of that kind of passionate
 45 relationship (.) me calm (.) her not calm (.) um existed but (.) after bereavement after going through grief
 46 kind of way more (.) pronounced and so: (.) my partner you know after dad died went (.) to (.) do a
 47 masters and then tried to find work and really struggled with that and so eve.every day was struggle (.)
 48 you know anger about [bangs hand on table] not being able to make money o:r uh: not being respected*
 49 or (.) comparing herself to other people she went to school with or friends at university like being
 50 successful um (.) kind of me acting as a counsellor

51 -mhm

52 -and trying to (.) to eh:: (..) eh offer* support and guidance reassurance and (.) this you know ah (.) and
 53 there's only so long you can do that before you kind of go "I can't, I can't do this anymore it's (.)
 54 frustrating me it's making me upset and" not only because I can't fix it but also because I don't (.) know
 55 what I'm doing so I think I'm doing a bad job (.) you know

56 -mhm

57 -um:: sorry my phone is ringing gotta turn it off

58 -sure

59 -so: now (.) anyway that's gone up and down over the last (.) couple of years but I think now* (..) my
 60 partner's (3sec) my* anger is a lot of the time (.) linked to her (.) anger you know like (.) [bangs hand on
 61 table] and (.) I feel like I've got myself to a point where I'm doing st. I wanted to do a masters for a long

62 time for example (.) I moved industries about two years ago (.) from working in the food industry to a
63 charity industry

64 -alright

65 -and I was (.) I was very frustrated and angry with (.) ah (.) you know (.) not being successful and things
66 like that and I moved industry and it got even worse* a:nd ah (.) I feel like my (.) at this point in my life
67 my anger is probably: the lowest it's been in quite a long time

68 -mhm

69 -um (.) but (.) in terms of (.) in terms of like anger like my everyday life (.) um (.) I think (.) a lot of it is (.)
70 linked* to my partner and (.) probably like her (.) anger issues

71 -mhm

72 -rather than (.) my my own too because I (.) I explode I don't t. because when you're with someone
73 who's angry (.) a:ll the time

74 -mhm

75 -the: uh what they're going through you instinctively try and calm them down reassure them and (.) um
76 and you kind of (.) put* your own anger to the side* (.) and (.) and (.) it it might not be seen as as*
77 important (.) uh (.) but then (.) when you actually get the opportunity to (.) to be angry about something
78 you might unleash* (.) all of that pent-up like a lot of people use the: (.) the example of a kettle [bangs
79 hand on table] you know like going going going and then like (.) exploding (.) and that's that's kind of (.)
80 kind of me: (.) I think sometimes

81 -do you maybe have an example that can illustrate that?

82 -ah: (3sec)

83 -or:

84 -yeah um (..) I think (.) let me think of something recent. Not recently just let me think of an example
85 (2sec) um:: like (..) my my girlfriend was complaining about her weight (.) for a long time (.) and so I kept
86 suggesting (.) do a diet go to the gym (.) to do these things and (.) we (.) you know we started talking I
87 started trying to encourage her and um (..) eh: (.) I was getting so* frustrated that (.) I was just like (.)
88 [shouting] "I don't wanna have to say these things again! I keep saying this to you!" "them to you" or
89 "why aren't you listening to me? I've... This is what I've done this is what other people have done why
90 don't you just try it might be different than the past" and (..) you know* (.) because I'm the (a) taller
91 person I can (.) I can* have a loud impressionable voice if I want to (.) but it's not something I use cos I
92 know* that it's (.) scary (.) you know

93 -mmm

94 -and so (.) I* know that my anger's taken like control of me when I (.) eh:: (.) I (.) shout really loudly or I (.)
 95 and that is what I did in that example

96 -mhm

97 -or I like you know punch a wall o:r [bangs hand on table] something I (.) it's not* something I do on a
 98 regular basis but you know (.) I I've never hit* my partner I never would* but um (.) I sometimes I feel
 99 like I (..) you know (.) not I want to but (.) it's just (.) there's a point where it's just (.) I can't I can't I can't
 100 (.) express* myself through words anymore (.) and getting I'm getting more* and more angry and I don't
 101 know what is (.) I don't know how else to get that aggression that's boiling up inside [note: he was
 102 banging his hand on the table throughout this passage]

103 -mhm

104 -inside of me (.) I think (.) my partner* I know (.) she hasn't talked about it very much but (.) her
 105 relationship with her dad was (.) very intense like they were best friends (.) and (.) but there was love it
 106 was like a love-hate kind of (.) relationship (.) um (.) a:nd they'd get incredibly angry at each other and
 107 then (.) you know (.) love* each other and are very (.) pers(.) pers(.) like probably relationships that I've
 108 never really seen with a lot of (.) children and their parents

109 -mhm

110 -and: but at the same time I kn(.) I have a rough f(.) idea that there is there was some like a physical* (.)
 111 violence there at some point (.) not really sure what that is cos my girlfriend doesn't want to talk about it
 112 (.) and so I have to keep (.) I have to be (.) not that I'd want to do that but I have to be aware that (.)
 113 everything that's interpreted as (.) um (.) as physical aggression (.) um (.) is gonna put up a fight rather
 114 than flight scenario (.) between us so (.) you know (.) my girlfriend might hit me or like (.) not* (.) yeah
 115 she'll start throwing things at me or kind of like hit me on the arm or something and I said "please don't
 116 do that" you know "to me" a:nd (.) um (.) I don't ha(.) I can just (.) I'm taller I can just use my body
 117 language to show (.) my (.) my my aggression without doing anything (.) and even that is* enough to eh
 118 (.) to (.) to make her even more angry and it's like something you have to (.) control* (.) you know if I'm
 119 ever getting to a point (.) between us arguing (.) and sometimes there's just (.) they're stuP:pid things but
 120 sometimes they're like more meaningful things like (..) I definitely gotta do this masters is it really worth
 121 doing it (.) to relationships with her friends to (.) [bangs hand on table] you know her work going really
 122 badly or (.) things like that (.) I think (..) yeah my* (.) my aggression is funnelled through* (.) my
 123 relationship with my partner (.) I think

124 -mmm

125 -and (.) yeah (.) I don't know is that does that answer your question or

126 -pretty much!

127 -yeah!

128 -did you mention (.) that (.) like did I get it right that you're trying to sort of control your anger in order to
 129 not get your anger (.) your partner more angry?

130 -Yeah yeah so I'm (.) I feel like a lot of the time I'm (.) being a counsellor (.) or or I'm I'm (.) I'm trying to
 131 say the right thing and (.) then I never say the right thing [laughs] and um (..) [muffled] and one thing my
 132 partner really hates is that (.) I (.) s(.) I don't always express how I'm feeling about things

133 -mhm

134 -and maybe I'm not very good at expressing myself? Um (.) to her or maybe (.) maybe it's (.) sometimes I
 135 feel like (.) I (.) can predict a couple of steps before (.) they happen so I'm like "well if I say this thing, then
 136 she's gonna say this thing and this is gonna lead to that and then we're gonna argue and then" and (.) my
 137 initial reaction is just to be like "no it's ok don't worry about it" rather than say "this upsets me, because
 138 of X, Y or Z"

139 -mhm

140 -and that (.) I don't know just that feels like a more British (.) uh (.) thing that you don't really say how
 141 you're feeling (.) even if it's painful like even if it's hurtful (.) whereas (.) the stereotypical (.)
 142 Mediterranean Cypriot Armenian would like (.) from what I've seen* it's like you're upfront you're
 143 honest you say to(.) hurtful things you know painful things but* (.) it's it's worth it to get to that point
 144 and I think I still (.) I think I've probably got (.) I think that's a (.) better way to do things but (.)

145 -the Mediterranean way?

146 -yeah* to (.) um (.) but (.) yeah but (.) there's always a battle between myself between how I feel and (.)
 147 and what I say [bangs hand on table] and I think that's* (.) that's where a lot* of (.) the (.) aggression
 148 comes from cos I sometimes I'm like "well I could say this really hurtful thing that's honest, that's true"
 149 but it might just be too much for a (.) my partner

150 -mmm

151 -to hear* because she: (.) you know she battles with depression and anxiety and (.) being overweight and
 152 (.) not making much money in her job and (.) having her brothers and siblings her mom who lives 2,000
 153 miles away so you know it's (.) I'm so aware of all the things that can (.) [bangs hand on table] set her off
 154 that I try and (.) stop (.) to stop it but in the process that might make me* (.) more angry cos I'm like "I'm
 155 always stopping myself from me saying how I feel or what I wanna talk about or... who I think" it's like (.)
 156 you know you don't if you (.) "if you're frustrated about (.) not being able to wear the clothes that you
 157 wanna to wear then (.) join the gym! (.) we've been talking about it for ages you can do it" (.) you know?

158 -mmm

159 -“this is what I* did what I did about it and (.) this is what other people did and it’s really easy” and (.)
 160 things like that (.) um but (.) yeah sometimes it’s (.) s:till to (.) there’s still a lot of effort to go (.) to go to
 161 that step and do it (.) so

162 -an effort in order to express yourself in a way that wouldn’t upset her more you mean? Rather

163 -yeah yeah I just it’s like I’m (.) I try and (.) I try and weigh up in my head like “is it is it... is... it might be
 164 the right thing to do but is it worth* doing it now?” because (.) because it might not* be (.) you know (.)
 165 even though I might be right (.) she’s had a really bad day or

166 -mmm

167 -you know (.) and (..) ye:ah [sighing] I think I think that’s (.) it’s (.) it’s difficult for me to like (.) express
 168 anger (.) you know

169 -ok

170 -I mean something my p(.) girlfriend says a lot to me is like “if you’re in a good place then I’m in a good
 171 place but if you’re in a bad mood then I’m in a bad mood because I’m trying to figure out why you’re in a
 172 bad mood” and sometimes I’m not even conscious* of the fact that I’m (.) um (.) seeming like I’m in a bad
 173 mood (.) do you know what/

174 -/mhm

175 -some people (.) when they come home from work (.) they just need that like 5-10 minutes to relax and
 176 some people don’t need that some people just wanna talk about their en::tire day (.) or like (.) and that’s
 177 what my girlfriend or (.) yeah like (.) the alarm goes off at 8 o’clock in the morning a:nd (.) and she wants
 178 to talk about something she was (.) think(.) dreaming about or or thinking about when she woke up half
 179 an hour earlier or something that’s gonna happen that day she’s just like [clicks fingers] she’s just ready
 180 to go and talk about everything (.) and I’m not I’m just like “I can’t deal” and that and then she’s like
 181 “why are(n’t) you listening to me, why aren’t you responding to me thoughtfully?” rather than yeah ok
 182 thanks cool you know (.) things like that and (.) I’m like “I can’t have this discussion at 8 o’clock in the
 183 morning” cos I’m like (.) move around like some kind of (.) you know like a zombie

184 -mmm

185 -um and then she gets angry at that because she is say:ing these things cos she wants to (.) it’s on her
 186 mind it’s pain it’s insecurity it’s (.) you know anxiety and: (.) that’s* the right thing to do* if you’re
 187 insecure or anxious the best thing is to talk about it (.) but (.) it’s (.) difficult to (.) to respond to that like
 188 when it’s there (.) all the time (.) and so like (.) and so my aggression is like (.) “ah I’m listening to this
 189 again and again and again and again and not seeing, and not seeing like a change in behaviour” and try
 190 and (.) trying to think of five ten different ways that I could say something or [muffled] her something or
 191 do something and (.) yeah I think when (.) when my partner’s (.) when [partner’s name]’s dad died first
 192 she: (.) he died in August and (.) a couple of months before that she got a scholarship to do a master’s

193 -mhm

194 -in London (.) and so (.) she was already moving to London (.) I* wanted to move to London cos I'd
 195 finished university: and so (.) but the (.) you know (.) she had to (.) she basically she had to do it (.) you
 196 know in inverted comas because she got a scholarship

197 -mmm

198 -and so (.) those those two years she was doing her masters I I really was like a thera(.) it really was like a
 199 counsellor or like a (.) like a carer almost and I (.) I think I was already like this anyway and not* (.)
 200 expressing myself or or kind of (.) getting angry and never saying anything

201 -mmm

202 -about it (.) but that made it even worse* (.) because (.) I was like "well anything I'm upset or angry about
 203 does pales in comparison to what she's upset and angry about she's "my dad had cancer for two years
 204 and never got diagnosed and he died within three weeks"" you know and he's 60 and she's 23 and (.) you
 205 know (.) and (.) people on her course are like being more successful and (.) you know she's barely
 206 struggling to get to a lecture you know o:r (.) everyone else who she went to school with seems to be
 207 having a great life and making lots of money and (.) all this stuff and (.) she's not making anything

208 -mmm

209 -and I (.) so I just (.) it was constantly* like p.push myself to the side and that (.) that's not only anger
 210 that's (.) eh (.) eh (.) what's the right word? It's kind of anger frustration anxiety depression o:r (.) just
 211 kind of (.) doing the things that you might want to do? Being like "well I'd really love to go to these
 212 restaurants or this museum or go to a different place on the weekend but my partner can't even get out
 213 of bed" you know (.) she can't do the washing-up she can't like shower in the weekend can't even get on
 214 a train (.) you know it's (.) I think it is sometimes a lot (.) I I even sometimes get aggression like "oh I
 215 missed out" you know "on the years of my life because I've been looking after (..) someone" something
 216 like what (.) what I was saying earlier (.) I think my aggression's (.) reduced* recently

217 -mmm

218 -was (.) brutal (.) we're talking about (.) me starting masters and and (.) just kind of leading up to a
 219 holiday before that like in August we went to Cyprus for a week for a wedding and (.) the wedding was of
 220 (.) you know two people that (.) we were friends with and (.) my girlfriend had done an internship with
 221 them they were like a graphic design company and she (.) she's a graphic designer she wants to be a
 222 proper graphic designer it's what (.) that's what she does for her job and before that she was doing (.) art
 223 gallery jobs and (.) crappy* jobs basically and um (.) this couple (.) they had a big* grandiose wedding you
 224 know (.) kind of nouveau-rich kind of thing like (.) the father wanted to (.) of the the bride lives in this
 225 village and everyone* from the village came there was fireworks and c. it was huge like I've never been
 226 to a wedding like that and um (.) you know my girlfriend was kind of (.) getting upset about (2sec) their*

227 success you know (.) they come from a lot of money and their company does really well cos they work
 228 hard um (.) and there was like “when is that gonna happen for us?” just like pouring it in I was like “you
 229 know, the last two-three since your dad died the first two years of our life it was... it put us behind” you
 230 know? Other people go through things but (.)

231 -mmm

232 -most people I know you know (.) grandparent dies (.) uncle dies (.) you know (.) a friend dies maybe but
 233 (.) most (.) most people under 30 (.) their parents haven’t died yet you know (.) and that that’s a hu:ge
 234 role on your your (.) that makes a massive impression on your life and you stop and you think about
 235 where you are and what you’ve done and (.) you know (.) or [muffled] you could have spent with them
 236 and all those things and (.) like we (.) my girlfriend was trying to and I was really close to him (.) well (.)
 237 you know (.) he wasn’t my dad my dad’s still alive and I’m close to him bu:t not as close as she was to her
 238 dad and uh (5sec) I just had we just had “we just have to remember like that 2-3 years of our life put us
 239 behind a bit”

240 -mmm

241 -you know like every time you get angry about (.) I get angry about the fact that like (..) a:ll my friends
 242 from school who live in London (.) like me

243 -mmm

244 -I have like a friendship group of 30 people about half of them live in London they’ve all got more
 245 successful jobs they’ve a:ll got more money you know? Whether that’s like (.) real or if it’s just like from
 246 what I see on social media or when we meet up and what they say you know that’s different but uh (.) I’d
 247 get I’d get angry and be like “I’m still not making any money” you know “I moved industry and I thought
 248 it would be great and it was... fucking shit!” you know and “now I’m going to uni and I’m not making any*
 249 money” like it’s even worse you know and I h(.) I get angry about all these things I have to (.) keep
 250 reminding myself like (..) I didn’t (.) I didn’t think my partner’s parent would (.) I didn’t think I would end
 251 up (.) being like a carer or anything I: (.)

252 -mmm

253 -didn’t think I would (.) ah (.) not be able to focus* on my professional career or* my personal life (.) um I
 254 didn’t think I’d have to think about them in such a different way (..) you kno:w (.)

255 -mmm

256 -and (.) [exhales] that’s taken like a lo:ng time to realize (.) and I think that’s probably helped* (.) w(.)
 257 reduce* my aggression (.) you know but (.) then (.) like a lot of (.) you know (..) you sort one thing and
 258 then another thing (.) becomes (.) a problem you know so I (.) I um (.) I left (2sec) when I when I moved
 259 to London (.) about three months before I’d start working at a bakery (..)

260 -mhm

261 -a:nd (.) I'd got really* into food while at university (.) because of my girlfriend she's from Cyprus you
 262 know and makes some amazing bread (.) souvlaki and you know (.) all that great stuff [bangs hand on
 263 table] I just le:arnt to love food like I never had before so I worked at a bakery and I worked there for
 264 three-and-a-half years and it was re:ally like (.) it was there were some re:ally fun things and it was really
 265 good for my (.) like my (.) personal development but my: (.) girlfriend's dad died as soon as that
 266 happened

267 -mhm

268 -and so a lot of the time it was like (.) "get to work do my stuff (.) get out" you know (.)

269

270

271 -at some point you might need to (.) uh (.) take control* and if you're not on gear then that might be
 272 quite difficult

273 -mmm

274 -and (..) I feel like (.) since I finished university (.) I've (.) I've done jobs that (.) have (..) not pushed me
 275 over the edge: like not a 70-hour week as a lawyer or you know (.) compared to some of my other friends
 276 like (.) I w(.) I would just compare myself to them and then think "I haven't worked as hard as them and
 277 that's why this is happening"

278 -mhm

279 -[muffled] and then but then I would think "oh well" you know (..) "I was looking after my partner and I*
 280 was going through things and (.) I didn't even realize I (.) had depression myself" like you know and (..) I
 281 think over the last year or two a lot of people have woken up to the fact that (.) one in three people have
 282 mental health issues you know (.) um (.) at some point in their life or it's ok to talk about having [] or
 283 anxiety or any of these [symptoms?] um (..) in (.) my previous job which again I got made redundant in (.)
 284 in August this year

285 -mmm

286 -we did (.) it was (.) using (.) we (.) took surplus food from supermarkets and cooked a three-course meal
 287 for people (.) that was free* (.) so it was for ah (.) people who are homeless (.) refugees (.) people of low*
 288 income people with health issues like as part of that we did (.) mental health training*

289 -mmm

290 -um (.) which was really good and (.) ah (.) made me th(.) you know made me think realize* that people
 291 are (.) there a lot more factors to like why people are in the situation that they're in (.) and so I think* (..)

292 ah (..) you know e(.) you can't just blame that (..) it's not that person's fault necessarily like (..) why they're
 293 in this why they've got this way they've got that you know (..) there's so many other factors

294 -mmm

295 -and I think I was a wake-up* call to me you know like "stop blaming yourself for (..) not being as (..
 296 getting a job in an industry that's like not (..) very developed yet and being made redundant" like "it's not
 297 your fault" you know what I'm saying? You know when I was (..) when I got made redundant again* (..
 298 when you talk about it with people you're like "oh I (..) I'm getting made redundant" or "I got made
 299 redundant" and (..) both my dad and (..) my mom and my grandad (..) my maternal* grandad and my mom
 300 (..) were both (..) when I would talk about it with them they'd be like "no your job* is getting redundant (..
 301 it's not you"

302 -mhm

303 -you know? Which is like an important* distinction but it's not (..) the way you talk about it (..) you know
 304 (..) and you take it very much personally like "I've not done enough" you know "I've not done any and so
 305 I'm getting angry that I've got myself in that position" but it's that reframing* of (..) of the experiences
 306 like "I don't have to be so angry:" you know "it's not (..) me (..) it's a whole oth(.) million other reasons
 307 why this company is in a folding or whatever"

308 -I see they are quite different

309 -yeah so (..) don't know what the question was I just talked ten minutes in

310 -brilliant!

311 -yeah

312 -ah fro:m (..) I do have a question from what you told me (..) yes by the way if you don't feel comfortable
 313 answering anything just tell me and we'll skip that

314 -ye:ah

315 -but may I ask you how it makes you feel when you find yourself (..) pushed to the side as you said (..) for
 316 your girlfriend's needs?

317 -yeah (..) it's it's frustrating

318 -mhm

319 -you know: (..) a:nd: (3sec) it's (..) it's (..) it's difficult to like always give yourself (..) give your s(.) to do*
 320 things for someone who says "thank you" and says "I love you" and "I really appreciate that" it's like (..
 321 ah (..) really* does mean it (..) but then at the same time (..) will get angry at (..) one thing's out of place or
 322 (..) like my girlfriend my girlfriend (..) she will do something it will be (..) perfect (..) she will kill herself in the

323 process but it will be perfect* whereas I'll like (.) I'll do something and I'll do like 10 other things and I'll
 324 (.) you know (.) it's better that everything's ok than like this one this is perfect

325 -mhm

326 -and ah (.) that's just that's two different approaches to: (.) a problem and (.) um (.) I use that* approach
 327 a lot* because (.) maybe from (.) having to like look after my partner and things like that and (.) but some
 328 times it's like "wow I just cleaned the bathroom the kitchen the bedroom, cooked food [bangs hand on
 329 table] three meals done this done that done this (.) you're still getting angry about me for not saying
 330 thank you in a certain way or not saying" and it's just like [exhales] you know it's a (.) and I think now I try
 331 more and more to just be like "just let that anger go, don't get angry about things it's not worth it" like
 332 "it kills" it kills people you know (.) not just like someone gets so angry that they kill someone but so
 333 angry that (.) it (.) affects their health (.) you know

334 -mhm

335 -and (.) it's quite yeah it is frustrating (.) um (.) I feel a lot of the time like they don't (.) I don't give
 336 anything (.) I don't do anything (.) I feel like I don't do anything properly: (..)

337 -mhm

338 -and I don't make anyone happy* (..) because (.) so (.) I play drums (.) and I play in a (.) play in two bands

339 -ok

340 -a:nd I (.) I'm at uni (.) and well I did have a job I don't anymore (.) a:nd I have a girlfriend and like (.) I
 341 have three brothers and parents and (.) and (.) you know I try to do other things for myself as well like (.)
 342 I try and write and I try and (.) you know (.) I try to do all these things and I try to not (.) I feel like I never
 343 do anything (.) properly and I've some times I feel like I'm giving aw (.) I'm giving away a lot of myself to
 344 other people

345 -mhm

346 -ah: to make them happy (.) and they're never happy* (.) and that just makes me (..) angry* and
 347 frustrated and (.) with my partner some (.) you know (.) it's that kind of love-hate thing like (.) she'll love
 348 me and say "thank you" and will really really mean it but then (.) when she's really angry about
 349 something like she won't (.) mince her words like you know (.) and you know it's arguable* that it's (.)
 350 that that's the right way to (.) to talk about things or (.) to be [bangs hand on table] straight about
 351 something like "she's just saying that" but at the same time you kind of just put it on (.) in the
 352 perspective of the world and you're just like "it's worth getting angry about" and so you get angry about
 353 that* because you feel like (.) there's only (.) [bangs hand on table] how many times can you say to
 354 someone "it's not worth getting angry about" until it makes you* angry that you (.) that (.) you've said it
 355 10 million times they don't listen to you

356 -mmm

357 -do you see what? Do you see what I mean? [bangs hand on table] like [laughs] you* try to stop someone
 358 else get angry makes (.) me* angry (.) you know (.) um (.) and that's quite (.) quite frustrating and so I feel
 359 like sometimes my approach is like "slap-dash" kind of like do lots of things just make sure they're ok

360 -mmm

361 -and (.) and (.) and maybe deep down inside I would like to do that* thing better but (.) maybe I just
 362 don't have the energy maybe it's just not worth it (.) but then I know* that (.) I might get (.) somehow I
 363 might get criticized for not doing something (.) properly (.) but (.) like at least it's done you know?

364 -mmm

365 -and (.) I just move on to the next thing

366 -earlier on (..) sorry

367 -it's all good

368 -earlier on you mentioned that (.) when you're having a chat with your partner you kind of sometimes
 369 see five steps ahead and that if you say that she's gonna say that and/

370 -/yeah

371 -so: do you believe that if you did* say that first thing and you did get to the end of those five steps (.)
 372 would that make you feel more angry or more ah: (.) eh: (.) sorry* for/

373 -/ye:ah I know what you (.) um (..)

374 -or neither of/

375 -/probably (.) probably more angry* (.) sometimes because (.) what you're talking about (.) there isn't an
 376 an(.) there isn't an answer to it (.) "I really miss my dad" you know (..) "well he's dead" you know (..) like
 377 (..) o:r (..) you know "I (.) I really hate the fact that I'm not getting paid more money" (.) "well ask for
 378 more money" "I've done it but I've not done it this way" "well then do it this way" you know [bangs hand
 379 on table] it's like spending two hours after (.) studying all day or working all day (.) playing drums or
 380 whatever (.) spend two hours going through the like (.) intellectual exercise of (.) trying to convince
 381 someone to do what (.) you think is best for them (..)

382 -mhm

383 -o:r indulge (.) indulge* their frustration and anger with the world (..) and try and move on you know?

384 -mmm

385 -[laughs] yeah well I mean [bangs hand on table] what yeah each* of them have their pros and cons and
 386 and (.) p(.) maybe that's why a lot of the time I struggle with like expressing how I'm feeling or (.) ah (.)
 387 not being honest about something because I'm (.) I want to (.) I want to avoid* one thing

388 -mmm

389 -rather than (.) ah (.) rather than (.) rather than go down a specific (.) go down the road and see what
 390 happens it might not be as bad as I think maybe by being honest (.) yeah it will be 20 minutes of (.) like (.)
 391 arguing it won't be three hours (.) you know and maybe she'll feel better afterwards but or maybe it will
 392 be two hours of arguing and it will be even worse*

393 -mmm

394 -or maybe it will just be ten (.) five minutes of me going "mmm" you know "whatever" and like it will just
 395 stay with her (.) like instead of passing on (.)

396 -mmm

397 -to me (.) and (.) then (.) that (.) aggre(.) yeah (..) it's like a shared anger you know like you t(.) eh (.) like a
 398 ball (.) you know and you just try and get rid of (.) the ball and you don't know where you're gonna put it
 399 and you don't know what's gonna (.) what's actually* gonna (.) [laughs] I don't know why I'm using a
 400 football analogy (.) like have to get in the (.) you know (.) you don't know what to do with it and so (.) I
 401 think a lot of the time I try and stop that by just not get(.) by not having too much of an absolute (.)
 402 opinion

403 -mmm

404 -about something (.) um (.) and yeah maybe that's not the best approach (.) to

405 -you never know

406 -yeah yeah (.) maybe I'll just figure it out who knows? So (.) yeah it's frustrating* because (.) you know (.)
 407 you:: (.) the people compare themselves to other people (.) and (.) in 2015 2017 when like (.) every*
 408 person on this earth is like (.) really* struggling and (.) is groomed (.) their entire life with like (.) you
 409 know "you should have a house" and "you should have a successful job and a dog and three kids and by
 410 the time you're 35 at least" you know (.) all that stuff (.) and you still* (.) [bangs hand on table] and then
 411 you're like "well" you know "I'm never going to own a house, I'm never gonna live (.) just with my
 412 partner and I'm never gonna like (.) travel the world I'm never gonna" you know do this do that do this
 413 thing that my parents did or my (.) her* parents did or whatever you're like "it's just not gonna happen"

414 -mmm

415 -and (.) maybe (.) maybe a lot of our aggression comes from like (.) our lives are not gonna be: (.) the way
 416 that we thought (.) they were (.) until like 10 years ago (.) with like the financial crash and all of this (..)

417 -mhm

418 -kind of things and I think (.) you kind of (.) you kind of crave the (.) this (.) these like si:mple bo:ring
 419 things (.) sometimes and it's just (.) and it's just rea:lly difficult like (.) [bangs hand on table] ever since
 420 that we've lived in London (.) me and my partner we've always* lived with other pe:ople (.) you know (.)
 421 a::nd (.) most of the times it's been like me and my partner share a bedroom (.)

422 -mmm

423 -and one other person lives with us (.) and that's been like (.) a random* person or that's been like (.) a
 424 really good frie:nd* (.)

425 -mmm

426 -or that's been (.) kind like some of them acquaintances someone we know (.) a:nd (.) that* (.) becomes
 427 like a hu:ge (.) source of frustration and anger (.) for both of us but more for my partner because (.) she
 428 (.) like (.) um (.) this is a good example so we had a (.) we had a new housemate move in like s(.) four-five
 429 months ago (..)

430 -mhm

431 -a::nd (.) my girlfriend was ill a:nd ah: (.) they d(.) we were (.) we all know each other (.) from university
 432 (.) kind of it's like a long story but (.) so we had lots of mutual friends who kind of know each other but (.)
 433 so we'd see him with with one* group of social friends but we'd never see him in another context (.) now
 434 he lives with us (.)

435 -mmm

436 -like (.) he's someone who (.) me and Tara are like (.) friends with but not close (.) but he's much closer
 437 with (.)

438 -mmm

439 -he might see more often so: (.) my girlfriend was ill (.) and she was like at home (.) and it was Friday
 440 night [bangs hand on table] (.) she worked really hard (.) she just wanted an evening like (.) in her house
 441 (.) alone (.) or like not alone but just with me (.) and even with him like (.)

442 -mmm

443 -that's fine (.) but (.) he n(.) he:: (.) brought around this mutual friend (.) of us (.) or like he said* he was
 444 going to (.) and she was like "what? Like, I'm ill" like "I don't wanna be with anyone" and like "obviously
 445 you can be here you live here you pay here" like "[P.10's own name] can be here obviously he's my
 446 boyfriend" you know "I'm not saying you can't come around, come around" but "but please don't bring
 447 in other people like why (.) why isn't that obvious?" [bangs hand on table] you know?

448 -mmm

449 -and (.) and he was like “home for me is like (.) the place where I can (.) not be so lonely” you know like “I
 450 long (.) I feel lonely in my job and I feel (.) lonely on the tube and I feel lonely cos I don’t have a girlfriend”
 451 [bangs hand on table]

452 -mmm

453 -and so “home is like the place where I can bring a friend bring two friends or whatever and not be so
 454 lonely” whereas my girlfriend (.) she has me (.) and (.) and maybe you can even (.) even if she didn’t have
 455 me she’d [laughs] probably be like this (.) she’s like (.) “my home is like my respite from the rest of the
 456 world”

457 -mmm

458 -like “this is where I want* to be lonely” ah (.) “so I don’t want anyone*” (.) if I could (.) my girlfriend’s
 459 mom is often like “if Tara could live on a mountain, she would” you know “she would love that” um: (.)
 460 and (.) ah:: (.) like (.) I think that completely different way of looking at like the s(.) of like a frustration
 461 and anger with like the (.) the wo:ld or the (.) the (.) the current work-life balance or their trajectory or
 462 whatever they’re doing is like c(.) was shown so* visibly in that (.) like the same (.) shared space but (.)
 463 used for like so different reasons and no-one’s like right or wrong but it was just like “[exhales] what do
 464 we do?” you know: (.) so (.) I was like (.) you know in a lot of my jobs and (.) and (.) in my personal life I’ve
 465 played this like pea:cemaker* (..)

466 -mhm

467 -ah:: (.) ah kind of (.) negotia[laughs] thing (.) um (.) so (.) um (.) part* of doing that is kind of trying to
 468 push yourself (.) away from(.) from the two sides you know like try (.) try not to be swayed by one side
 469 try to see what’s shared what’s collective and (.) like (.) what can be talked about (.) you know (.) and I’ve
 470 used that from (.) managing voluntee:rs to like to run their own projects well or start it or better to (.)
 471 you know when I was doing complaints at a bakery and (.) um (.) like [exhales] (.) getting the bakers to
 472 stop shouting at the drivers or the packers you know like

473 -mmm

474 -trying to (.) trying to figure out like what the problem is* (..)

475 -aha

476 -ah a:nd (.) and (.) ah you have to remove yourself from (.) from* it and (.) to try and find (.) that answer

477 -mhm

478 -but when you do that (.) you can’t do that when you’re in a relationship with (.) with someone (.) you
 479 know (.) I think I’ve used that strategy sometimes and I and I (.) it doesn’t work [bangs hand on table] (.)
 480 as much (.) because (.) it’s (.) I’m not getting paid for it (.) like (.) I’ve not (.) it’s not (.) there isn’t this
 481 whole of the kind of set of boundaries or (.) or status or kind of “well he’s worked for 20 years and he

482 gets paid three times more than me so I can't be upfront and square I have to (.) play around with it" and
 483 maybe, maybe that's like anger and frustration that's just [bangs hand on table] (2sec) yeah not seeing*
 484 the benefit* of not* (..) being honest (.) and upfront (.) but then (.) but at the same time trying to find a
 485 way to find (.) I think I think a lot in terms of like "solutions"

486 -mmm

487 -or like "problem-solution" maybe that's a male thing [bangs hand on table] I don't know that's (.)
 488 sometimes that's what people say and (.) ah (..) like my girlfriend is just like "I don't wanna hear about
 489 your solution I just want you to hear me*" (.) you know?

490 -mmm

491 -and that's (..) that's like (.) frustrating cos it is like "well" you know "well we've found a solution we'll
 492 just go on to the next problem" [both laugh] "the next problem is... just do it" but then (.) but then the
 493 next problem is actually talking about (.) how you're feeling about something allows you to (.) maybe find
 494 (.) the solution and (.) again it's just two different [bangs hand on table] perspectives to (.) to try and find
 495 a problem to answer a problem and (.) yeah (.) so maybe it's like substituting one anger and frustration
 496 for another one like "which one does (.) which one will give me more time o:r (.) which one will be less
 497 (..) stressful* or less (.) or more rewarding or" (.) I don't know (.) maybe it sounds like something you
 498 can't think about those things a:ll the time you just

499 -mmm

500 -it's just instinct isn't it? Like (.) for me* (.) I don't know (.) for some other people (.) I don't even (.) don't
 501 know if I think about things this way

502 -mmm

503 -or in this detail (.) a:ll the time (.) I guess yeah

504 -every now and then you do* explode though (.) you said

505 -yeah

506 -what is it like when this happens?

507 -um:: (.) s(.) it's [snaps fingers] like (..) sho:rt (.) and sharp (.) and (.) kind of (.) quick (..)

508 -mmm

509 -whereas I (.) I don't feel like I can predict when this is about happen (.) like I know that I'm getting
 510 frustrated and I know that we're having an argument it's stressful (.) but (.) I might just say a phrase or a
 511 word or a (.) something and [bangs hand on table] (..) it will be (.) this* loud this* aggressive like
 512 posturing or (.) something (..) um: (.) often with* my partner like (.) I don't think there's anyone else I get
 513 (.) as angry or frustrated with

514 -mhm

515 -and (.) and so (.) and then (.) like (.) norm(.) I normally* regret it (.) like (.) because it's all I seem to do (.)

516 um (.) because (.) because (.) my (.) m:y (.) eh: (.) my girlfriend she (.) like I said she: (.) I y(.) I think she has

517 experiences with some kind of physical (..) you know (.) violence from (.) from her (.) her dad (.) like

518 (3sec) and (.) I wouldn't find it (.) I don't know how bad (.) I don't think like a punch in the face or

519 anything but (.) like a push or like posturing like in her face and (..) both of my (.) both of her (.) she's

520 Armenian both of her parents are refugees twice* refugees (.) from places and ah (.) that has its own

521 sense of trauma and (.) and (..) frustration and anger and ah (.) I've heard so much about like (.) my

522 girlfriend's dad and like the way that he was brought up and like his* dad would make him and his

523 brother fight or and his brother still until he died like they were in a business together and he would still

524 be physically aggressive towards (.) Tara's dad and things like that and (.) there is like (.) his (..) his ah (.)

525 and so I (.) I'm aware* of these things and like aware of like our responsibilities to (.) to not* be like that

526 like (.) obviously generally like (.) I don't wanna p(.) I never (.) I don't wanna be violent towards anyone*

527 (.) I understand* that it's wrong* (.) but sometimes (.) m (.) it just (.) get (..) I don't even think about

528 doing it like it sh(.) it just happens it just comes out and it's a phrase or posturing or (..) self-defence (.)

529 you know (.) and it's just like (..) it's got to a point where my words can't (..) my (.) my (.) my words my

530 manoeuvres or my eh (.) strategy* to like ah (.) diffuse* anger isn't working

531 -mhm

532 -a:nd (..) then I (.) it's like a (.) it's (.) it's really bad but it's like s(.) I feel (.) sometimes I'm like (2sec)

533 "Wh" you know (.) Tara's 28 (.) like imagine what she was like when she was like 16* (.) you know (.) and

534 I'm like (.) I'm getting this* frustrated (.) like th(.) the (.) normally the extremity of it would be like me

535 posturing or shouting or doing something that's (.) that puts her on an edge and stops her (.) which isn't

536 right (.) but her (.) her dad (.) you know (.) maybe go (.) have gone a bit further

537 -mmm

538 -on this isolated occasion like maybe 2-3 occasions that that's happened a:nd (.) um (.) I'm like (.) I kind of

539 understand why (..) why h(.) why h(..) why: he did that (.) not that I think it's right (.) not that I would (.) I

540 would always wanna stop myself from doing it (.) but: (..) I get to this point where it's like (2sec) [bangs

541 hand on table] I'm getting so* frustrated that that seems like the rational* (.) thing to do like (.) [raises

542 his volume] "can't explain anymore! Can't talk anymore!"

543 -mmm

544 -"can't come up with ten different ways to say the same thing. Can't keep battling" (..) and (.) that (.) like

545 (.) so (.) violence seems like a (.) like "this will stop her!" (.) you know

546 -mmm

547 -"this will show what I mean" (.) this will mean (.) this will be like (..) "listen to me" you know?

548 -mmm

549 -ah (.) and that's quite scary (.) thing to like (.) a thought process to go through and (..) be like "woooah!

550 Don't do that!" [laughs] like "that's awful" (.) you know (.) and (.) I (.) I've never done that and I don't

551 want to do that (.) you know

552 -mhm

553 -and (..) so (..) maybe it's like (.) trying to figure out like (.) then in that* context you think [bangs hand

554 repeatedly on table] "[exhales] actually maybe being honest from the start might be better" like even if

555 it's painful (.) maybe you would maybe things wouldn't get to that stage if you're like [bangs hand on

556 table rhythmically several times] straightforward and honest rather than trying to think like a therapist or

557 trying to think (.) it's just such a wei:rd (..) yeah balance and (.) but yeah I think like that's what those like

558 that short (.) sharp (..) aggression* comes in (..) um (..) yeah I don't (..) I'm trying to (..) I don't (.) like (.)

559 my relationships with other people I don't they're really like (.) my friends in London or back home or my

560 parents or my grand-parents or (.) um (..) they're really kind of (.) as intimate* relationship is like (.) with

561 a band (.) that I'm in (.) and you might like (.) people (.) ah: (.) people often compare being in a band to

562 like having a girlfriend (.) like it's like (.) a similar thing (.) and actually* like (.) a lot of people (.) if you if

563 you don't play in bands or whatever (.) they might not really (.) realize that it is so* like that (.) you know

564 (.) because it's like multiple people trying to say what they wanna do trying to explain [muffled] trying to

565 understand and (..) you get angry* and you get frustrated and (.) um (.) I feel like (.) this* year when I was

566 getting made redundant and I was like finally* deciding to do my Ma:sters and um (.) trying [bangs hand

567 on table] to like have a good healthy relationship with my partner and (.) like at the same time trying to

568 play gigs and record music and like get somewhere with my (.) with my band and like eh:: (..) I got really

569 frustrated and angry when I was (.) I felt like I was treated like a (.) a:: (.) a commodity* (.) cos (.) I play

570 drums* (.) a:nd I'm good* (..) you know? [laughs] it might sound a bit arrogant but I'm good (.) I play

571 drums for like 15 years

572 -aha

573 -and um (.) a:nd (..) I love playing drums (.) and I love playing gigs I love playing with people and (.) ah::

574 when we play gigs (.) people oft(.) oft(.) like I played a gig yesterday in Camden (.) not far from here (.)

575 and three or four people afterwards came up to me and said "you're a really good drummer. You're an

576 amazing drummer. I haven't seen... like a support band or... like someone play drums like such a long

577 time" you know nice things (.) eh (.) I hate* saying these things cos it's like (.) big-headed arrogant but

578 that* is what happens and um (.) it's really nice and (.) like even people in my band say it to me (.) I mean

579 in a kind of laddy kind of way (.) it's fine (.) um but a couple of months ago I felt I was being (.) I was

580 saying "I can't practice this day because... I need... I need a Saturday with* my girlfriend" like I just we

581 never see each other we're just arguing" I didn't say those* things but I said (.) I was saying "I can't

582 practice Saturday" not giving the reasons (.) behind it (.) especially via WhatsApp which is not a great way

583 to show (.) you know (.) tone and context

584 -mmm

585 -and ah (.) I felt like I was (.) being (..) cr(.) criticized for not (.) practicing* as much as the other people
586 want (.) to practice (.) and (.) I made this comparison that was like “you... you’re in this band but you also
587 make films so your creative outlet is making films that’s what you do most of the time. And you, you’re
588 the same you’re also making films. You, you like make lots of other music by yourself so whatever like
589 and... me, I’ve got this like... job which is taking me like Birmingham and Bristol and Portsmouth and Bath
590 and... places outside of London on weekends, on evenings (.) um (.) and* during the day so it’s like I’m
591 trying to balance like (.) seeing my girlfriend a:nd (.) playing in this band playing in another band and
592 someone else is angry that we’re not practicing enough and, like” I was just like (..) um [bangs hand on
593 table] (2sec) I got really angry and frustrated I was like “stop treating me like... like... I’m just like a drum-
594 machine who just like comes in” and how (.) like (.) “I’m a person*” and there’s like so* many like with
595 every(.) all* of us are trying to balance our loads and (.) it’s not (.) [bangs hand on table] it isn’t
596 necessarily working for everyone like you know (.) like one person is a film-maker (.) he’s like the singer in
597 our band and he (.) he works in a school like as a teaching assistant k(.) kind of thing (.) um (.) and he
598 hates* it and it’s exhausting and he clearly doesn’t wanna be doing that but it’s 2017 and times are hard
599 and nothing pays and you’ve gotta pay a rent and you do it and you try and get a balance with everything
600 else (.) other guy is like a freelance like works in (.) the mo:vies and and stuff like that and he just got
601 made redundant too and that’s been happening like six months like he knew that’s the direction he was
602 going in and he’s not getting any of his films and he’s getting paid less than minimum wage and (.) he’s
603 angry and frustrated with his life and (.) my other friend he’s working in a recording studio and (.) he’s*
604 not making any money and he’s working 12hour-shifts in the evenings and (.) he’s* getting really
605 frustrated and (.) it’s like (.) a:nd (..) I’d say an(.) no-one can practice and there’s never* a good time!
606 Why is it that I’m* getting criticized when (.) all* of us are struggling?

607 -mmm

608 -you know? Like (.) in (.) in the nicest possible way no-one’s doing what they want to be doing (.) no-
609 one’s happy with like their balance (.) why is everyone getting frustrated at me* rather than at each-
610 other? Why is the fact that I’m playing in another band not as legitimate as you making films or you (..)

611 -mmm

612 -doing your own music or (.) or can be anything like being in a running club or something (.) or whatever
613 like (.) and I got so* frustrated and angry cos I was (.) it’s like (.) “we’re all equal” like and (.) and (.) and
614 (..) ah (..) you need* to recognize that I’m (.) I’m a person and I’m trying to balance things just like you
615 like when things don’t work out (.) it’s not my fault like it might be easier for you to put your aggression
616 and your anger on me (.) rather than the fact that you’re not making any money or you’re not doing what
617 you wanna do um (.) by making this band a success(.) as successful in your* mind as possible

618 -mmm

619 -but (.) like (.) I can't (.) I I can't get out of the fact that I need to travel for work you know (.) or (.) you
620 know things haven't been great with my girlfriend so I need* to like (.) have an evening with her where
621 it's not like (.) I'll see you for 20 minutes and then I'll go to band practice for three hours and then come
622 back and then I'll go to sleep and then you'll be asleep

623 -mmm

624 -it's like I can't (.) I can't do* all of these things (.) you wanna do and (.) it took (.) it was not very nice like
625 (.) and it was I think (.) and I get probably similar (.) um (.) strategy to like the one with my girlfriend like
626 putting it off for ages (.) not* being honest and upfront at (.) the start and just being (..) I I feel like I (..) see the inherent good in people or (.) or like (.) I'm trying (.) trying* to understand where that person is
627 coming from

628

629 -mmm

630 -rather than being like "this* is what I think, this* is what we should do"

631 -mmm

632 -that's a very like stereotypically manly (.) aggressive (.) thing (.) I feel (.) to to do (.) and (.) not only (.)
633 [bangs hand on table] in the U.K. (.) but also (.) especially somewhere like Cyprus (.) it's like all of my
634 male like two of the people in my band are from Cyprus and then and they have that kind of like (..) macho man like "re file [imitates speech]" you know like (.) you say what you wanna do and you (.) you
635 say where you come from and that (.) if (.) and that's it* like (.) you've: (.) there's no compromise

636

637 -mmm

638 -and (.) I'm like "that doesn't work" like being manly and aggressive doesn't* wo:rk (.) you know like (.)
639 the whole world is ruined by (.) [laughs] patriarchy and like (.) sex scandals and things like that and I'm
640 like "I don't wanna be like that" like (..) I wanna displace that aggression and um (.) and (.) when you're
641 trying to do that it doesn't seem to (.) sometimes it doesn't seem to work and it's (.) you are trying to (.)
642 then (.) then in that context you're like "fine, well I'll just be angry and obtuse and just like "I'll say exactly
643 what I wanna say in this defiant manly assertive tone"" and then that doesn't work either and it's like (.)
644 [sighs] I don't know what to do anymore a:nd (.) yeah like no (.) no* attack like trying (.) trying to make
645 everyone happy doesn't [bang's hand on table] make anyone happy and doesn't (.) seem to make me*
646 happy but then (.) m(.) makes (.) trying to do what makes me* happy (.) doesn't seem to make anyone (.)
647 happy doesn't seem to (.) so (.) I get angrier but (.) I'm like I'm never sure what the right thing to do is (.)
648 and again that* makes me angry (.) sometimes (.) just don't know what (.) what the right thing to do is (.)
649 like trying to think about (.) three different options trying to think (.) like (.) steps ahead to (..)

650 -mhm

651 -to where I'll vent the aggression the frustration like (.) balance the needs of what everyone wants or
652 what a person* wants (..) yeah (.) and it's just (.) I don't know (.) I don't know what the answer is (.) a lot
653 of the time (.) yeah (..) you don't have to ask too much I just kept talking [laughs] (..) yeah

654 -most interesting (.) do you have time for one more question?

655 -yeah yeah yeah

656 -so:: (.) yeah you have given me a very vivid (.) picture of (.) what you perceive anger to be like

657 -ye:ah

658 -can I ask you (.) can anger ever be positive? Like (.) a positive force in any sense?

659 -a:h (..)

660 -or is that just (.) nonsense?

661 -yeah I mean (.) it can* be (.) when you (.) I think (.) like (.) in the con(.) especially now* (.) in the context
662 of (.) Brexit Trump far-right nationalism (.) all of these things like

663 -mmm

664 -you see: (.) ah (.) a lot of like Antifa like anti-fascist organizations or Hope-Not-Hate and things like that
665 (.) there's a lot there's (.) like (.) that* is fuelled by ang(.) that is fuelled by anger* (.) other people (..) um
666 yeah (.) um: and (.) I believe those things to be right (.) you know?

667 -mmm

668 -um (.) but then at the same time there's all groups of people (.) they're (.) they're angry (.) often (.)
669 about* things (.) that they should be angry about like not having any money or not having any jobs or (.)
670 opportunities or (.) the loss of (.) their culture or (.) or things like that (.) [bangs hand on table] but they
671 (.) put their anger on the wrong (.) people or the wrong (.) I* think

672 -mmm

673 -my personal opinion

674 -mmm

675 -um (.) you know is is not is not (.) Muslims and (.) you know (.) Turks or whatever it's like (.) it's (.) [bangs
676 hand on table] bankers or the elite or what(.) is systems even or whether it's planned or not* you know
677 it's it's the syst(.) it's systems* a:nd um (.) yeah if you can (.) if you can channel aggression ah (.) towards
678 changing those things then there could be a good use of it but (.) [muffled] channel anger in a lot of
679 different ways but (.) not necessarily for good things

680 -mmm

681 -or bad* things you know? (.) um (.) yeah it can (.) it can (.) it can* be a force like (.) I live in Limehouse (.)
 682 in East London don't know if you know but it's

683 -yeah

684 -and (.) on Cape Street it's a like a very very long street thing and there is a (.) of a hundred years ago
 685 there was a hu:ge* demonstration (.) no 90* years ago there was a big demonstration (.) antifascist
 686 demonstration (.) um (.) with workers (.) unions (.) people who've come out lots and lots things (.) like
 687 that and (.) they stopped people (.) they stopped fascists marching! You know (.) [claps hands] that's (.)
 688 that's anger for the right (.) that's anger for the force of the good

689 -mmm

690 -um (.) yeah and I guess having worked in charities as well you know (.) you can get angry if other (.)
 691 people are homeless and (.) or you know (.) not eating very well or (.) whatever (.) you can (.) you can
 692 channel that (.) aggression (.) into something positive but (.) maybe sometimes people don't even label it
 693 (.) label it as anger? You know maybe they (.) "it's just wrong"

694 -mmm

695 -maybe it's not that it's (.) that I'm angry about it (.) it's just that it's wrong (.) you know or as (.) the right
 696 thing to do or (.) the wrong thing to do (.)

697 -mmm

698 -and (.) so yeah maybe we don't understand that (.) enough (..) anger can* be a force for good but I guess
 699 that can be subjective (..) [yeah [laughs]

700 -nice

701 -yeah

702 -cool I've ran out of questions to be honest thank you very much for your time

703 -no problem

704 -do you have anything you wanna add before I turn off the recorder?

705 -no I think (.) I think I've yeah (.) bettered myself (.) gave a lot so hopefully that gives more (.)
 706 understanding of anger (.) in my life