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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 and (.) my fencing coach (.) funnily enough he was on my side (Lines 437-438)

P.5: basically just screaming (.) screaming 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: Well 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 all 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 (. ) embarrassed* (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 a:ll just are sources of pain and abuse (288)
### Appendix B: IPA Table of Recurrent Themes

<table>
<thead>
<tr>
<th>Super-Ordinate Theme</th>
<th>P.1</th>
<th>P.2</th>
<th>P.3</th>
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<th>P.5</th>
<th>P.6</th>
<th>P.7</th>
<th>P.8</th>
<th>P.9</th>
<th>P.10</th>
<th>Present in Over Half Sample?</th>
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<tbody>
<tr>
<td><strong>When In Place, Anger is Irresistible</strong></td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
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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
- So, first of all, what made you decide to take part in this study?

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

- You do?

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

- Of course, yes.

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

- Ok.

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

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

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

- Mhm

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

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

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

- At yourself?

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

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

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

- Oh

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

- Ok

- Yeah?

- Was it easy for you to keep it to yourself?
-Ummm...

-Is it easy?

-Yeah, I mean (...) one of the things I always think about is, when you wanna kick something or punch something 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.

-So you were in a public space.

-Yeah.

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

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

-Mhm

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

-Mhm

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

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

-Yeah.

-Is it?

-Yeah.

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

-Um:: Not really. I mean, I feel like I’m in control of my body when I’m (...) thinking (...) when I’m angry... otherwise I would have just kicked the door! Or something like that. Ah:: but yeah it always comes down to that advice he gave me. “Sit down if you are standing, lie down if you are sitting if you’re angry”. Cos you can’t really do anything if you’re in those positions. Like if I’m sitting down (...)
-It’s gonna be a bit of an effort for me to go and kick the door.

-Of course.

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

-But when you’re standing up...

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

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

-Yeah it just relaxes you. I just sit there, I don’t do anything.

-So you’re not trying to focus on your breathing or/

-/no I just breathe naturally I just breathe through my nose but I just sit there and think about anything like sometimes I’ll be on my phone and within 5 minutes I’ll be fully calm.

-OK.

-Yeah.

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

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

-Mhm

-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 of my body.

-Mhm

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

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

-/yeah yeah that’s exactly what it is. And another you said you wanted one example, another example is

-Mhm

-With my OCD, sometimes if I touch things I have to go wash my hands and it got to a point where I wash my hands like 50-60 times a day and I couldn’t do this [[clenching his fists]] and I couldn’t clench my fists
because the (. ) blood used to come out from the cracks (. ) cos the skin was so (. ) all gone from all the
water. But (. ) what I used to do is I always used to do this [[pulls sleeve down]] and then even when I did
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”.  
And (. ) I couldn’t control myself after, you know? I’d lash out at everything and it just (. ) it felt like it
wasn’t me, like someone else was taking control of me, doing their own things at their own pace. When
they wanted to, doing what they wanted to.

-Mhm

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

-I see/

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

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

-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
lot of things that, um::, a lot of thing (. ) a lot of things that people consider normal, I wouldn’t consider
normal.

-Mhm

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

-Like?

-Yeah, in a flash of an instance.

-I see.

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

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

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

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

-Ah, I think before I had the OCD…

-Mhm

-It was like… f:::ine, I’d get angry like once every week (. ) so not much. And it wouldn’t even be that big.
-Ok

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

-May I ask approximately when this started?

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

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

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

-Mhm

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

-The thought that/

-/Yeah, the thought that it’s dirty.

-Mhm

-frustrates me a lot.

-I see.

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

-Ok

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

-Mhm

-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 touch something and I’m gonna find it dirty... I just wouldn’t touch it.

-OK

-So that prevents me from getting angry.

-Mhm

-And that’s really it.
-Ah:: on a social level, how would you say impacts you?

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

-OK

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

-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 go out with my friends. But I very rarely get angry outside, with them. Because I always think about them and (.) like, it comes back to that thing I said at the beginning (.) in public, um (.) you don’t want to ruin your time with them.

-Mmm

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

-I see what you mean, yes.

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

-I’d feel a bit sad.

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

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

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

-Yeah.

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

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

-Mhm

-At home (.) and basic objects at home like, I wanna open the cupboard to get spoons and forks and 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 want to be washing my hands after. If that makes sense?

-It does.

-Cos you know (.) it’s a normal thing, you know? Someone going to get a spoon and a fork, to eat, knife as well (.) to eat their dinner but then (.) they just eat. Whereas I have to go wash my hands after. And (.) I just don’t want to be washing my hands after. If that makes sense?

-But when you see other people for example eating without washing their hands after touching the fork and the spoon, does this impact you in any way?

-Yeah... No! No, I'm ok with it because I think that's (.) their life, like I know that I have my OCD... in (.) that sense... but (.) and they know that I have OCD...
-So, we just go about doing our own thing. And then we eat together, if that makes sense...

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

-Yeah.

-In the times when you don't, perhaps before that person gave you that advice, when you lashed out, was that in an effort to... Was it in an effort to do something or was it just instinctual? Did it involve any self-harm maybe?

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

-Alright

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

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

-I don’t know, I just felt like () everything that () I got angry about... when I kicked the door, it just went after, it just felt like “I've done it now, I've done... I got rid of everything that made me angry”

-Mhm

-By kicking the door, by lashing out.

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

-Ah, no

-Buzzing in your ears maybe?

-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.

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

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

-Ok

-So () um () yeah, I get frustrated a lot more than angry and the things that frustrate me... I try () not to do myself so... if I see other people doing the things that frustrate me, and I know that I'm frustrated by it, I’ll try not to do it myself. Cos it will frustrate me, it will frustrate everyone as well. So you might as well keep it simple.

-Would you say that anger is natural?

-Yeah I’d say it’s a natural feeling. Definitely.
-Mhm

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

-Mhm

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

-OK

-And so, 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.

-Mhm

-Getting frustrated, you can probably get by without doing anything (2sec) um (. ) like, if I’m, if I’m 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 will have to sit down. Or I’ll have to lie down.

-Mhm

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

-I see

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

-How is that possible?

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

-Mhm

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

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

-Definitely negative. Um...

-Definitely?

-Yeah. I mean (. ) some people would say it’s positive in the sense that it probably spurs you on to do more. If you’re angry at yourself and you’re at work, you want to (. ) do more work (. ) and then, you 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 calmed down for like 5 minutes...

-Aha

-And so, for me, it feels like a waste of time.
I see. So, when you say you’re unproductive you (.) ah::, can you read a magazine for example?

Yeah, I can probably go on my phone, read a few news articles or whatever, or read a newspaper or read a book… but then, I don’t know if you would classify that as “being productive”.

Ah::, probably not (laughs)

(laughs) yeah

Would you be able to speak to someone calmly? Like, if you’re angry and someone asks for directions for example/

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

OK

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

Mhm

So yeah. If I’m standing… probably not! (laughs) I’ll probably be just like “nah, sorry, don’t have the time. Just go”.

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

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

So that’s not something that changes with anger. Like, when you’re angry, you’re not changing your views on that.

Yeah. No, you have, yeah. That’s quite, cool for me.

Anything you would like to add?

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

Mhm

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

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

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

-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
unfair” and then, I’d (. ) just (. ) tell them to politely go away (laughs).

-I see.

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

-That’s true

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

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

-That’s really it to be honest.

-Alright.

-I can’t really think of anything else.

-Ok (2sec)

-I’m a peaceful guy.

-Good. Alright. I think that was a very good interview...
-So, why did you decide to take part in this interview? What made you wanna come here?

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

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

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

-Oh

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

-How is that so?

-Mmm?

-How is that so?

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

-Mhm

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

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

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

-Mhm

-You know, I mean generally people tend to like me but there are times when I think they just get a little bit (.,) on the back foot. I mean like, my, I mean my girlfriend* (.,) does sometimes tell me to, you know (.)
to (.) um, tone down voice a bit and, you know (.) and (.) and certainly when I’m upset and that (.) um (.)

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

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

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

-I see

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

-Mhm

-And (.) yeah so I suppose a little bit embarrassed, a little bit ashamed (.) at the same time, if I’m, if I’m*
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
shackling of that. And when that happens I have to find other ways of expressing it.

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

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

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

-Did you bottle up emotions before?

-Yeah.

-Mhm

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

-OK

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

-Mhm

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

-Mhm

-So.

-Is anger among these emotions?

-Hm?

-Is anger one of these emotions?

-Yeah, I think so.

-Mhm

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

-Please

-I remember when I was about 8 years old (. ) um, yeah, around grade 4 (. ) and I remember there was a time in (. ) in (. ) the (. ) the playground when ah: I was with a couple of my classmates and ah:: and we were trying to put together like an ant-hill, in a jar, filling sand from the sandbox into the jar and trying to create a colony and stuff (. ) and I remember they s (. ) I don’t remember what* they did but somehow they really upset me, I think maybe they were, they wanted me to stop playing with them or something
like that (.) and so, in a little* bit of anger (.) I tipped over the jar (.) and then they got really upset and
they started um (.) screaming at me and calling me names and stuff like that (.) and that got me very*
upset (.) and, so, for the whole (.) second (.) um, this was in a, I don’t remember the class because I was
fuming about this whole incident (.) and (.) and then I get very personal (..) somehow I got in my head to
just, like (..) it’s like I armed myself with as many kind of (.) um, stabbing objects that I could think of. So I
had, I remember I put a pair of scissors in (.) dull scissors not really sharp kind but the, you know, the
kiddie scissors with the round end

-Mhm

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

-Mhm

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

-Mhm

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

-Mhm
-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 around with you anymore.

-That makes sense.

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

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

-So, one of the things I do, um, when I’m angry (..) uh, and (.) and I have a moment alone* (.) if I’m really that intensely angry, ah, I will hit something. But I always tend to make it something that is (.) soft 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 the pillow or something but (3sec.pause) and, um, and I’m both really* letting that out and I’m giving it the expression that this feeling feels like and needs but I’m doing it to* something that’s not going to get hurt.

-Mhm

-Um (.) swears!

-Aha

-I swear. Um, I mean I kind of swear anyways but 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.

-Mhm

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

-Aha

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

-Mhm

-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 juvenile, they’re too (.) um (.) they’re too wishy-washy (.) and (.) if I try and say that, the feeling is going “but wait a minute… that’s not enough…”

-Mhm

-“I’ve still got more here. You’re not giving me enough to say to really express it”. That’s what the feeling is saying so, if I just kind of let go of that then the feeling, the feeling is still there, it’s still manifesting
inside, it’s going “you haven’t given me enough to” (..) “express myself here”. Whereas, like, if I say a
word like “fuck” (..)

-Mhm

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

-I see.

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

-Mhm

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

-Mmm!

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

-Mhm

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

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

-Mhm

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

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

-Whatever you prefer.

-Yeah… I mean (4sec.pause) In the actual expression of the anger (..)
I mean (3sec.pause) Physically I can feel quite hot, I can feel like even almost a little bit dizzy ah:: I can f

(\_) ah (\_) I feel (\_) ah quite moveable (\_) I mean it’s all (\_) it’s just a moment of being out of control (\_) um

(3sec.pause) again, I will say never in a way that (\_) that, you (\_) that, that’s completely* as in, you know,

you could then just go out and (\_) hurt or (\_) or whatever (\_) because there’s always a little bit of a (\_) a cap

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

as that’s d (\_) done* (\_) ah (\_) and when it’s done it could be seconds it could be minutes it could even*

be an hour or two (\_) but, usually, ah: when it’s done it’s there’s a certain sense of release, of relaxation

(\_) um (\_) there’s a calm-down effect. Again, it depends on the situation I mean (\_) ah: if it’s just that, say,

my computer (\_) froze (\_) 

- Mhm

-Or (\_) and it takes a couple of minutes for it to restart, to reboot and everything you know, that might

be, you know (\_) a short moment. If (\_) if let’s say, I mean this has happened (\_) ah, you know, I’ve

suddenly discovered that, uh: someone’s taken several thousand pounds out of my account um (\_) in, in

you know, in f (\_) has committed fra:ud...

- Wow

-And the night before my rent is due and my bills all have to be paid and stuff um (\_) I mean that took

several hours to (\_) to you know, deal with that and of course* during that whole time I was very* upset

and, and certainly (\_) you know, angry (\_) I mean the whole thing got (\_) got resolved in the end but there

was (\_) there was quite* a lengthy moment of having to deal with that, with my bank and stuff like that

and (\_) and certainly*, you know I was um (\_) I suppose in that moment it was like a mixture of anger,

anxiety, fear (\_) ah: upset (\_) but (\_) that’s not just something you’re gonna get over in five minutes.

- Definitely not.

-Um (\_) You know, so, in a moment like that (\_) ah: it might take a little while. Or you can say there’s even

(\_) kind of waves of anger (\_) that all need to be dealt with. Um (3sec.pause) I mean there’s (\_) there

might be some instances where the anger lasts several months! If it’s a (\_) if it’s quite a (\_) a major*

negative event (\_) um (8sec.pause) ah: you know actually (\_) a few years back I mean I was ah: (\_) my ex-

wife and I were suddenly evicted from um (\_) the flat we were living in for, for seven years, just because

the store-owner, below, wanted to buy* up the, the flat above, which was ours, and he did and so the

estate agent just (\_) threw us out as a result and, you know, we (\_) we barely had (\_) won’t go into too

much but, to say we only had really five days to find another place and we took the place that he offered

and it’s been a problem ever since.

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

-Mhm (3sec.pause)

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

-Mhm

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

-Good.

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

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

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

-Mhm

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

-Mhm

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

-I see

-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, my father has just died. Or my wife has just died. (3sec.pause. Inhales) Ah, as an actor, I will trail it back, 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 child who just, suddenly (.) died one day and, um, um, we’re not even sure how* she died we’re just, probably that she was ran over by a car.
-Mhm

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

[inhales] I'll take a moment(.) and try my best in my, in my memory to recreate* that exact moment when I found out that she* died(.) and that can elicit(...) that can* elicit the same emotions, that I had back then, as a 12 year-old. Can*. And if so, I am emotionally then prepared to then enter the scene and play under the imaginary circumstances of the, the scene.

-Mhm

-Um (...) What the audience sees, either in, in the theatre or in the cinema (.) is they see a character crying because he found out his wife just died. (3sec.pause) Um (3sec.pause) I(.) what I brought* as an actor, what I brought to that is my own experience of loss. Ah (...) This, actors do this all the time. I mean, um (4sec.pause) I mean Mickey, Mickey Roorke for example, in, in The Wrestler when he's playing that scene where he's having to tell his, his daughter who he's only just, um, met up with again for the first time in many years how much of a wahed-out (...) ah:: wreck of a person he is. And he was thinking about his dog, about his dog that had just died. And that's why he's so emotional.

-I see

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

-Mhm

-It really helps, sometimes* to just(.) um, go back in your, in your (.) memory, and remember a time when you were just furious*(.) and then take that* into the scene.

-Mhm

-Ah, obviously under the imaginary circumstances and, you know, working with your, erm, fellow-actors, ah: so that everyone(.) feels*(...) real emotions but it's still a safe environment. If I'm, um, fighting someone, if I'm actually* punching them, we're still going through the same(.) stage choreography(...) but the feeling behind that is very* real.

-Mhm

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

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

-Mhm

-So(.) If I've got it right, ah, you're telling me how(.) being an actor has helped you(.) sort of(.) get in touch with your past feelings and sort of bring them to the stage(.) so that you can(.) more or less(.) bring the character to life. Is that so?
-Yeah. Yeah... And then (. ) sometimes the reward is that you do* end up dealing with some (. ) with some
of the: (. ) you know the emotional crap in your own life um:

-Aha

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

-Mhm

-And never should be //

-//ok

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

-Mhm

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

-Mhm

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

-Mhm

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

-Yeah

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

-Mhm

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

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

-Mmm

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

- I see

-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
(. um you are* playing with stuff that in day-to-day life can be very out of control and you have to have
(. you have to be a professional (. you have to (. play with it but in a way that is very secure

- I see

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

-Mmm

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

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

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

-Mhm

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

-Mhm

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

-Mmm

-And that’s the beauty of it. I* (. I call acting the (. the art of experience (3sec.)
-From the perspective of the actor, you mean... Or from the perspective/

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

-Mmm

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

-Amazing!

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

-I see

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

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

-Ah/

-Do you

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

-Mhm

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

-Mhm

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

-Mm

-Um (. ) there (. ) I mean also (. ) also on camera you have to make sure that whatever you do (. ) the camera is still gonna pick it up (. ) so (. ) uh (. ) you know that’s why they talk about actors hitting their
mark that’s when (.) if you need to be in a certain spot it’s because that’s where they’ve focused the
camera (.). if you’re off of that spot (.)

-Mm

-Then you may be out of focus

-I see/

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

-Mm

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

-So (.) um (.) if I’m not mistaken you did use the adjective “cathartic” for//

-./yeah

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

-Yes

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

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

-Of course

-Um//
That makes perfect sense. Definitely.

- And I mean that’s what that’s why all fight is choreographed. They can’t see a real fight.

- Mm

- This isn’t a boxing match. That’s not what they’re there for. And uh, and also you have to be safe because you know they’ve got a the other actor’s a colleague.

- Mhm

- You know, you’ve gotta come back the next day and do the same point all over again. Or if it’s a film, you’ve gotta come back the next day and shoot and shoot the same scene or a different scene and even if this is your last day working with this person who cares? You know, you both wanna work again you may even work with each other on another project. You will always have to keep you always have to keep the other’s safety in mind.

- Mhm

- Again that’s where a lot of the discipline comes into it. So you stick to the choreography so that it looks like you’re fighting but you’re not actually fighting.

- Mhm

- (Inhales) Um... you know you never take it to a point where people are actually hurt. You never take it to a point where people are actually hurt. In theory, they’re always constructed but even then they can still cause some hurt so you make sure that you stick to the choreography when you’re striking at some with a sword you know you stop before it actually makes contact.

- Mhm

- Ah... you know you don’t really knock them on it doesn’t matter what you’re feeling you still stick to the choreography but yeah as a professional you should give a real motion while you’re doing that.

- With a focus on anger again of all emotions would you say that being an actor has helped you or not maybe express your anger in a more appropriate way?

- Acting is I call it indirectly cathartic

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

-Aha

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

-Mhm

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

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

-Mhm

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

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

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

way

-Mhm

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

-Mhm

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

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

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

-[laughs]

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

-Mhm

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

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

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

going to have an audience

-Mhm

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

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

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

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

(.) I’m guessing* (.) you know I don’t know much about it but I know it (.) I know that drama can* be
used for therapeutic means but (.) professional* acting is (.) is all about the ah the (.) the entertainment
and I suppose the education of the audience (3sec)

-Nice (2sec)

-So (..)

-So you have been telling me ways of expressing anger

-Mhm

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

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

-Mhm

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

-Mhm

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

-Mhm

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

-Mhm

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

-Mhm

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

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

"Mhm"

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

"Mhm"

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

"Mhm"

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

"Mhm"

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

"Mhm"

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

"Mhm"

"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 be a result of bottled-up anger and hurt ah: from* traumas that have happened to you that haven’t been um allowed* to be expressed (.) effectively (3sec)"

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

-Mhm

-Or else* why did it happen to you? You know?

-You have a point, definitely

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

-Mhm

-Um again all* that I would say comes from one- being abused and two- not being able to deal with it

-Hmm

-Not being able to deal with the effects of it

-Yeah dealing with it is definitely a major point absolutely

-Mhm

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

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

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

-Mhm

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

-Mhm
-Ah:: you know as in “sinful” (. ) not* in that kind of way (. ) I mean (. ) um (. ) you could say that there’s a
(4sec) a (5sec) [laughs] (. ) you could say that there’s light and heavy emotions and that there’s there’s
emotions that really (. ) um (. ) emotions that light you up (. ) that free you up that ah: that fee:i quote-
unquote positive and then there’s emotions that (. ) really feel like they’re weighing you down like they’re
(.) they’re constricting you like they’re making you (...) and that you can say is quote-unquote negative (. )
-Mhm
-But (...) even then it’s the (. ) heavy emotions are not bad
-OK
-Sorry, no, actually, let me rephrase it
-Please
-Yes there are positive and negative emotions
-Mhm
-But positive / negative just simply mean (. ) meaning like (. ) in an electrical charge type of way (. ) not in a
good and bad kind of way (. ) there are no such things as bad emotions
-OK that’s a very interesting answer definitely (. ) so: how can you be positive with your anger?
-Ah: (3sec) well ok ah: [laughs] let’s go with (. ) sorry let’s go with positive / negative being not (. ) good
and bad so I would say (. ) just in terms of charges (. )
-Mhm mhm
-Anger is a negative charge (. ) but in terms of good and bad (. ) how can you be good with your anger?
(2sec) ah:: expressing it controllably
-Mhm
-Um (. ) meaning like if you’ve got* to let it out make sure you let it out in a way that (. ) you know if
you’ve gotta hit something (. ) make sure you’re alone (. ) definitely no children around (2sec)
-Mhm
-Um and release it onto something that is not* going to get damaged (. ) ah:: again finding* the right
language for it but again maybe tailor that to if there are any children around (. ) and even your voice (. )
make sure (. )
-Mhm mhm
-Make sure because children are highly sensitive and they will be shocked or hurt or even traumatized if
they see something (. ) that ah (. ) explosive and aggressive so (. ) make sure there are no children around
um (. ) express . express it in the way that you need to (. ) you can use whatever words you want um (. ) I suppose as long as again you’re alone (. . ) ah:: sometimes anger can be an (. ) an inspiration to do (. ) activism (. . )

-Mhm

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

-Mmm

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

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

-Yeah (. ) emotions themselves are never bad

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

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

-I see

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

-Mhm

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

-I get your point

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

-Mhm

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

-Mhm

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

-Agreed

-But they’re not bad for feeling* that
-Mhm

-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
made (.) can’t help it

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

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

-Aha!

-They always say “anger is the easy one”

-OK

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

-Mhm

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

-Mm

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

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

-Right [laughs]

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

-Ah (.) nothing comes to mind I think that (.) I think I was pretty good at (.) at forming my thoughts about
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
because probably the reason why is that as a professional actor you deal with emotions all the time so
we’re (.) we’re constantly thinking about them we’re constantly discussing them

-Mhm

-You know it’s an important part of the work so (.) therefore the (.) the exploration* of them even the
analysing of them (2sec) is (.) is quite common
So I'm probably I mean I would say I'm more emotionally accessible than the majority of people out there. It's a training; it's a discipline. One that probably most people haven't delved into as much; that's probably where a lot of this came from.

Cool. Thank you.
So, yeah, what made you decide to take part in this study if I may ask?

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 [snaps fingers] I can tell you a lot about that

Alright

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

OK

yeah

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

It’s been a problem for me because it’s (..) alienate a lot of people in my life (..)

I see

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

Mhm

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

-alright

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

I see

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

-[laughs]

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

Mhm

I realize that they (.) you know you can’t justify (.) being balls obviously it’s a professional setting and obviously that’s kind of a hint that there’s a problem there (.) somewhere (.) you know
-and then bit by bit people (. ) friends would open up to me and (. ) not bit by bit but every once in a while
my friends would tell me “man, you really got to control your temper” and shit like that you know so ( ..)
-I see
-Mmm (. ) so yeah that’s how (. ) I came to realize (. ) it wasn’t exactly (. ) exactly* normal
-Alright (. ) so what is it that makes you angry?
-Mmm
-Can you give me an example or two (. ) or as many as you want basically?
-A lot* of things man like (. ) like eh:: [exhales] it’s a (. ) it’s a reaction that usually happens when I f:: (. ) a
(.) um: (3sec) when I was a kid that was definitely something that I felt when I (. ) when I was frustrated
and felt that I was definitely out of control of the situation (. )
-mhm
-and that being more so the frustration of not being understood
-Ok
-and uh (. ) and as I got older it was the: (. ) the frustration of (. ) having a certain stance and feeling that
people were (. ) were treating me differently to (. ) to the way they treated others and therefore ah (. ) mm
(.) it’s incomprehension and (. ) in my mind trying to set them straight (. ) and but obviously because (. ) I
thought it was a normal way to react to things you know in a very angry way
-Mhm
-So it would be anything from like ah: (. ) ah:: not being able to: (. ) frustration would get to anger very
easily when I was doing my homework for example: (. )
-OK
-Ah: I would get very angry when (. ) a:h with certain people (. ) in my family as well because it was a rel. a
normal relationship to yell at each other and get pissed off at each other instead of trying to (. ) so for
example when I just go out and do things and (. ) with my f (. ) my dad and my brother and you know
outdoor activities and they wouldn’t go exactly right you would just get re:ally really angry with your
relatives and stuff or with (. ) or it’d be things like (. ) you felt that people wh. have taken (. ) have taken
advantage* of you taken the piss out of you instead of rectifying the situation you just (. ) you know (. )
burst* out in anger (. ) o:r when ah: when I find that you know (. ) certain standards aren’t upheld (. )
when the train say is 15 minutes late I just (. ) I used to boil with anger you know (. )
-Mhm
-When ah (3sec) when I watch the television I (. ) I used to get like genuinely fucking angry watching
advertisements (. )

-OK

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

-I see

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

-Mhm

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

-I get the picture yeah

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

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

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

-Mhm?

-The explanation will come but th//

-//the explanation from your side, right?

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

-Aha

-And but it was always too late

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

-Alright so very expressive about it.

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

-Mhm

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

-I see

-Mhm mhm

-Ah, cool. So between the time that you start getting frustrated and the time that you express your anger what is it like how does that period feel? It’s a very short period.

-OK

-Yeah so it’s as it goes from frustration to anger in a well not so much anymore it’s something I’ve always been made aware of and to do because it was such a handicap in my life.

-Mhm

-so it’s the ef I get angry very well I get frustrated and afterwards I can feel the boil getting to anger very very fast.

-Mm

-So: ah: it’s obviously a cumulative thing as well cos you know it’s not like I’m always impatient with people but you know it’s after a certain amount of time I wouldn’t say anything at all then you get frustrated for a certain amount of time you think “oh bloody hell it’s a normal part of life to be frustrated with people” cos I’m not a complete psychopath it wasn’t a complete psychopath either but eventually it comes to the point where nothing gets any better even though you drop hints etcetera you know in that you know you think that the last resort is to get really angry.
So I’d say it’s most of the time it’s something that happens really fast and it’s irrational and other times it’s something that I’ve rationalized in my head for quite a long period of time and that’s especially when I when I was mentioning people taking advantage of me

That’s something that I you know it’s not like in the spur of the moment it’s something that I find I don’t know because at the moment I don’t have the confidence enough to tell them “listen you’re taking advantage of me” etcetera you know you just let it happen again and again and again and eventually you know you just burst out in anger and those were the anger those were the words ones those were my anger was a lot more violent

-and a lot more constant after that you know? Then for example something that irratiionally makes me annoyed I can get very angry about it but you know that was something that you know the anger* 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 and after you’ve taken that one step and afterwards the mood you have anything for that person is always constant anger

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

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

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

-My brother not my brother my father was trying to er I wasn’t very good at cer at reading Norwegian (.)

-Ok

-it was one of the things I wasn’t so good at all at school and my dad would ah ah get me to read this stuff and as soon as I didn’t get it you know I would just snap my pencil and just lose my shit and then afterwards realize very shortly afterwards that I was really unreasonable or someone’s late they turn up you ask them why they’re late and they say “oh” they give you a bad excuse then afterwards 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 like for example eh: eh: many times playing in a band (.)
You know this guy's constantly late all the time by half-an-hour an hour. Always gives you these excuses "I missed the" and then after you sort of one day normally it doesn't bother you but then one day you decide that it does and [snaps fingers] burst out

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

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

-O.K
-And o:r [exhales] have I said watching advertising?
-Yes you did and I was very curious to hear about it -- what is it that makes you angry about advertising?
-it's the fact that they take you for an idiot
-[laughs] ok
-and you know I I find advertising so stupid* presented in such a stupid way
-Mhm
-you know the stupidity of it annoys me and the fact that I know that this is broadcast to millions and millions of people
-Mhm
-and I find I just generally find this to be a very unfair and exploitative situation and so when I see it it just triggers me [snaps fingers] or like when I saw it it would just trigger me and get really really pissed off
-I see so what do you do when you get really really pissed off?
-[exhales] wow well (2sec) I raise my voice
-quite substantially (2sec) eh: that’s usually level one (.) level two I start like slamming my fists (.)
pointing (.) making a lot* of gestures with my hands (.) looking straight* at the person I’m angry with like
without blinking and all the rest of it (.) you know (.) expressing my anger as clearly as possible
-mhm

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

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

-And after this (.). anger has been (.). expressed if you will
-mhm

-how does it feel?
-I feel very depressed
-Oh really?

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

-You know

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

-and re.and actually realize* that this is unfolding (.) realize that there’s (.) there is always a pattern that
occurs before you get angry you know (.) the s.the stages in which you are mentally and* physically
before you start getting angry so when (.) when that pattern happens you it’s (.) it’s very important to
realize it

-And how do you realize it?

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

-Mhm

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

-Mhm

-Ok

-Ok

-Ok [laughs]

-Ok

-Ok

-all the (.) my bandmates were highly inebriated and unable of carrying it (.) the last one was a (.) a:: (.)
well (.) my best friend (.) and he:: (.) I had relied on him all night to bring all the stuff back with me and he
can’t even stand and I was being (.) I remember being very frustrated and I then I just (.) I got extremely
angry with him
-I see
-And that was the first time I'd actually gotten that angry in several years (.) that was quite recent that was in August
-OK
-and I remember uh: after that (4sec) um:: yeah (..) not feeling very happy about it (.) 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:
-mhm
-So (.) or [exhales] um:: so like the most recent time I got like spontaneously angry is that what you’re talking about?
-tell me about it
-ah:: let me think (3sec) inanimate objects make me (.) when I get fr.like I often get frustrated with myself and I get very angry with myself and I start yelling because I’m angry with myself
-OK
-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 a hurry to go somewhere (.) you start panicking you can’t find your keys and I (. ) you know I’m just losing my shit completely you know a::nd (.) I realize I’m 15 minutes late because I’m too stupid to put my keys in a place and find* them (.) for example (..)
-I get the picture, yeah
-[laughs] that* happens (.) the last time that happened was probably:: two years ago (.) three years ago
-Alright
-Yeah (.) it happened a lot when I was living in eh: (.) in this place in (.) in Harringey and (.) that was the last time (. ) the last year this happened very often
-Mhm
-I mean th.it happened so* often dude (.) that I can’t really (.) it’s hard* to find one particular instance of it it all melt together (.) really (.) um:: (2sec)
-Any particular reason why this was happening during that period?
-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 made much more aware*of it during that period (.) and so I was able like (. ) once you start being told about (.) you know when people care about you the way you’re behaving and stuff like that you end up catching it while* it’s happening and afterwards you’re like “arrghhh” you know (. ) the. the ( .) it’s a you’re made a lot more aware of it so you’re aware of the instances a lot more clearly because you (. ) you are
trying to better yourself during that period so it probably didn’t happen it probably happened as much before if not if not more

-Mhm

-But then you know it’s like “oh this was a particularly angry period of my life” but then you realize all all* periods of my life were angry it’s just that that was the one where you are actually counting the instances actively* counting the instances when you would get pissed off

-OK

-mmm

-I see

-And the instances like this I got straight up was on average three times every two weeks sorry two times twice every three weeks in that period I can’t say it was once a week or once every couple of weeks but I would definitely I definitely counted a period of three weeks to a month I would get extremely angry twice

-Alright

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

-So far you’ve been telling me about ah: how you express your anger towards other people verbally

-Mhm

-And that you refrain from violence

-Mhm

-Any other ways you express your anger? Maybe not to other people but like any other outlet for your anger?

-There are definitely outlets for my anger I think it’s uh straight like when you have that sort of frustration and afterwards you get into anger then afterwards the anger is a slow-burn anger from then that point onwards

-Mhm

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

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

-Mhm mhm

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

-Mhm

-You know what I mean?

-Yeah yeah

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

-Mhm

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

-OK

-I don’t think I would write this stuff if I was (. ah) a peaceful zen person and so (. ah) and I find that some of the best* music I’ve written and 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

-Alright

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

-Obviously

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

-Alright

-And I would (. ah) a lot of ecstasy especially (. ah)

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

-Mhm

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

-OK

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

-Mhm

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

-Alright I see

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

-Aha! I see

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

-Mhm

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

-Mhm

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

-Ok

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

-What’s the difference?

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

-Mhm

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

-OK

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

-Alright

-You see what I mean?

-That’s interesting

-So there’s a big difference between the two (..) and I think that’s one thing I’ve alw:ays (..) eh (..) known is
that m.I wasn’t aware I was angry all the time but I was always aware that I was unhappy* all the time (..)
Cos anger definitely comes from a certain degree of unhappiness (.) I mean I’m never* happy when I’m angry and I when I used to get angry all the time it was because I used to be generally a pretty unhappy person (..)

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

So doing fencing for example (.) how

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

Alright

And like (.) I got angry at the fencing club only twice [laughs] I can tell you about one of them (.) one of them is actually pretty funny

Please do

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

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

Yeah

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

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 would just let it slide (.) you know (.) and ah:: (2sec) he wasn’t actually racist at all* he was just a dick you know like there were really nice people (.) imagine in Norway you know in a very posh fencing club at the time (.) cos I’ve been to other sports societies etcetera or the scouts and one of the reasons I didn’t stay there was because everyone was really fucking racist with me (.) whereas at the fencing club this guy was 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 didn’t really care cos I was perfectly aware of the fact that you know (.) that the only reason he was being like that was just because he was being jelly and you know (.) like I’d basically knocked him off his little
bloody podium at the fencing club you know the first two weeks he’d beat me every time you know during training after that he never beat me once

-I see

-And one day you know like we’re doing training again and he’s doing the trick where you’d slap the epee like that on your arm [slaps his arm] without scoring a point it just really hurt* (.) I said “stop doing it” instead of being rational and say “that’s it we’re not fencing anymore” and go to the coach and say “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 “cunt” in Norwegian I called him “hinte” [repeats word in Norwegian] and I slammed my epee to his chest (.) broke the blade in half (.) see I actually hurt him but that was just cos he was physically hurting me (.) but it was in the context of fencing and I just completely lost my shit with him (.) dude I broke the thing in half and broke two of his ribs and (.) my fencing coach (.) funnily enough he was on my side he saw the whole thing happen and he sent Henrik home and blacklisted him from the fencing club (..)

-Wow

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

-Mhm

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

-Mm

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

-OK

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

-Mm

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

-Alright

-And it was generally when (.) well “generally” (.) every time it was in a situation where they (.) they’d started getting physical themselves

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

-Did it feel good when you did that?

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

-Mhm

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

-Mhm?

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

-Cool

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

-Mhm

-Yeah (.) it’s it’s like it never these events would never happen with me going afterwards “oh well, that justified everything” you know what I mean (.) “being angry pays off” I never thought about it that way
I never thought about it. I mean “I want control on people; this or that” you know. It’s ah: it was always more I wanted to show people how frustrated I was with them at that times and I couldn’t express it in any other way than just [kicks and punches the air] but yes as I told you there’s also that physical feeling. A buzz in your head and yeah and the way you grow up you see people screaming and yelling at each other all the time. All these things come into it really so and but this is something I was quite ah: I was quite aware of ah. Very recently I mean I that the whole picture. Whereas before it was like “oh, I just shouldn’t get angry all the time cos no-one else gets this angry” you know.

And afterwards cos you never really manage to dissect it properly it never really goes every time it reoccurs again it’s really actually kind of the reason you know you’re angry all the time you know that’s a problem but so there you go.

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

In well let me think about that carefully because I wouldn’t want to give you an inaccurate answer cos I think when you know when you arrive to 100 and it’s someone you know then I never think physically harming them. When I am expressing my anger to the person.

And it’s someone you know then I never think physically harming them. When I am expressing my anger to the person.

I don’t generally don’t think about physically harming them. Ah: there is one exception though in my whole life.

Alright there’s this one person in my whole entire life that I felt like physically harming and I had fantasies of physically harming.

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

-Oh quite long

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

-mhm

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

-Alright

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

-Aha

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

-Wow

-And ah: the frustration grew to anger (.) the anger grew into fantasies of (.) of harming him and it came
to the point where (.) and (.) you know this was in a period as I said when I was doing a lot of party drugs
in the weekend and I was extremely (.) like especially with certain hallucinogens like magic mushrooms (.)
I stopped taking them (.) because I was in a beach in Brighton a:nd (.) I’d been taking a lot* of them lately
and I was also in a very* bad state of mind because I felt this (.) I was very upset with this person (.) he
owed me thousands of pounds (.) he’d ah: (.) he’d stolen from me (.) he’d bad-mouth me to a lot of
people I mean he’s being a manipulative sociopath basically (.) I felt incredibly frustrated incredibly like
to the boil of tears sometimes like you know “what do I do about this what do I do about this?” you know
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
period I start taking lots* of drugs

-Mhm

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

-Actually* plotting his murder (..) and (.) this was a very* distressing thing to happen to me because I was

eh (.) eh:: (.) I would have (.) it’s probably the closest time I’ve actually seen through murdering someone

(,) cos I was in an incredibly odd and depressed state of mind

-Mhm

-But I caught myself and after that I found (.) I came up (.) I’m not gonna go into detail but let’s just say

you know um: yeah it’s a bit upsetting so exactly what I was thinking (.) but it did involve (..) getting rid of

this person in an efficient* way

-Mhm

-with the things that we had in the house (,) and I got back to the house (,) he was in his room asleep

because I was out all night (,) hadn’t spoken to him in several weeks (,) and I went downstairs in the

kitchen started taking the tools out (,) and then afterwards (,) I was completely off my tits on mushrooms

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

answer to your problem” you know and (.) I cut myself short a:nd (,) the next day I told him “fuck you I’m

moving out” [laughs] basically (,) so there (,) there you go

-Right (,) cool

-But that was (,) like (,) that* was the only* time in my life you know that I’ve actually really (,) cos

normally it’s like “oh I wanna punch this guy in the face so badly” you know but it’s (,) but there was an

actual violent* fantasy (,) but I’ve never had that about anyone else (,) ever* (,) but it took it did take

quite a lo:t you know what I mean? So obviously this person did (,) it wasn’t completely irrational you

know (,) irrational (,) I felt you know (,) it did actually come from somewhere:

-Mhm

-But I wasn’t using that as a justification for* (,) you know murdering him it was cos I was I felt so like ah:

ah:: helpless! And I felt like there’s no way out and not in a normal state there’s no way* I would have

thought that you know I would have thought “oh god if only I could just whack this guy” you know not

entirely thinking seriously and then afterwards you think it through and you think “yeah if you did that

that would be really messed up wouldn’t it?” you know (,) but you know if you’re into that super-altered

state when you’re on mushrooms and all the rest of it and (,) yeah that’s why I stopped doing them (,) for

a long period after that I was like “no I’m not touching that shit* again” and ah: I took them again 10

years later and it happened again

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

-Mmm

-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 ah: cos that’s the worst* kind of anger you know? And the frustration (.) the lack of confidence to (.). to rectify the situation and all the rest of it

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

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

-Aha

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

-In what way?

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

-Mmm

-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 guy out but you know no-one else is going to go along with it

-Aha

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

-Mhm
- for a period of time and then letting them in cos you know I (. ) I didn’t make friends very easily as a kid
so it’s as soon as someone wants to become friends with me I’s like [snaps fingers] “cool mate let’s do
some shit yeah I’m up for this yeah cool” [laughs] you know what I mean?
-I see yeah
-So (. ) so (. ) so yeah
-You keep mentioning (. ) bands music and all that kind of stuff
-Mhm
-Is that in any way related to: expressing anger (. ) letting it all out? Or not at all?
-Not listening to it but composing it yeah
-Ok (. ) would you like to tell me more about that?
-Yea:h I (. ) I have quite a musical background and for me that was always a very positive thing in my life
(listening to music and all the rest of it I mean the feeling that it gives you and all the rest of it (. ) like
when I got into heavy metal for example (. ) at a very very young age (. ) it was not like [puts on funny
voice] “oh man this is really making me feel like nahnahnahnahnahnah” I preserved that for (. ) for
fantasy books and stuff if you really want escapism (. ) this music for me was you know reflecting reality
back in my face cos the lyrics are so (. ) really (. ) so you know it was definitely (. ) yeah I’d say it was an
outlet (. )
-Mhm
-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
mean (. ) and but also I just loved* I just loved the beauty of it you know? It’s something I still find very
hard to explain listening to music and (. ) it’s like when you listen to something (. ) if I had a bad day at
work (. ) or a bad day at school or whatever (. ) I:: generally don’t go home and just put on Napalm Death
or something like that I’m not that kind of person (. ) I know this one person who does this and I’m like
“dude this is so cliché” but it helps him so whatever [laughs] and that’s the way it always used to be for
me but you know these mental journeys and the lyrics were (. ) I always like lyrics that are quite realistic
but touch on things that you get you know in your head and blahblahblah but you know it was just really
the beauty of it (. ) the reasons I love it so much is cos I cannot really express it in clear words
-Mhm
-You know and ah: and listening to it and so (. ) obviously all the emotions go into this you know I wasn’t
just* an angry kid all the time you know? You know there was more to me than that (. ) and that was
more the side of me that you know (. ) enjoy (. ) got me engaged into the music
-I see
You know? I thought (.) for me it’s something like (.) you know that was really (.) otherworldly and that
transcended something that was (.) you couldn’t really put into words you know

Mm

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

Aha aha

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

Mm

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

Alright

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

Mhm

That’s when I first started becoming aware of my (.) issues you know [laughs] by this guy I mean like “oh
my God this guy” you know let’s call him (3sec) Fred (.) so Fred, right? He’d always (.) he’d get so fucking
annoyed you know and get like (.) with himself* not necessarily other people most of the times with
himself he’d just throw shit around and I complained to the rest of the band I was like “fucking hell, Fred
man, he fucking loses it all the time!” they’re like “man, shut up, you* lose your shit all the time” I’m like
“no I don’t” they’re like “yes you do!” I’m like “hmm yeah yeah I do actually” (.) then start observing this
guy I mean (.) wow (.). this guy really (.) he* would be a fantastic person to interview [laughs] but (.) sorry
I forgot the initial question
The question was about music. Yeah basically if it is an outlet, say you did mention in the beginning that it’s not an outlet when you listen to it but when you compose it did I get it right?

But I think it’s a good thing to say I. It depends what an outlet can be different things!

Mhm

An outlet could be something that makes you [sighs] I mean it’s like it’s making a difference between escapism and an outlet I think that’s what it is.

Ok

But again you know like it was kind of an outlet but not really: but you know it’s a very difficult question for me to answer that one.

Alright

But I’d definitely say that when it comes to listening to it it’s incredibly complex.

OK

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

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

//oh no no it’s a reflection

OK

And ah: it’s almost like a more measured way of being angry with the world

Ok

It’s like you actually manage to digest all your frustrations and the blahblahblah and afterwards you’re sort of like “bleurgh” [makes metal singer’s growl] most of the time it doesn’t work but I don’t think I’ve frustrated myself when it doesn’t work you know it’s but and also it’s not like I’m consciously trying to “oh you know, write that angry stuff” and shit like that.

Mhm

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

Mhm
Because you’re trying to express something quite concrete

Yeah

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

Alright

Yeah (.) so

OK (.) So:: basically I remember you telling me about your fencing classes before (.) how you didn’t
realize at the time how it helped you with your anger

That’s right yeah I got a lot more pissed off after I left fencing

Aha!

Yeah

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

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

Ok

Yeah (.) and I’d say it’s very similar actually because ah: fencing at the time gave my life much of a
purpose you know? Cos I wanted to be a championship fencer at one point I wanted to go to
international competitions and shit like that

OK

And you know music very much replaced it so yeah there you go it’s quite simple (.) quite simple to
answer music very much replaced it

OK

You know (.) creating music

Mhm

But that’s cos I:: (.) but it wasn’t because I felt like [puts on funny voice] “oh it feels like a better outlet
for my anger” you know it’s more like you know “this is something I would prefer to spend my life doing”
you know (.) then afterwards obviously the result is when I write stuff it would be quite depressive (.)
angry (.) shit like that but at the same time when I do this I feel incredibly* positive I mean it used (.) it
still does make me so* happy man (.) you know like um:: it was (4sec) for some people I’m pretty sure
“yeah it saved their lives” etcetera blahblahblah (.) whereas for me I wouldn’t say it saved my life cos I (.)
I’d probably find something else

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

-aha

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

-Karate

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

-Aha

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

-Cool! Yeah I get it

-But it was too much commitment (. ) I’d gotten into music you know I was going to fencing club 3-4 times
a week for four hours at each session you know that was (. ) like 8 hours minimum 16 hours sometimes a
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
(. ) playing music very badly* because I’d just discovered the lot (. ) but I was getting much more
satisfaction out of it (. ) cos it was very much in my own terms

-Mhm

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

-Aha

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

-Aha

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

-I was pretty much a tee-totaller very very well (. . .) well-behaved (. . .) but very (. . .) you know (. . .) physically

strict teenager (. . .) even when I started playing music (. . .) all this shit I discovered when I was 18 like at
university so (. . .) most of it you know like fucking taking drugs and all that shit (. . .) mmm

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

-Ok!

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

-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

right now is ways to express your anger and whether it has consequences in your life (. . .) I think anger is a

normal emotion (. . .)

-Alright

-It’s how you deal with it (. . .) ho:w and what makes you angry especially (. . .) it’s like (. . .) you have to reserve

your anger for the right* things

-Mhm

-For example this person I told you about who made me incredibly angry (. . .) I have no* regrets about that

anger (. . .) I have regrets about plotting his murder but I have no:* regrets about that anger (. . .) not* one*

instance* (. . .) because that guy made my life such* a fucking misery right? Now of course* when I think (. . .)

I’d be an absolute idiot if I wasn’t feeling anger when I think about this guy (. . .) but I think about all these

other situations where I got very angry you know I say you know that’s dumb (. . .) that’s not (. . .) you know a

normal situation to get angry in (. . .) so* (. . .) in (. . .) as a means to better the situation to express yourself or

an outburst of those it’s not a positive thing a good thing at all (. . .) that’s a problem* (. . .) but* it is (. . .) anger

is a big part of being human you have (. . .) it’s not you have to reserve* it but you have to (. . .) ah you know

ensure that you get as angry as little as possible but there are definitely certain situations where eh:

anger is justified (. . .)

-Mhm

-You know? I don’t think anger is justified when it deals (. . .) when it comes to dealing with (. . .) ah:: (. . .) a

normal rational situation a normal rational person a person who is dealing with (. . .) you know in normal

rational ways […] this or that or the other (. . .) forgetting that or you know not having £20 when they told

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

(. . .) well yourself if you gave them £20 it’s because you can afford to give them £20 (. . .) see what I mean?

-I think so
-But yeah it is like (.) that’s almost like using anger as a reaction for everything* and any time there is a
problem

-Mhm

-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 [laughs] like (.) this is a horrible thing but say sexually assaulted a
relative of yours and you’re like [puts on funny voice] “no just stay Zen about it you know? Anger is a bad
thing” you know if someone goes like (.) if someone your dad tries to teach you Norwegian you can’t
read it properly enough you scream and snap your pencil (.) that’s dumb you know [laughs] you see what
I mean?

-I do yeah

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

-An animal side?

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

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

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

-Ok

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

-mhm

-So afterwards you go you know “how much of this is my self-awareness and how much of it is my
instinct?” and this and that and blahblablah and afterwards you think “is it nature? Is it nurture?” it’s a
very complex thing to think about you know?
-Mmm

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

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

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

-Nice

-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 even actually get to the point where I get angry anymore (...) I think it’s perfectly possible to stop yourself from getting there (...) but it takes a certain amount of self-awareness and a certain amount of frankness with yourself

-Mhm

-And I think that you know one’s anger really comes from one’s upbringing (...) I think it’s the way that you react to things and the world around you and if you’re bred to think it’s a normal thing to react in this way (...) it really doesn’t help because everyone will feel it at one point in their life (...) if you taught them that reacting to it in that way is normal (...) and they’re gonna have a lot of fucking problems (...) that’s what I would say yeah
-To start off, what made you decide to take part in this interview?

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

- OK

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

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

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

- Sure, go for it

- Um (3sec)

- Do you wanna give me an example?

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

- Mhm

- 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 her attitude that (. ) really (. ) pissed me off um (. ) but (. ) with a place that is nice I kinda have to hold my tongue but in (. ) other pubs (. ) um (3sec) you know I'd be able to say "fuck you" and you know (. ) shout back at them and kinda do what I want so (. ) I tried to be polite I think I'm quite polite generally but I (. ) um especially if people are (. ) I don't like rudeness (. ) um::

- Mhm

- Or stupidity a:nd working in (. ) public (. ) working with the public you deal with that every day (. ) rudeness and stupidity (. ) so that kinda wears me down gets on my nerves (. ) um: (3sec) lot of frustrations (. ) generally (2sec) um:: I kind of resent (. ) that I'm working (. ) for idiots basically [laughs]

- serving idiots (. ) when I'd much rather be at home (. ) drinking (. ) sitting around in my underwear (. ) ah: (. ) writing (. ) or playing music (. ) a::nd (. ) I wanna do those things more (. ) more than anything and (. ) so anything that takes me away from those things (. ) even if it's for good reasons like earning money to pay 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 a waste of my time so (. ) I get quite angry with that sometimes ah:: (3sec)

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

- [laughs]

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

- I see

- Makes me angry

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

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

- Mhm

- And when they cross a certain line if they say “fuck off” and they’d say something like “I pay your wages” or “you’re here to serve me” that’s when I go “OK, they’ve crossed the line, I can say whatever I want now” so (. )

- I see

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

- So is it mostly the notion of entitlement in those people that annoys you? Or is it their manners or//

- / 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

- Mhm

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

- Mmm

- So (4sec)

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

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

- Yes
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 better with this pub cos it’s a nicer pub generally

-Mhm

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

-Mhm

-Um:: it just feels really stressed out (.) really frustrated very (.) very angry (.) feeling like time is kinda slipping out of my fingers (.) feeling ah: you know that things are quite futile (.) um ( .) things like that ( .) I don’t (.) I don’t generally (.) take anger out on ( .) on friends or anything or ( .) or my girlfriend ( .) um ( .)

that comes more with the depression side which I’m sure we’ll to soon enough ( .) um ( .) yeah just very very stressed and frustrated and kinda feeling like you’re sitting on your hands and ah ( .) you’re waiting for your life to ( .) resume as soon as you get out of the door

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

-I would say so yeah ( .) because ( .) if that if this is all the build-up and the ah: the tension ( .) then the 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 and I’m alone ( .) um ( .) it does feel like a physical release um ( .)

-Mhm

-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 into it it can be quite uncomfortable ( .) um:: (4sec) yeah I mean it’s ( .) with writing if I’ve had ( .) you know a set of really bad days at work and this stuff is kinda swimming around in my head for a while ( .)

eventually the pieces will settle and I will feel physically moved to get home as soon as I can from work and write it down and put it into some kind of you know ( .) story ( .) sometimes I’ll maybe use it for a column at [name of the magazine he writes for] or sometimes it’ll just be the exercise of getting it out of your head and ( .) yeah just exercising from ( .) from your head and yeah it feels ( .) physical it feels like an urge and part of that is getting ( .) releasing all that anger and getting it down onto ( .) to paper

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

-Yeah definitely ( .) definitely ( .) um: (2sec) I mean in the end ( .) in the end of the day ( .) “in the end of the day” well-worn phrase ( .) you know (. .) if I like a song I like the song and (. .) but it’s definitely* a bonus if um (. .) if I can relate to it if I can feel* the anger (. .) that the musician’s articulation or (. .) you know it’s like the GG Alin song “I wanna piss on you” (. .) I used to listen to that a lot when (. .) some people were really pissing me off (. .) yeah (. .) came back to that song a lot an:d (. .) in the end of the day I do just like the song I like (. .) the musician but um (3sec) yeah certain times the music and the anger definitely goes hand-in-hand
And how can you detect anger in that music?

Sorry how do I?

How do you detect or experience anger in that music?

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

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

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

Mmm

Um::

Aha () urgency yeah

-Urgency definitely ()

-That makes sense

-Definitely () and that’s the () yeah that’s the key to () that’s why () just going on a little detour ()

that’s what I think is missing from a lot of modern rock n’ roll and a lot of bands in London () ah:: they don’t have an urgency because they don’t have () that anger () so I think () and this is what [bandmate] from [band] () and [other band] this is what we’ve always had it’s () anger so it’s [laughs] it’s a blessing and a curse (2sec) it’s nice () when you can use it ()

Mhm

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

-Is this where () depression comes in?

-Oh yeah [laughs] yeah yeah () yeah () it’s tied together (2sec) depression of () yeah just kinda worrying 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 commit to it () um:: (4sec) yeah you know sometimes () sometimes you’re out and you just () your 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 be out and you’ll feel () a little bit separate like you () you’re on an island (3sec) and at the time you’re
just thinking “well these people they’re just idiots, they’re stupid” and you’re not (.) cos you’re in the
middle of this (.) you know you’re in the eye of the storm and afterwards you think (..) what an asshole
you are [laughs] and you don’t really understand where (.) that anger has come from or why and it’s
quite depressing and (.) you know (.) trying to (.) trying to control it and (.) stick with positive thoughts
and stuff but it’s not (.) not always that easy (.)

-Mhm

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

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

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

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

-Mhm

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

-Aw

-Or (.) fucked me over on the rota or: (.) you know did this or that in the little (.) little (.) workplace
dictator that he was um: (.) so no no it’s not too far (2sec) um: (.) it’s mostly fantasy stuff (.) I definitely
did (.) have (.) violent fantasies when I was younger (.) I’m a bit more mature now I think [laughs] ah: so I
kind of (.) ye:ah I don’t waste time thinking about that stuff anymore unless I (.) you know I’m under the
regime of tyranny that was that last (.) workplace ah: but yeah now (.) now I know how I can funnel it
channel it and it’s just yeah [bangs hand on the table] waiting to get into the rehearsal room or writing it
down when I get home after the shift and (.) yeah so that’s (.) I mean I’d say that’s (.) diminished but it’s
still there a little bit (.) I suppose I mean especially if you (.) you know I was on the bus home from work
last night and there was this guy (.) it is very good timing you know you’ve come to me with all this stuff
because [laughs] in one sense I’m saying “yeah things are better!” but in the other sense (.) I:’m still
pretty pissed off (.) um: there was these guys there was an Arsenal game last night and these guys were
on the bus (.) my night-bus on the way home after my shift and one of them was just this fucking
English loudmouth and he was talking about “oh this fucking Jew” on the bus next to me “this Yied, this”
whatever and there’s just like this complete (.) obnoxiousness (.) there’s ignorance there’s bigotry (2sec)
um: (.) yeah immediately I’m like there’s no (.) you can’t always rationalize about a person so (.) the first
thought that goes through my head is not wanting to talk to him I wanna put a boot to his face you know?

-Aha

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

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

-Exactly* yeah it’s not it’s not the best best way to use your time um I think that’s with growing older mature ah:

-Mhm

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

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

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

-Mhm

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

-Mhm

-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 till it passes um: and it yeah it causes me to kind of be short with people and a bit bit aggressive maybe if I’ve had a few drinks as well that definitely opens up dialogue

-Mhm

-Ah: (5sec) yeah If I’m in one of those depressive states where I feel that everything’s kinda pointless and futile and then I go out and I um I end up talking to someone who’s just bangs hand on table you know obnoxious dominating the conversation it’s a one-way conversation they’re just chatting bullshit at me that I have no interest in hearing um if I’ve had enough drinks
and I’m depressed and I’m frustrated I’ll just snap at them because I feel like they’re wasting my time and they’re not elevating the mood and it’s a bit irrational I know because I’m the one that decided to go out in a bad mood in the first place but you’ll have to bear with me as I rumble cos I’m still I’m still trying to piece it all together because for a while I just thought “well this is how I am and I’ll use it” and it feels the creativity and stuff like that I’ve just got to soldier on but it’s been kinda putting a strain on on some relationships with people recently and took me a while to realize that so yeah now I’m I’m trying to piece it all together and fix it where I can and maybe maybe have to speak to a professional or something for the parts I can’t fix to figure out.

-Mhm and have you figured out what these parts are? Would you mind sharing? I don’t know am I getting too personal here?

-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 you know the resentments and the frustrations and it’s like that cycle you realize that you’re being irrational and you know it’s not like I have a terrible life or anything like that but I just as you said as you quite rightly observed I feel I have to do stuff with with such a physical urge that any time something interferes with that even if it’s you know as important as holding down a job.

-Mhm

-The frustration of not being able to do what I need to do can sometimes be really overbearing um:

(3sec) you know like I said that’s definitely one big thing um:

(3sec) I think that’s just an accumulation of all the anger and the frustration and you know like I mentally beat myself up quite a lot like I’m quite hard on myself always think the next piece could be better I always think the next gig will be better um:

-Why is that?

-I don’t know! I d I think because I feel like I’m not doing enough already I think I’m lazy I think I should be dedicating more time to writing and being better at my instrument and stuff like 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 mood even though you know I was the one who left the house I will also you know punish myself mentally if I feel I haven’t done enough you know this week so I think yeah there’s that whole accumulation and I think that definitely contributes to such depressive states and things like that so yeah I think that’s definitely a big factor

-Would you say that this accumulation you’re talking about is it um made worse or better or is it not influenced by whether you express your anger or not? Like do you at any time hold your anger inside you? Do you bottle it up?
-Yeah yeah with certain things I do um (...) I mean I’m quite I could be quite mouthy (...) and obnoxious (...) around the right people um (...) you know my co-workers I don’t know too well personally so I don’t (...)

spout off unless someone comes at the bar and asks for Guns N’ Roses which I hate* ah (...)"

-OK we’ll get back to that

-[Laughs] So um (...) so around certain people I hold it at certain times I will hold the anger yes* (...) um (...)

and I’m trying to hold it now because I’ve realized that (...) for example (...) well I keep coming back to this

example cos it’s a big part of my life (...) 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 [bangs hand on table]

-I see

-So (...) I need to ah: I’ve learnt to kind of restrain myself the:re (...) I’ve learnt to restrain myself (...) around

my girlfriend because to me* it’s just normal to me (...) I’m obnoxious and (...) loud and opinionated so (...) I’ll just yell at trivial things at home (...) and I did don’t always see how that can be kind of (...) jarring or

exhausting for (...) people around me I mean some* people [bangs hand on table] you know see the

humour in it and most of the time there’s a bit of humour there (...)"

-Mhm

-Um (...) Say I can hold it depending on the circumstances um (2sec) certain things (...) there’s one big

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

days angry about it but then (...) I had to kinda push myself to just move forwards and (...) put that stuff

away because (...) there was nothing I could do about it so all that (...) it wouldn’t* be (...) all I’d be doing

would just be stewing and angry over nothing so ah:: (...) because yeah the circumstances were I (...) it was

completely out of my hands I mean (...) maybe I could have done more I don’t know but I try not to think

about it at all now because it just (...) you open a box* and then you know you get angry start

overthinking “maybe I should have done this, maybe I should have said that” (...) um: (...) so that’s an anger

I (...) I don’t even hold I try and (...) bury [laughs]

-Alright

-Otherwise (...) otherwise um: (...) yeah otherwise I’ll just (...) it will all (...) unravel and all (...) I’ll over-analyse

it too much and (3sec) yeah

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

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

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

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

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

-Yeah

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

-//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 someone’s talking at you (.)

-Mhm

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

-Mhm

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

-OK

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

-Cool (..) what would you class as good* angry music? And what would you class as bad angry music?
-Ooh! Um:: (3sec) I mean I don’t know (.). I don’t have too many general hard-n-fast rules I can only say what applies to me (.).

-Mhm

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

-Mhm

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

-Good point

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

-Mhm

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

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

-Yes

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

-Yeah (.). yeah (.). you don’t want to um: I mean that’s the kind of line you have to walk um in your artistic showing and not (.). telling a::nd (2sec) you know also having a separation between writing a diary and letting people read that and then taking what you’re feeling and putting it into some kind of vaguely
artistic way (.) um (..) you know it could be really easy for me to go home and write a whole list of “this
person was a cunt at work today, this sucked, I didn’t like this guy, my boss blah blah blah” and you know
pass it off as lyrics and you know people do that but yeah if it’s bitching without any point without any
structure without any interesting kind of narrative then it’s not interesting to me it’s not (.) it’s not
worthless it’s not worth anything (.) um: (3sec) and that’s why people like Bukowski were important and
are* important (.) because of how they (. ) how they present everyday grievances and life and everything
and: the constant madness but (. ) they don’t present it in a [puts on funny voice] “oh this sucks and that
sucks and wahwahwah” because let’s face it we’re all here and life is for the living and you know we
don’t have terrible* lives um: so you’ve gotta keep some perspective um:

-Mhm

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

-Hm

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

-I won’t argue with that

-Haha

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

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

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

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

-Mhm

-Ah: (. ) it’s not* about you know playing a cool solo it’s it’s (. ) the most excitement is when you’re in the
room you know (. ) with your bandmates and you’re working on songs (. ) and that’s always* a positive
thing always like a happy thing and you strive for that (. ) it just also so happens to be that (. ) t (. ) you
know (. ) you tend to be there more and more just (. ) because everything else is weighing down on you in
everyday life and (. ) getting in there (. ) is just a release in and of itself
It’s f(.) I keep saying you know (..) I felt like thinking this way and feeling this way (..) cos I’ve been doing it for so long was a: (.) eh you know I just thought it was (..) quite normal but the more I’m doing it (..) and I’m still new to being a singer in a band (..)

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

Who’s the angriest person you’ve seen onstage?

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

I guess you have a point there

Give me a minute (..) I’m trying to think of (..) there’s gotta be some* it’s just my brain is just slowly waking up (..) ah: (20sec) there’s definitely (..) it would most probably be more towards the hardcore and punk side than metal because metal suffers from a lot of pantomime aspects (..) uh: ev(.).even you know even great bands like Obituary are fucking masters but (..) when you watch them you wouldn’t necessarily say they’re angry they just make great death metal and that’s how they (..) you know that’s how they express* themselves but (..) there’s nothing necessarily angry* about it so I would (..) and I find that with a lot* of heavy metal so I would probably lean more towards the punk and hardcore side and there is (..) plenty* of pissed off singers um (..) I guess John (..) John Brannon from Negative Approach (.)

Laughing Hyenas and Easy Action um (..) you know he’s renowned for his scowl (..) and his voice is (.)

brutal* a:nd (..) still is after many years (..) and he is (..) he is* definitely a big angry figurehead ah: (..) and a vocal inspiration I would say (..) u::m (3sec) they’re not (..) generally* known as the angriest band even though they’ve got very aggressive songs and a very furious style (..) um but (..) the Poison Idea song (.)

Discontent (..) great title (..) um that’s all about (..) that’s all about Nazis and (..) the vocals on that are so* angry just (..) incredible voice um (..) they got a lot of flack for that when it came out cos Poison Idea was always like “oh the band that collectively weigh a ton” cos all they do is take heroin and eat junk-food and drink booze and all they write about is drugs and life and (..) hating your boss and stuff um (..) and then they came out with this political songs and a lot of people didn’t like it (..) but um (..) it’s still a very good song and the: (..) yeah the delivery is incredible (..) furious riffs furious drums (..) um:: really* brutal
angry vocals (...) Discharge Never Again (...) that* is really angry (...) they’re getting on a bit now they’re
getting older now so (...) not so much anymore but (...) you listen to that* you feel* that and that’s (...) very
cathartic physically and* emotionally (...)

-Mhm

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

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

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

-Yeah

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

-Mmm

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

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

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

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

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

-Yeah

-What’s the advantage of that?

-Well 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

Mhm

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

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

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

-Wow sounds like a very interesting stage

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

-mhm

-something I mean (.) again* GG Alin said it best he said “what is going on with rock n’ roll when you’ve
got bands like Ramones praising Guns n’ Roses?” um (.) it’s sort of hard to put the finger on but I get the
feeling that they’re phonies* ah: (.) and they’re rock-stars in the worst kind of way (.) I love KISS and KISS
are so [bangs hand on table] over-the-top with how they’re rock stars that you have to throw up your hands and say “fuck it I don’t care” I mean having a KISS coffin (.) a KISS casket is the tuckiest thing imaginable but (.) you gotta say (.) “fuck it whatever” the songs they wrote are too good they can (.) they can be* dicks I’ll ignore that side of them with Guns n’ Roses I never thought that they wrote good enough songs to excuse them being dickheads I mean Slash is [muffled word] as fuck I mean Axl Rose can’t sing um:

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

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

-Mhm

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

-Mhm

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

-OK

-[laughs]

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

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

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

-Yeah

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

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

-Mhm
There's also humour. And sometimes the humour can help deliver an angry message that might have been harder for people to hear had it not been for the way it's presented in a certain way. It makes it more accessible. But it's more the absurdities surrounding the message that are highlighted.

And that's done through humour. You can say that Trump is a horrible man and he's baiting racists. You know he's a horrible, horrible man and that's really depressing. The state of politics and the state of where we are is so bad. Actually,

But you can also say the same thing but have it coloured by the fact that he's a caricature and he's so ridiculous and the things he does are ridiculous. And you can still carry the same message across other lines. So yeah, humour can be angry and if it's done the right way.

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

Um, I'll think of something at the bus.
To start off, what made you decide to take part in this interview?

Well in general I wouldn't consider myself an angry person but I would say that I'm someone who does experience anger and is quite is almost annoyed by the fact that I get really angry so ah: it's definitely something that has it was called out in the ad you know I've definitely had my battles with anger if you will so it seemed quite relevant and all in all I think I can at least offer something useful for the study ah so I figured why not?

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

- Um I tend to consider myself as quite a reasonable person I generally try to do the best I can try to organize things so: nothing will go wrong I find it especially annoying that the anger tends to linger to a degree where I can't get rid of it from my head so I'll try to be reasonable with myself I say "look, it doesn't matter, it's not that big-a-deal" and to me that makes sense but there's a sense of anger that I have yet especially towards people who either don't give me credit for a lot of work or people who don't perform or deliver something they promised

- Mhm

- Which which annoys me to no end and makes me very angry towards them and ah: you know I don't really want to be angry at them you know I want to find a way to communicate with them to sort of achieve the goal um: but also anger over really stupid things say say things that can be fixed really easily like like say I lost my travelcard you can go you can replace and ah get your money back as long as you keep the tickets which I have done many times fortunately um [laughs] lost my oyster card many times ah: but you know there's this anger that's bursting it's I wouldn't say that things turn red but it feels like that in my head and ah and you know it's I wish there was a way of dealing with these things with a bit more optimism than with with anger you know ah I find anger to be actually quite unproductive

- Aha

- [inhales] in a lot of ways ah especially in day-to-day life whilst in maybe more artistic expression ah for example in writing or in playing music it's actually quite useful and I tend to get rid of my anger that way so that's why I tend to be quite calm [inhales]

- Mhm ok a few things to work with here so I'd like to ask you if you have any concrete examples of a situation when you got angry eh: or if you'd rather go down the artistic expression path?

- I don't mind I mean whatever helps you more I mean of course there's plenty of examples it just depends what you're after
-Ok so let’s start with that (. ) do you remember like any event* that made you particularly angry? And how you felt in that event?

-Ah let me think what would be a good example here

-Sure

-(10sec) so (. ) [exhales] well I mean that goes directly into the artistic side of things but I (. ) I’m in a band

-Mhm

-Ah (. ) and (. ) there’s a certain drummer in that band who has been a proper pain in my side for years (. ) unfortunately he’s ludicrously talented so (. ) I cannot just (. ) stop working with him as he would sort of (. ) a lot of (. ) the band would lose identity if he were to leave the band (. )

-Mhm

-Which he has done on numerous* occasions and keeps coming back* (. ) the main issue is that he is one of the forming members along with me and (. ) um (. ) the band means a lot to him (. ) like a (. ) I don’t think many other things in life mean quite a lot to him than the band (. ) as the band does (. ) ah: and he’s a very very frustrating person (. ) um: he’s the kind of (. ) he’s very very (. ) pigheaded in a way (. ) or very mule-like in a way that (. ) when he decides he can’t be bothered to do something he won’t do it (. ) even though he’s promised* (. ) he won’t answer his phone (. ) he won’t show up (. ) and (. ) he clearly has seasonal depression for (. ) in the winter he clearly has this depression and (. ) he basically knows this (. ) but he refuses to do anything about it (. ) it’s something that can be dealt with quite easily today um:: but basically (. ) ah: he decides not to and he makes that (. ) not only his* problem but also our* problem so I 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 depression but he’s also refusing to deal with it

-Mmm

-He’s not going to see a shrink or anything and it’s very very (. ) very annoying! So recently (. ) not quite recently (. ) a couple of years ago we were in the studio (. ) recording (. ) so we had a budget that was set by the record label so essentially we were on a job to finish the record and uh: when we get to the phases of mixing the album (. ) he basically had a slight* disagreement via e-mail with the mixing (. ) with the producer (. ) and after (. ) the producer said “but look, can you see this… why I’m doing this?” he just decided that “ok fine do whatever you want” and after that (. ) for the entirety of the mixing (. ) and he is by far the most experienced mixing person in the (. ) in that* group (. ) he didn’t get in touch with us (. ) he didn’t get in touch with the mixer (. ) he wouldn’t answer his phone to anyone* (. ) he wouldn’t even answer his door* [laughs] so you know we were in complete trouble because ah (2sec) because he just wouldn’t communicate with anything and that for me created a constant* sadness and anger that I just carried with me because you know (. ) here we are we worked for ten years to record this album and you
know he's just not there he's not there and the fury is just overboiling and it and it and it takes over
other parts of life it makes you irritable it makes you and it won't go away with no matter or reason
because even when you say to yourself “this doesn’t matter it’s fine look it’s just that one thing we’ll get
this out we’ll find a way” the anger is so overwhelming at times and you’re just trying to do anything
trying to do your dayjob and it’s just there it lingers and it takes whenever you have a moment when you don’t really think about much for
example you just walk into the station or something to go to work in the morning and there’s like
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
that’s exactly when it strikes when you’re not thinking about anything else

- Mhm

- But then when you try to think about something else you know it won’t allow you either um so
that is a very very difficult thing to deal with a lot of the times and then of course when he when he
eventually came back to the band we fired him after this occasion but he came back cos yes we
figured you know he was in good mood he was in a good place but he refuses to regret anything that
he’s done not not a single thing he refuses to apologize for anything and honestly as much
as a I’m trying not to swear really [laughs]

- It’s ok you can swear

- As much as a douchebag as he’s been you can use some other word there I’m sure

- There’s no problem with using swear words

- OK as much as fucking cunt as he’s been

- Alright

- He doesn’t acknowledge that he’s done anything wrong I’ve actually taken him aside a few times and
tried to talk to him and he “you realize why this is not... ok” and he you know for me that is
also something I’m currently dealing with I’ve actually stopped caring to a large degree about what he
thinks or what he does but the thing is what he does directly influences my life you know I have to
write a lot of the music ah create a lot of the product and “what so and then play it with
him?” you know after all the crap that he’s done to me I should give him the joy to play music that he
enjoys? He refuses to really write I just have to tell him what to do and yet he keeps on claiming and I
believe he’s just having a big break-up in his life as well broke-up with his girlfriend for this very reason
that he doesn’t give a fuck about pretty much anything he used to be a heavy drug user but he
isn’t really anymore ah but um: essentially it’s just infuriating and it’s this lingering thing and there’s
very very few things that I actually have this anger with I mean one is definitely band members and
collaborators ah:: the other is can be work sometimes but ah you know there’s very few things that
really get me in that way and it’s just really (.) rather than being (.) a direct example of one occasion that 
you requested that’s more like an ongoing ah: (.) ongoing thing so I can be more specific if you want 
about things but let me know anyways.

-What were you about to say about this (. ) permanent thing?

-Well it’s just (.) it’s just infuriating I don’t know why I do it to myself but then (.)

-Well it’s just (.) it’s just infuriating I don’t know why I do it to myself but then (.)

-Mhm

-You know (. ) in a way (. ) it’s always gonna be there as long as he’s* there (. ) but then he’s a very good 
friend when he isn’t sort of (. ) in one of his phases*

-Mhm

-I find that (. ) you know people have to be able to (. ) compromise and when you challenge someone on 
their actions they should (. ) reflect and if they don’t (. ) well fuck [laughs]

-So what made you particularly angry about this person was his refusal to apologize about anything (. ) o:r 
(.) the combined effect of his/

-/ye:ah I think it’s more (. ) the (. ) combined effect if you will (. ) a::h (. ) because you know we we all work 
on this together and it’s important for us* (. ) but for some reason (. ) he decides (. ) that you know he puts 
himself above everybody else and anybody’s else opinion doesn’t matter which (. ) which fine I mean in a 
way (. ) what does someone’s opinion matter? It doesn’t really (. ) I don’t care about people’s opinion 
when they (. ) ah: (. ) review my music so it’s only within this band fear (. ) sphere* of things that I really (. )
care and when the anger really still comes out

-Mmm

-But (. ) honestly I (. ) um (. ) since I started to sort of cope with my ah: OCD that anger has in a large way 
also (. ) ah: (. ) surpassed like disappeared

-Mhm

-So ah:: I used to have a massive issue OCD-wise with ah (. ) taps (.) with water taps

-Ok

-So I couldn’t leave the house because of water taps (.) so that sort of completely fucking triggered my 
mind and then that became hobs and that became doors but ah because basically I lived in very very 
poor (. ) state of housing for a lot of years where pretty much everything leaks and everything can break 
so I got really* paranoid about that so that came with a lot of anger issues about* that like ah eh anger at 
myself for not being able to deal with things

-Aha I see
-like that so (. ) ah (. ) so anything* could really (. ) cause a massive bit of anger especially* computer games

- [laughs]

-especially computer games yeah

- From what I understand so far well (. ) yeah from what I understand so far what you find particularly frustrating about the state of anger is that you can’t reasonably deal with it (. ) that you can’t put it in a sort of (. ) logic that you can’t find the logic in it

- Ye:ah I just don’t (. ) see why these things should matter to me so much (. ) I mean one other thing I still get angry about is (. ) is computer games that ah (. ) that tend to be a bit rigged

- OK

- Let’s say (. ) the FIFA game

- What about it?

- 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*

- Mhm

- But it’s got it’s got this thing called scripting in it (. ) which (. ) if you are for example playing a big team (. )

- Mhm

- Ah and you’re playing against a small team (. ) basically (. ) the system makes the small team score within the first two minutes (. ) and then (. ) then you can pretty much attack the entire game and then it (. ) one time I hit the post about twenty times (. ) cos the game won’t let you score so it’s almost like an infuriating machine [laughs]

- Aha

- You know it’s ah (. ) completely mad and (. ) the fact that that (. ) matters to me (. ) it’s (. ) it’s just so* (. ) so* frustrating

- So what annoys you particularly is that you find it unfair?

- Yeah I think it ties in with something I said earlier about (. ) due rewards for effort (. ) basically

- Mhm

- And you that game seems to be almost looped on (. ) no matter how* good I get (. ) there’ll be one moment in which the game (. ) basically (. ) starts controlling my players (. ) for split seconds but enough to (. ) 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 such drugs but it probably feels the same as chasing a dragon or something [laughs]
-laughs

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 players in the (. ) online cos I'm getting really good at this” but the moment that happens (. ) something like this kicks in (. ) so it's more the due rewards for efforts (. ) I mean efforts* of playing a video game is so: (. ) pointless* ultimately and it's a time when (. ) it's a distractor (. ) ah so it shouldn't* matter (. ) but I guess (. ) you know you wouldn't do it if it didn't matter to you in some way but I am a horrendously bad loser and I used to have a lot* of anger issues about losing

-and I still do but I'm definitely better but I get that (. ) completely from my father who: ah (. ) who now* when he's 50 years old he's playing roller-hockey with 20 (. ) 20 year-old French kids and he's still the best there cos he was almost a professional ice-hockey player but (. ) he* can't deal with his anger either* and I think probably something but I used to f:: completely throw my toys out of the pram when I was a kid played sports and I lost but I but I was actually aspiring to be a football player when I was younger before I broke my knees

-Aha

-So of course that was very frustrating and ah: another source of anger as well

-Sounds ah (. ) very frustrating indeed

-Yeah [bangs hand on the table]

-So you've mentioned a few times so far that you (. ) find it difficult to get rid of the anger. Is that so?

-Yeah I mean (2sec)

-But what do you do in an effort to

-Oh I try to desperately solve the situation and get some sort of efficient solution to (. ) the problem so (. ) that's why for example someone not answering their phone and not being in any way communicative is very difficult for me to deal* with (. )

-Mhm

-Because (. ) a::h (2sec) anger also works sort of (. ) for me it's when somebody (. ) insists that I've done something wrong and I absolutely don't agree with it at all (. ) um:: but I try to solve it like I want I want resolution (. ) to be (. ) I want there to be a resolution I want to sort it out (. ) because (. ) I don't really like leaving things hanging I wanna solve these problems immediately and when s (. ) so I try to compromise I try to find a solution that works for both

-Mhm
- A: h but (.) yeah I mean that’s what I do ah: (.) and sometimes it is impossible which is [scratches table] ah (.) quite annoying [laughs]

- You mentioned something about music as well and how anger: sort of propels you forward to: write it?

- Or

- Yeah yeah in a way* it does (. ) eh (. ) I think* it actually has more of a therapeutic effect (. ) in a way (. ) that (. ) I don’t write music out* of anger I think (. ) but ah I think it helps ah alleviate stress and anger because the music that I write is certainly very angry very loud and very mean* (3sec)

- Aha (. ) but its effect on your psyche is (. ) taking your mind away from problems?

- Oh it does it’s one of my favourite things to do in the world

- Aha

- So what do you do when your favourite thing is music it pretty much (. ) engulfs your mind into that so (. ) yeah I mean music is a massive part of my life so

- Would by any chance be able to tap into that moment when anger turns into: a song or a riff or an idea in general? And maybe give me an idea of (. ) what it feels like?

- I don’t think it does actually make the riff (. ) I think it makes (. ) a certain tempo* and a certain intensity of the song

- Mhm

- So you know just like when (. ) some people get angry they just start punching walls or something I tend to grab a guitar and just start playing without thinking and usually (. ) the notes are probably nonsensical but the way that (. ) of playing is (. ) less controlled but more aggressive ah: (.) and it really is for me (. ) as anger comes it comes like as a wave it feels almost like it’s coming from my spine to my head I can fee:l it and it just engulfs* (. ) ah (. ) it takes over the head completely* (. ) ah (. ) and it sort of ends in my frontal lobe (. ) I can feel my frontal lobe just s (. ) shattering you know not shattering but I can feel the pressure on the frontal lobe very strongly and (. ) you know (. ) it’s just there* and it takes over (. ) it’s (. ) it’s not (. ) I mean that makes it sound like I’m sort of acting like the Hulk or something no I don’t I just (. ) 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

- Mhm

- There’s been a few occasions you know ah (. ) of course I’d never (. ) I never bring any violence or anything like that just (. ) just you know say a really shitty comment about something (. ) I think I once got angry when she put butternut squash in my favourite meal [laughs] I hate* butternut squash [laughs] but that was when I had when my anger issues were worse than they are
So you overall try to refrain from unfair comments or violence as you said.

-Ye:ah I mean I try it myself. I don’t see why other people can’t. But yes some people they seek out these things I mean I have a friend who will go to sports games mainly to get drunk and shout abuse at others. It starts fights and you know I: I talked to him once and asked “why are you doing this? Can’t we just watch the game?” and he said “no, that’s the bit that I enjoy most, being a loud-mouthed cunt.”

-I see interesting so you mentioned a few physiological reactions to anger like how it comes up from your spine how it engulfs you even bursting out and stuff like that so do you could you give me a clearer idea of what your body feels like?

-I think that it’s mostly in my head. I would say I mean I get quite tense but overall it just feels like once the anger is sort of in my head and it feels like it’s really taking over. I can think of I try to usually do something like focus on something because I feel that anything that happens will basically I will sort of just become infuriated when I’m in that angry state I can like course you know I think I have a tad bit less control of what I do so let’s say: I’m by my computer and I’m really angry and I just do something I put my hand to the left and I knock over a bottle of water or something and that will fall down I mean that would in that state when I’m angry that would make me completely freak out just probably I’d probably scream very loudly.

-Mhm

-Uh: and I’m trained vocalist so my voice is very loud so my neighbours wouldn’t be very happy with that it’s happened a few times.

-Mhm

-My old house especially: ah: but basically just screaming trying to just nothing that no words just out of sheer fury: ah: if you will um sometimes I’ll punch some object [laughs] but it’s more like when you’re shaking with anger like that when that extra spicing or that extra straw that has broken the camel’s back is there. I don’t really know what to do with my anger I just wanna punch things but then but I’m a reasonable person I don’t wanna punch anyone* in pe any person or any other human being that doesn’t happen ah: but I wanna punch things but most of the furniture in this house is mine.

-[laughs]

-My own property and sort of I built it myself most of it you know from IKEA packages and stuff so I don’t wanna break anything but but there is there is this need to well I once punched a cupboard door broke in half [laughs] I was so angry.

-Wow did it feel good?
-Yeah it felt* (. ) no it just hurt [laughs] but (. ) it’s almost like you wanna get it out somehow but it’s not* like (. ) beyond that sort of state* that you are when you’re s (. ) when I’m extremely* angry (. ) and I find 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 fury

-Mhm

-which is absolutely uncontrollable fury ah (. ) and during the latter you know I (. ) just (. ) need to get rid of it somehow* (. ) and I don’t really know how [laughs] honestly (. ) besides of just trying to do something that (. ) isn’t (. ) ah in any way infuriating or just watching a series of TV shows or something (. ) that I’ve (. ) seen a million times

-Mhm

-So it’s almost like a (. ) like a happy place [laughs]

-Nice (. ) so loud person loud music and all that does loudness (. ) volume go hand-in-hand with anger?

-I think volume helps a lot because volume ah (. ) volume (. ) especially high volume is louder than anything else so (. )

-mhm

-so it’s almost (. ) drowning out (. ) anything else

-I see

-so if I’m putting on similarly as putting on TV shows putting on an album very loud (. ) either on speakers or headphones can sort of (. ) transport you into a different mindset (. ) ah: I mean that’s a lot* of (. ) music is very emotional to listen to (. ) when you actually listen to music not (. ) not fucking chugga-chugga techno-rubbish (. ) when you actually listen to mm real music with a real point and emotions they do tend to sort of take over (. ) ah: (. ) your thoughts at the time (. ) and it can* be very in (. ) dealing with (. ) with it (. ) yeah

-What kind of music are you referring to?

-Ah: I’m referring to (. ) very loud (. ) music very (. ) mainly (. ) it’s based on rock-n-roll really from the 60s and that developed into punk and (. ) and from that into heavy metal and (. ) and then into extreme* metal (. ) eh (. ) ah: (. ) but I’m not sure how useful that’s for the study really

-I’m just asking cos I need to have it recorded for the study

-So yeah black metal death metal all this stuff (. ) I’m not a devil-worshipped or [laughs] neither do I have any sadistic masochistic notions or anything like that so
OK so the reason I’m asking is because the other day I was interviewing a guy who’s very much into punk and punk is as he described it more-or-less designed* to make you angry at (. ) I don’t know the establishment or whatever (. ) would you say that something similar is the case with the music (. ) you listen to?

-(2sec) I don’t know I mean I enjoy punk and enjoy the punk ethic as well

-mmm

-but um (. ) basically (. ) I think it’s more (. ) there is a certain sense of elitism in the music that I listen to because it’s not easy music to listen to it takes you a lot of listens before you understand what’s going on

-mhm

-so ah:: it definitely: (. ) sort of ah divides you or push you to sort of be more (. ) yourself (. ) than jumping on any bandwagons (. ) so you know like (. ) I find the fact that people can listen to Rhianna and (. ) just (. ) accept that that’s great music I find that (. ) horrible* (. ) I find it just awful this is the worst* kind of recycled horrible garbage and everything* in the music is clearly* just (. ) there to (. ) it’s actually market researched (. ) like everything that’s happening every single piece of structure (. ) there’s no individuality and I think a lot of this music sort of (. ) seeks (. ) individuality and seeks ways to (. ) not* be part of the masses so (. ) I guess in a way (. ) it (. ) it’s just so for example let’s say (. ) bad example but let’s say the fact that Trump won or the fact that there was Brexit (. ) it’s completely unbelievable to me (. ) you know it’s (. ) there’s clearly* (. ..) a massive (. ) part of society that (. ) that is just (. ) so* self-obsessed and narcissistic (. ) you know that that all they can think of is what u what things used to be like (. ) and everything’s fine in memories because you know (. ) you tend to only remember the highlights really (. ) so (. ) you tend to remember the highlights when you were six* and you climbed a tree

-[laughs]

-Christ’s sake no* amount of politics is gonna bring you back to being (. ) a meter tall and being able to climb that tree because that (. ) tree would break down you fat fuck! (. ) ah yeah so in a sense (. ) that was actually quite angry (. ) but in that sense (. ) you know (. ) I guess it’s sort of (. ) it is a subculture and subcultures tend to (. ) tend to sort of (. ) ook with animosity to the (. ) to the mainstream so ah (. ) in a way (2sec) doesn’t* really make me angry because (. ) I’m not (. ) actually (. ) an angry person (. ) I’m just (. ) angry (. ) when (. ) the I have these few triggers which I (. ) just can’t stand that they’re there but (. ) they are so (. ) it’s probably best not to live in denial (. ) denial of it

-Mhm

-I mean (. ) I think religion is one but would I go back in time and kill Christ? I don’t know (. ) Nocturnus would [laughs]

-So what about the mainstream? What is it that annoys you about it?
I find it really really (4sec) it's just (.) it's just the fact that you can watch television and the first thing you see is “ah, I quite like that” and it’s just this ah: this focusing on just (.) hits (.) like (.) “this is popular I will watch this... this is pop music it’s popular music” but there is nothing that you are (.) grabbing onto (.) yourself* you know you don’t delve deeper* and especially now that we live in this (.) ear of headlines especially with the way that the internet is developing at the moment

-is that everything* is just headlines nobody really dives deep into things (.) learns to be really great at them (.) but they just know (.) this very upper crust (.) this very icing you know rather than the actual cake (.) ah (.) you know it’s ah (.) it’s something that frustrates me in society (.) to a large degree (.) but then also (.) from my other sort of perspective (.) you know so what? Let them do that (.) but but in a way (.) when when that kind of (.) simple* way of thinking you know (.) it’s only been a downward spiral in a way in society because ah: (.) think about the 70s (.) I mean here I’m being nostalgic just like everybody but (.) think (.) I mean I* actually don’t like the music that that I’m gonna refer to (.) 70s (.) prog music was very popular (.) prog music was (.) was in (.) on all* the shows (.) on all the big shows (.) 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 really have anything to claw on to it’s just (.) and that’s especially why it died because you know all these guys were in these big bands (.) prog bands (.) they just realized they can do everything and they just (.) just put in 70-minute wank-fest out there and you know people will just say “yes, here we go!” you know “I’ve done this” and everyone’s like “wow that’s amazing” ok fine I understand that that died but (.) the fact that nothing* has really been replaced (.) nothing really replaced it just all the music seems to go to the lowest common denominator and it’s just (.) things (.) simplifying-simplifying-simplifying with the internet and I (.) don’t really understand how these (.) people even go through (.) basic concepts really [laughs] I mean I find it I mean yeah (.) I actually fully acknowledge that it is* the (.) oldest generations that do the voting things (.) but (.) younger generation is just so appallingly* (.) they have basically been marketed to the limit that the corporations that (.) now I sound like a hippie (.) ah that the big corporations want to be and they easily control that way (.) and I find that just to be appalling and the (.) and the fact that the large mass can be controlled also means that everything will be shaped and formed in society based on the way that (.) they are (.) and the way that you can get the majority to (.) ah: to behave and act and it’s just (.) you know that* point even affects me (.) it affects me that Brexit’s happened (.) that Trump’s gonna be U.S. president you know (.) and that way I find that mass culture is so easily deceived (.) I’m not saying every single person who doesn’t listen to metal music is an idiot I’m absolutely not saying that* I probably have (.) probably 90% of the people who listen to metal music are idiots you know [laughs] probably (.) probably but then that’s probably everybody (.) probably 1/4th of the population is probably (.) pretty fucking daft

-mmm
-but that doesn’t matter! You can be daft and happy you know (. ) doesn’t matter to me (. ) as long as you
don’t make it my problem really

-mhm

-and it is my problem that ah (. ) that (2sec) that I can’t go to work drinks because I have to listen to RnB
and drink fucking cocktails (. ) I wanna

-What’s wrong with listening to RnB and drinking cocktails?

-It pisses me off (. ) I don’t like it this is (. ) not my preference

-OK

-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
professional reasons for a bit but I (. ) I will find it very very annoying

-mhm (2sec) um: a while ago you mentioned these two states of anger one being the absolute fury and
the other being some sort of lingering feeling that’s ah (. ) ah:

-yeah I mean I think the lingering feeling is also linked a lot with sadness and just disappointment

-mhm

-and and that’s somethi:ng (. ) that’s just there (. ) that sort of the anger and* the disappointment breed
the anger (. ) eh: cos you get so angry that this person has had the cheek or whatever to do this to go
here and to let you down to this degree cos I’m someone who really works and believes that (. ) hard
work should be rewarded and it’s very hard for me to deal with (. ) the fact that someone has not done
their part 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
try to use different music programmes so I can (. ) if the drummer isn’t doing something I can program
the drums (. )

-mmm

-I learnt to become a ten times better guitarist in a few years just cos (. ) someone wasn’t writing the
songs so I* had to write the songs and you know (. ) I find it (. ) really annoying for example when (. )
because I’ve gone to these lengths that someone then wouldn’t for example write any songs (. ) because I
can do it you know

-mhm

-is weird laziness I understand it personally as a creative person I mean all these people are creative
people (. ) why would they (. ) be that lazy? [laughs] it’s just (. ) it’s weird and it’s just (. ) it’s not really
something I’m (. ) experiencing at the moment (. ) um: (. ) I’ve a certain amount of remorse for the fact
that for example the drummer clearly* has seasonal depression
but it is something that that’s there a lot but it is also present when I’m for example not doing something I’ve promised to do even if it’s minor

let’s say for example I haven’t mixed something I promised to do or something in time and I’m sort of letting it wait and I’m procrastinating and like that that will bother me but that won’t be anger that’ll just be a similar kind of worry

-a similar feeling as for example disappointment ah: in a way lingers and then breeds anger whilst the actual state of anger is something that tends to sort of come and not really go away that’s not really triggered by anything it’s just just comes out of nowhere and I usually try to just sit down not do anything or just watch something isolate myself quickly so I don’t do anything stupid you know when I’m in that state of anger I used to very foolishly get immediately on facebook or whatsapp where nobody can read the tone of your language and had massive fights with everybody I was angry with but these days I found that just writing down what I would say to them and then not sending it is like really helpful because you sort of get out that what you would say

-and how you would argue your case and I’ve written thousand words sometimes just how I would deal with this how I would right now react to it and honestly when I read it afterwards when I’ve calmed down I thought the reasoning is always good but I’m also glad that I didn’t send it because I think a lot of people just are not prepared to have any of that way of understanding things on their own

what does it look like usually?

-it’s it’s very well-formed I mean there’s the best English I can muster and perfectly laid out with structure and just to bring the points across ah: in a way also trying to perhaps be a bit hurtful in the way that it’s so calmly and well-written that you know it usually just ends with something like “and I must say I’m quite disappointed” or something like you know it’s quite professional if you will because I find that that you know big capitals or big exclamation marks and swear words don’t really have the effect that a very deep trying to reach down to their soul and trying to grab it out and explain to it why it’s such a why it’s being so unreasonable so yeah I mean I usually delete those because otherwise you know [laughs] might find them and you know these are people these are pretty much always people I’ve known for 15 years my nearest and dearest
-mhm (..) I see (2sec) ah you’ve mentioned a few times so far like a different morphs that anger has taken
in you throughout the years like how you started being a more angry person than you are now and how
it was combined with your OCD and whatnot (.) but (.) like (.) looking back on your life (.) what place
would you say anger occupies in it (.) in general? Like (.) how has it shaped you as a person? If at all?
-(3sec) well (.) I mean (4sec) I definitely (..) the biggest issue that anger had in my life when I was younger
(.) and growing up was the complete inability to lose (..)
-mhm
-ah: I still consider myself a very very bad loser but I try to sort of cope with it in (.) the usual (.) “pff what
does it matter?” but then that* fear (.) not fear (.) that complete reluctance and (.) of losing is something
that probably made me quite strong because I know that if I lose I’ll be really angry I’ll be absolutely
horrible (.) and it’s made me a bit of a (.) you know as a sports fan (.) horrible at losing still but (.) I think it
helps* for example supporting a team that doesn’t always win like (.) I used to be a supporter of a very
successful team that pretty much won something every year and now I (.) tend to support teams that
don’t really win anything ever [laughs] so it’s you know (.) it’s almost like (.) therapeutic in a way? That
you know (.) been following a team for 10 years and they never won anything and they always* got really
close so you’re disappointed and angry about that but I guess the fact that it happens all the time it’s sort
of makes you deal with it a bit better (.) cos losing ah (.) I think losing is a big trigger in anger with
everything*
-mhm
-because (.) for example (.) I consider it losing when I have an argument with someone and we don’t
resolve it so I have to keep resolving it o:r (.) I consider it losing when ah (5sec) well I consider most
things losing really and that made me angry [laughs] so yeah so I guess I still have a lot of problems with
anger and losing [laughs]
-but ah: ok so that’s a fine transition from supporting a successful team to supporting a successful team
to supporting a not-so-successful team and how would that (.) like how is that therapeutic in in any way?
-well I I don’t know I found that um (2sec) well I always supported these very successful teams and I’m
like (.) 3years old because kids like winning kids like the best thing that’s out there
-mhm
-ah so basically that team is in Germany (.) and I used to live in Germany
-aha
-but ah (.) but* I don’t live there (.) and I haven’t lived there for over twenty years almost thirty years ah
and you know as a result (.) why would I support a team that’s (.) way over there and keeps winning?
That’s (.) just winning I find it to be quite one-sided and boring really (.) ah there’s no excitement really of
losing I mean they they tend to win the league ten (.) ten games to go you know why watch that? So I
started supporting the team ah in my area and I’ve never lived anywhere as long as I did when I used to
live in North London in Finsbury Park and Finsbury Park naturally (.) you live there you’re in the middle in
the cauldron of Arsenal supporters so I became an Arsenal supporter after* they had that massive
winning run in the in the early 2000s so basically: (.) whilst I being an Arsenal supporter for ten years
they’ve only won (.) 2 FA cups that’s it you know? They used to win the League all the time you know (.)
the FA cup’s respected but it’s not that (.) impressive it’s constantly losing the big games and winning the
to be honest I started supporting them mainly because I love the way they play football it’s entertaining
it’s old-school it’s (.) it’s there to be pretty not to be fucking disgusting and ugly like Chelse or something
where you just defend all the time just to make your point (.) ugh[sound of throwing up] but you know
that (.) it doesn’t really occupy enough of my brain (.) because I do realize that (.) whatever I* do has no
impact on this (.) you know I’m in the stadium screaming my guts off and they won’t hear me you know
(.) nothing I do has any real influence on things so it isn’t something that I* am directly involved with and
I think probably it’s something that I really struggled with when I was younger because I sort of
considered “I’m a supporter of this team” so I take their loss personally you know the (.) I’ve never been
one of these horrible football fans that exist now saying “ah f: kick the manager out he lost one game!”
ah you know “hate this hate that” you know when the (.) ah (..) yeah I think there’s a good ability to
distance myself now (.) from losing games (.) however I’m a very passionate person as well when it
comes to music and sports and I do find that if I distance myself too* much (.)

-mhm

-I just stop caring altogether (..) so in a way there has* to be that dread of losing and caring about losing

-mhm

-but it’s hard to balance it sometimes for example I stopped (.) I used to always follow Finnish national
ice-hockey and now (.) I just don’t really care cos I (.) stopped caring enough cos they use to lose [laughs]

-I see

-So so I still watch it but I’m not as passionate about it as I used to be

-You’ve mentioned a few times how losing or the fear of losing makes you strong (.) maybe because you
try not to lose and that would make you angry (..) with the fear that I might be getting a bit too personal
here could you by any chance recall a moment in your life when you lost and how that (.) made you
angry? And how you felt during that time

-(..) ah: (..) is there any sort of fie:ld that you want me to (.) focus on?

-Ah you mention that you play sports (.) or you played sports

-oh dear yeah [laughs]
-so that would be one or ah music could* be another field (2sec) or I don’t know even your job perhaps
might be something you might draw from
-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
first defender (.) football defender central defender and then I broke my knees so I became a goalkeeper
for a while

-that sounds like a bad place to be at (.) broken knees

-Yeah well you know I could run but I couldn’t sort of jump [laughs] so yeah I tended to be the (.) I mean
there wasn’t like an official (.) captain if you will but I was always screaming my guts out saying “get the
fucking left flang covered fuck’s sake!” a lot of these were Germans so I could do that in German so the
(.) Frenchies who were playing wouldn’t understand so so it was good (.) I could swear as much as I
wanted
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(.) Frenchies who were playing wouldn’t understand so so it was good (.) I could swear as much as I
wanted

-good!

-um (..) so there was one game which we won (.) 17-1

-wow

-and the goal that I conceded was (.) fucking pathetic I: ah: I was basically (.) just they got a shot in (.)
and the shot came directly* at me (.) and I raised my hands (.) going “well that’s gonna go over” and
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
(.) cos I screwed up the zero you know (.) and I still have nightmares of that [laughs] it’s it’s completely
bizarre (..) um but yeah in in a way losing makes me more disappointed than angry (.) it makes me more
angry in a (.) it makes me angry at myself but then being angry at myself is not something I (.) do* too
much (.) I’m just disappointed by myself I usually try to (.) overcome* these issues for example if I’m at
work and I haven’t finished something I’ll just stay at work for 5 hours and do it

-aha

-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
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
professional as I can but I’ll just write something like an “ok” or something (.) thanks for flagging you
know I try to give the shortest possible answer so I don’t (.) completely (.) lose my shit (.) ah: similarly to
(.) yeah there was another week when a girl at work you know she (.) she wrote me sort of a reminder e-
mail about me having forgotten to send her a handover e-mail which basically is an e-mail that explains
what has happened the previous day so then so that (.) when she takes over when I’m not at the office (.)
she then knows what’s going on (.) so I’d forgotten to send that (.) but there was absolutely nothing* to
fucking report (.) so she sent an e-mail cc’ing the entire* team and my manager so e:verybody saw her
and she made me look like almost deliberately look like a fucking bitch you know and look like an
incompetent ba:stard and I’ve just had this day when I couldn’t write much and she cc’s the entire team
just for no reason that I can justify and that was the only time actually ever to get going and she was corny answered and and said “was there anyway you could have done that to make me look less incompetent and unprofessional?” and she didn’t understand it at all she she was just like “I don’t I don’t understand” and that that made me so angry and I’m so glad I didn’t do anything stupid cos I was so near of writing a proper “fuck off” email to her (...) I get it yeah

And then you know in a way ah I lost because I didn’t do my job fully so it considers I consider it losing If you will then again she did go to extreme length to point that out Yeah I mean yeah it was a mistake but it was completely pointless I mean I did nothing under that e-mail Precisely good um you’ve already answered most of my questions to be honest on your own so very well done for this I have to ask in your opinion is anger a positive or a negative emotion? Or neither? Or both?

The way that I (...) the way that I experience it is very negative -negative

yeah it’s I don’t really get angry beyond you know I usually get disappointed I usually get saddened anger in the way that I experience it the way it links is highly disruptive for me because I don’t want to be angry I’m not an angry person but anger just comes in these waves that I don’t control and I find it really really disruptive if and there was a few years ago when my OCD started hitting and that and I’ve no idea really what the hell was going on with my head that was very 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 all the time about everything like dropping or something that didn’t even break you know ah: you know and I find that especially that period of my life was very bad and I’ve never seen anyone being as angry at losing as I especially when I was a kid my dad was so embarrassed so many times yeah it’ll it’s just really I think anger is in a way bad thing but the way that I experience anger is just weird success fanaticism kind of way and ah (...) I don’t know but um from angry music I get euphoria rather than anger

-aha

so um you know so in a way anger is really very negative for me I find it really unproductive I find anger doesn’t really do anything ah: and there is no time where (...) when I was doing something angry that I wouldn’t have done it better if I wasn’t if I’d calmed myself down and did it so:.:

-aha

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 it’s amazing for my music but I find it really (5sec) makes me angry [laughs]
-so that’s one thing when you write music when you listen to music (. ) is there a state of euphoria through anger? Or is there a way of externalizing your anger through music?

-Well I suppose somehow the anger of the music takes my anger away

-aha

-rather than me getting angry from* the music like I always find moshpits fucking pointless

-ok

-because the anger isn’t there for me like (. ) it’s the best thing in the world for me really (. ) music is amazing

-mmm

-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 my walls (. ) you know I have a teenage mixing room so I can mix music to make music you know it’s such a massive part you know it makes me (. ) happy really (. ) it makes me euphoric it makes me happy of my achievement as a child or something I feel like a teenager when I write music I feel like (. ) everything is possible you know I’ll (. ) I’ll listen to rehearsals that I’ve played just numerous times trying to find the right things (. ) I mean I’m completely obsessed (. ) when it comes to music I have like no* barrier of (. ) how long to work for example I can work on music for 12 hours no problem (. ) mixing writing I have no limit so when we get to the studio we have 10 hour rehearsals and it was nothing to me and it was fine (. ) leaves and I do more so it’s just something I’m at work it takes (. ) my thirst for it is undrencheable so yeah (. ) but I don’t find that it makes me angry if anything it takes the anger away

-Good (5sec) anything you’d like to add?

-(2sec) no not really
Alright so: as you know this study is about anger and the way it is experienced by men so: would you mind telling what made you decide to take part in this study?

Um:: (2sec) well (2sec) I:: (..) I know* I’ve got a lot of anger

-mhm

-I do* know that (. a::h (. and I’ve been thinking about it actually recently more and more (..)

-ok

-and trying to understand why* I feel this anger and this frustration and why* (. um (. in s. certain simple situations (. I cannot control it or (. or I’ve got all those feelings and I it should be easier but I k. it it’s some sort of rage* that (. gets control of my: (. my behaviour my personality and when I’ve got it and what I’m gonna do could be (. driving (. could be: (. I get upset very quickly basically (. by things people do that common sense or ah: (. I me:an (. I don’t know if you want me to get into details (. um

-Please yeah the more details you give me the better for my research

-um:

-anything you feel comfortable with

-Yeah yeah yeah um: (. [exhales] I get upset ah: (. um if people don’t behave the way I personally would and feel this has an impact on my freedom on my happiness or: (. you know (2sec) say for example I can g. give you an example for where my studio where I work

-of course

-it’s it’s a (. mm (. so it’s a shared* space (.)

-mhm

-ah: we’ve got com. Ah: corridors that we’re sharing (. we’ve got in common* a:nd (. I get upset if people leave (. ah (. their belongings there because they’re not supposed to so (.)

-mhm

-they’re breaking those (. I’m not in charge here so I don’t control right? But (. I get very angry and I feel (. I’m fairly if I wanna explain that to people I get s.straight away into some sort of ah: (. state where I’m not [angrily] calm* I cannot explain like (. the way I’m speaking to you right now (. I:: um it’s very hard to explain actually but I ah:: (. I’m upset I’m pissed off basically

-ok

-and ah: (. if* I get someone confrontational in front of me (. that’s not gonna help (. if I’ve got someone who’s calm and (. comprehensive* things are m:ight (. resolve by themselves and we (. we
will be able to to talk about the situation (.) if I’ve got someone that is (.) senile to me o:r (.) who is confrontational l:: (.) it’s gonna be difficult

-mhm

-\: and (:) ah:: I can feel sometimes that I wanna (:) be violent with people ah (:) ah I don’t do* it but I feel it (2sec)

-ok

-you know (..) punching someone [laughs] because I’m so upset about (:) his (:) his behaviour (..)

unjustice (:) really makes me angry as well

-injustice?

-unjustice yeah (:) anything that is not fair* (:) re:ally really makes me angry (3sec)

-do you have maybe an example of that?

-um (3sec)

-are you talking about global (:) world politics or small instances of injustice?

-both! Both really (:) um: I would say the global one makes me sad more than angry (..) because I feel (2sec) I’m powerless

-mhm

-whereas if it’s like very specific (:) specific ah point or situation (:) I’m not saying I’m in control but I feel like I can do something about it (:) I mean you: can do to a certain extent something about the world situation but say it’s more (:) overwhelming so I feel more sad* (:) I don’t I (:) I feel some sort of anger but it’s not that anger I’m talking about (:) that’s not that thing that makes me boil and feel like (:) quite often I feel like vengeance* (:) I feel that vengeance is related to anger (:) in uh for me* (:) if something wrong happened to me and somebody does something wrong to me (:) I want to avenge myself (:) in one way or another* (:) and that’s very very strong (:) and I’m struggling not to do it and I’m (:) I’m trying to find [laughs] things (:) silly things (:) you know when I take a step back and I look at it (:) I know it’s stupid and I shouldn’t do it (:) you know? For example (:) in my studio I’ve got control of the power supply of the (:) quite a few studios around here and if someone else (:) who runs the studio next door is being annoying and ah (2sec) behave in a way that is ah not acceptable* (:) according to me (..)

-mmm

-I’m thinking I can switch off their electricity to piss them off (:) that’s* some sort of revenge (:) you know I [laughs] you know (:) and um: (:) there is a guy (:) so (:) the guy next door for example (:) he’s got a studio (:) he’s got a client who came one day (..)
with his bike (. ) rang the bell of my studio (. ) I’m the only one having a bell around here (. ) rang* the bell of my studio to get in (. ) I stopped in the middle of my session to get out (. ) opened the door said “yeah, 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 studio” and he was starting to be quite aggressive and (. ) forced his way in with his bike (. ) I didn’t like that (. ) came back to my session (. ) I had a few more implications with that person (. ) um:: a week after (. ) because he left his bike in the corridor (. ) in the middle of the way (. ) which is hazard for security exit (. ) if there is a fire etc so I tried to talk to that person (. ) um (3sec) he:: he didn’t want to (. ) really (4sec) you know agree or understand the situation and that* really (. ) makes me angry so (. ) for example when I see his bike (. ) in the corridor (. ) each time I see it (. ) I really wanna break the bike

I really wanna break the bike (. ) well take (. ) you know take it out or do* something a:nd it’s (. ) it takes (. ) it takes some energy out of me because you know (. ) I don’t know if it’s like that for other people 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 time (. ) and I really wanna do something and I feel like “ok I should switch off the electricity just to piss them off, I should take that bike outside or I should break that bike or” you know (. ) this kind of things (. )

I see (. ) so thinking about yourself while you’re in that state like (. ) when you see the bike for example and you get pissed off (. )

-could you by any chance try to describe to me what it feels like? What’s the (. ) inner tension if you will? in terms of thoughts or physical (. ) physically?

whatever you consider most important (. )

well the (. ) on the (. ) on the psychological or (. ) in terms of psyche (. ) um: the mind is just like all those thoughts (. ) you know mainly* vengeance and (. ) or how (. ) I think 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 that’s how I approach life in general anyway (. ) um:: if I’m facing a problem and I cannot find a solution or I find myself stuck because of someone else* (2sec)

mhm

um:: that’s* what makes me angry and I wanna (. ) I try to find a solution to the situation if I cannot I think that’s when I t (. ) tend to go to find ideas to avenge myself to to (. ) make it square* (. ) you know? (. ) um (. ) physically* (. ) it’s very hard to describe it I don’t know I never really: (. ) paid attention I guess um (6sec) maybe I feel (. ) warmer (. ) hot (. )
possibly you know (. ) maybe (. ) I don’t know it’s like this expression (. ) I don’t know if it’s the same in English but (. ) “my blood is boiling” we say that in French

-we say that in Greece as well (. ) I think they have a similar expression in English

-that’s what I feel like

-aha

-you know like it’s boiling it’s really (. ) and (4sec) I get stressed as well (. ) also I’ve got (. ) probably a state of fight or flight response you know (. ) when your heartbeat is accelerated and you feel (. ) I feel stressed* (. )

-aha

-and I cannot focus on what I’m doing and what’s important* (. ) you know I should be focusing on something more important but I’m focusing on that* (. )

-mmm

-and I don’t want that to happen actually you know (. ) I wish* I could just be maybe someone like Ghandi or you know just (. ) calm and don’t say anything and accept everything and (. )

-mmm

-but I cannot* (. ) it’s very difficult (2sec)

-I see

-um: (. ) yeah (. ) I mean (3sec) I mean there’s (. ) another situation that really upsets me like (. ) while driving* (. ) when people make mistakes basically I don’t accept (. ) it’s not that I don’t accept but I’m (. ) I’m struggling with accepting that people are humans* (. ) you know and (. ) and everyone can make mistakes (. )

-mhm

-I’m usually (. ) I’m quite good at accepting that but for some reason when I’m driving (. ) you know if I see someone doing (. ) driving the wrong (. ) making mistakes or you know they’re not respecting the rules* that upset me

-why is that?

-Ah:: I don’t know it probably is also (. ) I think that a lot of things are related probably with my education*

-mhm
my parents* (..) the way my dad is (.) ah:: (3sec) um:: (..) yeah I mean it’s probably related to
perfectionism as well (.) I’m very perfectionist so (..)

- ok

- you know (.) um: (3sec) yeah (.) it’s actually quite hard* to talk about anger (.) really because it’s ah: like
I told you I’ve been thinking a lot* about it but (.) ah: (.) it’s not that easy to analyse (.) I’ve realized that
recently that (.) ah: I’m* very angry (3sec)

- and?

- I’m very angry [laughs] like I’m gonna give you another example

- please do

- that’s* very silly (.) I mean (.) you can laugh because [laughs] it’s silly (2sec) where I live I’ve got my
parking space in my (.) in the underground car park

- mhm

- and one night I came home after work (.) I was quite tired (.) I had a long day at work (.) a:nd (.) there
was a car (.) parked (.) in front* of my parking space (..)

- mhm

- but (.) like halfway through my parking space

- I see

- you know? And that* really upset me (..) I think (.) I believe* that most people would say “ah that’s not
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 (..)

- aha

- a:nd (.) and I get like really angry* and I’m like (.) the first thing is trying to think about something to ah:
(..) it’s like almost like you get slapped in the face and (.) I have to slap back* (..) that (.) that’s the feeling

- aha (.) that’s an interesting way of putting it

- yeah (.) I felt like (.) I (.) I got slapped and then I wanna slap back (.) you know “why?!” you know “why
are you slapping me? You need one as well!!” you know it’s very* silly (.) so what I di:d (.) is park my car
against that person’s car like really right against it

- aha

- and then (.) I went and lift up the (.) um: (.) the wind-screen wipers just to (.) you know make them
aware (.) because what I was thinking is that I’m pretty sure that person would not even notice I’m
parked (. ) you know right* at the back of the car because ( . ) that* type of people who can do this type of
things ( . ) are that kind of people who don’t think at all so they wouldn’t even notice it ( . )

-mhm

-um: ( . ) so that’s what I did and then and I forgot about it ( . ) went to bed ( . ) had dinner went to bed and
in the morning I woke up ( . ) went downstairs and there was a car ( . ) that car was still* there in the same
place with the wind-screen up ( . ) and there was another car blocking my car so I couldn’t get out

-oh no

-[inhales] so:: I ( . ) I was ( . ) yeah I was like raging ( . ) I was really pissed off you know ( . ) and I was like
“who is that? Is that a friend of that person? Whose is that car?” so I ( . ) I was supposed to come to the
studio ( . ) I was kind of late to to meet my clients in the morning ( . ) I ran back upstairs there is like an
office dealing with all the estate ( . ) to tell them about the situation ( . ) you know to find out who that is ( . )
I took some pictures ( . ) and on my way up there’s a guy coming out of the elevator going to the parking
lot ( . ) and somehow* I looked at him and told him “is that your car there?” and that was his car blocking
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
“I’m not parked on your wife’s car she’s parked…” and you know it’s very silly* it’s like childish right?

-[laughs] maybe yeah

-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
be violent I mean physically ( . ) I mean I would have to have someone to be physically violent to me first*

-aha ok

-and then ( . ) ah actually it reminds me of another story ( . ) I’ve got like plenty* of stories [laughs] it’s
insane (. ) I’m really* angry (. ) I am very angry (. ) it’s really weird it’s ah:: (3sec)

-[Ok so: have you always been angry? Or (. ) always (. ) I don’t know have you been like that for many
years? Or

-I guess so (. ) as far as I can remember* (. ) maybe not when I was a kid like ( ..) I don’t know (. ) we were
fighting with my brother as well

-mhm

-a lot* (. ) he’s just a year older than me (. ) 14 months

-ok

-and we were fighting a lot

-so is it like a natural thing for you to be in that state?
I would say so, it's kind of it feels natural. I don't know what natural means, but for me it's part of myself. Yeah.

Yeah.

I guess if I think about it, I don't think people are born like that.

Um.

I think it's something that has developed in me because of frustration. That's why I've been thinking a lot about it recently. To try to understand because I don't think it's normal. I don't think it's healthy. Because it brings you stress, I am pretty sure it's related to my education. A lot due to what my parents forced on me. Having no freedom that's probably where the injustice is from. Even if my parents are probably one of the most kind and giving people I know you know, they're very giving people. Ah, the way my mum mainly educated me is that she had an idea of who she wanted me to be.

So she forced me to do things, she instead of just letting me be and discover with me who what kind of person I am.

I see.

So she wanted me to be either a doctor or a surgeon or you know this kind of things. A lawyer.

My mum is Jewish so she wanted me to be a good Jewish boy. You know like following the tradition, learning about the Jewish tradition and everything.

Aha.

But it wasn't me. I hated that. I was forced to play the violin as a kid for 7 years.

And I hated it as well. I never worked on it. But I was forced all these things and I think that's probably where all this frustration and anger comes from.

I mean that's the only explanation I can think of.

Because you were made to do things that you didn't feel comfortable doing.

Yeah! Um because I've been controlled like a pawn as a kid so. I wasn't (2sec) I wasn't like a (2sec) an individual. I was the son of my mom and she had a specific idea of who I should be. Who I
should become and how I should behave and don’t know instead of you know kids you need to let them free and just explore and in a way I would say -

-agreed, yeah

-so:: I think it’s probably from there

-mhm

-but yeah it’s it’s very natural um as far as I can remember I’m um I’m I’m I felt angry I felt anger and I’m listening to viol I mean I’m listening to all sorts of music now but for a long period of my life I was listening to metal music since probably when I was 11 or 12 I started to listen to Nirvana and Motorhead and then move on to harder and harder stuff like Pantera and like some bands that are very angry when you listen to them

-what is it that you find what is it that attracts you to these bands if I may ask?

-um:: it’s hard to explain but it’s it’s (2sec) it’s like you feel powerful at 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 with the music somehow and you feel good you know the music is like resonating with you

-alright

-you know? It’s like when you listen to Pantera Pantera is probably one of the most angry band I know there is like more violent stuff but it’s (2sec) I don’t know when you hear the guy the singer singing and you hear this voice it’s and the sound everything the guitars it’s very powerful

-mmm

-yeah it kind of resonates with me

-sounds quite therapeutic

-um:: yeah I never thought about it that way but I’m sure it was I just thought he was the only good music you know that’s how I would see it and the rest was shit [laughs]

-alright

-so: but maybe it’s just because it was yeah as you said therapeutic and making it was making me feel better about myself you know or or about how I feel maybe yeah that helps maybe listening to the music maybe dancing to it you know all that negativity and all that anger was probably
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 balancing out (. ) you know the (4sec)

-I see (. ) do you play music yourself?

-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 yeah

-got it (. ) would you say that anger finds a way of expression through your playing of the music or is it just (. ) two different spheres?

-Um:: (. ) no I think it used* to (. ) more than now because I guess with (. ) um I’m 37 now so um (. ) you know you start getting a bit more mature [laughs] with age (. ) that’s normally what happens (. ) um:: (. ) and I guess*(. ) um (2sec) some anger (3sec) just (. ) kind of goes with time um (. ) o:r (. ) I don’t know if it really goes but it’s not as intense and as powerful so I discovered other music as well that I really like and (. ) I’ve opened also myself to more (. ) all sorts of emotion so (. ) melancholy is one that I really like um (. )

-ok

-I don’t know if it’s close to anger (. ) maybe it’s related somehow but melancholy is very (. ) something that touch me really* deeply

-mhm

-so I listen to some jazz music from (. ) from Sweden that is quite sad but it’s very melancholic it’s not just sad you know (. ) it’s very (. ) I don’t know how to describe it better than to say it’s melancholic

-would you say that melancholy is related to anger in any way?

-um: (4sec) ye(.) I think* so (. ) I think so because it’s probably a sadness inside of me of (. ) not being loved by my parents for who I am

-mhm

-you know (. ) the frustration part of them (. ) ah (. ) forcing* me into one specific way of life (. ) that* leads to anger but maybe the part that leads to melancholy and sadness is probably the (. ) the (. ) the love (. ) you know because basically I’ve I feel that (. ) I wasn’t aware of that as a kid (. ) but I was probably feeling it (. ) that (. ) my parents weren’t loving* me they were loving (. ) an image of me or or something they (. ) they thought I should* be (. ) so they were creating (. ) another* person (. )

-I see

-So I think yeah it’s (. ) for me it’s related in a way (. ) yeah (. )
Alright (...) ah: so (...) do you have any other ways of putting your anger out of your system? I mean (...) you mentioned before how you sometimes plan about doing stuff like switching off the main supply for the other guys but do you have any other (...) I don't know rituals or:

-um ye:ah I've got (...) for example I can tell you another story that (...) that's* proper anger and violence at the same time

-aha

-um:: I was driving back from the (...) the gym one day going to work (...) and (...) I passed by a traffic light and (...) it's a two-lane road that merge into one road (...)

-ok

-and I was faster than the car on the other lane who was waiting at the traffic light because I was coming from another road so I passed in front of him (...) he didn't like it (2sec) I don't remember if he made a sign saying I'm a wanker or if he flipped a finger to me or (...) it was one or the other (...) I replied back* (...) you know (...) I didn't think twice (...) I replied back (...) but* I felt ac(...) actually at the time I wasn't feeling angry that's what inter(...) actually that's what's interesting about it (...) cos I was in control (...) because I was the one you know (...) you know (...) it's not like I've done anything wrong (...) you know (...) I didn't cut 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 to say any swearing or

-yeah of course of course

-I mean it's almost like a dick-contest basically that's how I would describe it and (...) basically (...) me passing in front of him (...) made him feel I had a bigger dick or something you know (...) it's kind of stupid male hormonal kind of

-mhm

-you know

-thing (...) I mean that's how I can interpret (...) interpret it (...) I just carried on my way (...) but the guy (..) that* guy was probably very angry (...) he followed* me (...) up to the studio (.) and I stopped my car (...) parked (...) went outside (...) the guy stopped went outside started to push me (...) and I didn't wanna fight you know I was like (...) I showed him the camera there's a CCTV I said "you know there's a CCTV camera just there" and he's like "I don't care" and he punched* me (...)

-wow

-and I was really surprised (...) well (...) not really surprised but I was like “ok, what shall I do" you know (...) and the guy went back into his car and started to (...) to drive away (...) so I stepped behind his car took my phone started taking pictures of his (...) license plate
-mhm

-but because he saw me he started to reverse and wanted to drive (.) like run me over! I've just had the
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
plate or not it was like my old 3G yeah iPhone 3G (.). so it's (.). the technology was not great I don't know
if you remember (.). picture was taken there was like white screen

-aha

-and then it was taking like 2-3 second to appear

-I think I remember yeah

-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
cameras have seen anything if I can...” and the problem is that I (.). I've had another issue maybe like a
month before with another guy and in my head (.). in my head straight-away I thought “ok, this guy just
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
(.) nothing* might happen (.). um: last* time I did that I didn't do anything to the guy I went to the police
station they didn’t said nothing, they did nothing because the camera was not working there was no
proof or anything I was like “that's happening again. No way!?” this guy had his front door window open

-aha

-and he was driving back trying to run me over (.). I stepped to the side and I saw him and I had all those
thoughts (.). like it was quite fast but I had all those thoughts I described (.). I had all those thoughts in 5
seconds and I was like “this guy is gonna go” (.). you know “go away unpunished” and I looked at him and
through the window I punched* him [laughs] like (.). re:ally hard (.). I made him bleed actually (.). I opened
his his eyebrow (..) and it made me feel good

-it did?

-oh yeah [laughs] yeah I’m telling you I felt good* (.). it was (.). I don’t know it felt like re::ally good (.).
because also I think he was taking a punch for the other guy (.). at the other story before um and you
know went unpunished (.). I think he was taking a punch for both so (.). it felt good but he didn’t like it
obviously (.). stopped the car went out again and started to [laughs] and he started chasing me I was
pushing him and you know I was saying you know (.). because I’m still very conscious when those things
happen (.). and I was saying you know “this can go (.). far*”

-mmm

-it can really go wrong

-the guy sounds like a very dedicated person yeah
-yeah so I was like (.) I managed to control him I think I was probably (.) surprisingly more powerful than him because he was like the type of like (.) English hooligan bald guy (.) that type of guy like shaved head like quite bulky and stuff (.) he was like a bit shorter than me (..) but I’ve got quite a lot of strength and I managed to hold his both his arms and control him

-mmm

-and I was (.). um (.) I was like “we need to stop now” I was looking at him right in the eyes “we need to stop this is gonna go wrong” and also that was close to the entrance of the studio (.) and there is some little (.) pieces of metal sticking out on the floor at some parts and I was like if he pushes harder or whatever I mean (.) one of us (.) you know I was thinking even me if I push him and he falls there on his head (.) I could kill* the guy I was like “we need to stop now, we need to stop that” (.) the guy was like completely* in a fury (.) what he did it was like (.) I was holding his arms he brought his arm up and bite my thump like re:ally bite it (.) remove like a piece of my flesh and bleed (.) he took my scarf out (.) throw it on the roof or something like that and then left (2sec) that’s (..)

-wow

-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 someone is like (.) is like cavemen right?

-yeah

-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 any point there (..)

-aha

-funnily enough (.) so: (.) and that punching him made me feel good (.) even if he bit me after (.) it’s weird actually it’s one of the situation where I was feeling (.) not angry but I felt it’s (.) it’s more related to injustice you know (.)

-mhm

-him getting away after doing that and just (.) driving off and trying to run me over (.) that’s not (2sec) that (.) that’s not right you know

-doesn’t sound right (.) definitely (.)

-so:: yeah (.) um: did you ask me a specific question before because I probably deviated to the::

-I asked what other ways of putting anger out of your system you have

-Yeah! (..)

-If any
-Yeah yeah (.) I mean I (..) I don’t think about it but I think doing sports probably (.) calm me down (..) um
I don’t think “oh yeah I’m very angry I feel very angry I need to go and do sports” (.)

-mmm

-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
calmer so (.) I guess it’s probably biological like the release of (.) what is it? (.) endorphin

-mhm

-is it endorphin when you do sports? (.) um this kind of things I think probably help me a lot* and it’s (.)
mainly (.) the other way-round when I do lots of sports I feel very calm I feel (.) yeah zen (.) smooth and
you know (.) I can handle situations

-mmm

-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
life (.) the studio with business with (.) everything (.) and I don’t have time (.) um (.) to do any sports I can
feel* getting very irritated very quickly by small things um:: (.) I mean yeah life right now well not right
now but now in general I haven’t done any sports since (.) in a few weeks or even a month because I
didn’t get a chance I’m like running all over the place and I can feel like (.) in my relationship with my
girlfriend you know like (..) yesterday I got really angry* (.) I got pissed-off

-why? What happened? If you don’t mind me asking

-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
(.) a speaker because one of my speakers broke down (.) so I bought one last Friday a::nd (.) to get it
delivered on Monday because I have clients on Monday evening

-that’s yesterday?

-that’s yesterday yeah (.) um: unsurprisingly DPD (.) not to name them [laughs] were rubbish um they
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
out so the bell was definitely working (.) I received a text “oh we’re sorry we missed you no-one was
home we couldn’t deliver your parcel” (.) I was like “wha::t?!” it’s 7pm I’ve got my clients here…” tried to
call them obviously you get onto an automated response (.) no way to speak to anyone I tried to call the
(.) the music shop I bought the the (.) speaker from (.) obviously it’s not their fault (.) but they were
closed so I had to wait until this morning and I managed to resolve it this morning by calling the shop and
they said “we’re sorry we’ll refund you the…” ah the shipping fee because I paid specifically to get next
day (.) next working day delivery (.) so they were very good a::nd I was angry over the phone even
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
responsible she’s just a person behi:nd (.) behind a phone (.) when I called her I was like trying to say
“stay ca:lm” you know “it’s not her fault” but I could feel like alongway the conversation I was getting (.)
she was being very kind she was being very understanding (. ) but I could feel the anger and I was really upset (. ) “that’s not right” you know (. ) I needed to get it out I needed to (. ) you know express it

-mmm

-so (. ) to go back to my girlfriend

-aha

-(3sec) so that speaker wasn’t delivered I finished my session (. ) sent off the clients go home feeling very*

angry (. ) oh yeah hunger can make you very angry!

-aha

-hunger can make you very angry

-alright

-being hungry is also I think a source of anger

-ok (. ) that’s interesting

-yeh (. ) I think when I’m hungry I can (. ) get irritated very easily so there was like (. ) a few layers of (. ) of ah: things that were you know pissing me off (. ) I was really hungry tired no sports (. ) working all day
every day so stressful (. ) a::nd that problem with the speaker (. ) I go back home I try still to look on my phone (. ) find trying to find different phone numbers to call DPD (. ) trying to ca::ll a::nd my girlfriend was there (. ) she had cooked some soup (. ) um she served the soup she served the food and she was ready
to watch like a movie and she was like “do you wanna eat? Don’t you wanna eat first?” and I was like “no no that’s fine I need to finish that” (. ) “don’t you wanna eat?” “don’t you wanna eat?” she kept on repeating it I was like “no* that’s gonna be closed I need to do it now*” and (. ) until at some point I don’t remember she (. ) she said it again and I got upset I was like (. ) I started to scream I was like “fuck’s sake” you know “give me a break just leave me in peace I’m trying to sort out something” you know “if you wanna eat just eat” um (. ) well she left and went into the bedroom and (. ) watched something on her phone or something like that

-aha

-but I got very* angry for that (. ) it’s very* silly but you know it’s like (. ) build-up (. ) you know and then it explodes

-mmm

-it explode

-while it’s building up (. )

-yeah
-ah: do you have any idea what (.) like (.) what goes through your head for example? You told me about
the physical side of it a little bit

-yeah (.) so through my head (.) um (8sec) it’s really I would say really it’s like (.) it’s all down to injustice
(.) that’s how I get back to all the time

-ok

-like something being really unfair (.) you know I find that unfair (.) that I paid for something (.) and it’s
not being delivered

-mhm

-and then I tried to contact them and there’s no-one* to talk to

-mmm

-and ah (.) also there’s a lie* behind it “oh we couldn’t deliver you’re not home” that’s not true*

-mhm

-it’s all those things that (.) I mean (.) I don’t think my girlfriend really pissed me off it’s more like (.) the
fact that I was angry for that (.) the fact that I was hungry and um tired (.) you know and it was a silly
move I should have just (.) give up and sort all that in the morning because I knew* at that point there
was nothing (.) else I could do but I still wanted to try

-mhm

-I wanted to shout at someone! I wanted to say just [laughs] “you’re wrong, you’re rubbish!” you know
or “you’re crap!” you know I wanted to say that to someone

-but you couldn’t

-no I couldn’t

-I see

-and that made me really frustrated

-so you snapped at your girlfriend

-I guess so

-and how did you feel afterwards? If* I may ask

-umm [exhales] it’s quite complicated if I just take that* as a situation (.) if you just think about that

-mhm
I should feel bad about it. You know taking it on my girlfriend who cooked dinner that’s how I mean um consciously or or if you know if I think about it like like that I should feel bad but I don’t because it’s more complicated I mean I’ve got relationships are never easy or straightforward there’s there are older stuff that piss me off with my girlfriend that’s probably also ah: linked to why I reacted like that towards her yesterday

-I see

-but it’s not right you know to but I think I needed to let out something you know? And then she was trying to problem is there is no communication as well communication doesn’t work sometimes I try to tell her something and she doesn’t get it!

-you know I just wanted her to leave me alone*

-like you said

-yeah (2sec) um: (3sec) if* she had just left me alone I think I wouldn’t* have (.) you know I would have kept angry to that man but she almost like (.) I mean that may be unfair for me to say but almost like she attracted my anger to her

-aha

-if you see what I mean (.) if that makes sense (..)

-I think I do

-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 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, watch a movie and relax, tomorrow I have to go back to work” [laughs]

-cos I had to go back to work as well

-shit

-yeah [laughs] but yeah then (.) uh she pissed me off at night because she was crying and she was not sleeping and then she was she kept waking up and going to the bedroom the living room coming back to the bedroom kept on doing that and (.) she’s not working today you know? So I’m* working pretty much every* day and I’m like “can you just” (.) I went to bed I tried to calm down (.) went to bed took a book I was like “can we not talk please?” like “it’s time to sleep now so I just” but you know her behaviour was not like (.) she cannot switch off (.) we’ve got very* different personalities anyway (.) I don’t know if it’s (.) uh a man-woman thing
-mhm

-but um you know I just need to be left alone (.) cave (.) you know do my thing and then I’m fine* (.) after
a day or two you know (2sec) but yeah then in the middle of the night I heard her sleeping (.) and I was
awake* I was like “fuck sake, now you’re fine you’re sleeping and you’re...” you know and I’m awake and
tomorrow I have to wake up early and I’ve got a long day and (.) you know that’s [laughs] that’s (4sec)
a bit of injustice in there as well right?

-yeah! Yeah (.) yeah* (2sec) it’s very unfair yeah [laughs] exactly (2sec) exactly* (2sec) uh (.) um: yeah (.)
but except that (.) I don’t know if music* helped me to get my anger out but (.) I like practicing on my pad
I practice drums and (.) I do exercises and it’s kind of a: (.) I think it’s more related to meditation
somehow (.) because I have to focus* but at the same time it’s not like really: heavily mentally
demanding exercise because I (.) unless I’m trying something new* (.)

-mhm

-then yeah it’s demanding for your brain but once it’s in your system and (.) and it’s a (.) uh: muscle
memory (.)

-mhm

-your brain can just (.) relax and your body acts so you’ve got the impression of doing something (.) I
mean it’s not your impression you’re* doing something but your body can relax and I’m being productive
as well (.) I’ve got the same kind of feeling when I travel by train (2sec)

-alright

-I haven’t I haven’t travelled by train in a long* time but I remember* (.)

-mhm

-feeling good* sometimes really* good travelling by train because (.) I know I’m (.) I’m doing something
( .) I’m going from one point to another

-mhm

-so I’m being active even if I’m ( .) not ( .)

-I think I get what you’re saying

-you see what I mean? So (3sec) it’s almost like I can relax* ( .) I’m allowed to relax ( .) it’s probably one of
my other issues I’m very bad at staying still and doing nothing ( .)

-mhm

-I can watch movies I can watch TV series I can like ( .) you know ( .) watch them like all night long which is
probably “doing nothing” for people but for me it’s not ( .) it’s “doing something” um ( .) but like ( .) you
know hanging out (.) with no purpose (.) like in a pub (.) drinking (.) you know unless there’s like a
stimulating conversation (.) intellectual conversation or something interesting to say or to share or some
dear friends I haven’t seen in a while telling me about their life or you know I (.) I hate* that (.) [laughs] I
hate that (.) I don’t know if that makes me feel angry but that makes me feel very* uncomfortable and
very (..) I don’t like that so being on the train is probably similar to (.) to that you know I can (.) I don’t
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
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
about it” you know you see sometimes in movies or people saying “oh I need to go… punch a punching
bowl and box to get my anger out” or “I need to run” (..)

-yeah

-and (.) I don’t think I’ve ever* had that (.) maybe I should (.) you know (.) maybe I should “oh I’m angry I
need to get it out” (3sec)

-but you: just mentioned the relaxation and I guess that’s more or less the opposite of (.) feeling angry

-yeah

-is it?

-oh yeah! Yeah (.)

-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
sit down and practice on your pad for example?

-oh yeah (.) when I’m angry it’s very hard to do anything* (..) read (..) yesterday I couldn’t read my book

-you couldn’t read your book?

-no! I was struggling I was reading one line and then (.) and then reading the same line again not knowing
at all and (.) it’s almost like I’m reading that (.) I don’t even understand it

-aha

-um: (.) it’s not that type of thing when your mind wonders and you’re not focusing because maybe* the
book is not that interesting or (..) or I don’t know you don’t really feel like reading you want to read but
in fact you don’t (.) it’s not like that at all* (.) you know sometimes I read pages and I don’t realize (.) I
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
like that (.) it’s like I was struggling* (.) I was reading the same line I was like “I cannot focus… I cannot
understand… what is he talking about?” and “I’m reading it, it doesn’t make sense…” it’s not that thing
where you read through it and you get at the end of the page and then “oh I didn’t realize I was reading
without… reading”

-mhm
-it’s very different yeah I was really* struggling (.) and that was making me even more angry (..)

-I see

-so it’s like [laughs] you know? Frustration (..) so (.) I think reading a book is not a good way for me to chill (.) I don’t think playing on the pad would be (..) I think something physical (.) yeah (.) definitely (.)

so:: (.) I’m probably gonna take back what I said when I said when I practice it probably relieves the anger (.) um (.) it probably it probably helps me to:: (2sec) feel more at peace and at ease with myself and making me feel good and also because I like practicing and it’s it’s (.) goal achievement for me you know (.) 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 don’t think it’s something because if that’s the question you’re asking me “what would you do if you’re angry to relieve the anger?” (..)

-mmm

-uh that wouldn’t work

-ok

-that probably helps me to stay healthy and you know more balanced the same way as doing sports on a regular basis (.) however I think if I was very angry and I was going for a run

-mhm

-I definitely think it would make me feel good after

-alright

-yeah (.) so physically I need to (.) you know (.) it’s it’s probably (.) yeah running or you know (..) yeah I wanna punch something sometimes I feel like that (.) and I just (.) yeah I wanna get it out (..) but I I rarely do

-aha

-I don’t I don’t think* that way I don’t think oh yeah I’m angry I should go for a run

-you did mention before that you don’t often engage in violent acts (..) o:r

-no (.) I’m not saying I haven’t (.) I did in the past (.) been into fights one way or another

-you fought with your brother as well

-yeah (.) oh yeah (.) um: I’m trying to think if I ever instigated a fight (.)

-mhm

-I don’t think I ever did (.)

-alright
-um (. ) provoked probably like mmm you know when you kinda like (. ) I don’t know how to describe that
in English but you know it’s (. ) you’re confronting someone and it’s time to get a bit like (3sec) uh hot and
you get close and it’s a bit like you know but I rarely (. ) I don’t think I ever punched someone like (. ) no
( . ) I cannot remember it ( . ) or did something to someone without being (. ) you know pushed first (3sec)

- aha (. ) that’s cool

-yeah (2sec)

-you’ve mentioned the adjective “silly” a few times so far

-yeah

-when describing the (. ) the state of anger

-yeah

-what’s so silly about it?

-(5sec) because it’s very childish (. ) I think (. ) I think anger* is very much a childish thing (. ) it’s
something you (. ) some sort of frustration some sort of tantrum* (. ) you know it’s (. ) I see it like (. ) I mean
( . ) it’s not like that at all when you look* at it (. ) because you see adults being angry swearing probably
being violent (. ) you know in a state of anger (. ) can be frightening can be scary

-mmm

-especially if you’ve got somebody like a big baby like a big boy [laughs] like someone massive getting
angry you know it’s not (. ) you cannot say (. ) you cannot relate that to a child but (. ) I’m pretty sure
maybe I’m (. ) I’m wrong but it’s related to childhood frustration

-mhm

-that will stay pretty much all your life (. ) you will struggle to get rid of them (. ) you will have to work
hard* to get rid of those frustrations (. ) you know something that builds up like (. ) inside a kid up to
maybe 5 year old 6 year old 10 year old I don’t know what age (2sec) um: once my brother explained to
me (. ) cos he just had a daughter so he read a lot of books about (. ) kids that (. ) when kids have tantrum
or or (. ) or they cry: or they’re angry (. ) you shouldn’t try to calm them down (. ) tell them “oh that’s
alright that’s ok” you should let them express all this anger (. ) because if not you can frustrate them (. ) I
don’t know like keeping the anger within them at the adult stage after (. ) I mean it’s probably one of the
( . ) the reasons um (. ) yeah* I find that very silly* (. ) it’s um (3sec) I mean (. ) the story with the car (. ) me
putting my car right next to (. )

-mhm

-I could have just (. ) there was enough space for me to still park my car in my parking space (. ) um (. ) a
mature way of dealing with it (. ) and that’s what I wanted to do and now I remember (. ) is to write a (. )
you know a note and put it on the windscreen but (.) and again it’s injustice coming into play (.) I felt

“why:* should I waste my time going up (.) to my flat (.) find a piece of paper and a pen (.) think about
writing you know something (.) without letting my anger out (.) because even on a piece of paper you can
let your anger out ‘you piece of shit what are you doing on my parking space?’” cos that’s how I feel but
I’m trying to control it because as I told you I’ve been thinking a lot about anger recently and try to (..)
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
should do it” and I was like “no… I’m wasting my time because that a(.) that punk* was like parked on my
parking space” was like “why!?” you know? (..) and (.) reacting that way is stupid (..)

-mmm

-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
really upsets you (.) write a note and be kind (.) “could you please be more respectful of others?” and
you know “this is not your property” and “you’re parked on my parking space halfway through” you
know (.) “please* don’t do that again” (..)

-mhm

-something like that (.) and also um: (3sec) pre-judging (..) ah people (.) I didn’t even know who that
person was at the time (.) I didn’t even know it was a lady (.) you know in your head you straight away
think about (.) you’re imagining “oh that’s a guy” um you (.) you create something you know (.) um and
(.) in my head I was like “that guy parks (.) is parked on my parking space like that” he didn’t even have
like a parking permit

-mhm

-I was like “this is the kind of guy even if I write a note… he wouldn’t care about it… so why?” (..)

-I see

-I mean I go (.) maybe not (.) you know I’m making like (.) assumptions

-mmm

-I’m actually making complete assumptions I’ve no clue (.) maybe that person had a bad day (.) I don’t
know maybe that’s not his car* maybe someone else was driving who is not really skilled at driving (..) I
don’t know it could be like (.) hundreds* of reasons (.) you know (..)

-mmm

-but (.) I jumped to conclusions straight away and: uh yeah (.) so yeah that’s why I think it’s silly (.) it’s it’s
very immature I think (.) anger (.) I mean it’s c(.) my* anger I would say (..) I wouldn’t say all* anger
because someone being angry (.) um (2sec) the anger I feel towards for example when we started to talk
about it like the world and injustice and this kind of things (..)
that’s not silly (.) that makes me sad more than anything else (.) sad and angry but I don’t feel (.) it’s not the same anger it’s not (.) or maybe the anger we’ve talked so far about is mainly frustration more than anger (.) I don’t know (.) or it’s related (.) you know (.) I mean there’s also frustration into not being able to change the world you know like people suffering all the places (.)

- aha

-guilt as well so (.)

-guilt?

-yeah it’s more complicated (.) yeah because I feel I’m complaining (.) we::* complain we live in London we complain about (.) what we have and (.) to be honest I’ve got it better than many people living in London I’m sure (.) and I’m already complaining (.) and (.) most people in London have it better than half the population of the world (.) maybe not half but a third of the population of the world so you know there’s guilt behind it as well

- alright that’s interesting

- yeah it’s more complicated (.) so it’s it’s (.) it’s a mixture I think like of sadness anger and guilt and (.) you know (.)

-so so far if I’ve got it right you describe anger as a more or less negative emotion (.) right? Or does it have its positive sides as well?

-[exhales] ah that’s such a tricky question (.) so far the way I’ve described it yeah (.) because maybe it’s necessarily* negative I would I would say (.) anger can drive* you as well

-alright

-do you maybe have an example of that from your personal life or::

-um (.) not especially I mean just like not like a clear* example (.) but um (7sec) I’m very* determined person (.) I’m very driven (.) and I’m wondering ::f you know that frustration and anger I’ve got due to my parents’ education (.)

-mmm

-has uh helped me being where I am now (.) achieving what I’ve achieved (.) I’m in London (.) I run my own business (.) I’m French I came to a place I didn’t know the culture or the language

-mhm
and I set up a business by myself. I’m successful with my business. um (2sec) after my parents rejecting everything* I wanted to do or I was as a teenager I’ve never been able to understand who I was really there was [muffled word] myself but it’s in my 30s and only I would say even now that I understand who I am and I’m trying to really* see* the real self my real self you know because it took me a long time to fight* basically

-I could have been. maybe it’s also my personality I’m not* submissive I’m very um:: (..) I’m I’m there’s a word for that in English fursty fiercy I don’t remember the word I* don’t let go (.). I’m very tenacious

-and ah: yeah I could have just accepted it my parents forcing me to take one way and you know just study and be become whatever you know but not my not who I am and I think a lot of persons are like unfortunately you know in our type of society um whether it’s from the parents’ education the teachers or the society itself forcing people to be: uh what they not*

-breaking them up stopping them from um being creative education is not helping creativity so:: maybe* it’s all that frustration and anger that you know drives me as well

-ah: and help me carry on tell my parents “fuck off! I wanna do music, I am a musician, I love it, I will find my way” you know and (.). so anger is not necessarily negative um don’t know if I can think about anything else um (5sec) I would* say anger is mostly* negative in general um (5sec) but it can help (.). sometimes um:: (.). but if I if we think about it my my example of my life (.)

-if I had supporting parents loving parents I’m not saying they weren’t loving but on that aspect supporting and understanding who I am and (.). helping me put myself and put my life the way I wanted and the way it was supposed to be for me* with love* (.). I probably would have achieved (.). more

-so if you think about it that way anger is not as powerful as love (2sec)

-d(.) does that make sense?

-would you like to tell me more about it? I think I get the gist but
well if my parents were supportive and (.) maybe I would have started drumming when I was 11-10-11-708
12 I don’t know um (.) because I remember seeing drummers and being really excited but because they
forced me to play the piano the (. the violin (. and overall my dad was very* authoritative and you
know (. there was no way (. you know (.) “we bought you” (. I remember going to a music shop with
him to buy some strings for my brother’s classical guitar and some (.) something for my violin and I
looked into the shop front (.) the front of the shop I don’t know what you call that

- mmm

- and seeing a saxophone I looked at it “ah” I pointed at it said something and my dad straight-away said
“ah, we just bought you a violin” um you know “you’re gonna stick to it” or something like that you know
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
ty

- that’s true yeah

- 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
if we can try it?” that’s what I would say you know (.) doesn’t mean necessarily buy it (.) but anyway my
parents are not necessarily the most (. mature people (. they they’re lovely people you know as I said
they’re very kind and caring in (. one way but they’ve been also (. destroyed by their own education
and home so you know (. it’s like passed-on generation (. and I’m trying to break that actually (. it’s
probably why I still don’t have a kid

- [laughs]

- uh but that’s another story but um (.) yeah to go back to the comparison love (.) the comparison
between love and anger (.) um (3sec) yeah I remember drummers and that’s something I remember the
very* first time I saw a drummer it was a drum student (. we had to do some sort of (. mini concert in
the conservatory where I was playing (. I was playing violin (. I cannot play violin for sh:it now although I
played for 7 years as a kid I hated it (. my family wanted me to play for them [puts on funny voice] “ah::
that’s beautiful” and that was horr(. horrendous (. it’s s(.) [laughs] it’s rea:ly silly (. I mean (. um (.)
but yeah (. amongst the the students and the kids playing (. lots of violins lots of pianists lots of classical
guitar and flutes and a:ll the classical instruments (. conservatory French (. you know French education
(.)

- I get the picture yeah

- um (. there was a drummer in there (. and the guy came with t-shirt and massive speaker with a radio-
cassette and started playing a rock tune and (.) punched* the drum and rocked to it (.) I was blown away
(.) I didn’t say anything you know (. I was probably 10 or (.) I knew by knowing my parents that there was
no* way they would put a drum-kit anywhere near where we were living and they wouldn’t buy (.) so
that thing I just forgot about it (.) and I started playing drums when I was 23 and now I’m making a living
playing (.) not only that but part of my living is playing drums (.) teaching (.) you know (.) um: so:: (.)

started playing at 23 (.) being in my 30s a:nd (.) starting to make it happen for starting to make it happen

for myself (.) if I had loving parents (.) um:: you know they’d put me behind the drum-kit when I was 10

and I’d realize what I wanted to (.) maybe at 18 I would be an awesome drummer (..)

-mmm

-you know started my career then* and (.) and push further (..)

-of course yeah

-ah:: so yeah (.) bu:t (.) all the anger inside me kept me going

-mmm

-and I’m still (.) doing what I want now (.) you know (.) so [laughs]

-that’s cool

-it’s not completely negative but I don’t think it’s as powerful as love (.) you know and and (.) happiness

-mmm

-I don’t know if it’s the opposite of anger (.) happiness (.) but I guess it is somehow

-mhm

-you know?

-that’s interesting

-or love (.) love happiness frustration I think it’s the opposite things  (((57.47)))

-yeah that’s actually going very very well I only have (..) ma:ybe a couple more questions

-yeah sure

-ah:: I think it’s time for me to pop up this question it might sound like a very simple one but (.) take your
time to think about it (.) so if someone asked you what anger is (.) what is anger (.) what would you (.) say
to them?

-um (12sec) what anger is in general?

-yeah

-(16sec) I would say it’s (.) it’s a feeling of frustration* and (.) unfairness unjustice and (.) uh (..) um (8sec)

something* that um can touch anyone

-mhm
but every person is different and everyone is gonna react differently. Anger is not necessarily something violent.

-mhm

-um: it's a strength I would say. I wanted to say a strength but I wanna say an energy or power, but not necessarily positive one. It's what you do with it.

-alright

-I think that's how I would describe it. That it's really an energy and I think it's something you can pass on to people.

-mhm

-uh obviously when I say pass it on that's probably that's very negative so like you can make someone else frustrated and angry and that person is not gonna like. I think I'm getting very um. I think you say esoteric?

-mhm

-or very like spiritual about it but I think you know it's all about energy. You know we talk like about reggae good vibes I don't think that's completely wrong. I don't know if people really think about it very deeply in general but that's what it is and I think it's the same with uh with anger. You know if you're angry you're you get up. You're angry you go and take your car drive and being upset on the road and piss off other people that person might have a good day started his day well but then you got him upset he gets to work and gets his frustration on someone else.

-mmm

-you pass on that frustration to people and that as well. I think but yeah um it's some sort of energy. I would say anger.

-cool

-yeah

-alright I'm very happy with that. Do you have anything to add before we wrap it up?

-um: no I mean that's cool. That was interesting to talk about it.
-Alright (...) so let me start by asking you (...) what is it that made you decide to take part in this (...) in this study?

-Um I got very* angry uh (...) a couple of years ago (...) three years ago now (...) and I got it was such a difficult period for me that extreme anger if you like and I ended up (...) suffering* from depression and I was put in a (...) a hospital for people with mental health problems

-oh I see

-for like two months (...) then gradually I sort of recovered* from that over like two years (...) but still I find myself suffering from anger (...) and slowly after that I got the idea that “you know what?” I think (...) if you wanna deal with problems whether it’s anger or anything else it’s a good thing to talk about it

-mhm

-so for me it was interesting to (...) to have the opportunity to come in and talk to someone (...) tell someone what I’ve been through or am going through (2sec)

-great! Um (...) so:: what are you going through?

-Well basically I would say (...) ehm [bangs hand on table] (3sec) most* of the time I think I deal with anger like a normal person like you know something might make me a little bit upset or angry and it’s not a big problem you do get on but some* times (...) when I have interactions with people (...) (..)

-mhm?

-I’m particularly thinking about my (...) some colleagues at work (...) and also eh (...) e:h (...) some family members I suppose and (...) people I’ve been (...) one* person I’ve been in a relationship with in particular (...) sometimes my interactions with them (...) make me feel very angry and (...) personally (...) I always think it’s because I’ve been wronged (...) those people have wronged me (...)

-mhm

-they’ve done an injustice what I perceive to be an injustice (...) and it’s terribly unfair

-I see

-and that leads to my anger (...) but you know w(...) I think what I notice about anger actually (...) and I see a counsellor by the way so (...) I talk sometimes about it with him (...) at first when I get angry (...) I get angry at the other person (...) (..)

-mhm

-ah:: then after some time (...) I mean maybe (...) days later (...) I know the anger will s(...) turn in on myself* (...) at myself for letting me get in that situation of being (...) so disreputable that I hang out with this person that makes me so angry or that I’m in a situation where I have to work with this colleague
because (. ) ah (. ) she’s clearly (. ) or he’s so clearly very (. ) you know (2sec) rude* and I should never have
to work with them so why am I in this environment where I have to work with this person who’s so rude
and is my fault that I’m there (. ) and so the anger turns on me and that anger can actually last (. )
sometime for (. ) sometimes it can go on for some time and then (. ) sometimes it doesn’t last that long (. )
sometimes it c(.) really can last for ( . ) a couple of weeks

-oh!

-yeah

-ok

-say with quite extreme* anger

-mhm

-and (. ) I think something that I* think is important (. ) I really do* wanna share (. ) is that in my upbringing
( . )

-mmm

-I was always told that you know anger (. ) no not only anger but I was explicitly told that violence is bad
(. ) (. ) I don’t hit people I haven’t (. ) I’ve never been to prison or anything (. ) when I get angry at people I
don’t hit them you don’t need to worry about that

-ok

-but as part of this up( . ) upbringing ( . ) and my school was very strict (. ) parents very strict you know there
is also a sense that if you get upset or angry or ( . ) something’s (. ) annoying* you ( . )

-mhm

-you should not take it out on other people you should not shout you should not raise your voice and I*
think (. ) eh:: (. ) when I get angry I then feel very very guilty because I feel like “oh my god!” you know?

-mmm

-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 ( . ) and I think that contributes a lot because I’m sort of ( . ) feeling* very angry and
grieved ( . ) for something terrible that (. ) I think has happened to me and it’s wrong and it’s wrong and
I’ve (. ) every right* to be mad (. ) but then at the back of my head ( . ) I’m being told that voice you know
from my teachers from my mom ( . ) from society “you can’t get angry” (. ) even if they’ve wronged you
you can’t get angry you know ( . ) turn the other cheek

133
-mhm

- and then that (...) it always makes me more* angry you know? That I’m so weak* (...) weak (...) feel weak

- mhm

- it’s the irony of (...) this extreme anger (...) I feel weak (...)

- ok!

- I feel like I’ve been wronged by this other person that’s weakness no.1 (...) I’m a weak person to be wronged by my colleague (...) then I’m weak cos I’m turning this anger into my (...) sorry I get angry and then I have to turn that anger into myself because I’ve been told to always bottle it up and then I that’s the second reason I’m weak and then the third reason I’m weak is because these ideas and (...) values if you like that my parents have (...) given to me (...) maybe they’re not correct and they’re not right so it’s like (... the third weakness you know

- mhm

- weakness in values (4sec)

- can you give me an example maybe of a situation that made you angry?

- Yes! Ah: Well (...) just before Christmas (2sec) the secret-Santa at work (...) I: I got a present for a colleague (...) chocolates you know and it turned out my colleague (...) which I didn’t know (...) was diabetic*

(...)

- mhm

- and she: ah:: (...) at the sort of secret-Santa present-giving (...) she: ah:: (2sec) left the chocolates behind (...)

- mhm

- and that was it (...) as it turns out nothing else happened regarding her at work I was very angry (...) it was also my last day ah before Christmas holiday I would go away on holiday and (...) my God my God I felt 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 thing it doesn’t cost* much etc but I’d gone out of my way I remember on the previous Monday (...) after work in the cold it was in December it’d been raining (...) I walked* to the shop when I wanted to stay at home you know in the warmth and bought her a present (...) looked around “ah I’ll buy her that” she’s an old lady she likes to watch Sunderdale on TV she likes (...) I had no* idea she was diabetic (...)  

- mm
-eh lots of my friends laughed at me when I told them this story you know “ah you silly fool” but anyway I couldn’t believe what I felt* was this rudeness* from this woman (.) she’s also quite ah senior

-mm

-in a much better position than me you know she’s getting retired soon she doesn’t have any (. ) you know financial pressures or any (. ) as far as I can tell she’s been successful she’s done well* in life so why* is she getting upset about this (. ) little* thing? And that was making me:* upset and very angry and then when I went off for Christmas you know my family and I couldn’t get over this feeling of extreme anger (.) and it did then turn on me and thinking “why the hell am I working there I’ve got to leave this situation it’s terrible” I ended up actually taking the decision to (. ) leave* that job

-oh!

-in due course it’s actually my last day it’s on Wednesday (. )

-oh so you did follow up on this decision as well

-yes! Yes!

-alright

-I mean serious anger (. ) serious anger and actually part of that (. ) the reason I’m here at [name of the educational institution he attends, where the interview took place] I’m taking a short course as I said in my e-mail in Programming and one of the reasons I’m doing that (. ) in fact my main motivation (. ) is basically (. ) this woman she might be successful but she’s very* old (. ) she can’t use a computer she certainly can’t program I don’t wanna be rude but she’s not particularly clever sh:: (. ) you know she never (. ) in her day they did any A-levels which is like (. ) GCSEs today she never did anything beyond that (. ) she never went to university etcetera etcetera

-mhm

-and you know I thought “god, it’s very... rude” I was being so angry (. ) with myself* for being in the same situation that I thought you know “I’ve got to get out! I’ve got to make sure my skills are so much better than hers...” I hated her so much at that point (. ) so I did (. ) I knew about [institution] that it’s very respected (. ) it was at that point that I actually (. ) signed up for the course (. ) thinking cos I want to upskill you know and get better (. )

-I see

-and (. ) yes it was that anger that motivated me (. ) yes

-so anger was fairly central in that story you’re telling me

-absolutely (. ) and there’ve been other times (. ) like this in my life (. )
ok

anger has motivated me to make a positive difference actually cos I feel like you know anger
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 get violent or I don't throw chairs around the room when I get angry although I did I remember that night after I saw that lady I went home and I was punching my pillow a lot a lot of anger in me and then I ended up crying full bitter embarrassment for a grown man but this is the situation that I'm in you know?

-absolutely yeah

-yay can be very prevailing very central powerful and motive force so basic you know?

-so in what ways has it been positive?

-because it made me bloody well say I'm not sticking around in my job anymore! And you know what? I'm not gonna be anything like this woman! I'm not going to work there I'm gonna have such better skills I'm gonna make myself a better person and I'm gonna come to sit into this program course on the weekend ah at great expense I might add it's such a big a big deal cos before that you know I've been thinking about coming to [institution] and then I'd go oh no no no because* of superfluous but the anger oh such anger I think I've gotta make something of this you know?

-mhm

-I'm not gonna sit around working with this woman any longer

-I see so it was like a force that drove you to sort of makes things better

-yes that's right

-So what does anger feel like when you go into those states of ah

-well for me it's in here feels like some sort of chemical is being released and it's an odd feeling cos it's a feeling of rage you know and wanting to something to take action right?

-mhm

-Like I wanna do something but at the same time it's a feeling of sadness

-ok
-and being wronged at the same time and it’s (.) it’s a (.) not pleasant feeling and wanna be out of it (.)

wanna be out of it (.)

-ok

-and my body is telling me (.) I suppose it’s a bit like adrenaline (.) “the way to get out of this terrible feeling is to do* something” you know (.) [bangs hand on desk] to scream (.) slam the table whatever it is

-mmm

-eh (.) and it’s something I want to escape* from

-alright

-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 hate* (.) I hate feeling angry but as a consequence of that anger I’m gonna do (.) something that changes my situation

-I see

-Yeah but I’m definitely (.) feeling (.) feeling very angry: (.) when I’m feeling very angry (.) I want to run away from that anger (.) I want to get away from the anger (.) and it just feels like the way to do that is to [muffled word] (.) do:* something

-so you told me you don’t really engage in violence or you don’t hit other people but how do you let it (.) how do you let it out?

-well as I said with that lady I punched the pillow

-mhm

-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 sitting down thinking these thoughts over my head and then usually what I find when I look back is that I over-rationalize the situation (.) so I think of every little newt and cranny detail (.) even make some details up as well (.) and they can seem like it really is terrible (.) so for example all* that happened before Christmas (.) let’s face it (.) cos I bought some chocolates for a diabetic and she doesn’t eat chocolates cos she’s diabetic (.) that’s all that happened right (..) but then I was thinking about it in much more detail and get “oh she’s deliberately trying to spite me, she did that because she must have known that the present was from me and somehow she saw it and (.) you know she’s got lots of money and she’s trying to rub in to other members of stuff and…” (..)

-mhm

-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 doesn’t stop my mind from thinking like that and trying to put everything together into some grand story (. some grand horrible story where this woman and the whole word* is against* me (.)
and I've got a plot! I plot a way, a way back if you like and then certainly to be a lot of sitting around being almost someone said it's a resolution I said that started 2-3 years ago.

and then you know sitting and then the feeling sort of coming in on myself "why on Earth am I working with her? Why on Earth do I work there? Why is it like that?" you know and as regards the actual feeling it's definitely a chemical in my opinion a chemical being released in my body.

so it's a very physical thing isn't it?

yes*

ok

like an oaring I don't know how to describe it like an oaring sensation

like there's something here [points chest]

-alright

that can ever flow so eventually in due course it will eventually calm down in the evening or a few days later or a few weeks later you do eventually calm down and go back to normal to equilibrium.

and how does it feel when you get to that equilibrium?

ah yeah I think it's usually a dip.

-mmm

-before you go back to equilibrium so it's like you're here [points in space] let's say this is the equilibrium [points lower] so you're like "ah! So angry!" and things are slowly calming down but then when you hit the equilibrium you slightly dip below it.

-because here you're feeling upset sad just like for doesn't matter why you got angry you just don't wanna feel angry and you know then things get normal and it's just back to normal like I am here you know so move on life goes on just like a wave you know?

-yeah I see so do you define anger like a wave?

-yes yeah
-mmm

-because it’s a (,) it has intensity (,) that’s why I think a wave describes it so it’s like (,) the intensity can
grow you know even after the effect you know?

-aha

-and then ev(.) well eventually subsides it’s not like it’s (,) anger and then straight back to normal no no
it’s a wave (..)

-ah

-(2sec) I think anyway

-so when you bottle up this anger (,) do you use (,) I don’t know (,) techniques or does it come naturally?

-eh no: I think I think it’s a: (,) happens naturally

-aha

-but only in the sense that I’ve been educated* since my childhood to (,) be respectful and bottle things
up (..)

-mhm

-I mean I have with my counsellor been through some mindfulness techniques (..)

-mhm

-ah but to be honest I never [laughs] when I’m angry I’m not thinking about mindfulness I’m thinking
about (,) why I’m fucking angry

-I see

-so I’m not about to suddenly start meditating when I’m (,) in the middle of a rage

-mhm

-so essentially no I don’t do anything I just (,) sit there (,) yeah

-alright

-being angry (,) which is not very healthy I recognize that and I’ve got to change* (,) but (5sec)

-um:: I’m wondering about this ah: education you told me you received about how to deal with anger
and emotions in general (,) do you think ah: things would be better if you hadn’t received that? Maybe (,)
gone down a different/

-/ um:: yes and no (,)
- ok

- so I'll start with the “no” (...) the obvious reason I would say no (.)

- mhm

- because otherwise I might (...) you know be (...) [slams desk] punching someone you know (...)

- mmm

- and that is the good thing about it (...) I'm not go- I’m not violent [laughs] that’s a good thing (...) but the other side is (...) when you keep something inside it’s (...) it’s bottled up it seems to get worse and worse and worse

- mmmhm

- that’s why I’m very glad I’m here talking to you about my feelings and now (...) one of the positive things I do* do to deal with anger (...) is talk to people (...) particularly my family my m- my mother basically

- aha

- talk to my mother (...) counsellor you know that’s the people I talk to (...) um: and in my (...) education (...) growing up it was (...) always the case that you can’t (...) you shouldn’t talk to anyone about your emotions you don’t talk* about emotions you don’t talk about love you don’t talk about hate you don’t talk about fear and (...) I don’t know

- why not?

- well (...) um (...) I suppose I had a traditional British educa:tion and that was the mondus operandi certainly my public school was very traditional I went to- sorry (...) I should explain (...) I was sent to a public school when I was thirteen (...)

- mhm

- and public schools (...) historically (...) you know (...) my school used to be a boarding school it wasn’t bad I might compare but it was about (...) making you independent from your parents like emotionally*

- independent?

- mhm

- cos the idea is to become an officer in the army or something like that you know?

- I see

- because you’ve been d- emotionally detached from your parents

- mmm
-and (..) and so I think it was as (.) as part of this education* where (.) strong people particularly strong boys (.) you don’t let out any emotions cos you know the idea is that if you’re in the army (.) you’re not going to you’re not going to let out any emotions you know when you’re (.) in Faulkland islands or something or (.) or if you’re in the navy or when you’re some high-flying (.) boardroom CEO you know? You’re not gonna suddenly start (.) crying to a chairman about your (.) wife’s divorce you know? Whatever it may be (.) and that was very much the ethos (.) the ethos was basically “successful people don’t get upset” certainly not in public “successful people don’t cry”

-mhm

-and to be honest all that sort of role-model we’d have at school and (.) you know (.) like the role of family for example (.) you never see the Queen cry (.) Prince Philip (.) you never see: (.) the President of America cry

-mmm

-you know you never see (..) successful people whatever they do cry that was what we were sort of told was to that affect (.) and that (.) you should be strong* (..)

-mmm

-strength is a virtue (..) moral (.) moral strength and I think everything is that (.) at my school everything was associated with morals so (.) doing well in tests you’re doing well because you’ve got strong* moral fibre Henry (.) or doing well in the rugby because (.) everyone in this school has strong moral fibre* you know (.) doing well in this that or the other because you’ve got strong moral fibre doing well keeping your feelings bottled up because you’ve got strong moral fibre Henry you know (.)

-I see

-That’s a very clear* (.) part of my education

-So this strength (.) you’re talking about (.) a received strength /

-/of course for me it’s not* a strength (.) as you say (.) received strength like received wisdom (.) I don’t have any strength (.) not anymore anyway

-ok (.) not anymore? You mean after you left /

-I think at school I had a lot* more strength

-mhm (.) so is your environment important on how you deal with your emotions?

-absolutely because (.) something else actually that might be very interesting is when I was 18 (.) so I was uh (.) a bit angry I suppose with my parents for some time for no (.) basically (.) when I look back for no particular reason you know? Like my father was away at work too much and my mother is too controlling
or whatever (.) this sort of minor things (..) anyway* (.) I was driven by that anger believe it or not when I
was 18 to (.) leave to essentially run away from home (.)

-mhm

-and I went to Hong Kong where I’d eh: (.) successfully got a scholarship to go to university there for
three years and it covered my expenses and I didn’t have to rely on parents and I literally did not talk to
them for a long* period of time (.) I was at the other side of the world

-mhm

-anyway when I was in Hong Kong (.) the culture there is very different and I very much I still think I’ve
assimilated it and in Hong Kong (.) in Asia (.) you know people do not talk about emotions you got a
girlfriend you don’t even tell your close friends until you’ve gone out for like a year it’s very (.) closeted (.)
very introverted and I very much (.) mimicked (.) ah::: people’s behaviour there and I think that probably
made things worse (.) yeah (.) I mean if I thought I bottled feelings up in the UK I mean that’s ten times
worse in China and not gonna (.) you wanna speak to someone in China about relations (.) no-one wants
to listen [laughs] so (.)

-ok (.) yeah that sounds like a difficult place to be at (.)

-yeah (.) yeah (3sec)

-so when you do express your anger (.) how does it come out? Like when you express it to other people
or don’t you do that at all?

-well now (.) so let’s say I was angry tonight (.) this I wouldn’t do this in the past (.) I’d call my mother

-alright

-and I’d tell her the situation (.) but I’ll tell you sometimes other people they don’t understand* (..)

-mhm

-and they say “well, why did this... why did this” but they don’t understand blah blah blah (.) and
sometimes (.) make me even more angry (.) even more angry

-do you have an example of that??

-yeah like this woman at work (.) the chocolate woman (.) so when I tried to explain to my mother how
angry I was she was like “Henry, it’s a minor thing” I was like “No! You don’t understand!” and I did (.) I
was shouting you know I was like “why can’t you understand me why can’t you help me?” and then it’s
like this completely separate anger like you know “mom I’m calling you to try and get over this big issue
and you’re actually making it worse!” you know “why can’t you understand you’re my mother (.) why
can’t you understand? Why can’t you understand? Why are you wronging me as well?” It’s always this (.)
impression* that everyone is wronging me (.) everybody* (..)
mhm

-you know? It was that woman now it’s my mother (.) ah now my flatmates are (.) you know cooking at
(.) 10 pm at night and I can’t sleep (.) “oh my god!” you know? (3sec) ye:ah very frustrating yeah

-ok (.) so: yeah it does sound very frustrating (.) really (.) if no-one understands you like this (.) so by
talking you do find a way of releasing?

-eventually yeah (.) as long as the other person is (.) eventually understands the (.) the other person
eventually says “oh yes of course I agree right” (.)

mhm

-“what a rude woman” which eventually my mother did (.) my mother did agree (.) and said it was rude
of her not to sort of formally accept the gift (.) and I think that you know it is rude (.) isn’t it? For
someone not to formally accept (.) even if you didn’t like it you know you don’t (.) sort of (.) leave it there
it’s completely rude

-I agree (.) absolutely

-yeah (.) you say you think you say yeah you say you agree (.) I think that’s the root cause of my
problem because (.) there always is a truth in what I’m saying of what’s happened there’s always a truth
when I say I’ve been wronged there’s always a truth in it (.) it’s just I blow it out of all proportion (.)

-ok

-and there is this wave you know (.) and as the wave is getting more and more higher and more and
more intense I deliberately make everything worse in my head to fit the increased intensity of my anger

-ok

-I have to (.) make the cause fit the results you know?

-That’s interesting indeed

-So I’ll just make things up and say “oh she did it deliberately” (.) “she hates me” or “she’s always hated
me” or something or “she’s trying to get me down” or something

-but as you said (.) yeah there is an element of truth in what you say because that was a very rude /

-/yeah (.) yeah

mmm

-cos I think there are some* people (.) it’s probably not my place to say (.) some people who (.) go out of
their way to look* for anger when nothing’s* happened (.) I wouldn’t say I’m one of those people

mhm
-you might see them trump people deliberately start fights and they might deliberately try to create a
reason to be angry but for me there'd be always (.) some* truth in it (.) something that's already
happened

-ok

-before I get (..) some trigger

-aha

-yeah (..) something external* to me (.) external* trigger (.) always a trigger that gets me angry

-but then (.) you mentioned earlier that there is the beginning of your anger and then at some point it is
internalized (.) so when this happens (.) what is it that causes it?

-Ah: time* (..)

-mhm

-so: (..) I don't know why it suddenly switches from being (.) from me wanting to externally* (.) express*
my anger to then suddenly (..) just gonna be sitting there (..)

-mhm

-thinking about it (.) in my head [laughs/sighs] (.) I I don't know why I mean my suggestion is that it's
the upbringing (.) and I don't know when it suddenly happened (3sec) but it certainly leads to guilt (..)

-aha

-I think guilt is (.) is terrible because you know I've been angry (.) and now I'm guilty about being angry
and I can't deny that I've been angry and it's me*!

-mhm

-it gets me* (.) it's my body (.) you know no-one sort of stuck a needle in me and made these chemicals
come around to make me feel angry* (..) an event and my body has responded and it's my choice (.) so
I'm guilty* about that (.) feeling you know worried about that o::r whatever it may be (.) as I said before
about thinking how (.) how can I possibly have left myself into this situation in the first place

-mhm (..) so this guilt and sadness that you mentioned before (.) they sort of come together during that
period

-mmm

-of internalization

-mhm yes (.) internalization yes (.) yes

-would I be rude to ask what was it that happened two or three years ago?
-oh no no please (. ) a:h (. ) heh (2sec) we:ll (. ) eh: I was eh: (.) I’m just thinking about the way to (. ) to say
it (. ) it’s quite a long thing so I’m like (..)

-take your time

-thinking of a way to put it in order and all

-yeah (..) feel free to describe it anyway you want

-(10sec) yes so what happened is I met someone (.) who I fancied (.) and we sort of started what I*
thought was a relationship (.) but it wasn’t* a relationship (.) and it ended very quickly (.) after a couple
of weeks (.) so that person (.) a couple of weeks later (.) they came back to me asking for (.) to borrow
money (.) you can imagine what this sort of thing kinda leads to (.) anyway and (.) I sort of like (.) in
return for me borrowing the money which was always promised back to me (.) we sort of (.) I
[laughs/sighs] I* thought I* was gonna have a relationship with this person it would be great (.) fantastic
(2sec) yeah the person however (.) was sort of playing me along I suppose (.) but in fairness* to the other
person (.) they’re sort of playing me along for about six months and (.) a:nd (.) I was living in I was a
student in Cambridge at the time a:nd (.) this person was a student in Bermont (Birmingham?) (.)

-mhm

-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
distance so: (..) not much was going on you know (..) anyway* eh::. Christmas holiday came around (.)
spending more (.) then spending everyday with this person (.) like not becoming a relationship just
friends I suppose close friends (..) the person I think was pretty (.) definitely beyond (..)

-mhm

-and then: ah (.) [laughs/sighs] I didn’t see it this way at the time (..) but in retrospect all that happened is
that (.) on January or (.) sorry (.) February the 4th (.) I: (..) suddenly realized this person was a gold-
digger (.) who’s never gonna pay me back the money (.) and I wasn’t even in a relationship with them I
hadn’t had any sex with them etcetera (.) it was all uh rouge if you like (.)

-mhm

-a:nd (.) I got very angry a:nd (.) and very upset* a:nd I: (.) I tried to jump off a bridge to kill myself

-oh

-and that’s where yeah (.) when you think about it (.) when I think about it it’s quite minor you know? I
mean (2sec)

-well it depends on how you felt (.) I guess
-ye:ah (2sec) but (.) in retrospect as someone who’s recovered from it now (.) I think it was quite minor
[laughs] my reaction was ridiculous* but (.) anyway that’s what happened I got on a train to London then
got another train to Bristol tried to jump off at a Suspension Bridge
-ok

-which is a very tall bridge
-Alright
-didn’t happen
-didn’t happen you mean you didn’t jump off or

-Yea::h so I went down there (.) Levenview and (.) stayed in a b’n’b first I tried to jump on a bike but didn’t
have this sort of willpower
-mhm

-anyway the next day I went up in the afternoon I stood up on the bridge and I texted my mom and (.) I’d
actually told her a couple of weeks before about this plan of suicide and so (.) she actually (.) and my dad
(.) came literally came to get me immediately (.) so within two hours they were down there cos they
were worried I would kill myself and then they sort of (.) took care of me with seeing (.) psychiatrist and I
was referred to the social care immediately reported suicidal which was [muffled words] and then: (.) to
begin with (.) a::h I was (.) angry with that person (.) but then you know the anger completely* faded (.) I
was obviously on a lot of drugs (.) and then (.) you know began sort of an extreme depression if you like
(.) eh (.) ah (.) and it was angry at myself for being (.) for putting myself in this situation (..)
mhm

-and I kept thinking that about killing myself for some time (.) and it was always I was thinking (.) my
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-
live my life”
mhm

-and I’d (.) change so many things (.) it was coming back to this idea of hating myself for putting myself in
that situation and wanting to change (.) things (.) so going back I would never meet that person I’d never
lend money to people I’d never (..) I’d never actually do this that or the other (3sec) [bangs hand on desk]
and it (.) became all about me
-mhm

-I’d be constantly thinking over the situations that had happened (.) thinking over how (.) I’d let myself (.)
it was nobody else it was all about me (.) anger at me and thinking how (.) fucking stupid I was (.) what a
fucking idiot I was and blah blah blah (..) that’s (...) self-hate I suppose (...) when I was sick for about six months (...)

-mhm

-I left and I’m seeing a counsellor and I thought “what the hell was I doing? I might just get on with my life” (...) yeah (...) over that big extreme hatred (...) I’m sorry if I over (...) that extreme period of hatred and anger but even if I saw that person right now (..) or through here [points at window] I wouldn’t actually feel any anger towards them which is quite remarkable

-true that

-yeah I was almost killed for that person (...) right or wrong you know that person caused me a lot of pain (...) 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, hanging around, I’ll talk to you later”

-actually yeah that’s a (...) that’s quite an improvement

-that is definitely yeah (...) and (...) to be honest (...) ah: (...) I can’t even explain why because (...) ah maybe it’s the drugs I was on at the time maybe it’s my counsellor maybe it’s talking it through maybe it’s recognizing that in actuality what that person did to me was quite minor (3sec)

-mhm

-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 and pain and suffering

-mhm

-I’m quite happy to be angry at the lady who refused my Christmas gift

-mhm

-but that [laughs] for some reason (...) the depression from 2-3 years ago the person who caused it (...) now 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 on from this colleague who I gave chocolates to (...) it’s (...) that seems even more* minor you know? I do recognize how (...) how minor these things are but (...)

-thinking about those two cases (...) the situations you’re describing I can see an obvious difference between the two I mean one was very personal to you very (...) close to home sort of whereas the other one is (...) obviously in a different environment a professional environment and ah: yeah perhaps you could call it more minor than the other one but ah still there was something that was there like a stinging part

-mmm
-mmm (. ) so you’re saying that the anger that you felt while you were in the hospital ah (2sec) first of all
has disappeared has evaporated from the way you’re describing it now

-yyeah

-yeah

-seems like it has

-yes

-but was it like (. ) did it um: motivate you as you as you said earlier to /

-/well it motivated me to kill myself [laughs]

-yeah [laughs] that is true but after that was it a motivation to (. ) do bad things to yourself or to others?

-eh:: it was quite some time ago (. ) I mean I ended up doing some vents to improve myself so I ended up
(. ) learning some new skills I learned to use [...] and I started making things

-mmm

-but I’m trying to think now cos this is (. ) trying to remember whether this was directly because of that
whole (. ) or because I was just interested in those things (. ) you know what I don’t think it was related to
that anger and I think by that (. ) by the time I was recovered (. ) from that anger I could (. ) couldn’t
remember I was on an awful lot of medication (. ) and a lot of that medication continued

-mhm

-and I’m still on [...] so yeah (. ) and I wonder if that medicine somehow (. ) managed to get rid of that
pain and anger but also* I think the other thing is when I think back to it now (. ) what (. ) what I think
mostly* is God how tiring it was to be angry the whole time

-tiring?

-Tiring yeah when your body feels that anger that pain

-mhm

-and the desire not to have to re-live it (. ) I mean ultimately it was all fu- futile it was all pointless it was
all a waste of time (. ) me being angry (. ) for six months at the hospital (. ) didn’t achieve anything

-mmm

-didn’t (. ) make me a better person I mean (. ) if anything I just wasted six months of my life you know (. )
I could have been working or studying cos I was supposed to be (. ) at Cambridge at the time

-mhm

-yeah (10sec)
-so overall pretty negative

-yeah [laughs] pretty negative pretty negative but you know taking positives [bangs desk] (.) you live and learn from your mistakes (.) touch wood (.)

-mmm

-so I hope I wi- well (.) I know* I will never ever go through (.) those mistakes again (2sec)

-that’s a good thing isn’t it?

-that’s* a good thing and something else that I do tell myself these days is to avoid confrontation (.)

why? Because I don’t want* to (.) get angry and in fact you’ll notice this story I told you (.) it was not because I* picked a fight it was not because I* got angry (2sec) it’s other in my opinion it’s other people starting a fight with me (.) this woman refusing my gift it was her* refusing the gift (.) not me (.) you know and there’d be other instances like that (.) it’s the other person (.)

-mhm

-it’s the other person starting a fight (.) a voice in the back of my head is saying “oh avoid confrontation, try to turn around”

-mhm

-you know this helps (.) rather than getting angry and (2sec) just try to avoid it like that (.) literally like (.) like that

-I hear you (.) and how does that influence your view on the other person who’s treating you that way?

-yeah I don’t fucking like them and I think they’re fucking pathetic I mean ah (.) I’m not gonna bullshit I think they’re fucking and ah: I can’t believe they’d treat me in that way and I think they’re very very different from me* (.) and as I said earlier I think the: they don’t have any skills they haven’t got any intelligence they haven’t got any (.) um (.) good things about them and you know what I’m Henry I’m different I’ve got skills and I’m gonna get more skills and I’ve come here to learn programming and all the rest of it (.) so in my mind I’m making a very* clear* difference between me* (.) good* (.) and them* (.) bad* you know? Fuck! (.) Fuck them* you know?

-aha

-fuck them they’re stupid (.) fucks you know? I’m sorry I’m swearing quite a lot now

-no no please

-I’m bringing back all this anger you see? (2sec)

-by the way is swearing (.) like something that goes together with anger?

-yeah for me yeah (.) really for me (.) swearing (.)
-mhm (..) is it a way of uh (..) releasing it?
-I suppose so because after this lady: was rude to me when I got home I was (.) punch my (.) my pillow so
for about two hours I was swearing I mean (.). really in the privacy of my own home I was really swearing
you know (..)

-mhm

-sounds pretty pathetic* but I was (.). back then blinded (.). “fucking this” (.). “aaaah” [laughs] it was
terrible really (3sec)

-but you didn’t express it to her did you?

-no (..) I believe you have to bear in mind that this woman is quite (.). she’s (.). although she’s my co-
worker she’s (.). quite senior so

-mmm mmm

-[laughs] if I was gonna do that it would have (.). I’d probably be fi:red* you know or be de-promoted so I
was aware of the consequences of (.). taking my anger out on her (.). you might say “well, why do you
care if you’re gonna quit anyway?” and of course I’m quitting but you know you need a reference for
your next job (.). so (..)

-yes

-don’t want them writing in my reference that Henry swore and insulted this old lady (2sec)

-yes that wouldn’t help very much

-no no (10sec)

-have there ever been occasions where you do express your anger directly to the other person?

-yeah I was [laughs] with my family

-aha

-sounds so bad doesn’t it? People you hold dear* in life and you love the most (.). ones you get angry with
there are people I don’t really give a shit about like that woman (.). very rude to me and I didn’t express
anything to her (.). should be the other way round you know I put my family (.).

-why so?

-my family’s always been very supportive and loving (.). so they don’t deserve me to be rude to them (.).
you know they’re the ones who help me in life (.). this fucking* (.). lady who was rude to me she doesn’t
deserve anything from me she’s* not my kin she’s not my friend she’s not my (.). anything* she’s just a
very* rude lady (.). if anyone deserves me to be rude to them (.). she* does (.).
-mhm

-not* my family (.) but I ended up being rude to my family (.) and particularly to my mom (..) yeah (..)

-mhm (.) do you think she understands when you/

-/oh yes yes cos we always talk about it afterwards when things calm down (.) and actually sometimes
she gets angry as well (..)

-mhm

-I think it’s a (.) she doesn’t get as angry as me but she definitely gets angry so (..) she can understand the
feeling [laughs]

-I see (5sec) were you an angry kid?

-yes and no (..)

-mhm

-so I think like all children you get angry and upset at very* little things when you’re a child “oh I can’t
play with” or whatever (.) you know tiny little things (..)

-mhm

-but ah: there came an age (.) must be around 10 or 11 where (..) I started to get very clear more
educational or maybe I just started to notice it (.) “Henry you need to start bottling things up” (.) so I
went to two schools I went to a public school when I was 13 before that I was at a prep school (.) prep
school is designed to prepare you hence the name for (.) a public school (.)

-mhm

-and (.) if you finish the prep school it’s practically the same as a public school they’re very similar and it’s
like sports-mad and making you into a great character (.) character-education

-mhm

-and that was the name (.) lent to my prep school education it was character*-education so it was (.) not
just frowned upon it was actively discouraged to (.) get angry so (.) I think then from about the age of 10
onwards I was being very clearly educated to keep things inside (.) which lasted for (.) what (.) 8 years
then I went to Hong Kong so then it lasted for another 3 years so then I’m coming out an angry young
man aged 21 with no idea how to express my feelings (..) or how to deal with anger and you know that
wore me down a cause of (.) extreme anger and unhappiness (..)

-mmm

-I have heard of a school or college that gives anger lessons and also happiness lessons to its pupils so
maybe that could have been good for me (.)
-you think so?

-yes if it was (. ) assuming it’s a proper (. ) properly taught thing where they have experts or professionals

who know* how to help people with anger or to get people to help themselves with anger (. ) that I think

would be a very* good thing

-do you engage in art or anything?

-no

-ok (..) so: indirect way of letting out anger

-no I’ve never tried

-mhm (.) you never tried because you never had the interest to?

-correct (.)

-mhm

-I haven’t done any art since (. ) school

-ok (10sec) are you happy that you went through that school (. ) through that way of education?

-well (. ) everything has pros and cons doesn’t it?

-mhm

-so (. ) I got a very (. ) academic education which is a pro and (. ) I had some pretty good times (. ) a pro (. )

but cons uh (. ) well (. ) being taught this moral system about bottling everything up (. ) having a stiff up-

stiff upper lip

-what do you mean by that?

-keeping everything bottled up inside so your lip never wavers (. ) you know when you cry sometimes

people’s lips they start to waver like [shows wavering movement with finger] it’s a very British thing (. )

um (. ) stiff upper lip (5sec) yeah I mean I think education is also an incredibly complicated thing with so

much that’s (. ) difficult to go back and change it all (. ) and of course I’m not an expert (. ) so even with

hindsight it’s difficult to say whether that (. ) moral* education about having a stiff upper lip was good for

me or was bad for me I don’t know you know and I don’t know what the alternative would have been

would (. ) a vacuum moral education be better? Or (. ) maybe some modern approach where you (. ) paint

or do art to deal with anger? I don’t know (. ) I really don’t know

-mmm yeah that’s an interesting perspective definitely

-I should probably try to do art actually (. ) yeah

-personally I couldn’t recommend it more but (. ) yeah why don’t you give it a try?
-yes

-so if someone asks you to define anger (. ) like in a few words (. ) or a few sentences if you will (. ) what
would you say to them?

-yeah I’ll have to think about that if you give me a moment

-sure take your time

-there’s so much to say isn’t it?

-I mean feel free to give me more than a few sentences if you want to (. ) but

-(12sec) I think anger is extreme* rage

-mmm

-combined (. ) with sadness at the same time (. ) and it manifest itself (. ) with a terrible (. ) feeling in your
chest (. ) something there which you’ve (. ) got to get rid of (. ) and it’s that same feeling which is both
driving* that (. ) anger (. ) and which for some reason you think by being angry you get rid of that feeling

-aha (. ) that’s interesting can you maybe tell me a bit more about that? About how (. ) through being
angry you are driving yourself out of this?

-yes of course I’m not sure if it’s true* (. ) that by being more angry you alleviate yourself of that feeling I
don’t know if that’s true at all but of course this (. ) this angry feeling on the inside (. ) it’s telling me
[shouts] to go crazy! To throw this up in the air! To shout and scream because I’ve got this terrible feeling
and I wanna get rid of it!?

-mmm

-and to get rid of it that feeling says “you can get rid of me by being more angry! Be more angry!”
[volume drops] but actually what I think usually happens is you don’t get (. ) that feeling’s getting bigger
(.) until eventually you know you start to reach the peak and then start to (. ) to calm down like to run out
of energy to be more angry (. ) so it’s (. ) counter-intuitive* (. )

-mhm

-It’s telling you to do* something (. ) which as well as making matters worse for other people (. ) makes
you angry (. ) also makes things worse for you* so it’s (. ) [laughs] it’s not very good (. ) or maybe I just (. )
maybe the problems is I lack dis- d i s c i p l i n e (. ) maybe if I was a more disciplined person I could identify
that angry feeling and say “stop!!” (. ) maybe that’s what normally people do when they’re angry

-I don’t know either

-but the thing is I (. ) I’d question that because in (. ) other aspects of my life I’m very disciplined

-mhm
-so maybe ah: it’s not like I’m an untidy person you know like I stick to strict routines (. ) very organized etcetera so I don’t believe it’s a lack of discipline

-what could it be then?

-well I think with me it’s always triggered by a sense of injustice like we spoke of before I think I can illustrate this as well (. ) Saturday night I was in China Town for Chinese New Year

-mmm

-a man (. ) a big fat man with hair all over his being (. ) there’s someone filming him (. ) and I’m not joking I was with a friend (. ) he came up to me as I was waiting to get into the restaurant (. ) the queue outside was long (. ) he came up to me and he started rubbing (. ) I’m not joking he went “uh uh” like a monkey and started rubbing his hair against me (. ) this went on for about 15 seconds (. ) you know I didn’t do anything I didn’t even care and it transpired like it was like he was going around doing this to a lot of people and had someone filming him to (. ) you know presumably put up the video on youtube or something and get (. ) get a reaction for a funny video or something

-I see

-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 (. )

-ok

-yeah I didn’t get angry at all

-mhm

-and I think the reason is I (. ) I didn’t feel like I was wronged (. ) I didn’t feel an injustice has happened (. )

-mhm

-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 he’d tried to rob me I would have known (. ) of course if he had tried to rob me it would have been a different story but he didn’t so (. ) I don’t feel wronged in any way (. ) and I didn’t really care (. ) just like “ok” (. ) it was a completely reaction to it if (. ) you know I get chocolates to someone and they leave them then I’m very fucking angry (. ) yes (. ) for me: it must* be the sense of injustice* (. ) I’ve* been wronged and that’s* why I’m angry and I should be angry because I’ve been (. ) fucked over by someone who’s breaking the law or breaking (. ) a social contract

-mhm I see (. ) yeah I totally see the difference between the two situations you are describing (. ) would you say that this sense of injustice (. ) well (. ) I guess it’s justified to say that you can have injustice in your private life in your everyday like day-to-day activities and you can like have like major injustice like global with (. ) I don’t know um one country invading another for example and all that (. ) does that affect you in any way?
-uh no (.) when I was younger (.)

-mmm

-I was more politically active I suppose and those things did get me really angry but nowadays seeing my whole life you know of bullshit in politics and hypocrisy there is (.) doesn’t make me angry anymore

-ok so you kind of

-but yeah when I was younger I was (.) very passionate about (.) standing up to things in the world that I thought was wrong but I mean every country does terrible things to each other you know (.) it’s difficult to be angry otherwise I’d be angry all fucking day long [both laugh]

-that is true

-that’s my point of view

-so I guess you feel happy you’re not concerned with that anymore

-yes

-yeah makes sense

-is (.) because with this kind of (.) I remember being very angry at America for invading Iraq

-aha

-when I was younger

-2002?

-2001 I think

-yeah

-it was the year 2000_? (.) anyway (.) and there’s absolutely nothing you can do to have any meaningful impact or effect on the united states government at all

-mmm

-you may be part of a protest they’re not gonna give a shit about a protest outside of America you know they (.) I (.) I would be amazed* if it was even reported to the president that there was a protest in London (.) you know most Americans don’t really give a shit about things outside of America or the public opinion outside of America (.) so there’s literally no:thing you can do in a:ny way to influence what the U.S. is going to do about that so if you get angry about it it’s re:ally pointless

-mhm (.) I get your point yeah (.) from what you’re telling me I get the impression that (.) in a sense even though you do bottle things up and you don’t express it directly to other people it does make a
difference to you whether there is like a reasonable way of working your way out of it or not on whether
it’s gonna get/

/yes I suppose so (. ) yes I’ve never thought about that before but yes that’s right

-mhm

-because as you say (. ) I realize that there’s nothing I can do about the American government so: ( .)
therefore I’m not gonna get involved in it but for this lady who made me very angry I then tried to plot a
course (. ) out of it so I resigned from this job

-mhm

-come here into this bloody expensive program because (. ) it’s all about trying to plot a way out* of that
situation so I very well know it will not happen again (. ) because I fucking quit that job! And ( .) after
Wednesday I’m not seeing that lady ever again

-mmm

-ever* (. .) and (. ) if I see her on the street I’m not going to go over and say hello so (. ) yeah actually I’ve
plotted a course away from that [laughs]

-yeah that’s a good thing (. ) definitely

-yeah that is* good yeah (. ) yes!:]

-[laughs]

-hallelujah ! Hallelujah!

-nice one (. ) um: yeah I’m getting to the end of the interview basically you’ve answered most of the
questions I had without me even asking them so (. ) thank you for that (. ) I do have a couple more
questions basically (. ) so you did mention that it might (. ) like when you feel angry it might ah: take a few
days or weeks until it comes (. ) until you calm down so do you find it hard to like sleep or eat or do: day-
to-day activities?

-yes I’m being tense at the very peak* of the anger

-mhm

-can be difficult to sleep (. ) but that very peak of the anger doesn’t (. ) seldom lasts more than one night
(. ) so I mean (. ) this wave when you reach the peak it starts to go down afterwards but of course uh (. )
this (. ) wave could last several days (. ) um:: certainly yeah (. ) eating (. ) performing normal bodily
functions is difficult (. ) don’t wanna eat (. ) don’t wanna drink (. ) can’t sleep (. ) can’t read yeah I don’t
know if you’ve ever experienced it when you’re so (. ) focused* on something (. ) for example if you’re so
focused on what’s going on in the world whatever you can’t read yeah something like that so for this
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
to (. ) or (. ) I’ve got to (. ) get something read I can’t (. ) just can’t (. ) you know you try to rea:d (. ) a
sentence yeah (. ) you just f- (2sec) I don’t wanna keep swearing you just can’t* (. ) do it you’ve just got
that anger constantly constantly constantly (. )

-mhm

- 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
spill everything you know like (. ) again I won’t demonstrate but you know these little things when you’re
angry you just try to get fucking tea and it’ll go everywhere and then you’re “argh!” you know
-I think I’ve been there myself

-yeah [laughs] yeah

-a:nd ah earlier on you mentioned that (. ) you know (. ) anger is a:: like a driving force that pushes you to
get out of that angry state by becoming more angry like while it’s (. ) driving up to its /

- /yes yes

-yes

-it’s saying “Henry, to get out of this angry state get more angry” and that actually makes you more angry

-hmm but that’s my question does that make you more* angry?

-ah only in retrospect (. ) at the time (. ) even though it’s happened to me many many times (. ) when it’s
happening I’m like “yes of course get more angry get more angry”

-is it euphoric?

-no no it’s always (. ) [sighs] it’s always a terrible feeling to be angry it’s not something I strive to
experience not something that I’d want to experience again (. ) though I’m sure I will (. ) it is not euphoric
at all (. ) the only (. ) sense I’d say it’s euphoric is that (. ) when I felt euphoric when I felt very happy (. ) you
know like dancing or something (. ) you know how like you just keep dancing and you feel better and
better and better and your happy feelings get better and better and better?

-mhm

-it can be like that but with negative feelings you know [laughs] your negative feelings are getting worse
and worse and worse you know and you’re still getting more

-mhm

-only* in that sense would I call it euphoric (. ) because when you say euphoric to me it means
something’s expanding* and getting (. ) bigger and then people usually use it to mean “my happy feelings
are getting bigger and bigger and bigger” but for me the sad feelings or the angry feelings are getting
bigger and bigger and bigger

-mhm (..) is there a sense of empowerment in that?

-no:: no not for me (.) no for me (.) no: because the whole time I’m aware that I’ve been wronged (.) so I feel like I’ve been wronged I feel like I’ve been disempowered (.) I suppose* that my actions (.) I’m taking my actions to try to reclaim* some of that disempowerment

-reclaim?

-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 feel like it’s (.) like I’m somehow getting a stronger person not at all* (.) I only say that I feel like I’m regaining what someone’s taken from me in the last few minutes or the last hour (.) yeah (2sec)

-I see (7sec)

-yeah (10sec)

-nice! Ah: do you have something to add before we wrap it up?

-um (..) I’ll just have a think (8sec) anger (5sec) oh yes there is one thing I would like to add

-please

-so I do think anger is natural for everyone to have a little bit of anger from time to time (.) you know like it’s natural to have sadness from time to time (.) happiness from time to time

-mhm

-but I feel in my* circumstances anger’s assumed a bigger than normal price (place?)

-mhm

-so I think I’m […] than other people that’s what I’m saying (.) but I don’t want to get rid of anger altogether

-you don’t?

-no no (.) cos I think it’s natural (.) it’s more of a philosophical point

-please tell me more

-well I don’t like feeling sad but I don’t wanna get rid of sadness because every (.) we have sadness to balance happiness and (.) a little bit of anger to (.) balance a little bit of hope

-mhm

-yeah it’s just a philosophical point
-mhm

-I don't know maybe in heaven there's no anger I don't know but (2sec)

-who knows?

-who knows? [laughs]

-aha (. ) nice one (. )

-yeah

-so you do feel comfortable with your anger

-no I don't feel comfortable with my* levels of anger

-mmm

-but (. ) at the same time (. ) when I’m (3sec) I hope in 10 years time I won’t have any anger problems anymore but (. ) I still want to have a little* bit of anger

-mmm

-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 little bit of happiness you know it’s just philosophically I mean everything should balance (. ) like if I couldn’t feel a little bit of sadness I would never be able to feel a little bit of hope

-I see

-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 a little bit happy

-mmm

-from time to time (. ) I’m not trying to delete it from my body (. ) like I said I think it’s perfectly natural to have a little* bit of anger (. ) it’s just unfortunately* I have an awful lot

-unfortunately (. ) so you think that makes you (. ) weaker than other people?

-yes

-mmm

-I mean can you imagine if I was a politician you know going mad in the house of commons (. ) or a president going mad in front of the world’s leaders you know?

-well (. ) people might love it you never know

-maybe on TV but (. ) it wouldn’t make me a successful politician (. ) you know
-possibly not

-mmm

-cool (.) thank you for this interview (.) ah: anything else you’d like to add?

-no (.) no (.) that’s everything
-Ok so:: (.) let me ask why (..) let me start by asking you what made you decide to take part in this (..) interview (2sec) you know it’s about anger (..) right?

-Yeah (..) um (..) I don’t (..) like (..) eh (..) physically I was (..) I do like (..) stuff (..) downstairs

-mhm?

-in the autism research centre downstairs (.)

-ok

-so I signed up with them a couple of years ago

-mhm

-and I was in their control group (..) right? (..) so then I helped the ah (..) that friend of mine kinda put me in touch with them

-mhm

-so:: (.) between like (.) [muffled words] research over here fo:r (.) time and time again (..) and you know I have (..) and I ha:ve (..) and I help to take care of my cousin who’s with autism (2sec)

-I see

-so:: (.) that kinda put me quite a bit of a pressure

-mhm

-it’s not easy to deal with (..) him (..) deal with others (..) so (..) I thought this would be: (..) more of a (..) you know just a way to talk about things

-ok

-yeah (..) I mean (..) because it’s not easy to find (..) people to talk about them kind of things

-mhm

-his mom* (..) right? Who is like my in-law (..) she re:ally struggles

-ok

-with the pressure (..) because she has to take care of him day-to-day so:: (..) I’ve seen* like how she’s (..) like she bubbles she’s like (..) you know? Sometimes she just have to get away (..)

-mhm

-she leaves him with his dad and she goes off (..) see family (..) trips (..) just to get away (..) you know because of (..) the pressures of that life and (..) have to deal with a kid like that (..) puts extra pressure on
me (.) so (.) I've seen the kind of way that anger* is kinda eating people around me so (.) I thought it
would be a good idea (.) just to (.) it's something I've never done before
-sure why not? So is anger part of that (.) stressing situation you just mentioned? For you I mean
-for me? (.) Um:: you know it's a very strange thing because (.) you know it's kinda like (.) when my aunt
(,) or in-law not sure what to call her (,) when she goes on that trips (,) she (,) leaves [child's name] with
my family (,) although she's divorced you know my brother who she's abandoned (.) she's kinda divorced
so (..)
-ok
-we* kinda end up having to take care of (.) the kid when she's not around
-mhm
-cos we kinda live around each-other so the closest much of the relatives live in Birmingham or abroad
-so: (.) we kinda have that responsibility so (.) for me the issue of anger is kinda like (.) that's one situation
I'm in (.) looking after this young man
-mhm
-but it's not (.) it's just stressed out I really can't (.) vent it anywhere (.) understand?
-mmm
-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
know shout at or (.) that's completely* the wrong approach
-mmm
-as I've learnt [bangs hand on table] about autism from the guys downstairs
-mmm
-you know [mentions names] they kinda like taught me (.) you know (.) basically I was looking for ways so
I can have like a positive impact on the young man so (.) and I had to change my ways (.) my my (.)
temper
-mhm
-I had to deal with my temper my aggression (..) so dealing with that man is like a (.) it's a thing you kinda
almost have to face your own kind of demons (.) you know?
-ok
-realize you're dealing with somebody who you can't (.) you know (.). deal with like a normal person (.).
-mhm
-so it kinda gets a little bit frustrating (...) to kind of build up with that guy in front of you (.) so you kinda
vent (...) the stress on other people (.) so (...) this is just a way for me to describe to just talk about my stuff
(.) you know (.) I’m not talking to anybody close to me I’m not like (.) cos some people close to me
probably have the same challenges dealing with him

-mmm
-so we end up talking in circles
-I think I understand
-you know? [bangs hand on table] so that’s what it is to me

-mmm
-[bangs hand on table] to deal with my anger (...) cos you know it’s not like (.) I’m not really angry at him*
(...)

-mmm
-I don’t know but the thing is like (.) frustration (.) you know? It’s a kinda built-up (.) to a point where I
just need to talk to somebody else

-mmm
-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
want to be labelled* (...) as a guy who goes to see a psychiatrist I’m like (.)
-ok
-it’s not like (.) I don’t think I’m crazy yet
-[laughs] well from my experience I’ve seen people going to the psychiatrist without being crazy but
that’s totally understandable (.) absolutely

-mmm
-so: I see that you’ve gone some ways so far to describe (.) anger (.) in general (.) could you tell me some
more info about what anger feels like for you? Like when you get angry what is it that (.) distinguishes
this state?
-[sighs] um: (...) the state of anger for me?

-mhm
-is a (2sec) basically it’s almost like (.) heartburn (.) you know?
-ok

-it's like something's boiling from (.) inside me (.) it's going up my chest

-mmm

-and it's like (.) I feel like heat in my chest you know like steam (.) not h not like steam like I want to burp (.) but it's not coming out as a burp you know?

-mhm

-and then (2sec) you know (.) it's like it's in my hands (.) it just goes from my chest it goes to my shoulders it goes in my arms you know and I'm (.) next thing I know I'm trying to (.) create like things I'm trying to explain to somebody with my hands stuff (.) and you shouldn't be (.) getting in my way or whatever it is (.) whatever they're trying to (.) calm me (.) it's coming in my face whatever (.) I need to tell them to back off and it goes like (.) that's how the feeling goes (.) from like (.) almost like a burp to (.) a feeling in my hands* like a (.) you know? (.) it's like eh (.) it's like my hands go "yo stop whatever you're doing" you know?

-mhm

-but (.) it kinda like gets in my head* (2sec) it's almost like a:: almost like a bomb-tic

-alright

-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 hands (.) like "ok I'll give the guy a last kind of warning* notice" you know? (.) before I do anything crazy they're like "stop whatever you're doing" (.)

-mhm

-that's how I feel

-sounds like a very bodily kind of (.) sensation

-yeah! It is* bodily yeah

-mmm

-yeah

-and ah: (.) well I guess it's hard to describe but (.) when you say you're trying to explain to the other person with your hands (.) how you feel (.)

-mhm

-like can you give me a couple more (.) information about that?
-don't know it's just if somebody gets in my face you know I kind of came out of the train today and

(...)

-mhm?

- I'm coming out of the station this other guy is trying to come in and you know it's like (4sec) you know
it's like you're trying to go into a place gotta let other people out first you know?

-mhm

-but this guy is just like he just walk in like same way as walking on the street same pace like people
are supposed to walk out of their way for him so you know um he kinda like was in my I was
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
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
came right? we were heading to collide with each other at the entrance so I just stop let him pass*(...)

-mmm

-but there was like like a split second there when I thought "maybe I should trip this fool" you know?
Was like [laughs] it was like a split second I could see his legs he was like a tall guy:(...)

-mhm

-and he's just walking like the same the same way big strides like he was on the street and he's just
walking he's like he just walked into a busy station and he's like "everybody's supposed to move out
of my way" so I was like thinking "maybe I should trip this fool" and just walk what is he going to do?
What can he do? They've just fallen and look like a fool so that's I know [laughs] then I thought to
myself "I'm on my way to talk about anger and I get in a fight" [laughs] you know?

-mhm

-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
know? "keep your distance" because some people like to they like get to your face with their mouths
or they try to put their hands on you so I usually try and tell them "keep your distance" you know
keep at arms length say what you've got to say I'll say what I have to say

-mmm

-you know if that doesn't work you know go from there but ah I don't really I usually give
that person a chance to speak their mind explain themselves

-mmm
because you know if (. ) someone like that that’s just (. ) that kind of behaviour is just crazy (. ) people do 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 almost* like they’re absent-minded

-mmm

-yeah I mean some people are just literally absent-minded they’re just walking they have blinders in their eyes (. ) sometimes it’s not (. ) intentional I don’t know (. ) just behaving like this (. ) absent-minded completely* (3sec)

-do you ever get physical with people when they make you angry?

-um:: [exhales] sometimes yeah (. ) to me I think (. ) the line is crossed when people grab me (. ) when they grab me now they’re in problems (. )

-ok

-when you grab me I’m going to grab you (. ) you understand? So: (. )

-mhm

-they’ll hit me then (. ) you will probably be in trouble (. ) you know (. ) it will get worse but (. ) if you grab me I’ll grab you (. ) and I find it is usually people who are bigger (. ) not just bigger than me I think usually (. ) ye:ah if people are big but taller than me

-mhm

-usually think they can grab me (. ) people who are taller think they can just get their way because they’re bigger (. ) they don’t realize (. ) you know (. ) how vulnerable they are

-mmm

-and then people who are younger or (. ) who think (. ) they have more money than you (. ) they just talk how they want (. ) you know?

-mhm

-so that’s I mean I would (. ) if somebody was younger (. ) and they’ve got a (. ) they have a nasty mouth (2sec) I don’t know (. ) but sometimes I feel some of these kids need to be (. ) you know (. ) straightened-out but (. ) it can never (. ) I’ve seen situations where things have gone wrong (. ) right?

-mhm

-Whe:re (. ) you can grab someone that’s younger than you (. ) you try to straighten them out shake them or something like that (. ) you get in a lot* of trouble

-mhm
-but (.) usually when someone is smaller than you (.) and they will hold you grab you first* (.) then you

know you just (.) you have the right to defend yourself and it’s (.) the balance* you know cos when they

catch you even with the whether you (.) you know (.) end up in the police or anybody else (.) most people

(.) they usually (.) it’s a resort of like (.) you have a better chance with somebody who’s older than you

-mmm

-that’s why they don’t [muffled words] and the people I know who’ve gone into this kind of (.) problems

(.) feel their (.) even their own children* (.) trying to provoke them (.) so I find it’s usually the younger

person is always (.) the younger person is in a better position

-mmm

-the older person holds the amount of discipline the whatever it is so I’m usually (.) someone is older

than me you know (.) that’s their problem (.) you know (.) if they’re younger than me I’m (.) I’ll be careful

what I do (.) you know?

-mhm

-because (.) I could get into a lot of trouble (.) but (.) someone who is older than me they (.) they’re not

my problem (.) they come at me someone who’s the same age (.) it just depends (.) you know but I’m

usually a little more careful now near younger children now (.)

-mhm

-teenagers even (.) kids in this college you know they’re (.) younger than me so (.) they’re a bit different

(.) to me it just depends

-mhm (.). ah:: I’ve got a couple of questions stemming from what you just said but let me start by asking

(.) do you have an example or two to give me of those people who have been rude to you or who

grabbed you and how you (.) felt basically in that time?

-yeah I mean those (.) [laughs] there was some little kid who:: (.) he was he’s (.) basically it was on a bus

(.) right?

-mhm

-I was leaving work and this kids jump on the bus (.) so this guy is after this young girl (.) he is trying to

seduce this girl and she doesn’t wanna hear (.) what he have to say

-mhm

-so:: she jumps and comes to sit next to me (.) and I’m sitting next to the window and she ask me “can I

sit next to the window? Can I take that window seat?” you know the bus was pretty much full with seats

she’s just trying to get away from this guy
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
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
trying to talk over me?” He got pissed off and he thought he was brave because he had two or three of
his guys with him

so he grabbed me and told me [laughs] “move over” understand? And let him sit next to his girl (. ) or
this girl he's chasing after

so (. ) I told him I'm not* getting up so he kinda grabbed me and said you know “you don't mess with me
cos i'm a little (. ) cockney rubbish” you know (. ) and talking all this nonsense (. ) I just you know I just
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
bus had stopped (. ) right?

so I waited until the bus started moving (. ) I just throw him right on the isles (. ) the guy just fell over (. )
he came back and I told him “dude, you touch me you’re in trouble” you know? “touch me and trouble”
next thing you know (. ) these other people now (. ) who were (. ) they're not happy with the guy
because him and his friends get in and they're playing (. ) some song on their ipod and (. ) and I don't
know what (. )

so they're making a whole lot of noise and (. ) other people now jump in the mix but you know (. ) the bus
was moving now (. ) I'm looking at this kid (. ) he has been ruffled you know he never thought I would
throw him like that (. ) I really threw him pretty good you know once the bus began moving it was “bang”
I just threw him! They just went three or four benches you understand?

so I mean the camera is there it's got me I'm sitting down he's standing up holding me (. ) holding my
jacket I mean (. ) I'm not at fault so he's like (. ) the guy wanted to come and evict me from the seat you
know it's a bus you can sit wherever you want so I (. ) threw the kid (. ) the kid (. ) you know walk up and he
was ruffled you know they had knives (. ) his friends had knives (. ) I didn't know what they wanted to do
(. ) they got up and you know they (. ) acted like they wanted to make noise you know (. ) so I just turned
around like [recreates move] this I'm looking at them I'm looking at him (. ) it's like you know “come” (. )
waiting to come first (. ) so once other people got involved* (. ) they got scared* you know they're like
“hey” because then the bus driver stopped the bus at the next stop (. ) he wasn’t moving (. ) tell him ok (. )
you guys you want to go outside let’s go outside (. ) they tell me [puts on funny voice] “come outside
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
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
outside to the door and we got to the door (. ) I told driver “these guys are making trouble” (. ) you know
“call the police” (. ) and they are like “oh you are coward you’re afraid” and all that “you don’t wanna
come outside” I’m like “no no (. ) I’m not coming outside” so I told the driver “hey” [bangs hand on table]
(. ) you know “you need to throw these kids off the bus” you know? “you need to call the cops” (. ) you
know? “right now, you need to call the cops” so (. ) the kids now are telling me to come outside I’m like
“no:” I just basically it was like two or three of them on the bus I just pushed them and threw them out
and I told the bus driver “close the door” ( . ) and that’s it* (. ) and he closed the door and (. ) you know (. )
eh it was like (. ) somewhere between (. ) halfway between where I work and my home

-mhm

-so I didn’t really care (. ) I don’t care where these kids end up (. ) they are (. ) like (. ) they are not really kids
who are (. ) they don’t hang around where I work they don’t hang around where I live (. ) so I don’t care (. )
they are like people from nowhere (. )

-mmm

-stupid little brats (. ) so I was like “get rid of them” and one of them tried to like (. ) threw something at
me (. ) can or bottle or whatever it is (. ) but (. ) ye:ah I mean that was the first (. ) and the last time basically
I had to deal with (. ) youth like this

-mmm

-but I knew* because (. ) I’m in the bus you know I had people around me I had backup (. ) at least people
who saw what’s going on because (. ) I mean like (. ) slapped around (. ) you can’t turn (. ) slap around these
youngsters because they are really* crazy (. ) I’d only do it if I was somewhere where I was like (. ) being
seen (. ) if there was no camera I’d straighten them (. ) I’d sit down and give them a good* talk but (. ) I
would not do it somewhere in public (. ) because these kids they’re crazy nowadays (. )

-mmm

-they have knives and they have all kinds of stuff (. ) they don’t listen they’ve got no respect for anybody*
so: (. ) they’re stabbing (. ) so you can’t even be pissed off with them (. ) because maybe (. ) you don’t know
how they grew up you know? All kinds of problems so I don’t I don’t blame them (. ) I only blame adults
but that was the last time I had to deal with a youngster

-mmm (. ) was it mostly their rudeness or their whole approach (. ) the physical approach?

-I think the whole thing was (. ) first of all (. ) I mean (. ) the guy had when (. ) when when (. ) you know it’s
like (. ) somewhere between where I am (. ) coming from and where I’m going this kid jumps on the bus (. )
maybe five minutes or ten minutes later (. ) so he’s following the girl upstairs with three of his friends (. )
or two of his friends (.) so (.) you know she sits down he sits down behind her you know he’s trying to
play some of this like r’n’b music trying to talk to her (.) he thinks he is (.) some kind of god or (.) you
know cupid or whatever
-[laughs]
-you understand? So (.) the man failed in (.) he failed in his endeavour (.) you understand?
-mmm
-the girl don’t want (.) speak to him you know? He shouldn’t be pushing himself on that (.) you know if
she don’t want she don’t want (.) right?
-mmm
-and she comes to me she says she wants to sit next to me next to the window (.) she wants to put (.) a
barrier between her and him so (.) he should have gotten the message there you understand?
-mmm
-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
you make them run away like that* (.) where they’re going to sit next to me [laughs] and I’m (.) a total
stranger (.) you need to slow your roll (.) so the guy (.) he didn’t want to listen so: (.) to me: (.) he was in
(.) he was into you know (.) he was deserving* of what he got
-mmm
-to grab (.) think he was foolish (.) you know (.) to grab me (.) that was just foolish that is like (.) I mean I
can understand if it’s (.) the man going after his wife or guy and a girlfriend you know? This is different (.)
-mmm
-this is like (.) there’s not a po(.) there’s not a po(.) there’s nothing* between you (.) you understand? If
there’s something between you and you I’m at the bus and you’re (.) arguing with your wife (.) I’m not
gonna come between that* you know? Even if she comes and hides behind me (.) the only thing I’ll do is
(.) I’ll try and stop you try to reason with you stop from hitting*
-mhm
-you understand? But I won’t get between you if you want to talk to her (.) you know (.) that’s not my
business (.) I don’t wanna get involved in that* (.) or your girlfriend or whatever it is you understand?
This is a different thing (.)
-mmm
-this is a kid chasing after a girl (.) who don't want nothing to do with him so (..) I was in my (.) I was justified in my position to say "no" (.) to behave like I behaved (.) you understand? so: I was angry* but really it was a kind of a different kind of anger

-mhm

-it was like (.) I was (,) kind of I felt (.) little bit justified* (.) to be pissed off

-mmm

-but I didn’t really get that pissed off (.) you understand? Even though it was (.) he wanted to fight you know it’s like (,) just stupid you know? See a stupid arrogant macho you know kind of mentality so (,) I was pissed off but (,) you know (..) in moderation I’d say (.)

-mhm

-it was moderated (,) I got angry but (,) I was regulating myself

-mmm

-And I knew* there was a point which I wouldn’t go beyond (.) there was no way I would get of the bus with them I just wanted to go trick them get them to go outside kick* them out (..)

-mmm

-and somewhat get the driver to close the door

-mmm

-that was the whole plan (.) you understand? So you know (,) the whole time with them (,) I was trying to fool them that I was willing to (,) whatever (,) [laughs] whatever it was they wanted to do (,) fight or whatever stupid nonsense it was (,) I* didn’t even know they had knives all these youngsters now f: throw all kinds of stuff you never know

-mmm

-they’ll stab with anything (,) with a pencil (,) so: (,) I survived there but you know like (,) I knew* how far I was going to go with them

-mmm

-but (,) not beyond that (,) wasn’t like I would go (,) absolutely pissed off and I was gonna throwing blows or anything like that

-mmm

-have you ever been in such a situation? Where you get very pissed off and started throwing blows o:r (.) just getting very* pissed off at someone?

-Um: (2sec) yeah (,) I was pissed off (2sec) yeah (,) couple of years ago at my last landlord
-mhm!

- I’d been pissed off (. ) you know this (. ) this (. ) this is one of the stupidest landlords you’ve ever seen right? (2sec)

- Please tell me more

- It was (. ) the landlord was (. ) um (. ) basically (. ) he was going through financial problems (. ) right?

- mmm

- so (. ) when he was going through financial problems (. ) the ah the boiler in the house broke down (..)

right? (. ) this was about maybe February or March (. ) somewhere around there (. ) so February March (. )

the boiler br(.) basically the boiler broke down in such a way that (. ) it could not sustain heating for over
two hours

- ok

- there are two hours just cut off (. )

- mhm

- it had some problem and he couldn’t fix it (. ) and you know (. ) he couldn’t get no deal (. ) nothing (. ) and
he was broke (. ) so: (.) at the end of the day (. ) the house had how many rooms? 2,3,4… two of the
tenants moved out within a month

- mmm

- understand? then they told him “give us our deposit” (. ) “this is crap this is nonsense” you know?

Because basically (. ) that means we had to all shower in the morning when we get up to leave (. ) within
those two hours we have to all shower and be down at that place

- that’s tricky!

- exactly! Four of us we had [laughs] you know we had to get in (. ) and get out quick*

- mmm

- understand? It was like no two showers (. ) so basically it was (. ) only one shower with two bathrooms (. )
you know two toilets (. ) but there was only one shower (. ) so we had to do that (. ) every morning we had
to get in line and (. ) you know (. ) you couldn’t like (. ) you know like come out too early (. ) because some
people are crazy they will start showering at 4 o’clock and that means that (. ) 6 there’s no more no more
hot water

- yeah

- so we had to like (. ) control our showering for (. ) you know imagine (. ) and it was cold winter so he put
the heating on (. ) it’s only on for two hours and it shuts off (. ) and by the time you get it back on* (. ) in
the winter especially you know like heating systems it’s so cold sometimes the water might freeze inside.

-so what will happen is that it’ll heat up for two hours only cuts off water will freeze inside there then will take two hours to heat it up you understand? So I mean it was crazy we are freezing to death you understand? So people some people moved out there’s only two of us left.

- and the landlord try to convince us “stay stay” you know “this this won’t last long we’ll” you know “I’ll get the boiler this is just a short-time” you know and the guy failed to ah: to [muffled] used to come and send a guy a landscape to cut down the trees you know like fucking trees were growing to the neighbour’s yard.

- there was grass all over the freaking place you understand? So: he had to come cut it ever so often and trim down the trees failed to do that right? Um:: Eh: failed to take care of like the front of the house too so basically just failed to do a whole bunch of repairs that had to be done so we told him this was going to be like “ok” February March was still a bit cold February was the worst March was cold then it came into summer the hotter months the guy didn’t fix anything then it got to winter then freaking once we start getting into like December the problem had started in February

- so this guy at the end of the day end up fixing it almost in January the next year you understand? After convincing us to stay there for the for that long

- I understand yeah

- you understand? so after all that we told him “it was supposed to be two-three months after three” when it come to summer the boiler really wasn’t that much of a problem

- cos we didn’t need the heat the two-hour shower thing when there was only two of us you understand? It was a different story right? So: two hours thing whereas the heating you know that was the main problem

- cos the boiler broke down in the winter so this guy waited through the summer knew he wouldn’t have that much of a problem he came himself to like cut down the weeds and all that stuff.
then would leave his tools there (.) so that’s him saying “guys when you get a chance just (.) do a bit of trimming” you know

-[laughs]

-you understand? This guy’s like “help me maintain the property” right?

-I see

-but at the same time (.) we’re paying full rent for all this crap (.) so now come winter (.) the winter the boiler got worse* now it was cutting down almost every hour (.) so we were two guys (.) showering to wake up (.) we had to shower in cold water pretty much and in freaking winter (.) so: this freaking guy (.) makes us go through all this (.) he’s not giving us any (.) you know (.) any money off our rent (.) we’re paying full rent for all this crap (.) all this time (.) so he says “when I fix the boiler I’ll cut you guys (.) your 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? (2sec) so: after all that (.) come January I don’t know they won the lottery or what happened to him (.) the freaking guy comes with mortars and flageteers the whole house (.) gets a new boiler (.) new tiles in the bathroom (.) everything (.) cuts everything in the back(.) in fact he gets rid of all the grass (.) and then brings in the artificial stuff (.)

-mmm

-trims down tree (.) I mean repaints the whole freaking place (.) like freaking new (.) I don’t know where he got all this money from (.) then after all that crap* (.) he wants to get rid of us* now (.) and bring in new tenants

-wow

-that’s what he did he gave us six weeks notice (.) after all that shit that we’d endured for a whole year (.) so I was fucking pissed with the guy (.) I almost punched him (.) his lungs out (.) then there was he came one day in the weekend (.) woke me up and (.) and that’s when he gave me the six-week notice

-mmm

-and I was pissed (.) almost knocked him out (.) if he wasn’t with his kid I would have punched him in the face (.) that was one time I was pretty pissed* and in fact I left the house and took a long walk (.) I almost knocked the guy out you know? (.) and (4sec) that was the worst* (.) and then the guy didn’t even like (.) 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 (.) I’m going to go sleep on somebody’s couch for (.)” you know “a couple of weeks just keep all my stuff in your garage”

-mmm

-wouldn’t do that
-nice

-yeah (.) that’s about landlords in London (.) that’s how good they are (.)

-mmm

-so I was pissed I almost knocked this guy out (.) I wanted to do something to the house (.) I literally went to pick up my stuff I just wanted to (.) leave a match or something and just burn (.) his garage to the ground (.) but the problem is that (.) this fucking guy had kept (.) some stuff from (.) my other roommate

-mhm

-you understand?

-mmm

-So he kept some stuff of my roommate (.)

-I see

-but wouldn’t keep mine (.) so (.) that was freak (.) that* pissed me off (.) I was pissed* (.) I tell you it was just ridiculous (.) I really felt back then like burning the place down you know? (.) hehe (.) wow that was one (.) the last thing to piss me off

-mhm (.) it does sound like a (.)

-mmm?

-nasty experience

-yes very nasty

-but what you did instead was go for a (.) long walk you said?

-yeah I went for a long walk and uh (.) when I left the house I stole something of his (.) just to: (.) remind me of him (2sec)

-good move (.) I guess

-[laughs] it was something that uh (.) basically the phonograph you know?

-mhm

-playing old records (.) so I took it with me I said “ok, keep this” you know (.) just to remind me of all the crap that I had to go through in this house (.) and g(.) it got really bad I’m telling you it was (.) that last December that he had the (.) the boiler was completely knocked-out (.) was completely knocked out (.) it was (.) going on for an hour then it would go off (.) then it started leaking (.) you understand?

-mmm
-so: if you put it on at a certain time you know the water would freeze inside the boiler (.) you put it on (.)
the water would freeze and then it would back up in the boiler (.) then just pour out of the boiler

-mmm

-so if you left it on at night (.) like you know heating the place (.) you go to sleep you wake up in the
morning there’s water all over the floor (.) so (.) we learnt this and I had to become like a plumber (.) I
had to bend and learn how to: (.) because there was a pipe inside that was just (.) freezing (.) right?

-mmm

-Cos the pipes go in and out of the house and (.) into the water system so (.) [bangs hand on table]
basically we had to go (.) find out where that pipe was and then insulate it (.) and then what we’d do is
you know (.) we’d get like a heater (.) this (.) mobile heaters (.)

-mhm

-and then go and like warm it up (.) warm it up so a(.) it (.) the water would melt (.)

-yeah

-so I had to become a plumber just to you know (.) to survive this winter (.) then you had (.) you know
because (.) he refused to give us back our deposit (.) you understand?

-mmm

-until you know he was like he was holding on to it I think our deposits were the ones that were helping
him hold on to and run to a [muffled] that’s what was helping him (.) the only thing we had was what we
had (.) access to a bigger house (.) pff what? Two other empty rooms which we could do what? You
know? What? We just hold parties and we have (.)

-[laughs]

-that is what we got (.) that is it (.) that is all that he did for us (.) mmm

-doesn’t sound very fair

-no it wasn’t (.) nasty* business (.) nasty business (3sec)

-yeah I shouldn’t be surprised that a landlord (.) had done this (.) I’ve had pretty nasty experiences with
landlords myself

-[laughs] yes they are nasty people (.) they’re nasty (.) because they think they are needed (.) you know?

-mmm

-I tell you (4sec)

-Do you want some more [points to the tea cup]?
-No I'm good

-Do you:: (. ) like (. ) from the way you've been describing things you sound like someone who's doing martial arts (. ) do you (. ) do any of that stuff?

-No I don't actually I (. )

-ok

-I think I should and I literally (2sec) literally: ah (. ) my pastor got the [muffled] so: (. ) he's been (. ) about a year ago (. ) about a year and a half (. ) he's been (. ) running some different techniques* from his GP or medical advisors so he's been (. ) passing those on to us (. ) people go to his church (. ) they're giving him the standard you know? Breathe:thing medit:ation all this kind of crap

-mhm

-so he's trying to incorporate that kind of stuff into his (. ) Christianity and all that

-why not?

-yeah I mean (. ) I've always you know (. ) but yeah you can't really (. ) you can't bring it to a Christian church you know (. ) asking why to bring that kind of things (. ) because (. ) the way we talk of things like meditation (. ) this kind of stuff (. ) this comes from like a (. ) they come from a different angle (. ) they come from Bu:ddhism and (. ) other religions

-it's true

-you know (. ) a lot (. ) and it's like (. ) us Christians they don't (. ) to (. ) give credit to another religion so: (. ) they kinda try to repackage it and (. ) try to change its name and try to give it (. ) the same thing! You know?

-mmm

-they are the same thing (. ) and then (. ) try to find a way they can toss some Christian (. ) sprinkling on it (. ) look like it came from us (. )

-mmm

-but you know that (. ) that's what he's trying to do so: (. ) I kinda wanna research deeper and get to know where this come from

-mmm

-so ah (. ) ye:ah I've been thinking yeah (. ) maybe breathing a bit (. ) you know (. ) drinking tea (. ) changing diets but not (. ) I've always had a fascination with martial arts but (. ) ever since you know (. ) I gained so much weight (. )

-sorry come again?
-I gained so much weight so (.) I don’t think I will be able to perform or learn the way I could have you know?

-You might be in for a surprise but

-mmm?

-yeah

-mmm?

-basically where I’m getting at with my question is: how do you let off steam?

-how do I let off steam? I (.) I go swimming (.)

-aha ok

-I go swimming I go and play: (.) table tennis you know (.) I used to drink* but now I don’t (.) can’t drink anymore

-why not?

-e::h cos I was in a car accident (..)

-oh shit

-bad one (.) and I lost my driving license and I (.) heh (.) hurt myself real bad around this (.) you know (.)

-mmm

-my kidney was (.) you know? And I stop (.) basically I had to slow (.) slow my roll

-mmm

-a little bit (.) so I stopped drinking it (.) nowadays I’m drinking (.) more expensive stuff and a little bit (.) I used to drink a lot of cheap alcohol

-mhm

-but nowadays then I stopped drinking that I stopped (.) drink out of can beer (.) then I stopped drinking bottled beer then I started drinking (.) like Brandy and (.) cognac and whiskey

-mhm

-no I just drink everything but less* (.) very little

-ok

-you know so (.) alcohol is no good so I mean (.) doesn’t resolve the issue

-mhm
-chemically cos once it gets in you (. ) alcohol is like fuel innit? it’s just pure energy (. ) you know? And then the problem with it is that you know (. ) alcohol is the perfect* drink for people who want to get angry and mad

-who want* to get angry?

-Yeah yeah ( . ) if you want to release your anger

-mhm

-and you want to go crazy you drink alcohol ( . ) cos alcohol is fuel (. ) it burns so it’s (. ) a lot of energy (. ) then it like (. ) it shuts down part of your brain (. ) you know (. ) so you can (. ) so you don’t have any (. ) what are they called? Inhibitions (. ) you just do whatever you want ( . ) drink it and go mad and break and destroy everything (. ) so: (. ) it’s the worst thing (. ) then you forget that’s another frightening thing but I can’t hold (. ) I can’t hold it the way I used to ( . ) I used to be able to hold a lot of alcohol

-mmm

-and a lot of (. ) other little drugs you know? A lot of little marijuanas and that type of things but (. ) I can’t do it anymore you know what I’m saying? the minute I go into that thing ( . ) [snaps fingers] it’s like that it makes me high and too drunk quickly (. ) I don’t know I think I’ve lost part of my (. ) it’s not psychological I think it’s physical

-mhm

-I don’t know this feeling that ( . ) ever since I’ve had it like ( . ) I’ve started gaining weight I feel like ( . ) my system is slower ( . ) you know? So ( . ) I kinda’ve stopped doing these things more ( . ) I think water is the best way ( . )

-Water?

-Yeah I me:an ( . ) swimming and that kind of other things

-mhm

-When I relax nowadays ( . ) I choose rather to swim* ( . ) or to drink tea or ( . ) some other way some other sports ( . ) that’s not too excessive

-mhm

-like if I want to play golf I’ll probably play it ( . ) but yeah that’s that’s how I: ( . ) chill out and release steam ( . ) some exercise

-mmm

-unfortunately I don’t think I’m good with ( . ) I used to do sex for sometime bu:t ( . )

-mhm
it’s at the wrong women. the wrong women I’d hang around the wrong women

-ok

-mhm

-in what way wrong women?

-u::m [laughs] they’re just you know they’re just a bit crazy. they’re a bit crazy yeah.

-aha

-either they’re looking for much more or much less couldn’t find someone who was just looking for what I was looking for so [snaps fingers] we kind of ended up in a lot of fights or a lot of disagreements (3sec)

-so overall would you say that anger has shaped your social life in a particular way? or

-[dry-cough] I think anger well I think I used to be too too pissed off too violent

-mhm

-sometime I lost a lot of friends because I was a bit too quick to anger

-mhm

-a:h yeah I remember one time I was living in this house and the we had gone to work in Ilsbury so we’d rented the house we were living like all five of us all house everyone working for the same firm and we’d drink ever again Friday Saturday Sunday we’d just be pure drinking partying so I mean one day we got so drunk and then some guy had pissed us off before he had pissed me off basically

-mhm

-and he’s a very stupid very stupid guy you know he would come in you know when we were drinking and kinda like our house was well kind of foolish at least the guys I was living with were kind of foolish they had an open house basically one guy was a dealer he was selling marijuana

-mhm

-right? So when you’re selling marijuana one of the doors is always open

-I see

-the kitchen door you understand?

-mhm
-cos there’s business going on there (. ) so the front door is locked but the customers always know (. )
there’s a back way to the house

-mhm

-you understand so: (. ) the little veranda the little area (. ) of the house was (. ) in the middle (. ) right
behind it was an attached house (. ) 2 or 3 houses attached and there was like (. ) a little space* (. )
between the houses

-mhm

-so we’d just know how to walk it and get in through the back door so:: (. ) some of these (. ) Alex (. ) he
would come in (. ) and I guess he would see he would (. ) he was a dealer but I think he was selling
something harder* than marijuana

-oh

-so (. ) he was selling (. ) marijuana was the cover

-mhm

-which he would share with us (. ) you know? We’d share a spliff everyday (. ) before we go sleeping (. )
we’d have a spliff and smoke it (. ) we’d buy whatever we want to have to do (. ) so (. ) you understand?
But he was selling other stuff behind that (. ) because some of these addicts would come in and they
would just (. ) you know wild out you know? They would freaking go crazy you know some of them are
freaking* nuts you know? The guy would come in* (. ) you know (. ) odd times of the morning (. ) you know
when when (. ) when you are a dealer (. ) you deal with the customer whenever the customer is ready
you know? So at the end of the day this guy (. ) his sleeping patterns were horrible (. ) I mean these
customers would come at freaking 2 in the morning 3 in the morning 4 in the morning (. ) you hear some
guy shouting “oh” you know (. ) “I caught you while asleep you guys what are you fucking doing? Why are
you sleeping? You should be awake man it’s all these women out here” and all these fucking [muffled]
you know the guy is up and (. ) excited (. ) you don’t know where he’s come from you don’t know where
he’s going (. ) he’s just so* excited (. ) you know (. ) obviously that’s not weed (. ) you know weed doesn’t
make you behave like that (. )

-mmm

-it was probably some coke or something like that (. ) so the guy was (. ) it wasn’t one it was a couple of
them (. ) one of these idiots came in one of our parties on a Friday or Saturday and [whispered] I just like
( . ) [back to normal] we started fighting I almost took his head off and then you know like (. )

-you mean with the customer or /

-/the customer* the customer
-Alright

-the dealer was my friend.

-mmm

-even though I never really used his product but he was my friend so I was pissed off at him and I was pissed off at some of the other housemates who were kind of too accommodating of these ladies you understand? There was a there has to be like a level of or some kind of agreed among those living in this house we must agree on certain things not just merely who's gonna buy the freaking toilet paper you understand?

-mmm

-we have to agree after 5 or after 7 after 1 o'clock 2 o'clock no opening the door we have to freaking close the door sometime

-mhm

-this fucking place can't be a business all the time so I was angry with some of them and allegedly when I was drunk I bust some guys in and allegedly I was threatening to bust any of these puts on funny voice any of his supporters both laugh so they look at me like 'this guy's crazy' "when he's drunk he might attack any one of us" so everyone but the dealer wanted to kick me out of the house because of that one the

-mhm

-so:: I would say that anger was like you know I should have found a way of getting rid of it in some way but yeah there was that guy there bugging me and the whole situation there bugging me for a long time and I didn't sit down and let people know what was going on

-mhm

-set down some kind of rules because basically I had been the guy to tell the guys "ok we need to" you know "have some rules for certain things" you know this would help set up the house get people to stick together but I never really tried to impose any rules on their lives you know?

-mhm

-like sit down say "look" [bangs hand on table] "every week somebody has to buy the toilet paper or has to do this or that in the house" so we're living five guys things are going on up and down you understand? So: you have to tell people "get this that and the other" you know? Because we had different patterns

-mhm
-so I had to tell them “look, from now on, you can’t bring your girlfriend to this bathroom she has to use
the [muffled]” ( . ) you understand? “We have to agree – the women, they have to go to that bathroom
can’t come to this one” cos you know guys ( . ) I mean ( . ) fucking hell how guys can mess up a bathroom
( . )
-yup
-[laughs] and it’s like ( . ) you don’t want to invite women to ( . ) you know? ( . ) guy’s a fucking ( . ) the guy
goes to toilet ( . ) I don’t want even to imagine if there was one toilet ( . ) you understand?
-I do yeah
-so: ( . ) I mean ( . ) some basic rules ( . ) you know a lot of them are just youngster they’re just foolish
-mmm
-you know some of them are from Moldova ( . ) or Russia? One of them Russian ( . ) one girl is from Kazak
(.) you know they are from all* over the place ( . ) so ( . ) cross-cultural things and ( . ) you know
-mhm
-sometimes hard to explain to people ( . ) they don’t accept or even ( . ) you know ( . ) they think you’re
trying to ( . ) be funny with them or you don’t like them you know it’s ( . ) it’s hard to explain ( . ) so:: ( . ) it
was hard living ( . ) but it was ( . ) yeah it was kind of an angry situation because I couldn’t impose too many
rules on them or trying to impose ( . ) and let them figure out some things ( . ) but that was bugging me* ( . )
-mmm
-what had bugged me that the dealer himself having been a dealer for some time ( . ) he didn’t really ( . )
understand how he had to ( . ) because this guy was ( . ) letting us smoke his weed every day ( . )
-mmm
-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
like, they’ll allow me they’ll allow my customers to misbehave”
-mmm
-that was not true ( . ) so ( . ) when I broke off when I got pissed off [bangs fist on hand] now everything
everybody ( . ) turned against me instead of supporting me and ( . ) I know that ( . ) what was I thinking
anyway so ( . ) that was one situation where I lost my temper ( . ) flipped out on a guy
-mmm
-although he never ( . ) you know took it any further ( . ) actually I ended up fighting one of his friends
[muffled] ( . ) this is very funny ( . ) this guy who I attacked ( . ) this customer ( . ) he went and told somebody
else lies that I had said about them ( . )
-aha

-and then those guys ended up attacking me in a bar (.) then we went to having a big* fight (.) and getting (.) everyone got arrested (.) you know (.) so (.) that was another thing (.) that was just crazy (.) it was insanity (.) you know?

-that was pretty (.) messed up I guess

-yeah I mean (.) there was (.) I used to drink a lot those days so (.) and I used to go to the bar alone (.) to the big (.) big mistake but yeah

-mhm

-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 about them (.) and they attacked me in a bar (.) we all got arrested (.) so that was (.) another time that I got very pissed off although (.) I didn’t know who to get angry at because I didn’t find out about this until a year* later

-I see

-yeah (.) so I didn’t even find that it was him* who told them* “this and that and that” so I was pissed off at them “look man, why?”

-I see (.) ok

-so: (.) I mean (.) those days alcohol drinking and the fighting (.) that’s how I was getting through my 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 that house (.) I had one instance where (.) some younger guys (.) they got into trouble (.) I gave them bad advice* (..) and they went out and they got into trouble (.) it came back at me (.) so after that I kinda like (.) you know I kinda changed my (.) way of operating

-mmm

-because these were young (.) much younger than me* and I’d given them some advice about something which (.) I was(n’t?) 100% sure (.) or (.) I was led to believe on some kind of situation (.) and then (.) I gave them bad* advice (.) then they came back (.) [muffled] (.) they came back at me* so: (.) [inhales] I felt pretty bad about myself you know I felt like (.) “boy, I’ve got no right to be angry at this kind of situation” so I never (.) I never had to confront that kind of (.) you know (.) anger from them*

-mmm

-I mean from (.) from those younger guys who thought I was (.) I was knowledgeable in this thing (.) in which I had misrepresented myself (.)

-I see yeah
-so that kind of like (.) made me think (.) and to cool down a little bit because some of these (.) some of
these things I’m doing* (.) I’m kinda not justified being angry all the time (.) so I need to cool down (.) cos
I saw these kids (.) justifiably angry at me so I had* to (.) back down and think for myself (.) you know?
That’s why (.) at least I see things a little bit differently after that (.) you know and after the: (.) the police
business you know (.) once I get knicked it’s (.) it’s a whole other story (.) once I get knicked (.) that’s it (.)
cos once I got knicked at that bar (.) right?

-mhm

-maybe 2 weeks later the police see me driving a car (.) stop me (.) every time they saw me drive they
stop me (.)
-I see

-because once you get drunk and you fight and you end up in the jail (.) drunk driving is like (.) and they
feel it’s like (.) “you are a drunk driver” (.) you understand? So every time they see you driving (.) they
don’t care what the (.) it might be freaking (.) 9 in the morning or afternoon or 3 o’clock in the afternoon
(.) it doesn’t matter they’ll have to stop* you [bangs hand on table] so (.) every* time they saw me they
stopped me (.) “that guy” (.) it’s like you’re marked* (.) that’s it*

-mmm

-it’s like once they know that it’s in your record that’s it (.) [bangs hand on table] and eventually they
caught me drunk driving [laughs] (.) but ah (.) I’m telling you it was like a: (.) once the cops get you and
they come after you and they start harassing you (.) [claps hands] that’s it (.) it’s [muffled] complete

-did that* piss you off?

-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
brick wall (.) and I had to go and deal with cases and judges and (.) I came to realize “my God” (.)
common sense* (.) my common sense thinking (.) if I was to try and (.) sit down with somebody who was
like an intellectual (.)

-mhm

-I mean (.) I’ll get it out (.) and deal with it logically (.) at the end of the day (.) the law is completely
different to that (.) what you think is common sense is not legal (.) the law is the opposite it’s almost like
(.) weird and oh (.) it’s f(.) insane it’s like crazy (.) you understand? It’s like you’re knocking on a door that
will never open (.) so you fight and you throw the blows (.) you get angry and angry (.) the more you get
angry the more it gives you (.) pressure (.) you understand? And punishment (.) and pressure

-mmm
at the end of the day I mean it just beats you out that’s what dealing with police does it just wears you out you know it wears you out and makes you lose you know almost like it’s designed to make you lose your will to fight you understand?

- aha

so that half of my anger lost fighting battles with the police and the law on something as stupid as drunk driving you know this kind of things you know that’s took half of my time half of my anger away

- mhm

the way I used to be is not the way I am now so half of it was just stamped out by the law that’s why I even went to do law

- aha

cos I’m in the legal side of things you know I was part in business like engineering kind of student

- mhm

- math I’m more of a math guy

- ok

but now I’m more of a legal history guy so after you know after basically I’d been laid off I said “maybe I’ll do law and change my career” but then now again it’s kind of cut the legal business or law it’s kinda hard to get into law

- I see

yeah so it’s something it’s let’s call it rough let’s call it tough even though it’s kind of tough but ye ah see half of my anger disappeared fighting the law because they don’t care whether you’re right you could be right and you could be pissed off and you could fight but they are still beat you turn around and see the law is completely different to common sense you know and if the cop’s on you they’ll never leave you alone they’ll harass you it’s like you are a suspect in everything

- mhm

imagine for doing something like drinking I’m telling you it’s crazy it’s insane you can’t drink in public you can’t do this you can’t do that now I can’t drive so (2sec)

yeah I get the picture yeah
yeah (..) and that’s [bangs hand on table] that’s another thing I’m angry about (.) I can’t drive for maybe another year so: that’s it (4 sec)

cool well to be honest you’ve answered most of the questions I’ve had so far just by talking for your own so thanks for that (..) ah: I do have a couple more if you’re ok with that

-right

-ah so (.) first of all I need to ask (.) would you classify anger as a negative or as a positive emotion? Or is it neutral? Or both? How would you call that?
-I don’t know I think (.) I think it depends (.) it depends on how old you are or in my* case
-mhm

-I just look at anger as a positive emotion
-ok

-you understand? Because at the end of the day there’s just (.) so much injustice* in the world it’s so much wrong* (.) in the world
-mhm

-you can see it now (.) you can see the nonsense that is going on now (.) and see how (.) the people are reacting to (.) they’re called terrorists (.) they call it terrorism (.) it’s really just anger (.)
mhm

-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 themselves they’re terrorists (.) they’re not angry
-mhm

-and it’s kind of something very malignant something very (.) almost evil* kind of way of dealing with this (.) you know (.) kind of caricature of people
-mhm

-and they say “they’re terrorists“ (.) a terrorist is not a person has no emotion is not is not somebody’s son somebody’s father he has no freaking (.) brain to think for himself it’s not an intellectual (.) it’s like he’s a thing you know? It’s like turning someone who is human in (.) in (.) you know dehumanizing them (.) completely
-mhm

-you understand? so this is (.) basically (.) a terrorist is somebody who’s very angry and full (.) full of suicidal thoughts (.) that’s how they are portrayed (.) understand?
-mhm

-and that is come (.) every day (.) look around you it’s just like (.) put on your TV (.) for whole week (.) I think it’s all (.) they’ll show one terrorist blowing up in I don’t know (.) there was one in Sweden one in Russia St. Petersburg one in freaking (.) Egypt (.) I mean every day there was one from every other country

-ye:ah it was a wild week indeed

-it was a wild week innit? Was it last week?

-or two weeks ago

-exactly

-I remember that

-it was a crazy week there was a bombing from different countries everyday (.) all of them were allegedly Muslims

-mmm

-all of them were angry (.) all of them were suicidal (.) I mean there’s no* reasoning (.) even the guy who who: did the crazy stuff outside parliament (.) it doesn’t go into what you’re thinking* (..) um: it’s like (.) it’s just like (.) nothing (.) there’s nothing about their character

-mmm

-there’s so* much about the character of the people they have hurt you know “this guy, he’d come from America he loved his wife and took her to trips around London he went to school here and there” fucking so much information about the victims

-mmm mmm

-so much (.) what they were like their hopes their freaking anticipations all this freaking crap (.) but the guy who did it is like an empty vessel is like (.) you watch the guy from London right? People (.) he was staying at a hotel right?

-mhm

-all the guests at the hotel “I met him he was a nice guy can’t believe he did this” (.) the staff (.) the freaking manager “I met him nice guy paid on time didn’t…” you know “friendly as hell can’t believe he was even thinking these thoughts” you understand? So the guy is like ah (.) I don’t know how* you look at them (.) he’s angry (.) suicidal (.) but he’s not showing either one

-mhm
-you understand? It’s like he’s cloaking them you understand? It’s like he’s full of this anger [laughs] and
yet he’s nice he’s nice and normal so (. .) you cannot know who they are (. .) but they’re very angry and
they’re very suicidal (. .) so (. .) I mean (. .) in this kind of environment (. .) I mean (. .) I don’t know what to say
whether anger is positive or anger is negative

-mhm

-but anger is being sold as (. .) negative (. .) something negative

-mhm

-but you wonder (. .) I mean (. .) the people who actually fight this anger (. .) are they not angry? Like (. .) isn’t
the prime-minister angry? All these people who are (. .) Russians the Swedish (. .) aren’t you* angry?

-mhm

-when these people blow up all this stuff? Aren’t you angry aren’t you feeling anger and is anger not a
good thing then? 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 if you you know but (. .) you know (. .) it’s portrayed like (. .) people are
very passive (. .) people who are passive (. .) “I don’t know what I’m just going to work I don’t know what”
and then this guy just came and blew up stuff and interrupted everything drove a truck (. .) they’re all
driving trucks nowadays (. .) trucks are (. .) you can’t afford a truck rent a car

-[laughs]

-so I’m this (. .) this (. .) the way the situation is (. .) I think anger a positive thing

-mhm

-plus* the way they are setting it up and they’re portraying it is “these people are angry they’re suicidal”
but they’re not explaining who it is they are going to fight these governments and all these (. .) prime-
ministers and those fighting those (. .) those terrorists

-mmm

-who’s gonna fight them? Are they not going to be angry too? I mean you need some anger* (. .) or how
are you going to approach this? Are you like Jesus (. .) going to forgive them? Hug them or (. .) what are you
going to do?

-mhm

-you are going there to blow stuff up you understand? So you’re this so you’re angry (. .) they’re not
talking they’re not talking about their own anger

-mmm
-they’re just talking about those people’s anger and how they’re suicidal but at the same time they can’t
detect the (.) how can you be so* angry to the point of killing* yourself and killing somebody else but
nobody can see it? You look (.) pleasant (.) and macho and all that (.) I mean (.) I come on

-mmm

-I’m* angry just (.) by the way they are portraying it and I think it’s positive (.) people are* really angry
you understand? Because (.) this passivity cannot keep going on (.) you know people can’t keep blowing
up stuff and people are not (.) angry enough to go “hey, why are they doing it? How come they’re doing
it in 50 different countries and all these countries and yet nobody can stop them?”

-mmm

-I mean the whole (.) I mean anger is positive (.) to me (.) that’s all I think (.) I think we need anger to get
(.) for somebody to get off their behinds and do something about this (.) cos if the governments* do
something about it (.) we know what they are going to do (.) they’re going to do what that (.) the Trump
guy does (.) just blow up and (.) he’s going to attack another country

-mmm

-and (.) what he’ll do is what he’ll do (.) kill these people there (.) and then (.) those people there will get
angry and then they’ll (.) you know (.) end up somewhere (.) in London or wherever it is (.) cos this is all
this game is about (.) it’s about (.) go kill innocent people there (.) those innocent people sign up to the IS
or whatever it is (.) organization there is (.) and then they’ll come and blow stadiums (.) and then we (.)
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 (.)
because there’ no (.) it’s like the powers of the world have no big enemies and they don’t compete
against each other

-mhm

-for some reason they don’t want to compete (.) they just want to collaborate (.) they still need to explain
why they spend all their money on defence and weapons so they’re trying to create this (.) cycle of
terrorism and it (.) it makes me angry just to see it (.) because that’s what I see (.) innocent people are
getting killed those people that are in these countries retaliate and they call them terrorists (.) if they
retaliate in that* country (.) I* don’t consider them as terrorists but they’d still be called terrorists you
understand? How can isol (.) what they call isol (.) isol means what? Islamic State of Iraq and Syria (.) if
they are fighting in Iraq and Syria (.) how can they be terrorists? They are rebels they are trying to take
over the place

-mmm

-I understand that they fight if they’re in those two areas (.) they’re not terrorists (.) they are fighting to
take over [muffled] (.) that’s their home they’re trying to get it off their government (.) that’s their
business

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- but if they do it here (.) then they’re terrorists (.) they have no business doing doing their war here (.)
they wanna take over over there (.) they should move there you know? And there’s nobody who’ll admit
that they’re different* (.)

- so (.) that kinda make me angry* (.) to see that we are living in this kind of environment where (.) it’s
just (.) I mean there’s no: (.) nobody’s even trying to get the facts (.) tell the truth (.) we are just in this (.)
insane madness of just lies and violence (.) that* makes me pissed off and (.) not enough anger (.) people
are not angry enough to carry plackets and go down the street (.) and fight each other (.) because that’s
what they do (.)

- they go down the street and they see someone else that has the opposite placket and “you’re for war
I’m against we’ll start fighting there” (.) that makes sense (.) I mean people need to be angry enough to
do much more than that

- so I think anger is positive*

- great (.) cool (.) anything you’d like to add?
- I don’t know you said you had two questions

- yeah well basically you answered (.) more or less both of them (.) um:: actually let me improvise a bit
and ask you (.) you mentioned that you’re a Christian didn’t you? You go to church

- I go to church yeah (.) I’m not necessarily a Christian I go to church (.) sometimes I go to church for other
people

- oh ok

- yeah

- so: I was about to ask uh (.) if you see any anger in the teachings you hear in the church? In that sphere?

- well if you go to the bible (.) Jesus got angry on the (.) what they call that? Money-exchange

- the betting shops inside the church

- the temple

- in the temple and
-mmm

-so he found these what are they called? Betting shops (.) they call them bureau de change (.) you understand?

-mhm

-business inside the temple (.) once they started doing their business inside (.) he got pissed off

-mmm

-and he broke stuff and you know brought it down and all that kind of stuff although he was arrested you know (.) but he did all that so (.) that goes to show (.) you know (.) anger is part of the religion [laughs] the bible has three parts innit? what is it the three you know the Creation of the World

-mhm

-then Man’s tempting to Sin

-mhm

-then you’ve got the so-called saviour Jesus (.) the character coming to save you

-mmm

-then people they descended to sin again then you have Armageddon destruction

-the apocalypse

-the apocalypse (.) you understand? You have two (.) three basic hills (.) three mountains (.)

-mhm

-one is the creation (.) the other is the (.) the return of the Christ (.) then you have the third one is apocalypse which is nothing but anger (.) so God comes back angry (.) he came with love in the beginning to (.) create and now he’s pissed (.) he ends everything

-sounds like a natural cycle

-[laughs] it’s almost* that it’s almost like a cycle but (.) I think it’s (.) it’s very different from a natural cycle

-mhm

-it’s totally different I mean this whole idea of the human intersection is very (.) it’s very problematic because (.) humanity I mean (.) if you go into a forest (.) right? You know that (.) forest can spread I mean pretty much all of the continents right? If human beings aren’t there to stop that

-mmm
-cos humans are the bigger deterrent to (.) to nature progress

-absolutely

-now we (.) yeah we are the most* destructive creatures (.) even though we need that forest we are the bigger destroyers (.) you understand? So if you look at it (.) in reality (.) it's not necessary for us to exist for (.) what you call nature to go on (.) you understand? Fish and (.) trees and (.) insects will keep propagating (.) we are not functional (.) so if we all died right now (.) everything will go on as usual you know? It’s like

-pretty much

-mmm?

-pretty much

-yeah! I mean there’ll be no:: (.) the [muffled] will take over again (.) that’s the thing no-one was ever really in control here you understand? If at a:ll (.) you’d say what the insects will go back on top of the food chain or (.) actually bacterias are at the top of the food chain (.) they eat us alive every day

-mhm

-and viruses (.) they feast on us (.) as we live (.) we can’t live without them (.) and we can’t live without them eating us alive

-so:

-yeah actually underneath that

-mhm

-we can’t even see them you can’t see that (.) they’re eating us alive but (.) we stil:ll (.) keep thinking we are (.) I don’t know (.) I don’t know what we think we are (.) at the end of the day (.) we are not necessary for the food chain (.) we are not necessary (.) we do not have to exist (.) so: whether we are here or not (.) everything goes on (.) so (.) this who:le so-called natural cycle (.) at least in the bible it’s like (.) this human intersession is (.) kind of weird in that (.) you know if God created the world (.) why would he send anybody back just to save (.) this very destructive thing that is hanging around here (.) which is not even necessary?

-mhm

-it’s not necessary to bring this thing into place (.) cos we just take out what we put back in (.) I mean money (.) that’s all pretty much we are good for

-[laughs]

-yeah! And guess what (.) we don’t even put it back in nature (.) we are strange creatures
true that

-yeah I mean we all our sewage goes into a plant and it’s turning into fertilizer and then it goes 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 put some additives in it and then councils and cities sell it to farmers imagine all our crap it doesn’t go back

-[laughs]

-you know we eat for free but to put the stuff back in the ground we have to judge

-[laughs]

-that is all it is just when I look at it in religion any religion you look at violence is steeped in all of them

-mhm

-you know but it’s not violence in terms of you know this kind of human emotional violence it’s like catastrophic violence like life ending it’s always like this high-level insanity almost like a flood and then all the religion have some concept of karma or whatever you want to call it

-mmm

-it’s death they put on a different shadow death they put a god there but it’s still still anger because you know we are putting it out there you know we are the ones putting it out there we are some of the biggest we are the eternal anger in the world I mean just go to a zoo and look at those animals and they look at you and you can see it in their eyes they’re pissed they say “why did you take me out of there? I was living free and enjoying myself had all of that and enjoying myself and you put me in this shithole? With all these iron bars? So that kids can look at me and throw stuff at me?”

-[laughs]

-it’s true you can see even the animals are getting pissed off the anger is just piling up you know we are the biggest purveyors of anger in the whole universe probably you know I doubt there any other aliens

-[laughs]

-even if there are aliens if they come and saw what people are doing here they would never come back 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 their minds”

-I think I agree
-yeah

-nice (.) so that’s interesting (.) is there anything you would like to add?

-about anger?

-yes

-yeah I think anger is is (.) in this environment can be a positive thing there’s too much ignorance (.)

there’s too much ignorance too much (.) too many people who don’t (.) so much things they don’t* know

(.) but it all (.) it’s a;so (.) it’s people are lied to (.) so much (.). they’re lied to (.) look at Brexit (.) that was

the biggest con ever

-[laughs] well

-I mean (.) I mean it is so* obvious (.) I mean (.). people should be angry and they should use common

sense (.) I mean (.). Brexit was based on anger it was an (.). angerful (.) it’s the biggest (.). if you want to

study anger you should [laughs] study Brexit

[a few people have told me about that actually]

-yes I mean that’s (.). Brexit was just all about anger

-mmm

-what was the anger about? Was it (.). who are we angry at? They’re angry at government they’re angry

at Cameron (.). they were angry before that at the: dickhead (.). to the dickhead who were running the

libdems

-Tony Blair?

-No the libdems (.). this idiot who’s like running the government with (.). you know the coalition

government (.). I mean (.). Cameron and this* dickhead I don’t remember his name (.). he was so* stupid

(.). he was a libdem

-mhm

-so he: (.). the minute he got into power (.). right? There was a coalition government (.). it could have been

(.) conservatives with anybody else but they (.). chose libdems right? And when the libdems promised (.)

they’re going to keep the fees low (.). guess what? The minute they come in they throw that they say “ok

we are the government we’re happy that’s it. They can’t kick us out of the government because

otherwise there’ll be an election so... we’re happy to have all these good jobs, as ministers as all that”

they throw out their promises they said “ok conservatives whatever you want we’ll just agree with you”

(.). threw away I mean (.). that was the biggest thing (.). listen people voted for libdem to keep the fees

down (.). fees came from 3,000 or 2,500 up to [muffled] is it 9 grant? it’s insane (.). people with no money

you want them to pay 9 grant (.). it was 2,500 now they’re paying triple (.). it’s not like they increased it by
50% or gradually (.) they went from 2,500 to 9 grant (.) straight (.) and the party fought against that but
when they got into power they conceded (.) the Conservatives (.) they said “ok, whatever they want us to
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
anger* ( . ) is (. ) the students are angry at the libdems ( . ) right?

-libdems are on with the Conservatives ( . ) people are angry at the Conservatives because they’re cutting
everything ( . ) they cut from spending on benefits to ( . ) you name it they’re cutting everything ( . ) right? So
people angry at them ( . ) and the Conservatives used this Brexit vote to trick all that anger and turn it
away from them because they’re the cause of the anger ( . ) most of it ( . ) and then blamed Europe ( . )
continental Europe ( . ) “you should be angry because of Europe, all your problems could have been solved
had we not been in Europe” that’s what they’re basically telling people

-so turn around think “oh yeah Europe was a problem” that’s what they basically told them “Europe was
a problem all along, the reason we are doing cuts all this is because of Europe”

-and guess what they are being fed lies ( . ) just the government lying to them day after day after day ( . )
and guess what ( . ) after all that anger all that ignorance has been fed a lot of bullshit ( . ) so it’s just pure
bullshit ( . ) they got ( . ) some prominent names ( . ) “come on stand up and give that bullshit” pure lies! ( . )
people voted “out” I mean ( . ) to me it’s almost like ( . ) the whole country’s like a big* lab that was like a
big experiment ( . ) [muffled] ( . ) it was like a big anger experiment you know take all the anger that’s been
vented ( . ) you know built-up over the years and then point it somewhere else ( . ) what will happen?

People thought ( . ) they said “oh this is why I’m angry! This is what bring all the problems. Yeah it’s not
about the government who did all this nonsense... no it’s EU!” ( . ) point their anger there ( . ) that’s the
reason ( . ) you know “it’s immigration” or whatever it is ( . ) and people [] all that anger against the
immigration against the government ( . ) because immigration is the government ( . ) the government can
alter the immigration policy ( . ) it’s within EU rules ( . ) they allow it ( . ) they could have done it a long time
ago they chose* not to do it (. )
-and they knew what they were doing (.) and guess what [bangs hand on table] you can’t have a
referendum and (.) these are material clause that changes any contract or treaty right? (.) so: (.) what (.)
what changed materially to force* David Cameron to hold the referendum? Nothing (.) he just went and
called it (.) you understand? There was no* reason for him to call it (.) the last treaty to materially change
(.) because the EU is a contract innit? it’s a de:al between Britain and Europe right? Or the EU (.)
organization (.). If EU changes something materially that changes a position of Britain (.). right? (.). like ah:
get some kind of rule that changes you know the amount of debt or deficit that a country can hold (.)
now they have all these kind of rules innit? 19-20% or 50% or whatever the hell it is (.) that materially
changes (.) the country’s position right?

-mmm

-so that (.) itself (.) triggers automatically the right to a referendum (.) you cannot have a referendum any
time you want (.) when you sign a treaty you can’t have a referendum right in the middle of it when
nothing* has happened change the contract

-mmm

-some things must change you understand that is (.) you’re married and then your wife tells you “from
now on you can’t sleep in my room you have to freaking go and get your own damn room” (.). sleeping in
separate rooms

-mmm

-that materially changes the damn contract so you can get a divorce based on that* (.). so that is (.).
there’s nothing* that happened (.) it’s like nothing at all that materially changed the deal between EU
and UK (.). so calling a referendum in itself was illegal

-I see

-you understand?

-mmm

-it was illegal you can’t just wake up and say “oh you know what I don’t like you anymore” or you know
“my wife, I don’t like you anymore, I need to leave you now” (.). nothing has changed (.). you understand?
I mean something has to have changed I mean (.). it’s not like you even (.). listen! (.). these guys haven’t
even done new deals with other countries or they don’t have anything cooking (.). nothing in the works
with any other countries (.). just in case they left the EU

-mmm

-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
the hell are you going?” you know “what has happened between you and your wife? Everything was
normal and one day you said “I’m going to split” why do you want to split? Nothing has changed between
you and your wife and guess what you’ve nothing no-one waiting for you on the side” (...) it’s [laughs] the whole thing is fucking insane if you look at it like that

yeah indeed

-yeah (...) or what is the reason? Why did he call a referendum? He has no reason to do it (...) but the reason he did it was what? That this country has no constitution at least not a real one

mmm

-right? Parliament is sovereign (...) that means parliament (...) parliament has the power (...) not* the people (...) the people do not have power in this country (...) parliament has all the power only parliament can make laws (...) people can’t make laws

mmm

-so if with the referendum (...) parliament can change it (...) parliament can do anything it wants (...) basically parliament can do anything it wants (...) the people can’t (...) they have to do what parliament (...) allows them to do (...)

mmm

-so since he (...) had the majority in parliament (...) the PM (...) he could do any goddamn thing he wanted [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 before* he did the EU referendum (...) think about it (...) right? I mean (...) how can he do that? How can you tell us “Scots, have your referendum” then after that* you change (...) because (...) Scotland is in the UK (...)

the UK is a deal*

mmm

called United Kingdom (...) it’s a deal that’s made between Scotland England Wales Northern Ireland (...) of how they’re going to co-exist (...) powers (...) regulations (...) taxes (...) they are deals like points of contracts right?

mmm

now (...) when they’re in the EU (...) right? Or getting into the EU (...) these contracts changed (...) right? But the Scots accepted they said “ok, we accept to be in the EU but don’t change anything... as long as the UK deal the contracts unchanged, we don’t mind going into the EU” but now that they’re coming out* of the 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 right?

mmm
Scotland had its own legal system, so if you pulled out the EU, you’ll affect the Scottish legal system
taxation system, goods coming in, you understand? You’ll change something material to the contract
between Scotland and the UK

-mmm

-because the UK gave powers to the EU right? Now as they’re coming back, the UK is not the same
from the time it entered to the time it’s leaving

-mmm

-it has changed something, the deal with Scotland have changed, if you’ve given them more power
giving more power to them right? But guess what even though they devolve power to them,
Scotland is still affected by the law of the EU right? So now the same where Scotland was in 1973
is not the same way that it is now

-mmm

-it has more power within the UK, so as the powers come back from the EU to the UK it won’t be
going, you know, it won’t be distributed equally, you know, back to Scotland, some to Wales
you know then some to London, no, London will get everything, all the powers coming back to
London, then they’ll decide what to give to Scotland

-mmm

-so Scotland [bangs hand on table] should never have been given that referendum before, the EU one,
they should have the EU referendum first and if people want to leave Scotland have their referendum
after that, [muffled] you know, that’s how things should be, but you saw this you saw what
this guy did, that’s what it is, that’s what it is, the whole thing is a game it’s based on anger I
mean, politicians, [muffled] they use just basically human emotions, I mean there’s no logic to
anything that they do, especially in Britain, they just prey on anger frustration. I mean it’s just pure
human emotions, they just prey on, look at it, it’s just plain emotions

-I guess

-Yeah because it’s almost like one ask himself, at bottom line this is just anger and frustration,
that’s it. It isn’t logic; there’s no logic, people aren’t thinking “what am I going to get out of it?”
people don’t think like that, people to Greece, I guess with your political, although now Greece is in
a different state

-we had a similar referendum over there

-yeah?!
-yeah and I guess those were the main (. ) forces at play with ah (. ) you know the people back there (. )

people were pissed off (. ) you know they gave them a scapegoat to blame and then yeah

-what?

-people actually voted to leave the Eurozone (. ) the EU

-ok

-but then the government just turned around and told them “yeah thanks for your vote but we’re not
gonna do it”

-what? So...

-yeah I (. ) it’s ah

-[laughs]

(conversation drifting off to Greek politics etc.)
OK as you know this study is about anger and the experience of anger so what role would you say anger plays in your life?

Um... I'd say it's a regular feature.

Mhm.

Um, fairly unwelcome feature of my life not just my personal psychology but those I am close to.

Mhm.

Particularly my current partner um and there's a long history of anger and anger issues and violent outbursts in my father.

Mhm.

And my brothers so it's an inter-generational transmission to some extent but ah: no matter how much I try and educate myself and try and become a cultured individual it doesn't go away.

Mhm.

Ah, I smoke so I think I think that's a symptom of anger that is not socially acceptable so it becomes something I internalize there's a lot of anger that is not recognized in myself toward myself. Do you know what I mean? And I can become quite outwardly angry towards others although I wouldn't express it.

Ok.

Um, yeah.

How do you find this feeling when you're not expressing it?

How does it feel when you're not expressing it?

Well it kind of there's a word in English "seething".

Mmm.

It seethes it kind of builds up it's almost like a hydraulic system I feel like there's a well within me you know and I try to keep the levels down but every now and again some times some extreme overflows occur and as I've become I'm in my 30s as an adult as I've experienced some quite severe hardships when it comes to my mother dying three days after I passed my PhD and...
-mhm

-and (. ) I wasn't able to go to her funeral due to (. ) how angry I was at my father and my family

-mhm

-and there's just been a (. ) there's been a severe* disconnection between me and my family: (. ) me and

my social circle since (. ) I kind of had (. ) I suppose a nervous breakdown (. ) after my mother died (. ) um I

was (. ) I was taking drugs I wasn't sleeping I ended up in prison (. ) I managed to (. ) get myself out* of that

situation and (. ) there were some extreme (. ) moments when I was (. ) I was (. ) I was so* angry that (. )
you know (. ) my decision-making was (. ) was (. ) limited to the extent that the authorities had to get

involved you know? I was not able to make rational choices I was trying to kick down my friend's door*
to get my (. ) my diazepam prescription so I was [blurred word] certain medicines that helped keep me

calm (. ) I was taking beaterblockers for a while I was (. ) I was on a quite high dosage of (. ) of tranquilizer

but I've managed to kind of (. ) I've managed to reclaim* more of myself (. ) it hasn't got rid of the anger

-mmm

-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

regular basis (. )

-mmm

-and if I frighten people close to me (. ) the outcome will be police are involved (. ) court cases (. ) prison

and I don't want* that (. )

-mmm

-so (. ) there's (. ) there's a (. )[bangs hand on table] there's a risk* for me that I could lose control again but

(.) because I'm like healthier now (. ) I'm not taking drugs and I'm sleeping and I'm trying to make

something of my life (. ) again (. ) after (. ) getting through such a traumatic childhood being in foster-care

(.) cos my (. ) my father was truly (. ) pathologically aggressive (. ) to my mother (. ) primarily (. ) and both

my brothers sort of didn't (. ) didn't educate themselves so they have quite a limited life (. ) I've tried to
take a different route but it hasn't (. ) it hasn't removed the (. ) the rot* (. ) you know? the anger the
boiling* seething* potential to become violent (. )

-mhm

-and I am certainly not* a violent person but (. ) if people push me or if I feel under attack or threatened

or I feel (. ) injustice* there have been times when I (. ) I just used that* as an excuse like n (. ) nothing (. )
nothing will matter (. ) my life wouldn't matter (. ) I will fight* for the principle [inhales] (. ) but you kind of
have to learn to suppress it and you have to learn to kind of (. ) compose yourself (. ) to not let other
people push your buttons and that's a skill (. ) that's a strategy that I'm only recently learning

-mmm
I wouldn’t say I’ve mastered it but regularly I feel pushed to the point where in the past I would have exploded or become physically confrontational and I still am being pushed into situations with people I love that require me to defend myself which is about bad decision-making and I’m drawn to the wrong kind of explosive personality that can quite easily take advantage of me: since I have the label of like a vulnerable person with mental health difficulties as well as some medical issues so it’s just kind of it’s while I was drawn to I mean I’m interested to explore it myself I don’t think I need to go to anger management but I would go if I had the opportunity because I think it’s a matter of your own self-respect it’s a matter of how far are you willing to go to make your point if you can’t use verbal communication maybe you need to remove the risk remove the threat of move away from the people that seem to be rallying you up or provoking you and I find it hard to do that when I have a very isolated social existence with just one person who I love who loves me who just happens to be better at controlling themselves but also good at pushing my buttons you know? It’s a test all the time just to try and keep things calm in my life

-mhm

-and to try not to engage in too much conflict or if conflict is going on like you know psychological conflict I have to tell myself there’s like a switch to not let that switch go off but now I know when that switch goes off I know it

-mhm

-and I know to think ahead and look through the repercussions of if I react too severely or too harshly to this perceived threat which later I will probably regret so try it’s weird it’s like you have to suck it up there’s a saying like “grate your teeth”

-mmm

-“put up or shut up” you know? My mother used to say “if you can’t say anything nice don’t say anything at all” and I just I’m just trying to practice these life-skills that weren’t really taught to me as a child that I’m having to pick up as an adult under immense stress trying to do good things with my life

-mmm

-but I can’t expect other people just to bow down to my every whim my every wish I have to accept there’s gonna be conflict in life but I need to have strategies as to how to avoid them becoming outwardly you know physical (inhales) so: it’s a big deal I mean not a week goes by when I’m not challenged in this way

-mhm
I can get by (fine?) my day-to-day life me and my personal* relationship (. it’s a (.) big (.) it’s a major feature (.)

-mhm

-how to manage (.) not only my (.) anger my aggressiveness but (.) someone else’s (.) who (.) is perhaps (.) too old to change and (.) should be doing their own work on it but I’m (.) having to kind of compensate for their lack of self-awareness as well as take the blame for (.) for everything* that goes wrong and it’s like (.) it’s like dealing with (.) vaguely (.) sort of psychotic phenomenon where people are not really (.) perceiving reality but I’m having to live in their (..) delusion

-mhm

-and (.) I’m having to not (.) feed into it by just (.) it’s it’s making* me get stronger (.) having to stay calm (.) but it’s also keeping me very close to that line of risk* of (.) potentially (.) what if I snap? What if I lose control? And that’s* what I’m constantly scared of (.) but thankfully* for the last year or so: I’ve been able to walk away (.) whereas in the past I think I was too dependent on people I was too (.) I was I was homeless I was (.) taking drugs I was not thinking straight I wasn’t sleeping* (.) for five days in a row (.) [inhales] and none of that stuff bodes well (.) as I’ve (.) as I’ve experienced first-hand and I don’t* wanna go through any of that again so it’s (. it’s easy to kind of remember and step away and just think “nothing is worth me losing my freedom” (.) I never wanna be incarcerated again (.) I never wanna have to go through the drama of court cases and dealing with police and I was (.) [inhales] in a such a ridiculous story of (.) being like (.) taken* to the hospital by the police cos my partner had stabbed* me:

-(.)

-Wow

-And (.)

-Was that in a fit of rage or was it/

-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 the police came (.) took* me to the hospital (.) I thought* they wanted to kill* me (.) I thought they wanted me dead so I escaped* the police in hospital by climbing through a hatch in the toilet and the police got me again* (.) outside and I ended up like kicking* a police officer I just made my own life (.) living hell (.) for a year or so (.) doing all this crazy stuff (.) and I never* wanna do any of that again but 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 witnessed regular* (.) physical abuse (.) growing up and (.) both of my brothers sort of tried to eh have a protest with my father but he’s such a big guy (.) neither of them won (.) I never got to like (.) I* never bothered trying* (.) I just left home and went into ca:re (.) but that creates a big sadness and I think anger is connected to sadness* (.)

-Can you tell me more about this (.) connection?
[inhales] I think (2sec) when* you’re sad about something and (. ) no-one will understand no-one can understand and you don’t even wanna go into it because you are trying to avoid the (. ) the feelings that are associated with why* you’re sad (. ) anger is the next go-to (. ) place you know? I just think (. ) it’s obvious to me that it’s connected to a (. ) to a sadness in anybody that is ah: angry* (. ) there’s never anger without sadness as far as I’m concerned (. ) it’s just hard for the person who’s angry to recognize that* sadness their anger is a (. ) symptom of them being unable to look at that sadness

-mhm

-so I think I’m like on the: fance with it like I can* (. ) I can recognize that there’s sadness* connected to it and I want* to look at it (. ) but it’s hard* (. ) so then anger is still an option* (. ) but I’m turning away* from it and (. ) it doesn’t mean you automatically deal with the sadness you are still stuck between sadness and anger (2sec)

-mhm

-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 life situations that make you angry but you can’t avoid them everywhere*

-mmm

-there’s a limit there’s like (. ) the no:rmal* day-to-day when you are experiencing [???14.04] stresses and people pissing you off and stuff like that and I can deal with that but (. ) most people avoid anything over* that (. ) most people (. ) sensible people (. ) get ah an insight into (. ) someone else’s propensity to evoke ah (. ) extreme* emotion in them (. ) and they walk away

-mhm

-cos nobody wants that (. ) if you’re (. ) rational if you’re well-supported by other friends if you’ve got other people around you who don’t* want you to be angry and want* you to (. ) work through your 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 sadness* keeps me away from them (. )

-mmm

-and it keeps me somewhat* co-dependent (. ) with certain people that (. ) probably have a similar dynamic with me* but I am not trying to (. ) draw out other people’s anger I just happened to have lived a life where I seem to be comfortable* around (. ) excessive* amounts of emotion* (. )

-mmm

-and I’m not* (. ) that scared of it but at the same time (. ) I think I should* be so [inhales] (2sec) [exhales] 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 to keep the balance cos I don’t wanna walk away from it anymore and I’m not* gonna judge anyone for being angry* (. )

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of being too old to change their ways and look at where the anger comes from it’s not my place to tell anyone about themselves but living with someone you do get to know them and they in the end there’s a limit to what they will hear there’s a limit to what they can see of themselves.

And I live face-to-face with that limit every day I seem to have no limits [giggles] as to 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 feel other people’s emotion and I will be convinced that I’m like the reason why they’re feeling this and they’ll be convinced but I think about it later I have to remind myself I’m not the reason why other people have traumatic life experiences that lead them to be dysfunctional I might be in their life now experiencing the repercussions of that dysfunction and I’m not their therapist and I’m not

Holy put together myself wholly supportive and just able to be a container for all of their unrealized emotion so at this point in my life aged 34 I do it’s like I’m fearful that I don’t have the right stuff I don’t have enough of the right stuff to guarantee I will survive any onslaught of other people’s emotions.

I don’t have the skills to know always when to pull away I definitely do not have the skill to dissociate myself completely from the wrong kind of person I seem to be unhealthily drawn to the kind a kind of chaotic lifestyle and I don’t like it but I have to accept that about myself it’s like the alternative seems like complete isolation and complete solitary just being very depressed

And I can deal with that now and then but if I have the option I’ll go with the chaotic more expressive and potentially more exciting option

to the end of days I’ll go that way

even though I’ll be kicking myself along the way it’s “it’s so much drama” and “why am I bothering?” but it’s just

Does this drama make you angry? Or /
Yes it does. I take it inside. I don’t let someone know I go quiet. It’s mulling it over in my mind. I feel the injustice of things. I feel really angry about things but it fades. If I don’t do anything about it, things tend to go better. I’m not dealing with it and it means it’s a continual presence in my life where I’m just absorbing this negative emotion. It’s being internalized.

And is this the source of anger? This internalization?

Yeah! It feeds into like risk-taking behaviour. You know if I decide I wanna take some drugs or take an overdose or maybe I’m suicidal. You know all of those things come from that amount of continual absorption. That warrants a reaction but I don’t have the right or I don’t have the space to react. I’ve learnt that if I react things go worse for me.

You mentioned that before you mentioned something about regret after you.

Yeah!

Would you like to tell me more about it? So what kind of regret or what kind of reactions?

Exhales. Every time I’ve felt this injustice of like let me protest this injustice things always go worse for me.

Mhm

Things become more chaotic. There’s more stress. There’s more drama. There’s more anger. It starts to become a snowball effect.

Mhm

And it just can go on and on and I’d just rather not start an avalanche. There’s something there making the loud noise that can cause the avalanche and I’m just trying to like keep that noise quiet. But there’s an avalanche building in me.

Sounds very stressful. Yeah so you say you can create an avalanche with the people you know or you just internalize the whole thing and.

No-one else can know or can deal with my avalanche so it’s not going to make things better. They’re not going to understand the point I’m making. It will always get blamed on me even though this is being caused in my opinion. This loud noise that’s coming from outside of me. It’s still being blamed on me. In the end I just give up. It becomes hopelessness. You just kind of think “well, what’s the point?” You either become really reactive person and I’ve been that person.

Mhm
I've tried every wee way of reacting to the point of ending up in prison (...) and this never got me anywhere (. ) it just takes longer to recover from* those reactions ( ) so let me try and just keep it ( ) keep my ( ) mouth shut let me just try and ( . ) give people the benefit of the doubt maybe they're not* trying to kill me ( ) maybe they don't* want me dead

-mmm

maybe they do care even though ( . ) it's not feeling friendly right now cos today it might feel like this but 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 life where every few days you're having to kind of ( . ) settle down inside yourself because someone is making you angry but you can't* let them know ( . ) and you're not free to ( . ) express your ( . ) disdain* in the same way they* are with you and you're constantly being told you're* flawed or you're in the wrong or you're doing something that's making them unhappy and you never get to say the equivalent back ( . )

-mmm

-that ( . ) shit makes me angry* it's making me angry now thinking about it [giggles] you know it surely doesn't* go away

-mmm

-and it's a c ( . ) it's like a hydraulic system it's like ( . ) the ( . ) the level is here [points to belly] and people are pouring into it that's why I try and ( . ) as much as I can (. ) remove* the ( . ) the inputs that can make that go up ( . ) whenever I've ( . ) whenever I've felt that ( . ) possibility of someone else really suddenly making this level rise ( . ) I've just distanced myself but there's always one* person in my life that I can't seem to distance myself from who's doing it ( . ) a lot* like ( . ) regularly continually ( . ) I might have a few days of peace and quiet but they will know exactly how to ( . ) make it overflow

-mhm

-and I f:ind this like a challenge I find this like something I ( . ) am [breathes in and out] it seems unhealthy but I feel like (. ) my ability to ( . ) keep the level down and not let other people (. ) make me lose control ( . ) can only be making me stronger ( . ) “what does not kill you makes you stronger” (2sec) but it might be slowly killing me ( . ) so ( . )

-mhm

-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 made I have to lay there unless I'm willing to ( . ) tear myself away from what feels most natural which does seem to be a very expressive emotional chaotic life ( . )

-mmm

-I don't have anyone else to blame I cannot blame anyone else no-one's fo:rcing me ( . ) you know? It's my* choice so ( . ) that's where I'm ( . ) the confusion comes in from ( . ) perhaps being given the wrong
messages as a child that (. ) love is wrapped up with violence and (. ) anger is not always proof that there is
no love in fact sometimes anger is ( . ) proof of the opposite (. ) there would be no anger if (. ) someone did
not care so I think that’s* where I’m (. ) troubled

-Do you stand behind this ah (. ) view of love and anger?

-Yeah:: I mean (. ) it’s all I’ve ever known

-mhm (. ) do you have examples from your personal life you would like to share by any chance?

-Oh yeah (. ) it’s like (. ) it’s like a dual aspect of (. ) it’s like a secret pleasure in (. ) when (. ) I* make
someone else* angry:: (. )

-mhm

-it’s like knowing f(.) for an instant knowing that (. ) you’re still important to that person (. ) if they didn’t
care about you (. ) there would be no emotion but the anger and the level of the anger is a (. ) is a
measuring stick for me (. ) it shows me how much they care about me and that’s fucked up (. )
-[laughs]

-right? But it’s

-well…

-It’s something I know to be true (. ) so secretly I might have made someone angry and they’ll be angry
with me and it’ll be hard for me to deal with but some* part of mine will be like (. ) happy like “ah:: they
still care” and that is just (. ) a dysfunctional and disturbing reality that I’ve lived my whole life (. ) my
mother (. ) demonstrated that to me my whole life she never* left my father he used to beat her (. ) stupid
day-in day-out and ( . ) even to her dying day she was devoted to him and she was ( . ) reassured by his
devotion to her (. ) it was like (. ) she told me this (. ) that (2sec) being hit or being (. ) um (. ) the subject of
some (. ) my father’s aggression was proof that he loved* her and was better than nothing

-mmm

-and that is the bare nuts and bolts of it that is (. ) what I gained [bangs hand on table] from (. ) my parents
this is what I (. ) learnt (. ) about love (3sec)

-you mentioned before that it was anger that kept you away from your mother’s funeral

-yeah I was so* angry with my dad

-mhm

-he made a (. ) well he did* kill her (. ) so (. ) it was hard to (. ) um (. ) face him

-was it (. ) are you being metaphorical now?
-no: I mean (...) in (.) in a metaphorical sense he was killing her my whole life as well as she was (...) sitting in and out of wanting to die and wanting to live and I was the one with her on my (.) her head on my lap asking me to help her end her life* and then in (...) moments later crying and saying she wanted to live* (...) that was one of my earliest experiences so (...) he was so* violent to her and so* abusive that she became disabled and (...) in the end she was on like breathing machines and (...) he (... he: (2sec) there was suspicion about her death the police asked me do I think my father killed my mother and I kind of was so distraught that I was offended that they’d ask and I asked him (...) and he denied it (...) but deep down inside I know (...) that the possibility of him taking the oxygen away (...) it would have been a kindness of some kind (...) in his eyes and I don’t (...) it (...) I don’t feel different towards him about the fact that he may well have ended her life (...) than I do about the fact that he made her life a living hell every day that I was growing up

-mmm

-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 him but (...) at the time* (...) there was no way I could go to the funeral I was too distraught (...) 

-mmm

-I was too (...) I was so* connected to my mother (...) that (...) her being physically dead on the on this planet um (...) didn’t* require me going to her funeral and I know she would understand (2sec) sh(...) she’s a she’s a cadaver now (...) you know?

-mmm

-I don’t need to go I have no connection with my family they all just are sources of pain and abuse (...) so why go? Just for my mother’s memory? No I mean I live in honour of my mother every day she’d be proud of me being here now (...) she’d be proud of the (...) the efforts I made to reclaim my life after some of the awful things that I’ve been through since she died

-mhm

-and I’m pretty sure she was waiting for me to finish my PhD because she died three days later so (...) you know (...) I had such a close bond with my mother I was looking after her when she was unwell I was her constant (...) go-to

-mmm

-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 visiting her bed every* day (...) staying with her for hours my family my brothers my dad couldn’t handle it for ten minutes (...) they just washed their hands of her like w(...) I was the last (...) eh youngest child in a series of three boys and I felt I was born into a family of men who had just already washed their hands of my mother (...) she was a chronic alcoholic my father just fed her alcohol her whole life she was lying on the sofa for most of my childhood with a bucket (...) and there was a time in just the year before she died
where my dad asked me to go and look after my mom and I went to find her. She’d been lying in her own urine for a week and he hadn’t even helped her. Her wash and I had to help her use the bucket and the state of her existence the quality of her life was so devastating but it was like that for my whole life so while I only have compassion for myself and what I’ve seen I have no qualms with the amounts of anger and aggression and violence that is within me and I am quite proud of myself for the amount of control I have.

-mmm

-for how soft-sounding I might be and how caring and compassionate I can be to other people I just have no interest in opening myself up to anyone’s interests you know? I might be a suitable vessel for other people to pour whatever they want into but I will not just let anybody do it...

[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 that my mother lived or am I somehow between my mother and my father but I’m certainly not an abusive person I just am vulnerable to abuse and being abused and I seem to be quite 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 it.

-mhm

-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 to do with still having something to learn it may all be as it should be it’s not all a bad story in my life right now it’s not all bad

-mhm

-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 time after time people are saying “you really need to get out of this situation you really need to get out of this situation this is abusive this is controlling this is…” whatever

-mmm and how do you feel when your friends tell you that?

-I feel sort of like embarrassed

-aha

-that’s embarrassing that it’s so obvious to other people and I can’t seem to explain why I just can’t justify why I’m ok with the situation I would never advise anybody in my friendship circle to put up with the shit I put up with but for some reason it’s ok for me
-cos (.) you know I’m like hanging on by (..) by my teeth to life really (..) I’m just tremoring back onto the platform of like (..) a life that I’m proud of and (..) that I want other people to be proud of and I’ve always been good at distinguishing myself and doing well in these ways but I’ve always always also* been quite (..) a mess?

-mhm

-so (.) half of this is just like (..) acceptance being like uh (..) “it’s me I’m ok with it this has always been (..) 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 away at your sense of self-worth when (..) you (.)

-mmm

-when you allow yourself to be mistreated* and you have no recourse to (..) you and you know you will never* have any recourse to make that person aware of just how damaging (..) their attitude towards you is (..) but there’s some triumph in it for me (..) for being (..) being ok even though* they think it’s ok but everyone else thinks [giggles] it’s abusive and I (..) don’t really like it but I’m bigger than that I’m better than that (..) I’m not gonna (..) s (..) I’m not gonna allow* someone to reduce me like that (..) they may think* they are* (..) I may (..) I may (..) show signs that I’m diminished (..) but I will always (..) pick myself up again I will always rise again I will always (..) I know* (..) when I get away from that* situation I will pick myself up and start again and be fine but (..) I may end up in a similar dynamic

-mmm

-and that is just the nature of the beast (2sec)

-You’ve mentioned a few times how you: (.) sort of regulate your life how you get back to that point and all that (..) would you say anger is in any way (..) does it play a role in that? In /

-/ye:ah (..) ye:ah (..) when you get that* angry that you think someone wants you to fail so* much that you just that you use it (..) you use it for good reason you use that energy* (..) to propel yourself to prove them wrong (..) and I can always* do that (..) I can always do better than that person

-mhm

-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 positive

-mmm

-but it’s dangerous

-dangerous?

-it’s dangerous because (..) you can lose control you can be in danger
I am sometimes in danger sometimes I'm locked out suddenly my partner tricks me to leave the house takes my key from my bag and I'm locked out late at night. And I'm trying to become a nurse that's bullshit d'you know what I mean?

-why does your partner do that?

-because of their sadness and anger that apparently I'm the source of I can see it as I can't agree*

-ok

-but I'll never be able to debate the point I'll always have to accept it and that's what eats away at you it eats away because you feel like god you really wanna get them back or some revenge or something but I just forget that I've tried every way of that revenge tactics and it just causes more trouble and stress than it's worth

-but it's like the alternative of pushing away and being like fuck you this and that the alternative is not nothing and peace and zen and Buddhist meditation it's it's internally* you're taking it in and it's having an effect and it can be to spur me on to do better regardless and it can also be chipping away at my my will to live*

-I hear you yeah [
giggles] Does it ah is what you're talking about what the British refer to as bottling up emotions? Or is it a different thing?

-No I think the bottling up of emotions is a generic sense of what I'm talking about

-I mean on a very deep and raging rageful level that is about bottling up emotion [bangs hand on table] and it's eating away at you

-and it's p ah:: I mean it gets it keeps me hot I* run* hot* you know what I mean?

-I like to have the windows open my partner does not like the windows open and wants to shut the windows and put the heaters on and I'm I'm bothered on a molecular level your cells die sooner the more hot they are
you know like (. ) we can freeze like cryo (. ) cryo-something (. ) the cell (. ) lives longer the cooler it is and
I’m learning now that this (. ) this (. ) this running hot thing (. ) getting all hot and bothered (. ) bothers me*
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
stay calm

- ok ok I get it

- that’s my challenge (. ) just try to stay calm (. ) even when things are going to pot even when things are
getting a bit

- mmm

- you know even when someone else is being avoid and (. ) hurting your feelings and potentially (. )
mistreating you (. ) even then (. ) I’m learning to try and just stay cool

- mmm

- definitely* try and not to make it worse (. ) cos I am very good at doing that [laughs]

- ok (. ) by pushing other people’s (. ) buttons?

- Yeah without even knowing just by defending myself just by trying to make the point that “this is not fair
and it’s not ok”

- mmm

- you get to a point where you learn you’ve tried every* wit way of explaining to someone and they’ll
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
be convinced that I’m the source of all your misery

- mmm

- I may be being a bit (. ) mmm (. ) absent-minded or (. ) or selfish I have those propensities in myself and
I’m entitled* to them (. ) no-one can take that away from me (. ) if I have to put up with your shit (. ) then
you’re gonna have to put up with some of mine (. ) I’m not gonna try to make it worse

- mmm

- when I see it’s getting out of hand and I now need to (. ) stay calm (. ) we don’t need to revisit it (. ) every
time we try and revisit it in conversation it’s always still intellectually disjointed

- mmm

- someone sees it like this (. ) and I’m trying to get them to see (. ) how it is for me: (. ) and it doesn’t work

- mmm
-cos I'm quite sophisticated intellect who can see things from different perspectives not everyone can do that

-mmm

-and I can't expect them to so in the end you end up knowing that and just just accepting that you know agree to disagree you'll never be able to get them to see the there really* is an injustice on me* but they think they're* the one that's hard done-by so be it

-mmm even sorry please

-can you just say sorry and acknowledge and keep it moving

-mmm

-that's what Mariah Carey says [giggles]

-[laughs] does she?

-yeah (.)

-ah/

-/apologize acknowledge apologize and keep it moving it's the easiest way to go through it

-well if Mariah says so

-yeah! Mimi

-um: would you say that being an intellectual and being able to see different points in situations makes you: more angry? Than you would if you didn't?

-[?40:30] actually

-ok

-it's probably been a a sort of it's probably been a (2sec) uh what's the word I'm looking for? 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

-ok

-and it's a kind of it's a distraction technique it kind of you end up your head can fall out your brain can fall out of your head cos you end up being so* open-minded and so* empathetic with other people's perspective you never quite settle on yourself "how do I* feel about this?"

-mmm
-and I think it’s a technique that I’ve employed since being infant that’s (.) kept me like (.) maybe* like (.)
intellectually curious with what’s going on (.) and human psychology and what’s behind people’s actions
and why are they like this and why is he doing this and why is she letting him do that you know?

-mmm

-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
very basic and just taking a stance and being like “I don’t like this” or “I don’t agree” or whatever (.) I can
take that perspective but I can also see (.) others and I wanna know what it’s like for the other it’s (.) it
kind of is a technique that avoids* you ever really (.) settling-in I don’t like that settling-in to my own
feeling of (.) of being wronged (.) of this being something that hurts me and I don’t want this to happen
because I never accepted that (.) because I don’t want something to happen it shouldn’t happen (.) things
happen (.) shit happens (.) just cos you don’t like it doesn’t mean it’s not gonna happen

-mmm

-and I have the same expectation of other people it’s just they don’t seem to understand that I’m a bit*
more (.) forgiving and tolerant than they* are (.) but I’ve spent too long in my life thinking that (.) putting
up with misery and (.) and mistreatment and abuse was worth it because it was (.) it was growing my
tolerance

-mmm

-if it makes you miserable (.) after seven years (.) you’re not getting much out of it and I’ve been
liberated from that a number of times and I know when I get to the end of the journey with someone and
there’s nothing more to learn and I can’t grow anymore I* will probably walk away when I’m ready: (.)
but (.) maybe I’m not ready just now (.) maybe it’s not so bad (.) maybe I just needed to have a chat
about it (.) and let some of that stuff out (.) but let’s hope that that other person isn’t going to just try
and fill it up again cos (.) some times I get the impression that (.) people don’t want* me to be empty

-aha

-if I show too much (.) emptiness (.) they want it back full-up again because they (.) they (.) they need*
me to be (.) held down by my anger (.)

-mhm (.) why would they need you to be held down/

-/ I don’t know (.) that’s* the kind of (.) paranoid sort of vaguely* psychotic [muffled word]

-are you talking about your partner now?

-ye::ah sometimes I really (.) every* time I feel really good and it’s (.) empty (.) I feel somehow that he* is
just wanting to (.) put it back in me so much that I just think “this is fucked up. I’m not allowed to be
calm. I’m not allowed to be completely empty of (.) destructive emotion” I have to always be on the edge
of some (.) ah: negotiation situation where there’s my life on the line or my dignity on the line it’s bullshit
(...) I haven’t figured that one out yet (...) so the strategy and tactic for that is never to let anyone know*

how empty you are but I am so open and (...) transparent that (...) it’s just easy to see I think (...) you know?

-mhm

-(puts on funny voice) it’s hard (...) it’s hard being me

-you keep going back to notions of justice and fairness and all that

-ye:ah

-um (...) would you by any chance be able to describe to me how it feels for you when you first detect an

injustice? Do you get angry straight away or/

-/I’ve always been the guy that will s(.) that jumps up and protests to the injustice and I’m (...) I’ve gone on

grand missions thinking I’m a vigilante (...) justice man trying to make things right (...) trying to let people

know (...) I will go any (...) level to (...) to sabotage their life if I see an injustice on my friends or on myself (...) you know? And I’ve (...) tried (...) so* many random and extreme versions of that that I’ve (...) I’ve real(...) I’ve

come to the conclusion that it’s not my place on the Earth to (...) stand up for every injustice I’ve spent the

majority of my life being that guy

-mhm

-and yeah I’m (...) I’m sensitive and attuned to injustice but I’d rather not know about it

-ok

-and what I’m more concerned about is the injustice upon myself

-mhm

-of putting up with things that cannot be protested (...) you know? That’s where I’m at now (...) that’s

coming to (...) what I’m trying to avoid (...) try to avoid feeling that I’m enduring too much injustice

-Mmm

-but when the injustice is happening it’s when (...) I’m angry (...) when I’m most angry when I feel an

injustice (...) 

-and how do you (...) behave or feel?

-I think that’s when I (...) can* lose control that’s when I can (...) really (...) explode that’s when I can become

(...) physically (...) you know (...) not violent cos I don’t attack people but people coming towards me I will

defend myself and (...) 

-mmm
-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 just a waste of time and I was like smashing the windows and ended up being stabbed it all just (. .) I always keep getting taken back to that* feeling of so much injustice that I’m willing (..) to be in handcuffs
( . .)

-mmm

-and I’m like ( . .) let me not* focus on the injustice let me try and put some perspective on this now you 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 let me just (. .) watch some TV and calm down (. .) make some dinner and do the washing-up and do the cleaning and do: (. .)

-mmm

-do everything to show that I’m trying to be respectful of (. .) someone else like trying* to look after me or letting me in their life even though those practical physical (. .) material things mean nothing* to me

-mmm

-and there’s a big (. .) big (. .) deep sadness there but that’s just the nature of (. .) of my (. .) existence (. .) it’s just (. .) dealing with these (. .) these gaps* in my spiritual well-being and (. .) trying to grow stronger trying to grow more independent (. .) just yearning for that ability to sort of (. .) stand on my own two feet and not allow* anyone else to (. .) make me feel anything* that I don’t wanna feel

-mmm

-I think I’m getting there (. .) I’m just not ready to let go of (. .) that* (. .) sort of chaotic (. .) existence that I’m (. .) just been conditioned to (. .) take it as normal (. .) cos if it’s not happening things can feel very quiet and I can become very destructive in other ways and I don’t like the alternative d’you know what I mean? I’d rather not wanna (. .) wanna kill myself so I will put up with something else (. .)

-that makes perfect sense I think

-yeah

-a couple more questions if you have the time for this

-mmm

-um:: you have given me a very good account of how it feels psychologically for you (. .) when you get angry or when other people make you angry (. .) how does it feel physically? You’ve mentioned this whole hydraulic system

-yeah yeah getting hot*

-mhm
-getting really* hot(.) my blood starts to boil(.) um(.) my heart starts to race you know like(.) it’s a
proper fight or flight situation

-aha

-and it’s always the “fight” bit it’s always trying to(.) yeah(.) it’s really like(.) that’s why I was taking beta
blockers(.)

-mhm

-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
without them

-ok

-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
going without them if like it’s calm(.) I just like having them because I know it will just help(.) soothe me
in a way(.) that I need that kind of an intervention(.)

-mhm

-I think that’s fair enough but the beta blockers I don’t(.) like to take but they’re really sort of(.) strong
you take them and you feel your heart really (makes sound) and then it slows down it’s like(.) it
physically(.) inhibits that stress response and I’ve(.) I’ve had times when I’ve needed that but it was a
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(.)
that helped for many years to keep me(.) quite calm

-mmm

-but it also helped me become psychotic so:(.) I don’t do that anymore I mean I still(.) I would like(.) I
would like every day after coming to uni to have a spliff or something you know just to calm down

-mmm

-from the(.) the mental activity(.) cos I find it hard to sleep(.)

-mmm

-the blood boiling when you’re angry the(.) the heat(.) my body running so hot already as it is(.) my
body runs hot(.) so when something’s happening that makes me angry(.) it always can make me sweat
(.) makes my heart race(.) it makes me(.) agitated(.) I wanna(.) I wanna smash shit up(.) I mean that*
impulse has been suppressed

-mmm

-but if I were in a room with plates and a baseball bat I would have so* much fun smashing shit up like in
Japan they have basements where they have effigies of their bosses that the workers can come down
and () beat the crap out of them you know like the Bonobo doll thing (.) it’s a real force of human life (.) aggression and the (.) the need to (.) let it out (.) and it’s something that (.) as a working class raised (.) white (.) so to speak man (.) my grandfather was actually native American so I have a kind of spiritual connection to more of an indigenous part of my ancestry but at the end of the day I identify as white (.) I’m working class (.) and it does just seem to be the plight of (.) of (.) not just white but working class (.) raised poor (.) grown up on a council estate (.) men and women who struggle on the whole (.) with anger and aggressiveness (.) and it’s because we’ve seen it our whole lives it’s because it’s (.) socially conditioned we’re supposed to be workers (.) we’re supposed to be strong (.) our bodies get used up to do the labour of the (.) the ruling classes and the middle classes you know (.) I lived with a middle-class family in the foster care and the boys in that family (.) they* don’t express anger like my brothers and me and my dad (.) they’re taught how to behave* (.) their parents weren’t hanged to their necks every day so they’re not being traumatized you know it’s just (.) it’s obvious to me why (.) to get along in this world you can’t be angry (.) no-one wants to see* that (.) the moment you show that to the wrong people you’re gonna be (3sec) -mmm

-kept away (.) you know? You don’t (.) you don’t wanna be an angry person (.) no-one wants to be an angry person so: (.) it’s one thing to be able to get along with (.) the world the people in the world and not show too much anger but it’s always there* under the surface and (.) you feel (.) you’re not connected to these people because you are genuinely full* of rage (.) that you can’t express and (.) to differing degrees (.) many of the people in prison have problems with this stuff if there’s (.) violent crime you know? It’s a big issue in our world today and I feel I’m somewhat on the top of the bottom of the 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 boy (.) you know?

-mhm

-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 (.) even though I’m learning very late in life things I should have learnt much* younger (.)

-mmm

-but I can’t let my past define me (.) no-one’s going to understand my past but I have to have compassion for it (.) I know why I am like I am and I don’t need* anyone else to understand that I just need to (.) control myself (.) I’m only in control of myself so (.) I can only blame myself if things go wrong

-mmm

-and I (.) you grow in the sense of (.) pride in yourself to be able to compose yourself and hold your head up high and feel like you are like a (.) civilian (.) I mean going from being in prison to being a student has been a long journey and I’m really proud of myself for getting* away from that awfulness and (.) being
able to feel that I'm like (. ) a person in the world again that people actually like (. ) could be (. ) impressed
with (. ) what I'm doing with my life and my good friends know what I've been through and they are* (. )
but there's always this niggling doubt (. ) even in me and in all of them (. ) I could* fuck it all up (. ) that's
always going to be like that (. ) and I like (. ) get like that (. ) I don't know anything else (. ) I don't know
anything different I just know that it's never a done deal (. ) there's always a risk with me (. )

-mmm

-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
(. ) the (. ) the architect of my demise (. ) [giggling] I am my own architect of my demise (. ) if ever (. ) demise
occurs (. ) [inhales] so: (. ) yeah (. ) still got lot to work on

-sounds like but sounds like you're on the right path so:

-thanks mate

-haha nice one (. ) so yeah (. ) I must say you answered pretty much all my questions so is there anything
you'd like to add before we wrap it up?

-um: what are your thoughts on anger?
-ok (.) as you know this study is about anger

-yeah

-so may: I ask (.) what brought you to this study or what role anger plays in your life?

-ah:

-if any

-yeah! Ah: (.) so:: (..) I: (.) when I saw this (.) immediately I thought of of ah: my relationship with my
girlfriend (.) whom I’ve been with for quite a long time

-ok

-um: (..) for about (.) 8-9 years? Nearly 9 years (.)

-wow

-I’m 27 so (.) relatively young and not many young people (.) well (.) maybe (.) I’ve (.) none of my friends
have been in relationships that long

-mmm

-:and a: she:: (.) she’s from Cyprus (.) she’s Armenian but she’s from Cyprus a:nd (..) she’s very kind of ah
(..) intense* (.) passionate (.) loud (.) I mean (.) the stereotypes* of Mediterranean people and I (.) I think
(.) I would (.) I would have described myself not as that (.) I would have been you know (.) stereotypically
British (.) in inverted comas and (.) you know (.) calm relaxed and things like that and ah: (.) but* (.) you
know is (.) we:: (.) we’ve been through a lot together and we (.) I think we just have very different (.) ah::
(.) ways of dealing with anger and frustration with the world and I’m (.) very much someone who (.) eh:
(.) you know (.) keeps it in and bottles it in and then explodes (.)

-aha

-whereas (.) my partner* (.) is (.) you know (.) uh (.) an.angry all the time (.) you know (.) or angry at a
certain level and then up-and-down whereas I like this [points with his hand] a:nd you know (.) depends
on the context of that anger

-ok

-um but (.) when I saw the advert (.) that’s the first thing that came to my mind and then I was thinking
(.) over the last (.) erm (.) five years of my life (.) cos of the time frame and I was thinking (.) you know (.)
what* (.) role has anger played in my life (.) has it been more than any other (.) part in my life?

-mhm

-have I been more angry recently than I’ve (.) ever been I don’t know (.) probably* (.) which I guess
might come out from talking about it
- alright

- eh um: (.) so (.) yeah I just thought that’d be an interesting (.) thing to (.) to talk about and get paid
  for that you know [bangs hand on table] but I also (.) I thought (.) it definitely has a role in my life um (..)

- cool

- yeah

- so you mentioned that you are the calm component in the relationship

- yeah yeah

- the calm part (.) erm (.) how does this come into play with (.) the other part?

- (..) yeah um (.) so:: when my par. so five years ago my partner (.) her (.) her father died (.)

- oh

- very suddenly um (.) within (.) about three weeks of becoming ill (.) he died (.) of cancer (.) uh (.) wasn’t
diagnosed wasn’t anything (.) a:nd even even before that we’d moved in together for maybe (.) maybe 3
or 4 years (.) um: (.) a:nd (.) we yeah we had (.) you know (.) aspects of that kind of passionate
relationship (.) me calm (.) her not calm (.) um existed but (.) after bereavement after going through grief
kind of way more (.) pronounced and so: (.) my partner you know after dad died went (.) to (.) do a
masters and then tried to find work and really struggled with that and so ev.ery day was struggle (.)
you know anger about [bangs hand on table] not being able to make money o:r uh: not being respected*
or (.) comparing herself to other people she went to school with or friends at university like being
successful um (.) kind of me acting as a counsellor

- mhm

- and trying to (.) to eh:: (.) eh offer* support and guidance reassurance and (.) this you know ah (.) and
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 (.)
frustrating me it’s making me upset and” not only because I can’t fix it but also because I don’t (.) know
what I’m doing so I think I’m doing a bad job (.) you know

- mhm

- um:: sorry my phone is ringing gotta turn it off

- sure

- so: now (.) anyway that’s gone up and down over the last (.) couple of years but I think now* (..) my
partner’s (3sec) my* anger is a lot of the time (.) linked to her (.) anger you know like (.) [bangs hand on
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
time for example (. ) I moved industries about two years ago (. ) from working in the food industry to a
charity industry

-alright

-and I was (. ) I was very frustrated and angry with (. ) ah (. ) you know (. ) not being successful and things
like that and I moved industry and it got even worse* a:nd ah (. ) I feel like my (. ) at this point in my life
my anger is probably: the lowest it’s been in quite a long time

-mhm

-um (. ) but (. ) in terms of (. ) in terms of like anger like my everyday life (. ) um (. ) I think (. ) a lot of it is (. )
linked* to my partner and (. ) probably like her (. ) anger issues

-mhm

-rather than (. ) my my own too because I (. ) I explode I don’t t. because when you’re with someone
who’s angry (. ) a:ll the time

-mhm

-the: uh what they’re going through you instinctively try and calm them down reassure them and (. ) um
and you kind of (. ) put* your own anger to the side* (. ) and (. ) and (. ) it it might not be seen as as*
important (. ) uh (. ) but then (. ) when you actually get the opportunity to (. ) to be angry about something
you might unleash* (. ) all of that pent-up like a lot of people use the: (. ) the example of a kettle [bangs
hand on table] you know like going going going and then like (. ) exploding (. ) and that’s that’s kind of (. )
kind of me: (. ) I think sometimes

-do you maybe have an example that can illustrate that?

-ah: (3sec)

-or:

-yeah um (. ) I think (. ) let me think of something recent. Not recently just let me think of an example
(2sec um:: like (. ) my my girlfriend was complaining about her weight (. ) for a long time (. ) and so I kept
suggesting (. ) do a diet go to the gym (. ) to do these things and (. ) we (. ) you know we started talking I
started trying to encourage her and um (. ) eh: (. ) I was getting so* frustrated that (. ) I was just like (. )
[shouting] “I don’t wanna have to say these things again! I keep saying this to you!” “them to you” or
“why aren’t you listening to me? I’ve... This is what I’ve done this is what other people have done why
don’t you just try it might be different than the past” and (. ) you know* (. ) because I’m the (a) taller
person I can (. ) I can* have a loud impressionable voice if I want to (. ) but it’s not something I use cos I
know* that it’s (. ) scary (. ) you know

-mmm
and so (. . .) I* know that my anger’s taken like control of me when I (. . .) eh:: (. . .) I (. . .) shout really loudly or I (. . .)
and that is what I did in that example

-mhm

-or I like you know punch a wall o:r [bangs hand on table] something I (. . .) it’s not* something I do on a
regular basis but you know (. . .) I’ve never hit* my partner I never would* but um (. . .) I sometimes I feel
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
(. . .) express* myself through words anymore (. . .) and getting I’m getting more* and more angry and I don’t
know what is (. . .) I don’t know how else to get that aggression that’s boiling up inside [note: he was
banging his hand on the table throughout this passage]

-mhm

-inside of me (. . .) I think (. . .) my partner* I know (. . .) she hasn’t talked about it very much but (. . .) her
relationship with her dad was (. . .) very intense like they were best friends (. . .) and (. . .) but there was love it
was like a love-hate kind of (. . .) relationship (. . .) um (. . .) a:nd they’d get incredibly angry at each other and
then (. . .) you know (. . .) love* each other and are very (. . .) pers(. . .) pers(. . .) like probably relationships that I’ve
never really seen with a lot of (. . .) children and their parents

-mhm

-and: but at the same time I kn(.) I have a rough f(.) idea that there is there was some like a physical* (. .)
violece there at some point (. . .) not really sure what that is cos my girlfriend doesn’t want to talk about it (. .)
(. . .) 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 (. .)
everything that’s interpreted as (. . .) um (. . .) as physical aggression (. . .) um (. . .) is gonna put up a fight rather
than flight scenario (. . .) between us so (. . .) you know (. . .) my girlfriend might hit me or like (. . .) not* (. . .) yeah
she’ll start throwing things at me or kind of like hit me on the arm or something and I said “please don’t
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
language to show (. . .) my (. . .) my my aggression without doing anything (. . .) and even that is* enough to eh
(.) to (. . .) to make her even more angry and it’s like something you have to (. . .) control* (. . .) you know if I’m
ever getting to a point (. . .) between us arguing (. . .) and sometimes there’s just (. . .) they’re stuP:pid things but
sometimes they’re like more meaningful things like (. . .) I definitely gotta do this masters is it really worth
doing it (. . .) to relationships with her friends to (. . .) [bangs hand on table] you know her work going really
badly or (. . .) things like that (. . .) I think (. . .) yeah my* (. . .) my aggression is funnelled through* (. . .) my
relationship with my partner (. . .) I think

-mmm

-and (. . .) yeah (. . .) I don’t know is that does that answer your question or

-pretty much!

-yeah!
- did you mention (.) that (.) like did I get it right that you’re trying to sort of control your anger in order to
not get your anger (.) your partner more angry?

- 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
say the right thing and (.) then I never say the right thing [laughs] and um (.) [muffled] and one thing my
partner really hates is that (.) I (.) s(.) I don’t always express how I’m feeling about things

- mhm

- and maybe I’m not very good at expressing myself? Um (.) to her or maybe (.) maybe it’s (.) sometimes I
feel like (.) I (.) can predict a couple of steps before (.) they happen so I’m like “well if I say this thing, then
she’s gonna say this thing and this is gonna lead to that and then we’re gonna argue and then” and (.) my
initial reaction is just to be like “no it’s ok don’t worry about it” rather than say “this upsets me, because
of X, Y or Z”

- mhm

- and that (.) I don’t know just that feels like a more British (.) uh (.) thing that you don’t really say how
you’re feeling (.) even if it’s painful like even if it’s hurtful (.) whereas (.) the stereotypical (.)
Mediterranean Cypriot Armenian would like (.) from what I’ve seen* it’s like you’re upfront you’re
honest you say to(.) hurtful things you know painful things but* (.) it’s it’s worth it to get to that point
and I think I still (.) I think I’ve probably got (.) I think that’s a (.) better way to do things but (.)

- the Mediterranean way?

- yeah* to (.) um (.) but (.) yeah but (.) there’s always a battle between myself between how I feel and (.)
and what I say [bangs hand on table] and I think that’s* (.) that’s where a lot* of (.) the (.) aggression
comes from cos I sometimes I’m like “well I could say this really hurtful thing that’s honest, that’s true”
but it might just be too much for a (.) my partner

- mmm

- to hear* because she: (.) you know she battles with depression and anxiety and (.) being overweight and
(.) not making much money in her job and (.) having her brothers and siblings her mom who lives 2,000
miles away so you know it’s (.) I’m so aware of all the things that can (.) [bangs hand on table] set her off
that I try and (.) stop (.) to stop it but in the process that might make me* (.) more angry cos I’m like “I’m
always stopping myself from me saying how I feel or what I wanna talk about or… who I think” it’s like (.)
you know you don’t if you (.) ”if you’re frustrated about (.) not being able to wear the clothes that you
wanna to wear then (.) join the gym! (.) we’ve been talking about it for ages you can do it” (.) you know?

- mmm
“this is what I did what I did about it and this is what other people did and it’s really easy” and
things like that. um but yeah sometimes it’s s:till to there’s still a lot of effort to go to	hat step and do it so
-an effort in order to express yourself in a way that wouldn’t upset her more you mean? Rather
-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
the right thing to do but is it worth* doing it now?” because because it might not* be you know even
though I might be right she’s had a really bad day or
-mmm
-you know (.) and ye:ah [sighing] I think I think that’s it’s it’s difficult for me to like express anger (.) you know
-ok
-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
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
bad mood” and sometimes I’m not even conscious* of the fact that I’m um seeming like I’m in a bad
mood (.) do you know what/
-/mhm
-some people (.) when they come home from work (.) they just need that like 5-10 minutes to relax and
some people don’t need that some people just wanna talk about their en::tire day (.) or like (.) and that’s
what my girlfriend or (.) yeah like (.) the alarm goes off at 8 o’clock in the morning and (.) and she wants
to talk about something she was (.) thinkdreaming about or or thinking about when she woke up half
an hour earlier or something that’s gonna happen that day she’s just like [clicks fingers] she’s just ready
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
“why are(n’t) you listening to me, why aren’t you responding to me thoughtfully?” rather than yeah ok
thanks cool you know (.) things like that and (.) I’m like “I can’t have this discussion at 8 o’clock in the
morning” cos I’m like move around like some kind of (.) you know like a zombie
-mmm
-um and then she gets angry at that because she is say:ing these things cos she wants to (.) it’s on her
mind it’s pain it’s insecurity it’s (.) you know anxiety and: (.) that’s* the right thing to do* if you’re
insecure or anxious the best thing is to talk about it (.) but (.) it’s (.) difficult to (.) to respond to that like
when it’s there (.) all the time (.) and so like (.) and so my aggression is like (.) “ah I’m listening to this
again and again and again and again and not seeing, and not seeing like a change in behaviour” and try
and (.) trying to think of five ten different ways that I could say something or [muffled] her something or
do something and (.) yeah I think when (.) when my partner’s (.) when [partner’s name]’s dad died first
she: (.) he died in August and (.) a couple of months before that she got a scholarship to do a master’s
-mhm

-in London (.) and so (.) she was already moving to London (.) I* wanted to move to London cos I'd finished university: and so (.) but the (.) you know (.) she had to (.) she basically she had to do it (.) you know in inverted comas because she got a scholarship

-mmm

-and so (.) those those two years she was doing her masters I I really was like a thera(,) it really was like a counsellor or like a (.) like a carer almost and I (.) I think I was already like this anyway and not* (.) expressing myself or or kind of (.) getting angry and never saying anything

-mmm

-about it (.) but that made it even worse* (.) because (.) I was like “well anything I’m upset or angry about does pales in comparison to what she’s upset and angry about she’s “my dad had cancer for two years and never got diagnosed and he died within three weeks”’’ you know and he’s 60 and she’s 23 and (.) you know (.) and (.) people on her course are like being more successful and (.) you know she’s barely struggling to get to a lecture you know o:r (.) everyone else who she went to school with seems to be having a great life and making lots of money and (.) all this stuff and (.) she’s not making anything

-mmm

-and I (.) so I just (.) it was constantly* like p.push myself to the side and that (.) that’s not only anger that’s (.) eh (.) eh (.) what’s the right word? It’s kind of anger frustration anxiety depression o:r (.) just kind of (.) doing the things that you might want to do? Being like “well I’d really love to go to these restaurants or this museum or go to a different place on the weekend but my partner can’t even get out of bed” you know (.) she can’t do the washing-up she can’t like shower in the weekend can’t even get on a train (.) you know it’s (.) I think it is sometimes a lot (.) I I even sometimes get aggression like “oh I missed out” you know “on the years of my life because I’ve been looking after (.) someone” something like what (.) what I was saying earlier (.) I think my aggression’s (.) reduced* recently

-mmm

-was (.) brutal (.) we’re talking about (.) me starting masters and and (.) just kind of leading up to a holiday before that like in August we went to Cyprus for a week for a wedding and (.) the wedding was of (.) you know two people that (.) we were friends with and (.) my girlfriend had done an internship with them they were like a graphic design company and she (.) she’s a graphic designer she wants to be a proper graphic designer it’s what (.) that’s what she does for her job and before that she was doing (.) art gallery jobs and (.) crappy* jobs basically and um (.) this couple (.) they had a big* grandiose wedding you know (.) kind of nouveau-rich kind of thing like (.) the father wanted to (.) of the the bride lives in this village and everyone* from the village came there was fireworks and c. it was huge like I’ve never been to a wedding like that and um (.) you know my girlfriend was kind of (.) getting upset about (2sec) their*
success you know (.) they come from a lot of money and their company does really well cos they work
hard um (.) and there was like “when is that gonna happen for us?” just like pouring it in I was like “you
know, the last two-three since your dad died the first two years of our life it was... it put us behind” you
know? Other people go through things but (.)

-mmm

-most people I know you know (.) grandparent dies (.) uncle dies (.) you know (.) a friend dies maybe but
(.) most (.) most people under 30 (.) their parents haven’t died yet you know (.) and that’s a huge
role on your your (.) that makes a massive impression on your life and you stop and you think about
where you are and what you’ve done and (.) you know (.) or [muffled] you could have spent with them
and all those things and (.) like we (.) my girlfriend was trying to and I was really close to him (.) well (.)
you know (.) he wasn’t my dad my dad’s still alive and I’m close to him but not as close as she was to her
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
behind a bit”

-mmm

-you know like every time you get angry about (.) I get angry about the fact that like (.) all my friends
from school who live in London (.) like me

-mmm

-I have like a friendship group of 30 people about half of them live in London they’ve all got more
successful jobs they’ve all got more money you know? Whether that’s like (.) real or if it’s just like from
what I see on social media or when we meet up and what they say you know that’s different but uh (.) I’d
get I’d get angry and be like “I’m still not making any money” you know “I moved industry and I thought
it would be great and it was... fucking shit!” you know and “now I’m going to uni and I’m not making any*
money” like it’s even worse you know and I hate (.) I get angry about all these things I have to (.) keep
reminding myself like (.) I didn’t (.) I didn’t think my partner’s parent would (.) I didn’t think I would end
up (.) being like a carer or anything like (.)

-mmm

-didn’t think I would (.) ah (.) not be able to focus* on my professional career or* my personal life (.) um I
didn’t think I’d have to think about them in such a different way (.) you know (.)

-mmm

-and (.) [exhales] that’s taken like a long time to realize (.) and I think that’s probably helped* (.) w(.)
reduce* my aggression (.) you know but (.) then (.) like a lot of (.) you know (.) you sort one thing and
then another thing (.) becomes (.) a problem you know so I (.) I um (.) I left (2sec) when I when I moved
to London (.) about three months before I’d start working at a bakery (.)
mhm

I'd got really into food while at university because of my girlfriend she's from Cyprus you know and makes some amazing bread souvlaki and you know all that great stuff [bangs hand on table] I just learnt to love food like I never had before so I worked at a bakery and I worked there for three-and-a-half years and it was really like it was there were some really fun things and it was really good for my personal development but my girlfriend's dad died as soon as that happened

mhm

-and so a lot of the time it was like “get to work do my stuff get out” you know.

-at some point you might need to uh take control and if you're not on gear then that might be quite difficult

mmm

I feel like since I finished university I've I've done jobs that not pushed me over the edge: like not a 70-hour week as a lawyer or you know compared to some of my other friends like I would just compare myself to them and then think “I haven't worked as hard as them and that's why this is happening”

mhm

[muffled] and then but then I would think “oh well” you know “I was looking after my partner and I was going through things and I didn't even realize I had depression myself” like you know and I think over the last year or two a lot of people have woken up to the fact that one in three people have mental health issues you know at some point in their life or it's ok to talk about having or anxiety or any of these [symptoms?] at some point in their life which again I got made redundant in August this year

mmm

we did it was using we took surplus food from supermarkets and cooked a three-course meal for people that was free so it was for ah people who are homeless refugees people of low income people with health issues like as part of that we did mental health training

mmm

which was really good and ah made me think realize that people are there a lot more factors to like why people are in the situation that they're in and so I think
ah (..) you know e(.) you can’t just blame that (.) it’s not that person’s fault necessarily like (.) why they’re
in this why they’ve got this way they’ve got that you know (.) there’s so many other factors

-mmm

-and I think I was a wake-up* call to me you know like “stop blaming yourself for (.) not being as (.)
getting a job in an industry that’s like not (.) very developed yet and being made redundant” like “it’s not
your fault” you know what I’m saying? You know when I was (.) when I got made redundant again* (..)
when you talk about it with people you’re like “oh I (.) I’m getting made redundant” or “I got made
redundant” and (.) both my dad and (.) my mom and my grandad (.) my maternal* grandad and my mom
(.) were both (.) when I would talk about it with them they’d be like “no your job* is getting redundant (.)
it’s not you”

-mhm

-you know? Which is like an important* distinction but it’s not (.) the way you talk about it (.) you know
(.) and you take it very much personally like “I’ve not done enough” you know “I’ve not done any and so
I’m getting angry that I’ve got myself in that position” but it’s that reframing* of (.) of the experiences
like “I don’t have to be so angry:” you know “it’s not (.) me (.) it’s a whole oth(.) million other reasons
why this company is in a folding or whatever”

-I see they are quite different

-yeah so (.) don’t know what the question was I just talked ten minutes in

-brilliant!

-yeah

-ah fro:m (.) I do have a question from what you told me (.) yes by the way if you don’t feel comfortable
answering anything just tell me and we’ll skip that

-ye:ah

-but may I ask you how it makes you feel when you find yourself (.) pushed to the side as you said (.) for
your girlfriend’s needs?

-yeah (.) it’s it’s frustrating

-mhm

-you know: (..) a:nd: (3sec) it’s (.) it’s (.) it’s difficult to like always give yourself (.) give your s(.) to do*
things for someone who says “thank you” and says “I love you” and “I really appreciate that” it’s like (.)
ah (.) really* does mean it (.) but then at the same time (.) will get angry at (.) one thing’s out of place or
(.) like my girlfriend my girlfriend (.) she will do something it will be (.) perfect (.) she will kill herself in the
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
(.) you know (.) it’s better that everything’s ok than like this one this is perfect

- mhm

-and ah (.) that’s just that’s two different approaches to: (.) a problem and (.) um (.) I use that* approach
a lot* because (.) maybe from (.) having to like look after my partner and things like that and (.) but some
times it’s like “wow I just cleaned the bathroom the kitchen the bedroom, cooked food [bangs hand on
table] three meals done this done that you’re still getting angry about me for not saying
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
more and more to just be like “just let that anger go, don’t get angry about things it’s not worth it” like
“it kills” it kills people you know (.) not just like someone gets so angry that they kill someone but so
angry that (.) it (.) affects their health (.) you know

- mhm

-and (.) it’s quite yeah it is frustrating (.) um (.) I feel a lot of the time like they don’t (.) I don’t give
anything (.) I don’t do anything (.) I feel like I don’t do anything properly: (.)

- mhm

-and I don’t make anyone happy* (.) because (.) so (.) I play drums (.) and I play in a(.) play in two bands

-ok

-and (.) I’m at uni (.) and well I did have a job I don’t anymore (.) a:nd I have a girlfriend and like (.) I
have three brothers and parents and (.) and (.) you know I try to do other things for myself as well like (.)
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
do anything (.) properly and I’ve some times I feel like I’m giving aw(.) I’m giving away a lot of myself to
other people

- mhm

-ah: to make them happy (.) and they’re never happy* (.) and that just makes me (.) angry* and
frustrated and (.) with my partner some (.) you know (.) it’s that kind of love-hate thing like (.) she’ll love
me and say “thank you” and will really really mean it but then (.) when she’s really angry about
something like she won’t (.) mince her words like you know (.) and you know it’s arguable* that it’s (.)
that that’s the right way to (.) to talk about things or (.) to be [bangs hand on table] straight about
something like “she’s just saying that” but at the same time you kind of just put it on (.) in the
perspective of the world and you’re just like “it’s worth getting angry about” and so you get angry about
that* because you feel like (.) there’s only (.) [bangs hand on table] how many times can you say to
someone “it’s not worth getting angry about” until it makes you* angry that you (.) that (.) you’ve said it
10 million times they don’t listen to you
- do you see what? Do you see what I mean? [bangs hand on table] like [laughs] you* try to stop someone else get angry makes (.) me* angry (.) you know (.) um (.) and that’s quite (.) quite frustrating and so I feel like sometimes my approach is like “slap-dash” kind of like do lots of things just make sure they’re ok

- mmm

- and (.) and (.) and maybe deep down inside I would like to do that* thing better but (.) maybe I just don’t have the energy maybe it’s just not worth it (.) but then I know* that (.) I might get (.) somehow I might get criticized for not doing something (.) properly (.) but (.) like at least it’s done you know?

- mmm

- and (.) I just move on to the next thing

- earlier on (..) sorry

- it’s all good

- earlier on you mentioned that (.) when you’re having a chat with your partner you kind of sometimes see five steps ahead and that if you say that she’s gonna say that and/

- /yeah

- so: do you believe that if you did* say that first thing and you did get to the end of those five steps (.) would that make you feel more angry or more ah: (.) eh: (.) sorry* for/

- /ye:ah I know what you (.) um (..)

- or neither of/

- /probably (.) probably more angry* (.) sometimes because (.) what you’re talking about (.) there isn’t an an(.) there isn’t an answer to it (.) "I really miss my dad” you know (.) “well he’s dead” you know (..) like (.) or (.) you know “I (.) I really hate the fact that I’m not getting paid more money” (.) “well ask for more money” “I’ve done it but I’ve not done it this way” “well then do it this way” you know [bangs hand on table] it’s like spending two hours after (.) studying all day or working all day (.) playing drums or whatever (.) spend two hours going through the like (.) intellectual exercise of (.) trying to convince someone to do what (.) you think is best for them (.)

- mhm

- or indulge (.) indulge* their frustration and anger with the world (.) and try and move on you know?

- mmm
[laughs] yeah well I mean [bangs hand on table] what yeah each* of them have their pros and cons and
and (. ) maybe that’s why a lot of the time I struggle with like expressing how I’m feeling or (. ) ah (. ) not being honest about something because I’m (. ) I want to (. ) I want to avoid* one thing

-mmm

-rather than (. ) ah (. ) rather than (. ) rather than go down a specific (. ) go down the road and see what
happens it might not be as bad as I think maybe by being honest (. ) yeah it will be 20 minutes of (. ) like (. ) arguing it won’t be three hours (. ) you know and maybe she’ll feel better afterwards but or maybe it will
be two hours of arguing and it will be even worse*

-mmm

-or maybe it will just be ten (. ) five minutes of me going “mmm” you know “whatever” and like it will just
stay with her (. ) like instead of passing on (. )

-mmm

-to me (. ) and (. ) then (. ) that (. ) aggre( . ) yeah (. ) it’s like a shared anger you know like you t(. ) eh (. ) like a
ball (. ) you know and you just try and get rid of (. ) the ball and you don’t know where you’re gonna put it
and you don’t know what’s gonna (. ) what’s actually* gonna (. ) [laughs] I don’t know why I’m using a
football analogy (. ) like have to get in the (. ) you know (. ) you don’t know what to do with it and so (. ) I
think a lot of the time I try and stop that by just not get( . ) by not having too much of an absolute (. )
opinion

-mmm

-about something (. ) um (. ) and yeah maybe that’s not the best approach (. ) to

-you never know

-yeah yeah (. ) maybe I’ll just figure it out who knows? So (. ) yeah it’s frustrating* because (. ) you know (. )
you:. (. ) the people compare themselves to other people (. ) and (. ) in 2015 2017 when like (. ) every*
person on this earth is like (. ) really* struggling and (. ) is groomed (. ) their entire life with like (. ) you
know “you should have a house” and “you should have a successful job and a dog and three kids and by
the time you’re 35 at least” you know (. ) all that stuff (. ) and you still* (. ) [bangs hand on table] and then
you’re like “well” you know “I’m never going to own a house, I’m never gonna live (. ) just with my
partner and I’m never gonna like (. ) travel the world I’m never gonna” you know do this do that do this
thing that my parents did or my (. ) her* parents did or whatever you’re like “it’s just not gonna happen”

-mmm

-and (. ) maybe (. ) maybe a lot of our aggression comes from like (. ) our lives are not gonna be: (. ) the way
that we thought (. ) they were (. ) until like 10 years ago (. ) with like the financial crash and all of this (. )
kind of things and I think you kind of crave the things that are really difficult like [bangs hand on table] ever since that we've lived in London me and my partner we've always lived with other people you know. And most of the times it's been like me and my partner share a bedroom.

And one other person lives with us and that's been like a random person or that's been like a really good friend a:

or that's been kind like some of them acquaintances someone we know and that becomes like a huge source of frustration and anger for both of us but more for my partner because she like um this is a good example so we had a new housemate move in like four-five months ago.

my girlfriend was ill ah they d we were we all know each other from university kind of it's like a long story but so we had lots of mutual friends who kind of know each other but so we'd see him with with one group of social friends but we'd never see him in another context now he lives with us.

like he's someone who me and Tara are like friends with but not close but he's much closer with.

he might see more often so my girlfriend was ill and she was like at home and it was Friday night [bangs hand on table] she worked really hard she just wanted an evening like in her house alone or like not alone but just with me and even with him.

that's fine but he said he brought around this mutual friend of us or like he said he was going to and she was like "what? Like, I'm ill" like "I don't wanna be with anyone" and like "obviously you can be here you live here you pay here" like “[P.10’s own name] can be here obviously he's my boyfriend” you know "I'm not saying you can't come around, come around" but "but please don't bring in other people like why why isn't that obvious?" [bangs hand on table] you know?
and he was like “home for me is like the place where I can not be so lonely” you know like “I 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”
[bangs hand on table]

and so “home is like the place where I can bring a friend bring two friends or whatever and not be so lonely” whereas my girlfriend she has me and and maybe you can even even if she didn’t have me she’d [laughs] probably be like this. she’s like “my home is like my respite from the rest of the world”

-mmm

-like “this is where I want to be lonely” ah “so I don’t want anyone” if I could my girlfriend’s mom is often like “if Tara could live on a mountain, she would” you know she would love that um: and ah: like I think that completely different way of looking at like the spirit of like a frustration and anger with like the the world or the the current work-life balance or their trajectory or whatever they’re doing is like was shown so visibly in that like the same shared space but used for like so different reasons and no-one’s like right or wrong but it was just like “[exhales] what do we do?” you know: I was like you know in a lot of my jobs and in my personal life I’ve played this like peacemaker

-mhm

-ah: ah kind of negotia thing um so part of doing that is kind of trying to push yourself away from the two sides you know like try try not to be swayed by one side try to see what’s shared what’s collective and like what can be talked about you know and I’ve used that from managing volunteers to like to run their own projects well or start it or better to you know when I was doing complaints at a bakery and um like [exhales] getting the bakers to stop shouting at the drivers or the packers you know like

-mmm

-trying to trying to figure out like what the problem is

-aha

-ah and ah you have to remove yourself from from it and to try and find that answer

-mhm

-but when you do that you can’t do that when you’re in a relationship with someone you know I think I’ve used that strategy sometimes and I and I it doesn’t work [bangs hand on table] as much because I’m not getting paid for it like I’ve not it’s not there isn’t this whole of the kind of set of boundaries or or status or kind of “well he’s worked for 20 years and he
gets paid three times more than me so I can’t be upfront and square I have to (...) play around with it” and
maybe, maybe that’s like anger and frustration that’s just [bangs hand on table] (2sec) yeah not seeing*
the benefit* of not* (...) being honest (...) and upfront (...) but then (...) but at the same time trying to f::ind a
way to to find (...) I think I think a lot in terms of like “solutions”

-mmm

-or like “problem-solution” maybe that’s a male thing [bangs hand on table] I don’t know that’s ()
sometimes that’s what people say and (...) ah (...) like my girlfriend is just like “I don’t wanna hear about
your solution I just want you to hear me**” (...) you know?

-mmm

-and that’s (...) that’s like (.) frustrating cos it is like “well” you know “well we’ve found a solution we’ll
just go on to the next problem” [both laugh] “the next problem is... just do it” but then (...) but then the
next problem is actually talking about (.) how you’re feeling about something allows you to (.) maybe find
(.) the solution and (.) again it’s just two different [bangs hand on table] perspectives to (.) to try and find
a problem to answer a problem and (.) yeah (.) so maybe it’s like substituting one anger and frustration
for another one like “which one does (.) which one will give me more time or (.) which one will be less
(...) stressful* or less (...) or more rewarding or” (...) I don’t know (...) maybe it sounds like something you
can’t think about those things a:ll the time you just

-mmm

-it’s just instinct isn’t it? Like (.) for me* (.) I don’t know (.) for some other people (.) I don’t even (.) don’t
know if I think about things this way

-mmm

-or in this detail (.) a:ll the time (.) I guess yeah

every now and then you do* explode though (.) you said

-yeah

-what is it like when this happens?

-um:: (.) s(.) it’s [snaps fingers] like (.) sho:rt (.) and sharp (.) and (.) kind of (.) quick (.)

-mmm

-whereas I (.) I don’t feel like I can predict when this is about happen (.) like I know that I’m getting
frustrated and I know that we’re having an argument it’s stressful (.) but (.) I might just say a phrase or a
word or a (.) something and [bangs hand on table] (.) it will be (.) this* loud this* aggressive like
posturing or (.) something (.) um:: (.) often with* my partner like (.) I don’t think there’s anyone else I get
(...) as angry or frustrated with
and (.) and so (.) and then (.) like (.) norm(.) I normally* regret it (.) like (.) because it’s all I seem to do (.) um (.) because (.) because (.) my (.) m:y (.) eh: (.) my girlfriend she (.) like I said she: (.) I y(.) I think she has experiences with some kind of physical (..) you know (.) violence from (.) from her (.) her dad (.) like (3sec) and (.) I wouldn’t find it (.) I don’t know how bad (.) I don’t think like a punch in the face or anything but (.) like a push or like posturing like in her face and (.) both of my (.) both of her (.) she’s Armenian both of her parents are refugees twice* refugees (.) from places and ah (.) that has its own sense of trauma and (.) and (.) frustration and anger and ah (.) I’ve heard so much about like (.) my girlfriend’s dad and like the way that he was brought up and like his* dad would make him and his brother fight or and his brother still until he died like they were in a business together and he would still be physically aggressive towards (.) Tara’s dad and things like that and (.) there is like (.) his (.) his ah (.) and so I (.) I’m aware* of these things and like aware of like our responsibilities to (.) to not* be like that like (.) obviously generally like (.) I don’t wanna p(.) I never (.) I don’t wanna be violent towards anyone* (.) I understand* that it’s wrong* (.) but sometimes (.) m (.) it just (.) get (.) I don’t even think about doing it like it sh(.) it just happens it just comes out and it’s a phrase or posturing or (.) self-defence (.) you know (.) and it’s just like (.) it’s got to a point where my words can’t (.) my (.) my words my manoeuvres or my eh (.) strategy* to like ah (.) diffuse* anger isn’t working -mhm -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) “Wh” you know (.) Tara’s 28 (.) like imagine what she was like when she was like 16* (.) you know (.) and I’m like (.) I’m getting this* frustrated (.) like th(.) the (.) normally the extremity of it would be like me posturing or shouting or doing something that’s (.) that puts her on an edge and stops her (.) which isn’t right (.) but her (.) her dad (.) you know (.) maybe go (.) have gone a bit further -mmm -on this isolated occasion like maybe 2-3 occasions that that’s happened a:nd (.) um (.) I’m like (.) I kind of understand why (..) why h(.) why h(.) why: he did that (.) not that I think it’s right (.) not that I would (.) I would always wanna stop myself from doing it (.) but: (.) I get to this point where it’s like (2sec) [bangs hand on table] I’m getting so* frustrated that that seems like the rational* (.) thing to do like (.) [raises his volume] “can’t explain anymore! Can’t talk anymore!” -mmm -“can’t come up with ten different ways to say the same thing. Can’t keep battling” (.) and (.) that (.) like (.) so (.) violence seems like a (.) like “this will stop her!” (.) you know -mmm -“this will show what I mean” (.) this will mean (.) this will be like (.) “listen to me” you know?
-mm
-ah (.) and that’s quite scary (.) thing to like (.) a thought process to go through and (.) be like “woooah! Don’t do that!” [laughs] like “that’s awful” (.) you know (.) and (.) I (.) I’ve never done that and I don’t want to do that (.) you know

-mm

-and (.) so (.) maybe it’s like (.) trying to figure out like (.) then in that* context you think [bangs hand repeatedly on table] “[exhales] actually maybe being honest from the start might be better” like even if it’s painful (.) maybe you would maybe things wouldn’t get to that stage if you’re like [bangs hand on table rhythmically several times] straightforward and honest rather than trying to think like a therapist or trying to think (.) it’s just such a weird (.) yeah balance and (.) but yeah I think like that’s what those like that short (.) sharp (.) aggression* comes in (.) um (.) yeah I don’t (.) I’m trying to (.) I don’t (.) like (.) my relationships with other people I don’t they’re really like (.) my friends in London or back home or my parents or my grand-parents or (.) um (.) they’re really kind of (.) as intimate* relationship is like (.) with a band (.) that I’m in (.) and you might like (.) people (.) ah (.) people often compare being in a band to like having a girlfriend (.) like it’s like (.) a similar thing (.) and actually* like (.) a lot of people (.) if you if you don’t play in bands or whatever (.) they might not really (.) realize that it is so* like that (.) you know (.) because it’s like multiple people trying to say what they wanna do trying to explain [muffled] trying to understand and (.) you get angry* and you get frustrated and (.) um (.) I feel like (.) this* year when I was getting made redundant and I was like finally* deciding to do my Masters and um (.) trying [bangs hand on table] to like have a good healthy relationship with my partner and (.) like at the same time trying to play gigs and record music and like get somewhere with my (.) with my band and like eh:: (.) I got really frustrated and angry when I was (.) I felt like I was treated like a (.) a:: (.) a commodity* (.) cos (.) I play drums* (.) and I’m good* (.) you know? [laughs] it might sound a bit arrogant but I’m good (.) I play drums for like 15 years

-aha

-and um (.) and (.) I love playing drums (.) and I love playing gigs I love playing with people and (.) ah:: when we play gigs (.) people oft(,) oft(,) like I played a gig yesterday in Camden (.) not far from here (.) and three or four people afterwards came up to me and said “you’re a really good drummer. You’re an amazing drummer. I haven’t seen… like a support band or… like someone play drums like such a long time” you know nice things (.) eh (.) I hate* saying these things cos it’s like (.) big-headed arrogant but that* is what happens and um (.) it’s really nice and (.) like even people in my band say it to me (.) I mean 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 saying “I can’t practice this day because… I need… I need a Saturday with* my girlfriend” like I just we never see each other we’re just arguing” I didn’t say those* things but I said (.) I was saying “I can’t practice Saturday” not giving the reasons (.) behind it (.) especially via WhatsApp which is not a great way to show (.) you know (.) tone and context
-mmm

-and ah (.) I felt like I was (.) being (..) criticized for not (.) practicing* as much as the other people
want (.) to practice (.) and (.) I made this comparison that was like “you... you’re in this band but you also
make films so your creative outlet is making films that’s what you do most of the time. And you, you’re
the same you’re also making films. You, you like make lots of other music by yourself so whatever like
and... me, I’ve got this like... job which is taking me like Birmingham and Bristol and Portsmouth and Bath
and... places outside of London on weekends, on evenings (.) um (.) and* during the day so it’s like I’m
trying to balance like (.) seeing my girlfriend and (.) playing in this band playing in another band and
someone else is angry that we’re not practicing enough and, like” I was just like (.) um [bangs hand on
table] (2sec) I got really angry and frustrated I was like “stop treating me like... like... I’m just like a drum-
machine who just like comes in” and how (.) like (.) “I’m a person*” and there’s like so* many like with
every(.) all* of us are trying to balance our loads and (.) it’s not (.) [bangs hand on table] it isn’t
necessarily working for everyone like you know (.) like one person is a film-maker (.) he’s like the singer in
our band and he (.) he works in a school like as a teaching assistant k(.) kind of thing (.) um (.) and he
hates* it and it’s exhausting and he clearly doesn’t wanna be doing that but it’s 2017 and times are hard
and nothing pays and you’ve gotta pay a rent and you do it and you try and get a balance with everything
else (.) other guy is like a freelance like works in (.) the mo:ovies and and stuff like that and he just got
made redundant too and that’s been happening like six months like he knew that’s the direction he was
going in and he’s not getting any of his films and he’s getting paid less than minimum wage and (.) he’s
angry and frustrated with his life and (.) my other friend he’s working in a recording studio and (.) he’s*
not making any money and he’s working 12hour-shifts in the evenings and (.) he’s* getting really
frustrated and (.) it’s like (.) and (.) I’d say an(.) no-one can practice and there’s never* a good time!
Why is it that I’m* getting criticized when (.) all* of us are struggling?

-mmm

-you know? Like (.) in (.) in the nicest possible way no-one’s doing what they want to be doing (.) no-
one’s happy with like their balance (.) why is everyone getting frustrated at me* rather than at each-
other? Why is the fact that I’m playing in another band not as legitimate as you making films or you (.)

-mmm

-doing your own music or (.) or can be anything like being in a running club or something (.) or whatever
like (.) and I got so* frustrated and angry cos I was (.) it’s like (.) “we’re all equal” like and (.) and (.) and
(.) ah (.) you need* to recognize that I’m (.) I’m a person and I’m trying to balance things just like you
like when things don’t work out (.) it’s not my fault like it might be easier for you to put your aggression
and your anger on me (.) rather than the fact that you’re not making any money or you’re not doing what
you wanna do um (.) by making this band a success(.) as successful in your* mind as possible

-mmm
-but (.) I can't (.) I can't get out of the fact that I need to travel for work you know (.) or (.) you know things haven't been great with my girlfriend so I need* to like (.) have an evening with her where 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 back and then I'll go to sleep and then you'll be asleep

-mmm

-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 (.) and it was I think (.) and I get probably similar (.) um (.) strategy to like the one with my girlfriend like putting it off for ages (.) not* being honest and upfront at (.) the start and just being (.) I feel like I (.) see the inherent good in people or (.) or like (.) I'm trying (.) trying* to understand where that person is coming from

-mmm

-rather than being like “this* is what I think, this* is what we should do”

-mmm

-that's a very like stereotypically manly (.) aggressive (.) thing (.) I feel (.) to to do (.) and (.) not only (.) [bangs hand on table] in the U.K. (.) but also (.) especially somewhere like Cyprus (.) it's like all of my 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 say where you come from and that (.) if (.) and that's it* like (.) you've: (.) there's no compromise

-mmm

-and (.) I'm like “that doesn't work” like being manly and aggressive doesn't* wo:rk (.) you know like (.) the whole world is ruined by (.) [laughs] patriarchy and like (.) sex scandals and things like that and I'm like “I don't wanna be like that” like (.) I wanna displace that aggression and um (.) and (.) when you're trying to do that it doesn't seem to (.) sometimes it doesn't seem to work and it's (.) you are trying to (.) then (.) then in that context you're like “fine, well I'll just be angry and obtuse and just like “I'll say exactly what I wanna say in this defiant manly assertive tone”’’ and then that doesn't work either and it's like (.) [sighs] I don't know what to do anymore a:nd (.) yeah like no (.) no* attack like trying (.) trying to make everyone happy doesn't [bang’s hand on table] make anyone happy and doesn't (.) seem to make me* happy but then (.) m(.) makes (.) trying to do what makes me* happy (.) doesn't seem to make anyone (.) happy doesn't seem to (.) so (.) I get angrier but (.) I'm like I'm never sure what the right thing to do is (.) and again that* makes me angry (.) sometimes (.) just don’t know what (.) what the right thing to do is (.) like trying to think about (.) three different options trying to think (.) like (.) steps ahead to (.)

-mhm
-to where I'll vent the aggression the frustration like (.) balance the needs of what everyone wants or
-what a person* wants (..) yeah (.) and it’s just (.) I don’t know (.) I don’t know what the answer is (.) a lot
-of the time (.) yeah (..) you don’t have to ask too much I just kept talking [laughs] (.) yeah
-.most interesting (.) do you have time for one more question?
-yeah yeah yeah
-yeah you have given me a very vivid (. ) picture of (. ) what you perceive anger to be like
-yeah
-can I ask you (.) can anger ever be positive? Like (.) a positive force in any sense?
-a:h (..)
-or is that just (.) nonsense?
-yeah I mean (.) it can* be (.) when you (.) I think (.) like (.) in the con(.) especially now* (.) in the context
-of (.) Brexit Trump far-right nationalism (.) all of these things like
-mmm
-you see: (.) ah (.) a lot of like Antifa like anti-fascist organizations or Hope-Not-Hate and things like that
(.) there’s a lot there’s (.) like (.) that* is fuelled by ang(.) that is fuelled by anger* (.) other people (.) um
yeah (.) um: and (.) I believe those things to be right (.) you know?
-mmm
-but then at the same time there’s all groups of people (.) they’re (.) they’re angry (.) often (.)
-about* things (.) that they should be angry about like not having any money or not having any jobs or (.)
opportunities or (.) the loss of (.) their culture or (.) or things like that (.) [bangs hand on table] but they
(.) put their anger on the wrong (.) people or the wrong (.) I* think
-mmm
-my personal opinion
-mmm
-you know is is not is not (.) Muslims and (.) you know (.) Turks or whatever it’s like (.) it’s (.) [bangs
hand on table] bankers or the elite or what(.) is systems even or whether it’s planned or not* you know
it’s it’s the syst(.) it’s systems* and um (.) yeah if you can (.) if you can channel aggression ah (.) towards
changing those things then there could be a good use of it but (.) [muffled] channel anger in a lot of
different ways but (.) not necessarily for good things
-mmm
- or bad things you know? um yeah it can it can* be a force like I live in Limehouse in East London don’t know if you know but it’s

- yeah

- and on Cape Street it’s a like a very very long street thing and there is a of a hundred years ago there was a huge demonstration no 90 years ago there was a big demonstration antifascist demonstration um with workers unions people who’ve come out lots and lots things like that and they stopped people they stopped fascists marching! You know [claps hands] that’s that’s anger for the right that’s anger for the force of the good

- mmm

- um yeah and I guess having worked in charities as well you know you can get angry if other people are homeless and or you know not eating very well or whatever you can channel that aggression into something positive but maybe sometimes people don’t even label it (.) label it as anger? You know maybe they “it’s just wrong”

- mmm

- 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 thing to do or the wrong thing to do

- mmm

- and so yeah maybe we don’t understand that enough anger* be a force for good but I guess that can be subjective [yeah [laughs]]

- nice

- yeah

- cool I’ve ran out of questions to be honest thank you very much for your time

- no problem

- do you have anything you wanna add before I turn off the recorder?

- no I think I think I’ve yeah bettered myself gave a lot so hopefully that gives more understanding of anger in my life