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Date of Defense

3/30/15

*We also certify that written approval has been obtained for any proprietary material contained therein.
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Unlike medical conditions for which biologically based diagnostic tools and treatments exist, the diagnosis and treatment of Major Depressive Disorder (MDD) usually requires face-to-face communication. Therefore, the diagnosis and treatment of MDD is based in language. However, clinicians receive little to no training in analyzing language. This study demonstrates how analyzing language has the potential to enhance therapeutic treatments for MDD. It presents a conceptual metaphor (CM) analysis of the metaphors that people with and without MDD use to describe emotions. Analyzing the metaphors that people use to describe emotions will help us learn more about how people conceptualize emotions, and, more broadly, how they think about themselves and the world around them.
Introduction

Part 1

In the first part of this chapter I will discuss Major Depressive Disorder (MDD). First, I will list relevant diagnostic criteria for MDD. Then, I will present prevalence estimates of the disorder.

According to The Diagnostic and Statistical Manual of Mental Disorders (DSM) (5th edition), the common feature of all depressive disorders, including MDD, “is the presence of sad, empty, or irritable mood, accompanied by somatic and cognitive changes that significantly affect the individual's capacity to function.” One of the driving forces behind this study, and behind all studies on depression, is the need to learn as much as possible about how to improve depressed individuals’ capacity to function. Eradicating depression altogether would eliminate this need, but researchers are far from accomplishing this goal. This study focuses on sad mood. Now I will list relevant diagnostic criteria for the disorder. The DSM outlines the following diagnostic criteria for MDD:

A. Five (or more of the following symptoms have been present during the same two (2) week period and represent a change from previous functioning; at least one of the symptoms is either one (1) depressed mood or two (2) loss of interest or pleasure. Note: Do not include symptoms that are clearly attributable to another medical condition.
1. Depressed mood most of the day, nearly every day, as indicated by either subjective report (e.g., feels sad, empty, hopeless) or observation made by others (e.g., appears tearful).

2. Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day (as indicated by either subjective account or observation).

3. Significant weight loss when not dieting or weight gain (e.g., a change of more than 5% of body weight in a month), or decrease or increase in appetite nearly every day.

4. Insomnia or hypersomnia nearly every day.

5. Psychomotor agitation or retardation nearly every day (observable by others, not merely subjective feelings of restlessness or being slowed down).

6. Fatigue or loss of energy nearly every day.

7. Feelings of worthlessness or excessive or inappropriate guilt (which may be delusional) nearly every day (not merely self-reproach or guilt about being sick).

8. Diminished ability to think or concentrate, or indecisiveness, nearly every day (either by subjective account or as observed by others).

9. Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide.
B. The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
C. The episode is not attributable to the physiological effects of a substance or to another medical condition.

Note: Criteria A-C represent a major depressive episode.

D. The occurrence of the major depressive episode is not better explained by schizoaffective disorder, schizophrenia, schizophreniform disorder, delusional disorder, or other specified and unspecified schizophrenia spectrum and other psychotic disorders.
E. There has never been a manic episode or a hypomanic episode.

Note: This exclusion does not apply if all of the manic-like or hypomanic-like episodes are substance-induced or are attributable to the physiological effects of another medical condition.

Now I will present relevant prevalence estimates of MDD. The DSM reports the 12-month prevalence of MDD among U.S. adults to be approximately 7 percent. This means that, in any given 12-month period, approximately 7 percent of U.S. adults will have experienced a major depressive episode.

However, prevalence estimates of MDD vary with gender. According to the National Institute of Mental Health, the 12-month prevalence of a major depressive episode among U.S. adults is higher for females than for males, at approximately 8.4 and 5.2 percent, respectively. In other words, female U.S. adults experience approximately 1.5 to 3 times higher rates of depression than
male U.S. adults. Prevalence estimates of MDD also vary with age. For example, the 12-month prevalence of MDD is highest for U.S. adults between the ages of 18 and 25.

Part 2

In the second part of this chapter I will situate the present study in the context of language and communication research. First, I will highlight an important paradigm shift in language and communication research. Second, I will explain why the present study is both a psycholinguistic and a cognitive linguistic study. Third, I will briefly discuss figurative language use. Finally, I will summarize Conceptual Metaphor Theory (CMT).

The present study is a study of language and communication. In her entry on language and communication in the *MIT Encyclopedia of the Cognitive Sciences*, Susan Duncan explains how the focus of language and communication research has shifted over time. For example, language research in the twentieth century focused almost exclusively on speech. Other dimensions of communication, such as affective communication, were labeled “paralanguage” and were considered, “outside the proper domain of linguistic inquiry.” Paralanguage is defined as “the nonlexical component of communication by speech,” for example, “intonation, pitch, speed of talking, hesitation noises, gesture, and facial expression.” However, language research has since rejected this language / paralanguage distinction and has taken a more embodied approach to studying language use.
Within language and communication research, the present study is both a psycholinguistic and a cognitive linguistic study. It is a psycholinguistic study because it is concerned with people's mental processes as they use language. It explores people's mental processes as they describe emotions and does so by analyzing the metaphors that they use to describe emotions. It is a cognitive linguistic study because it adopts one of the foundational assumptions of cognitive linguistics, that language is a window onto cognition. (In this metaphor, language functions as a window through which we are able to figuratively see cognition. CMT would argue that we are able to understand this metaphor because we implicitly recruit the conceptual metaphor (CM) SEEING IS UNDERSTANDING.) In other words, cognitive linguistics assumes that studying language has the potential to help us better understand human cognition.

Figurative language, as the phrase suggests, is language that contains figures of speech. A figure of speech is conventionally defined as a word or phrase used in a nonliteral way to add rhetorical force to that which is being said or written. Though this definition explains the rhetorical function of a figure of speech, it does not explain the cognitive function of figurative language use. Similarly, conventional definitions of metaphor explain the function of metaphor as a literary device, but do not explain the cognitive function of metaphor use. Figurative language researchers, including Andrew Ortony, Sam Glucksberg, Raymond Gibbs, and others, propose many reasons why we use figurative language. They seem to agree that one reason we use figurative language is “to
express ideas that are difficult to communicate using literal language." In his
entry on figurative language in the *MIT Encyclopedia of the Cognitive Sciences*,
Gibbs explains that, until recently, figurative language had been assumed to be
"ornamental" or "deviant" and to require "additional cognitive effort" to
understand. Figurative language was not considered, as Duncan describes,
within “the proper domain of linguistic inquiry.” Like paralanguage was once
rejected by linguists, so was figurative language. However, numerous empirical
studies have, over time, refuted these assumptions. Now, many cognitive
scientists, especially cognitive linguists, regard figurative language as an
important, indispensable dimension of human communication that reflects how
people conceptualize. This idea is one of the central ideas of CMT.

Lakoff and Johnson introduce CMT in their influential book, *Metaphors we
live by* (1980). From the very first page of the book the authors stress the idea
that thought, particularly conceptualization, is fundamentally metaphorical.
Another central idea of the theory is that our conceptualizations, whether we are
aware of them, or not, influence our perceptions, thoughts, and behaviors. (There
seem to be many practical applications of CMT. For example, teaching people
how to identify the metaphorical conceptualizations that they have about
themselves has the potential to radically change the way that people perceive
themselves and others, think about themselves and others, and ultimately act,
affecting both themselves and others.) Lakoff and Johnson emphasize that how
we conceptualize something affects not only the language that we use to talk
about that thing, but also the outcome of real-life events. The authors use the conceptual metaphor (CM) ARGUMENT IS WAR to illustrate this idea. They show that if you think of an argument as a war, you will talk about an argument in terms of war. This transfer from thought to language is obvious. However, they also show that when you talk about an argument in terms of war, you introduce the possibility of winning or losing the argument in real life. The outcome, winning or losing, becomes a real-life event. This transfer from language to behavior is not as obvious. Other examples, such as BREAKFAST IS WAR or SHOWERING IS A JOURNEY, more vividly illustrate how conceptualizations might affect real-life events.

CMs simultaneously highlight one aspect of a concept and hide other aspects of the concept that may be inconsistent with the metaphor. For example, the CM LIFE IS A JOURNEY highlights a few different aspects of the concept LIFE, one of which is the idea that, like a journey, LIFE has a beginning and an end. However, it does not highlight the idea that LIFE is reincarnated, for example. This example shows how concepts can vary with beliefs and culture. The use of certain CMs varies with culture and subculture. For example, Lakoff and Johnson compare the CMs BIGGER IS BETTER and THERE WILL BE MORE IN THE FUTURE. They explain, “There are American subcultures where you buy the big car and don’t worry about the future, and there are others where the future comes first and you buy the small car.” There are many other examples of how culture shapes the use of CMs. Ultimately, every culture has its
own set of values, some of which are shared with other cultures, some of which are not. The CMs used to express these values vary with culture because concepts of what is to be valued and what is not to be valued vary with culture. This takes us back to the idea that the CMs we use reflect our conceptualizations.

Lakoff and Johnson present a few different categories of CMs, two of which seem particularly relevant to this study: orientational metaphors and container metaphors. In the authors’ words “orientational metaphors give a concept a spatial orientation.” For example, the CM HAPPINESS IS UP gives the concept HAPPINESS an upwards orientation. The authors explain that orientational metaphors have both a physical and a cultural basis. There is some evidence to suggest that certain orientational metaphors such as HAPPINESS IS UP and its converse, SADNESS IS DOWN, have a biological basis as well. According to Lakoff and Johnson, container metaphors project our in-out spatial orientations. The authors explain that container metaphors also have a bodily basis because the concept of in-out arises from experiences with the body. Container metaphors are used to describe a number of concepts, including emotional states. The example “I fell into a depression” shows how the speaker uses the container metaphor to conceptualize the onset of his / her depression.

All CMs have a source domain and a target domain. According to Zoltan Kövecses, the source domain is “the conceptual domain from which we draw metaphorical expressions to understand another conceptual domain.” The target
domain is the conceptual domain that we try to understand by drawing metaphorical expressions from the source domain. Consider the CM LIFE IS A JOURNEY. In this metaphor, the source domain is JOURNEY and the target domain is LIFE. As mentioned above, CMs highlight certain elements of a concept to explain another concept. This metaphor highlights elements of the concept JOURNEY to explain the concept LIFE. All CMs also have what are referred to as metaphorical entailments. For example, the CM TIME IS MONEY has the entailments TIME IS A LIMITED RESOURCE and TIME IS A VALUABLE COMMODITY.

One subset of CMs is CMs of emotion (CMEs). Some of the most notable work on CMEs has been published by Zoltan Kövecses (1990, 2000, and 2010). Examples of his CMs of happiness and sadness are discussed in more detailed below. The following list of CMEs was compiled from a number of sources, including Metaphors We Live By, the Master Metaphor List, which is a list of CMs compiled by the Cognitive Linguistics Group at the University Of California, Berkeley, Kövecses’ Metaphor: A Practical Introduction, and Gibbs’ Embodiment and Cognitive Science. Though work has been done on CMs of other CMEs, this list only includes CMs of happiness and sadness:

HAPPY IS UP; SAD IS DOWN:

    EUPHORIC STATES ARE UP.

Example: “I’m feeling up today.”

HAPPY IS WIDE; SAD IS NARROW

Example: “I’m feeling expansive.”
RATIONAL IS UP; EMOTIONAL IS DOWN
   Example: “The discussion fell to an emotional level.”

EMOTIONS ARE ENTITIES WITHIN/INSIDE A PERSON
   Example: “She was filled with joy.”

   EMOTIONS ARE LIQUIDS WITHIN A PERSON
   Example: “He’s stirred up.”

   EMOTIONS ARE LIQUIDS WITHIN THE EYES
   Example: “His eyes were overflowing with emotion.”

THE BODY IS A CONTAINER FOR THE EMOTIONS
   Example: “She was filled with joy.”

   THE EYES ARE CONTAINERS FOR THE EMOTIONS
   Example: “His eyes were overflowing with emotion.”

EMOTIONAL EFFECT IS PHYSICAL CONTACT or EFFECT ON EMOTIONAL SELF
   IS CONTACT WITH PHYSICAL SELF
   Example: “When I found out it hit me hard.”

EMOTIONAL STABILITY IS BALANCE
   Example: “He is unbalanced.”

EMOTIONAL STABILITY IS CONTACT WITH THE GROUND
   Example: “She’s drifting.”

EMOTIONAL STABILITY IS MAINTAINING POSITION
   Example: “He’s on the edge.”

EMOTIONAL INTIMACY IS PHYSICAL CLOSENESS
   Example: “I feel close to him.”

   EMOTIONAL DISTANCE IS PHYSICAL DISTANCE
Example: “He distances himself.”

CHANGE TOWARD EMOTIONAL INTIMACY IS MOVEMENT TOWARD PHYSICAL CLOSENESS

Example: “We’re closer than we were before.”

EMOTIONAL BONDING IS PHYSICAL BONDING

Example: “We connect.”

CHANGE AWAY FROM EMOTIONAL INTIMACY IS MOVEMENT AWAY FROM PHYSICAL CLOSENESS

Example: “We’re not as close as we were before.”

EMOTIONAL INTIMACY IS ESTABLISHED BY PHYSICAL CONTACT

Example: “I think I’m making contact with him.”

AVOIDING EMOTIONAL CONTACT IS AVOIDING CONTACT

Example: “He runs away at the first sign of intimacy.”

INCLINATIONS TOWARD INTIMACY ARE FORCES TOWARD CLOSENESS

Example: “I was drawn to him.”

THE MIND IS A BODY

Example: “Her mind was racing.”

MENTAL CONTROL IS PHYSICAL CONTROL

Example: “I can handle the situation.”

MENTAL FITNESS IS PHYSICAL FITNESS

Example: “His mind is decaying.”

EMOTIONS OVER WHICH WE HAVE NO CONTROL ARE ADVERSARIES
Example: “He struggled with his feelings.”

MIND/EMOTIONAL SELF IS A BRITTLE OBJECT
Example: “I’m very emotionally fragile right now.”

EMOTIONS ARE FORCES
EMOTIONS ARE PHYSICAL FORCES
Example: “I was pushed into depression.”
EMOTIONS ARE ELECTROMAGNETIC FORCES
Example: “He’s got a lot of negative energy.”

EMOTIONS/STATES ARE LOCATIONS
Example: “She stays silent for days.”

EMOTION IS MOTION
Example: “I was moved by the poem.”

STRONG EMOTIONS ARE MADNESS
Example: “He’s out of his mind with grief.”

STRONG EMOTION IS BLINDING
Example: “She was blind with rage.”

EXTERNAL APPEARANCE IS A COVER
Example: “We donned an appearance of nonchalance.”

FACIAL EXPRESSIONS ARE COVERS
Example: “Put on a happy face.”

LACK OF FACIAL EXPRESSIONS IS LACK OF COVER
Example: “His face was stripped bare of any emotion.”

COVERS WHICH ARE PURPOSEFULLY PUT ON ARE FEIGNED EMOTIONS
Example: “She concealed her anticipation with a convincing look of boredom.”

STANCES ARE COVERS/CLOTHES
Example: “He shed the muscle-man pose when his leg cramped.”

EMOTION/HAPPINESS/SADNESS IS A FLUID IN A CONTAINER
Example: “I brimmed over with joy when I saw her.”

EMOTION/HAPPINESS IS HEAT/FIRE
Example: “Marianne and I are both fiery people.”

THE HIGHEST DEGREE OF EMOTIONAL INTENSITY IS THE HIGHEST DEGREE OF FIRE
Example: “He got to his feet and his dark eyes were blazing with anger.”

MAINTAINING THE INTENSITY OF THE EMOTION IS MAINTAINING THE FIRE
Example: “They kept the flames of love alive.”

CONTROLLING THE INTENSITY OF THE EMOTION IS CONTROLLING THE FIRE
Example: “He’ll have to keep his fiery temper under control.”

LOW INTENSITY OF EMOTION IS A SMALL AMOUNT OF FIRE
Example: “Though we knew our army had been defeated, hope still flickered in our hearts.”

A SUDDEN INCREASE IN EMOTION INTENSITY IS A SUDDEN INCREASE IN THE INTENSITY OF FIRE
Example: “Tempers flared and harsh words were exchanged.”

EMOTION/HAPPINESS/SADNESS IS A NATURAL FORCE
Example: “He was swept off his feet with happiness.”

EMOTION/HAPPINESS/SADNESS IS A SOCIAL SUPERIOR
Example: “They live a life ruled by happiness.”

EMOTION/HAPPINESS/SADNESS IS AN OPPONENT
Example: “Happiness took complete control over him.”

EMOTION/HAPPINESS/SADNESS IS A CAPTIVE ANIMAL
Example: “His feelings of joy broke loose.”

EMOTION/HAPPINESS/SADNESS IS A WILD ANIMAL
Example: “His feelings of joy broke loose.”

EMOTION/HAPPINESS/SADNESS IS A FORCE DISLOCATING THE SELF
Example: “He was beside himself with joy.”

EMOTION IS A PHYSICAL AGITATION
Example: “He quivered all over with emotion.”

EMOTION IS BURDEN
Example: “She was weighed down by her sadness.”

EMOTION IS TEMPERATURE
Example: “He felt warm when he was happy.”

HAPPINESS/SADNESS IS INSANITY
Examples: “She was mad with joy.”

HAPPINESS/SADNESS IS A DISEASE
Examples: “His good mood was contagious.”

HAPPINESS IS LIGHT
Example: “There was a glow of happiness in her face”

HAPPINESS/SADNESS IS FEELING LIGHT
Example: “I was floating.”

HAPPINESS/BEING HAPPY IS BEING IN HEAVEN
Example: “It was paradise on earth.”

HAPPINESS/A HAPPY PERSON IS AN ANIMAL (THAT LIVES WELL)
Example: “He is as happy as a horse in hay.”

HAPPINESS IS A PLEASURABLE PHYSICAL SENSATION
Example: “I was purring with delight.”

HAPPINESS IS BEING DRUNK
Example: “It was an intoxicating experience.”

HAPPINESS IS VITALITY
Example: “She’s animated with joy.”

HAPPINESS IS WARMTH
Example: “What she said made me feel warm all over.”

BEING HAPPY IS BEING OFF THE GROUND
Example: “She was on cloud nine.”

HAPPINESS IS A RAPTURE
Example: “It was a delirious feeling.”

HAPPINESS IS A VALUABLE COMMODITY
Example: “You can’t buy happiness.”

HAPPINESS IS A DESIRED HIDDEN OBJECT
Example: “At long last I have found happiness.”

Methods and Results

Before I describe the experiment designed for this study, it is important to note a few things. First, all participants in this study provided informed consent. Second, all
participants received one (1) of two (2) forms of compensation for their participation, course extra credit, or $5. Third, this study was not a double blind study. This means that the experimenter knew who had been diagnosed with MDD and who had not. This prior knowledge is a potential confound because it may have contributed to the MDD PPTs' longer response times to questions about emotions. (See the table titled “Number of Follow-up Questions.”) The following outline describes each step of the experiment:

1) Informed Consent Document: All participants read and sign an informed consent document. (A copy of the informed consent document is provided in Appendix A, for your reference.)

2) Explanation: The experimenter generally explains the experimental tasks: “First I’m going to ask you some general questions. Then I’m going to ask you some questions about emotions.”

3) General Questions: The experimenter asks the following questions:
   a) Q1: “What route did you take from where you live to Crawford Hall?”
   b) Q2: “Do you think standardized tests measure intelligence, and why?”
   c) Q3: “Do you prefer to read printed books or ebooks, and why?”

4) Mood Rating Task: The participant rates his / her mood. (A copy of the mood rating task is provided in Appendix B, for your reference.)

5) Questions about Sadness: The experimenter asks the following questions:
a) Q4: “If you had to pick one part of your body to represent sadness, what part would you pick, and why?”
b) Q5: “How does your body feel when you feel sad?”
c) Q6: “Show me with your body what it feels like to be sad.”
d) Q7: “Tell me about a time in your life when you felt sad. You may take a moment to think, if you need to.”

6) Mood Rating Task: The participant rates his / her mood. (See Appendix B.)

7) Questions about Happiness: The experimenter asks the following questions:
   a) Q8: “If you had to pick one part of your body to represent happiness, what part would you pick, and why?”
   b) Q9: “How does your body feel when you feel happy?”
   c) Q10: “Show me with your body what it feels like to be happy.”
   d) Q11: “Tell me about a time in your life when you felt happy. You may take a moment to think, if you need to.”

8) Mood Rating Task: The participant rates his / her mood. (See Appendix B.)

9) Beck Depression Inventory: The participant fills out the Beck Depression Inventory (BDI). (A copy of the version of the BDI used in this study is provided in Appendix C, for your reference).

10) Demographic Questionnaire: The participant fills out a demographic questionnaire. (A copy of the Demographic Questionnaire used in this study is provided in Appendix D, for your reference).
11) Signature: The participant signs a form which states that he / she / they will be compensated with either course extra credit or $5 for participating.

It is also important to note that the present study is an exploratory study. It explores whether the MDD PPTs use different, more, or fewer CMEs, compared to the Non-MDD PPTs. The study hypothesizes that the MDD PPTs will produce different CMEs than those produced by the Non-MDD PPTs. This hypothesis assumes that people who have been diagnosed with MDD conceptualize emotions differently and that these conceptualizations will be reflected in the CMEs that they produce. The study also hypothesizes that the MDD PPTs will produce fewer CMEs than the Non-MDD PPTs.

Data Tables

The following tables outline some of the quantifiable results of this study. These tables label participants who have been diagnosed with MDD “MDD” and participants who have not been diagnosed with the disorder “Non-MDD.” Discussions of these tables will abbreviate the word participants to “PPTs.”

General Information

Nearly all PPTs attempted to answer every question. There were only two (2) instances when a PPT did not answer a question; PPT #11 did not answer Q10, and PPT #13 did not answer Q11. In some instances, the experimenter forgot to ask some of the questions. This is reflected in the tables below. The "Mean" “Number of Questions Answered” by “All," PPTs was calculated by dividing the sum of the number of questions answered by each PPT by the total number of PPTs. For example, PPT #1 answered 9 questions, PPT #2 answered 11 questions, and PPT #3 answered 11
questions. The mean number of questions answered by these PPTs is \((9 + 11 + 11) / 3\), which is approximately equal to 10.33. This process was repeated to calculate the “Mean” “Number of Questions Answered” by “Non-MDD” and “MDD” PPTs.

Interview lengths were converted from minute:second form (e.g. 11:30) to decimal form (e.g. 11.5). All times reported below are reported in decimal form. The “Mean” “Length of Interviews (in Minutes)” for “All,” PPTs was calculated by dividing the sum of the lengths of interviews for each PPT by the total number of PPTs. This process was repeated to calculate the “Mean” “Length of Interviews (in Minutes)” for “Non-MDD” and “MDD” PPTs. Interview lengths were predicted to be shorter for MDD PPTs, however, the data show the opposite trend. Interview lengths for MDD PPTs were, on average, nearly twice as long as those for Non-MDD PPTs. The range of the interview lengths for MDD PPTs was also larger than that of the Non-MDD PPTs.

<table>
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<td>Number of Questions Answered</td>
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<tr>
<td>Mean</td>
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Demographic Information

The Demographic Questionnaire was completed by 16 of the 17 PPTs; PPT #13 did not fill out the questionnaire. Each date of birth was converted to age (in years). The "Mean” “Age (in Years)” of “All,” PPTs was calculated by dividing the sum of the ages (in years) of each PPT by the number of PPTs who completed the
demographic questionnaire (16). This process was repeated to calculate the “Mean” “Age (in Years)” of “Non-MDD” and “MDD” PPTs. The mean age (in years) of the MDD PPTs was slightly higher than that of the Non-MDD PPTs. One reason for this difference may be that the MDD PPTs have, at least on average, lived longer, making them more likely to have experienced a major depressive episode. The majority of the MDD PPTs in this study were male. This does not reflect prevalence estimates of the disorder, most likely because the sample size of this study is too small for any of its results to be representative of the general population. All of the PPTs in this study, excluding PPT #13, were students. Grade levels were usually reported as “first year” or “1st year,” “second year” or “2nd year,” and so on. Responses like these were coded as “1” for “first year” or “1st year,” etc. Grade levels that were reported as “Freshman,” “Sophomore,” “Junior,” or “Senior” were coded as “1,” “2,” “3,” or “4,” respectively. One of the PPTs had recently begun graduate school. Her grade level was coded as “5.” The “Mean” “Grade Level (in Years)” of “All” PPTs was calculated by dividing the sum of the grade levels of each participant by the number of PPTs who completed the demographic questionnaire (16). This process was repeated to calculate the “Mean” “Grade Level (in Years)” of “Non-MDD” and “MDD” PPTs. Like mean age, the mean grade level of the MDD PPTs was higher than that of the Non-MDD PPTs. This is most likely because grade level is correlated with age.

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<td>Race / Ethnicity</td>
<td>Range of Grade Levels (in Years)</td>
<td>1-5</td>
<td>1-3</td>
<td>1-5</td>
</tr>
<tr>
<td>------------------------------</td>
<td>----------------------------------</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
</tr>
<tr>
<td>European or White-American</td>
<td>10</td>
<td>6</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Asian or Asian-American</td>
<td>5</td>
<td>3</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>African or African-American</td>
<td>1</td>
<td>1</td>
<td>0</td>
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</table>

<table>
<thead>
<tr>
<th>Native Language</th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>13</td>
<td>8</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Chinese</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Korean</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

**General Questions**

To calculate the “Mean” “Length of Responses to General Questions (in Minutes)” for “All” PPTs, the number of minutes taken to respond to each general question were recorded for each PPT. This was done while watching video recordings of the PPTs as they answered the general questions. Then, these numbers of minutes were averaged (they were added together and then divided by 17, the total number of PPTs). This process was repeated to calculate the “Mean” “Length of Responses to General Questions (in Minutes)” for “Non-MDD” and “MDD” PPTs. The “Mean” “Length of Responses to Questions about Sadness (in Minutes)” of “All,” “Non-MDD,” and “MDD” PPTs (See the table titled “Questions about Sadness” below.) and the “Mean” “Length of Responses to Questions about Happiness” of “All,” “Non-MDD,” and “MDD” PPTs (See the table titled “Questions about Happiness” below.) were also calculated this way.
To calculate the mean length of response (in seconds) to each question, the number of seconds taken to respond to each question were recorded for each PPT. This was done while watching video recordings of the PPTs as they answered the questions. Then, these numbers of seconds were averaged for “All,” “Non-MDD,” and “MDD” PPTs. The number of responses to each question were counted for each PPT.

Compared to the Non-MDD PPTs, the MDD PPTs took, on average, less time to respond to the general questions (MDD 1.12 minutes vs. Non-MDD 1.50 minutes). They took less time to respond to Q1 (MDD 18.86 seconds vs. Non-MDD 30.00 seconds), less time to respond to Q2 (MDD 26.71 seconds vs. Non-MDD 40.40 seconds), but more time to respond to Q3 (MDD 21.71 seconds vs. Non-MDD 19.60 seconds).

<table>
<thead>
<tr>
<th></th>
<th>All</th>
<th>Non-MDD</th>
<th>MDD</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Length of Responses to General Questions (in Minutes)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mean</td>
<td>1.34</td>
<td>1.50</td>
<td>1.12</td>
</tr>
<tr>
<td>Range</td>
<td>0.60-2.25</td>
<td>0.60-2.25</td>
<td>0.63-1.93</td>
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<tr>
<td><strong>Number of Responses to Q1</strong></td>
<td>17</td>
<td>10</td>
<td>7</td>
</tr>
<tr>
<td><strong>Length of Response to Q1 (in Seconds)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mean</td>
<td>25.41</td>
<td>30.00</td>
<td>18.86</td>
</tr>
<tr>
<td>Range</td>
<td>9.00-51.00</td>
<td>12.00-51.00</td>
<td>9.00-25.00</td>
</tr>
<tr>
<td><strong>Number of Responses to Q2</strong></td>
<td>17</td>
<td>10</td>
<td>7</td>
</tr>
<tr>
<td><strong>Length of Response to Q2 (in Seconds)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mean</td>
<td>34.76</td>
<td>40.40</td>
<td>26.71</td>
</tr>
<tr>
<td>Range</td>
<td>16.00-79.00</td>
<td>18.00-79.00</td>
<td>16.00-52.00</td>
</tr>
<tr>
<td><strong>Number of Responses to Q3</strong></td>
<td>17</td>
<td>10</td>
<td>7</td>
</tr>
</tbody>
</table>
Questions about Sadness

The number of CMEs produced in response to each of the questions about emotion (questions 4, 5, 7, 8, 9, and 11) were counted for each PPT. This was done while reading transcriptions of the experimental sessions. Then, these numbers of emotion metaphors were averaged for “All,” “Non-MDD,” and “MDD” PPTs. Compared to the Non-MDD PPTs, the MDD PPTs took, on average, longer to respond to the questions about sadness (MDD 7.08 minutes vs. Non-MDD 2.00 minutes). They took less time to respond to Q4 (MDD 28.43 seconds vs. Non-MDD 33.00 seconds) and produced fewer CMEs in response to Q4 (MDD 1 CME vs. Non-MDD 1.75 CMEs). They took more time to respond to Q5 (MDD 52.00 seconds vs. Non-MDD 26.70 seconds) and produced more CMEs in response to Q5 (MDD 3.40 CMEs vs. Non-MDD 2.80 CMEs). They took more time to respond to Q7 (MDD 4.15 minutes vs. Non-MDD 1.40 minutes) and produced more CMEs in response to Q7 (MDD 1.83 CMEs vs. Non-MDD 1.50 CMEs). Finally, they produced fewer CMEs in response to the questions about sadness (MDD 10.00 CMEs vs. Non-MDD 14.66 CMEs).

<table>
<thead>
<tr>
<th>Length of Response to Q3 (in Seconds)</th>
<th>All</th>
<th>Non-MDD</th>
<th>MDD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean</td>
<td>20.47</td>
<td>19.60</td>
<td>21.71</td>
</tr>
<tr>
<td>Range</td>
<td>5.00-43.00</td>
<td>5.00-41.00</td>
<td>13.00-43.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Length of Response to Questions about Sadness (in Minutes)</th>
<th>All</th>
<th>Non-MDD</th>
<th>MDD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean</td>
<td>4.62</td>
<td>2.00</td>
<td>7.08</td>
</tr>
<tr>
<td>Number of Responses to Q4</td>
<td>17</td>
<td>10</td>
<td>7</td>
</tr>
<tr>
<td>Length of Response</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Q4 (in Seconds)</td>
<td>Q5 (in Seconds)</td>
<td>Q7 (in Minutes)</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>----------------</td>
<td>----------------</td>
<td>----------------</td>
</tr>
<tr>
<td><strong>Number of Emotion Metaphors</strong></td>
<td><strong>Produced in Response to Q4</strong></td>
<td><strong>Produced in Response to Q5</strong></td>
<td><strong>Produced in Response to Q7</strong></td>
</tr>
<tr>
<td><strong>Mean</strong></td>
<td>31.12</td>
<td>1.50</td>
<td>3.00</td>
</tr>
<tr>
<td><strong>Range</strong></td>
<td>7.00-51.00</td>
<td>1-2</td>
<td>1-5</td>
</tr>
<tr>
<td><strong>Number of Responses to Q5</strong></td>
<td>17</td>
<td>10</td>
<td>17</td>
</tr>
<tr>
<td><strong>Length of Response to Q5 (in Seconds)</strong></td>
<td><strong>Mean</strong></td>
<td><strong>Range</strong></td>
<td><strong>Mean</strong></td>
</tr>
<tr>
<td></td>
<td>37.12</td>
<td>6-88</td>
<td>2.53</td>
</tr>
<tr>
<td><strong>Number of Emotion Metaphors</strong></td>
<td><strong>Produced in Response to Q7</strong></td>
<td><strong>Produced in Response to Q4, Q5, and Q7</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Mean</strong></td>
<td>1.67</td>
<td>1.50</td>
<td>1.67</td>
</tr>
<tr>
<td><strong>Range</strong></td>
<td>1-4</td>
<td>1-3</td>
<td>1-4</td>
</tr>
<tr>
<td><strong>Number of Responses to Q6</strong></td>
<td>13</td>
<td>6</td>
<td>17</td>
</tr>
<tr>
<td><strong>Number of Responses to Q7</strong></td>
<td>17</td>
<td>10</td>
<td>17</td>
</tr>
<tr>
<td><strong>Length of Response to Q7 (in Minutes)</strong></td>
<td><strong>Mean</strong></td>
<td><strong>Range</strong></td>
<td><strong>Mean</strong></td>
</tr>
<tr>
<td></td>
<td>2.53</td>
<td>.66-9.82</td>
<td>1.50</td>
</tr>
</tbody>
</table>
Questions about Happiness

Compared to the Non-MDD PPTs, the MDD PPTs took, on average, longer to respond to the questions about happiness (MDD 3.49 minutes vs. Non-MDD 2.13 minutes). They took more time to respond to Q8 (MDD 59.86 seconds vs. Non-MDD 27.90 seconds) and produced fewer CMEs in response to Q8 (MDD 2.00 CMEs vs. Non-MDD 3.50 CMEs). They took less time to respond to Q9 (MDD 25.67 seconds vs. Non-MDD 26.30 seconds) and produced more CMEs in response to Q9 (MDD 3.00 CMEs vs. Non-MDD 2.00 CMEs). They took more time to respond to Q11 (MDD 77.33 seconds vs. Non-MDD 52.60 seconds) and produced fewer CMEs in response to Q11 (MDD 1.33 vs. Non-MDD 3.40). Finally, they produced fewer CMEs in response to the questions about happiness (MDD 8.00 vs. Non-MDD 18.00).

<table>
<thead>
<tr>
<th></th>
<th>All</th>
<th>Non-MDD</th>
<th>MDD</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Length of Responses to Questions about Happiness (in Minutes)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mean</td>
<td>2.47</td>
<td>2.13</td>
<td>3.49</td>
</tr>
<tr>
<td>Number of Responses to Q8</td>
<td>17</td>
<td>10</td>
<td>7</td>
</tr>
<tr>
<td><strong>Length of Response to Q8 (in Seconds)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mean</td>
<td>41.06</td>
<td>27.90</td>
<td>59.86</td>
</tr>
<tr>
<td>Range</td>
<td>12-102</td>
<td>12-42</td>
<td>16-102</td>
</tr>
<tr>
<td><strong>Number of Emotion Metaphors Produced in Response to Q8</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mean</td>
<td>2.90</td>
<td>3.50</td>
<td>2.00</td>
</tr>
<tr>
<td></td>
<td>Range</td>
<td>1-7</td>
<td>2-7</td>
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<tr>
<td>--------------------------------</td>
<td>-------</td>
<td>------</td>
<td>------</td>
</tr>
<tr>
<td>Number of Responses to Q9</td>
<td></td>
<td>17</td>
<td>10</td>
</tr>
<tr>
<td>Length of Response to Q9 (in Seconds)</td>
<td></td>
<td>26.06</td>
<td>26.30</td>
</tr>
<tr>
<td></td>
<td>Mean</td>
<td>4-44</td>
<td>4-77</td>
</tr>
<tr>
<td>Number of Emotion Metaphors Produced in Response to Q9</td>
<td></td>
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<tr>
<td></td>
<td>Mean</td>
<td>2.33</td>
<td>2.00</td>
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<td>Range</td>
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<td>1-4</td>
</tr>
<tr>
<td>Number of Responses to Q11</td>
<td></td>
<td>16</td>
<td>10</td>
</tr>
<tr>
<td>Length of Response to Q11 (in Seconds)</td>
<td></td>
<td>61.88</td>
<td>52.60</td>
</tr>
<tr>
<td></td>
<td>Mean</td>
<td>16-166</td>
<td>16-140</td>
</tr>
<tr>
<td></td>
<td>Range</td>
<td>1-6</td>
<td>1-6</td>
</tr>
<tr>
<td>Number of Emotion Metaphors Produced in Response to Q8, Q9, and Q11</td>
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<td>13.00</td>
<td>18.00</td>
</tr>
<tr>
<td></td>
<td>Mean</td>
<td>4-21</td>
<td>16-21</td>
</tr>
<tr>
<td></td>
<td>Range</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

As the “General Questions,” “Questions about Sadness,” and “Questions about Happiness” tables show, compared to the Non-MDD PPTs, the MDD PPTs took, on average, more time to respond to the questions about emotion. One reason for this finding may be that the MDD PPTs talked slower than the Non-MDD PPTs. Another
reason may be that they found it more difficult to respond to these questions, due to “social weariness,” or other symptoms of depression. This would result in less fluent speech. To better understand why the MDD PPTs took longer to respond to these questions, speech rate (calculated in words per second), and number of filled pauses (a measure of fluency of speech), produced in response to the general questions, questions about sadness, and questions about happiness, respectively, were calculated for each participant.

The data presented in the tables below show that the MDD PPTs did indeed speak, on average, slower than the Non-MDD PPTs. When the PPTs were organized into groups according to their BDI scores (depressed or not depressed), this trend held for the questions about emotions, but not for the general questions. When the MDD PPTs were organized into groups according to the severity of their symptoms of depression (as indicated by their BDI scores), WPS increased with severity (except for the PPT in the “severe depression” group).

### Words per Second (WPS)

<table>
<thead>
<tr>
<th></th>
<th>MDD PPTs (According to BDI Score)</th>
<th>Non-MDD PPTs (According to BDI Score)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean WPS Produced in Response to the General Questions</td>
<td>1.57</td>
<td>2.35</td>
</tr>
<tr>
<td>Mean WPS Produced in Response to the Questions about Sadness</td>
<td>1.64</td>
<td>1.98</td>
</tr>
<tr>
<td>Mean WPS Produced in Response to the Questions about Happiness</td>
<td>1.69</td>
<td>2.22</td>
</tr>
</tbody>
</table>
The data presented in the tables below show that the MDD PPTs produced, on average, a greater number of filled pauses in response to the questions about emotions, compared to the Non-MDD PPTs. This trend held when the PPTs were organized into groups according to their BDI scores (depressed or not depressed).

### Number of Filled Pauses

<table>
<thead>
<tr>
<th>Description</th>
<th>MDD PPTs</th>
<th>Non-MDD PPTs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean Number of Filled Pauses Produced in Response to the General Questions</td>
<td>5.29</td>
<td>7.90</td>
</tr>
<tr>
<td>Mean Number of Filled Pauses Produced in Response to the Questions about Sadness</td>
<td>19.86</td>
<td>10.50</td>
</tr>
<tr>
<td>Mean Number of Filled Pauses</td>
<td>14.00</td>
<td>7.75</td>
</tr>
</tbody>
</table>
### Follow-up Questions

As mentioned above, the experimenter asked the PPTs who reported that they had been diagnosed with depression more follow-up questions in response to the questions about emotions than she asked those who did not report having been diagnosed with the disorder. The table below shows the average number of follow-up questions asked (MDD PPTs vs Non-MDD PPTs).

<table>
<thead>
<tr>
<th>Average Number of Follow-up Questions Asked</th>
<th>Reported MDD Diagnosis</th>
<th>Did Not</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10.29</td>
<td>6.70</td>
</tr>
</tbody>
</table>

Another reason why the MDD PPTs may have taken, on average, more time to respond to the questions about emotion was considered. As mentioned above, not all PPTs in this study were native English speakers; 3 PPTs were non-native English speakers, one of whom was in the MDD group. If the non-native English speaking MDD PPT (PPT #16) took more time than the other MDD PPTs to respond to the questions about emotion, he would be considered an outlier. However, PPT #16 did not take more time, compared to the other MDD PPTs, to respond to these questions.
Furthermore, the non-native English speakers, as a group, only took, on average, more time to respond to the questions about happiness. (See the table below.) Therefore, differing degrees of native fluency alone do not seem to account for why the MDD PPTs took longer to respond to the questions about emotion. The non-native English speakers produced, on average, fewer words per second (in response to the general questions, questions about sadness, and questions about happiness) than the native English speakers. They also produced a greater number of filled pauses in response to the questions about emotions. (This finding was expected, given their lesser degree of native fluency.)

<table>
<thead>
<tr>
<th>Times of Non-Native English Speakers</th>
<th>Native English Speakers</th>
<th>Non-Native English Speakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Length of Responses to General Questions (in Seconds)</td>
<td>Mean</td>
<td>89.64</td>
</tr>
<tr>
<td>Length of Responses to Questions about Sadness (in Minutes)</td>
<td>Mean</td>
<td>302.17</td>
</tr>
<tr>
<td>Length of Responses to Questions about Happiness (in Minutes)</td>
<td>Mean</td>
<td>219.46</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Words per Second (WPS) of Non-Native English Speakers</th>
<th>Native English Speakers</th>
<th>Non-Native English Speakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean WPS Produced in Response to the General Questions</td>
<td>2.10</td>
<td>1.77</td>
</tr>
<tr>
<td>Mean WPS Produced in Response to the Questions about Sadness</td>
<td>1.67</td>
<td>1.64</td>
</tr>
</tbody>
</table>
Mean WPS Produced in Response to the Questions about Happiness

| Mean WPS Produced in Response to the Questions about Happiness | 1.79 | 0.55 |

Number of Filled Pauses of Non-Native English Speakers

<table>
<thead>
<tr>
<th></th>
<th>Native English Speakers</th>
<th>Non-Native English Speakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean Number of Filled Pauses Produced in Response to the General Questions</td>
<td>7.79</td>
<td>2.33</td>
</tr>
<tr>
<td>Mean Number of Filled Pauses Produced in Response to the Questions about Sadness</td>
<td>16.82</td>
<td>8.50</td>
</tr>
<tr>
<td>Mean Number of Filled Pauses Produced in Response to the Questions about Happiness</td>
<td>11.50</td>
<td>4.00</td>
</tr>
</tbody>
</table>

Mood Rating Task

All PPTs completed the mood rating task each time they were asked. Therefore, the “Mean” “Number of Responses to Mood Ratings #1, #2, and #3” was 3 for “All” PPTs. It follows that the “Mean” “Number of Responses to Mood Ratings #1, #2, and #3” was also 3 for “Non-MDD” and “MDD” PPTs. To calculate the “Mean” “Sum of Scores on Mood Ratings #1, #2, and #3” for “All” PPTs, a “sum of scores” on MRs #1, #2, and #3 was calculated for each PPT. Then, these sums of scores (there were 17 of them because there were 17 PPTs) were averaged (they were added together and then divided by 17, the total number of PPTs). This process was repeated to calculate the “Mean” “Sum of Scores on Mood Ratings #1, #2, and #3” for “Non-MDD” and “MDD” PPTs.

The “Mean” “Scores on Mood Rating #1” for “All” PPTs was calculated by dividing the sum of all of the PPTs’ scores on MR #1 by the total number of PPTs (17). This process was repeated to calculate the “Mean” “Scores on Mood Rating #1” for “Non-MDD” and “MDD” PPTs. The “Mean” “Scores on Mood Rating #2” and the
“Mean” “Scores on Mood Rating #3,” for “All,” “Non-MDD,” and “MDD” PPTs, were also calculated this way.

To calculate the “Mean” “Time Taken to Fill Out Mood Rating #1 (in Seconds)” for “All” PPTs, the number of seconds taken to complete MR #1 were counted for each PPT. This was done while watching video recordings of the PPTs as they completed the task. Then, these numbers of seconds were averaged (they were added together and then divided by 17, the total number of PPTs). This process was repeated to calculate the “Mean” “Time Taken to Fill Out Mood Ratings #1” for “Non-MDD” and “MDD” PPTs. The “Mean” “Time Taken to Fill Out Mood Rating #2 (in Seconds)” for “All,” “Non-MDD,” and “MDD,” and the “Mean” “Time Taken to Fill Out Mood Rating #3 (in Seconds)” for “All,” “Non-MDD,” and “MDD” PPTs, were also calculated this way.

To calculate the “Mean” “Time Taken to Fill Out Mood Ratings #1, #2, and #3 (in Seconds)” for “All” PPTs, the sum of the number of seconds taken to fill out each mood rating was calculated for each participant. For example, PPT #1 took 5 seconds to fill out MR #1, 5 seconds to fill out MR #2, and 5 seconds to fill out MR #3. Therefore, the sum of the number of seconds taken to fill out each mood rating was 15 for PPT #1. Then, these sums (there were 17 of them because there were 17 PPTs) were averaged (they were added together and then divided by 17, the total number of PPTs). This process was repeated to calculate the “Mean” “Time Taken to Fill Out Mood Ratings #1, #2, and #3” for “Non-MDD” and “MDD” PPTs.

Compared to the Non-MDD PPTs, the MDD PPTs, on average, scored lower on mood rating #1 (MDD 4.29 vs. Non-MDD 5.30), lower on mood rating #2 (MDD 4.29 vs. Non-MDD 4.90), and lower on mood rating #3 (MDD 5.29 vs. Non-MDD 5.70). MDD PPTs had a lower sum of scores on mood ratings #1, #2, and #3 (MDD 13.86 vs.
Non-MDD 15.90). They also took more time to fill out mood rating #1 (MDD 10.86 seconds vs. Non-MDD 7.90 seconds), more time to fill out mood rating #2 (MDD 10.29 seconds vs. 7.90 seconds), and more time to fill out mood rating #3 (MDD 7.00 seconds vs. Non-MDD 4.86 seconds). On average, MDD PPTs took longer than Non-MDD PPTs to fill out all three mood ratings (MDD 28.83 seconds vs. Non-MDD 21.14 seconds).

<table>
<thead>
<tr>
<th></th>
<th>All</th>
<th>Non-MDD</th>
<th>MDD</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Number of Responses to Mood</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ratings #1, #2, and #3</td>
<td>Mean</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td><strong>Sum of Scores on Mood</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ratings #1, #2, and #3</td>
<td>Mean</td>
<td>15.06</td>
<td>15.90</td>
</tr>
<tr>
<td><strong>Range</strong></td>
<td></td>
<td>12-21</td>
<td>12-21</td>
</tr>
<tr>
<td><strong>Number of Responses to Mood</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rating #1</td>
<td>17</td>
<td>10</td>
<td>7</td>
</tr>
<tr>
<td><strong>Scores on Mood Rating #1</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mean</td>
<td>4.88</td>
<td>5.3</td>
</tr>
<tr>
<td><strong>Range</strong></td>
<td></td>
<td>3-7</td>
<td>4-7</td>
</tr>
<tr>
<td><strong>Time Taken to Fill Out Mood Rating #1</strong> (in Seconds)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mean</td>
<td>9.12</td>
<td>7.9</td>
</tr>
<tr>
<td><strong>Range</strong></td>
<td></td>
<td>5-18</td>
<td>5-12</td>
</tr>
<tr>
<td><strong>Number of Responses to Mood</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rating #2</td>
<td>17</td>
<td>10</td>
<td>7</td>
</tr>
<tr>
<td><strong>Scores on Mood Rating #2</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mean</td>
<td>4.65</td>
<td>4.9</td>
</tr>
<tr>
<td><strong>Range</strong></td>
<td></td>
<td>3-7</td>
<td>4-7</td>
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</tbody>
</table>
### Time Taken to Fill Out Mood Rating #2 (in Seconds)

<table>
<thead>
<tr>
<th></th>
<th>Mean</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8.88</td>
<td>3-17</td>
</tr>
<tr>
<td></td>
<td>7.9</td>
<td>4-12</td>
</tr>
<tr>
<td></td>
<td>10.29</td>
<td>3-17</td>
</tr>
</tbody>
</table>

### Number of Responses to Mood Rating #3

|                  | 17     | 10    | 7     |

### Scores on Mood Rating #3

<table>
<thead>
<tr>
<th></th>
<th>Mean</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5.53</td>
<td>4-7</td>
</tr>
<tr>
<td></td>
<td>5.7</td>
<td>4-7</td>
</tr>
<tr>
<td></td>
<td>5.29</td>
<td>5-6</td>
</tr>
</tbody>
</table>

### Time Taken to Fill Out Mood Rating #3 (in Seconds)

<table>
<thead>
<tr>
<th></th>
<th>Mean</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5.85</td>
<td>3-12</td>
</tr>
<tr>
<td></td>
<td>4.86</td>
<td>3-8</td>
</tr>
<tr>
<td></td>
<td>7.00</td>
<td>5-12</td>
</tr>
</tbody>
</table>

### Time Taken To Fill Out Mood Ratings #1, #2, and #3 (in Seconds)

<table>
<thead>
<tr>
<th></th>
<th>Mean</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>24.69</td>
<td>15-44</td>
</tr>
<tr>
<td></td>
<td>21.14</td>
<td>16-27</td>
</tr>
<tr>
<td></td>
<td>28.83</td>
<td>15-44</td>
</tr>
</tbody>
</table>

---

**Beck Depression Inventory**

All PPTs filled out the Beck Depression Inventory (BDI). The “Mean” “Scores on Depression Inventory” for “All” PPTs was calculated by dividing the sum of all scores on the BDI by the total number of PPTs (17). This process was repeated to calculate the “Mean” “Scores on Depression Inventory” for “Non-MDD” and “MDD” PPTs. Compared to the Non-MDD PPTs, the MDD PPTs, on average, scored higher on the BDI (MDD 19.43 vs. Non-MDD 8.50). The BDI would characterize the MDD PPTs’ mean score, 19.43, as “borderline clinical depression.” Therefore, it seems reasonable...
to conclude that the MDD PPTs were experiencing symptoms of depression while participating in the study.

**Beck Depression Inventory - Mean Number of Responses and Range of Scores**

<table>
<thead>
<tr>
<th></th>
<th>All</th>
<th>Non-MDD</th>
<th>MDD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Responses</td>
<td>17</td>
<td>10</td>
<td>7</td>
</tr>
<tr>
<td>Scores on Depression</td>
<td>Mean</td>
<td>13</td>
<td>8.5</td>
</tr>
<tr>
<td>Inventory</td>
<td>Range</td>
<td>1-32</td>
<td>1-26</td>
</tr>
</tbody>
</table>

The data show that some of the PPTs in the Non-MDD group were experiencing symptoms of MDD at the time of data collection. (PPT #1 scored a 32 on the BDI, a score which suggests “severe depression,” and PPT #4 scored a 20, which the BDI characterizes as “borderline clinical depression.”) All of the PPTs in the MDD group were experiencing above-threshold symptoms of depression at the time of data collection. The table below shows the number of PPTs in each score range, as outlined by the BDI, as well as which PPTs fell into which ranges.

**Beck Depression Inventory - Score Ranges**

<table>
<thead>
<tr>
<th></th>
<th>“These Ups and Downs are Considered Normal.” (Scores 0 through 10)</th>
<th>“Mild Mood Disturbance” (Scores 11-16)</th>
<th>“Borderline Clinical Depression” (Scores 17 through 20)</th>
<th>“Moderate Depression” (Scores 21 through 30)</th>
<th>“Severe Depression” (Scores 31 through 40)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of PPTs in Each Score Range</td>
<td>8</td>
<td>2</td>
<td>2</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>PPT #</td>
<td>2, 3, 5, 6, 7, 8, 9, 10</td>
<td>11, 16</td>
<td>4, 13</td>
<td>1, 14, 17, 18</td>
<td>15</td>
</tr>
</tbody>
</table>

**Conceptual Metaphors of Emotion**

41
The following table lists excerpts of speech produced by PPTs in response to the questions about emotions. All excerpts contain CMEs. Excerpts are taken directly from the transcriptions of the experimental sessions.

<table>
<thead>
<tr>
<th>PPT</th>
<th>Group</th>
<th>Interview Question</th>
<th>Speech</th>
<th>CM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Non-MDD</td>
<td>Q4</td>
<td>Most of my emotions <strong>happen in</strong> my head.</td>
<td>EMOTIONS ARE ENTITIES WITHIN / INSIDE A PERSON; THE BODY IS A CONTAINER FOR THE EMOTIONS</td>
</tr>
<tr>
<td>1</td>
<td>Non-MDD</td>
<td>Q4</td>
<td>It's my mind <strong>talking</strong> to me and <strong>telling</strong> me things.</td>
<td>THE MIND IS A BODY</td>
</tr>
<tr>
<td>1</td>
<td>Non-MDD</td>
<td>Q5</td>
<td><strong>weak</strong></td>
<td>EMOTIONAL EFFECT IS PHYSICAL CONTACT / EFFECT ON EMOTIONAL SELF IS CONTACT WITH PHYSICAL SELF</td>
</tr>
<tr>
<td>1</td>
<td>Non-MDD</td>
<td>Q5</td>
<td><strong>limp</strong></td>
<td>EMOTIONAL EFFECT IS PHYSICAL CONTACT / EFFECT ON EMOTIONAL SELF IS CONTACT WITH PHYSICAL SELF</td>
</tr>
<tr>
<td>1</td>
<td>Non-MDD</td>
<td>Q8</td>
<td>Mind also <strong>controls</strong> happiness.</td>
<td>THE MIND IS A BODY; EMOTIONS ARE ENTITIES WITHIN / INSIDE A PERSON</td>
</tr>
<tr>
<td>1</td>
<td>Non-MDD</td>
<td>Q8</td>
<td>If I were happy, you can definitely tell in my physical demeanor, kind of facial expressions.</td>
<td>THE BODY IS A CONTAINER FOR THE EMOTIONS</td>
</tr>
<tr>
<td>1</td>
<td>Non-MDD</td>
<td>Q9</td>
<td><strong>not weak</strong></td>
<td>EMOTIONS ARE ENTITIES WITHIN / INSIDE A PERSON</td>
</tr>
<tr>
<td>1</td>
<td>Non-MDD</td>
<td>Q9</td>
<td><strong>energetic</strong></td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
</tr>
<tr>
<td>1</td>
<td>non-MDD</td>
<td>Q11</td>
<td>I was just <strong>excited</strong>.</td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
</tr>
<tr>
<td>2</td>
<td>Non-MDD</td>
<td>Q5</td>
<td>You <strong>keep</strong> dwelling on it.</td>
<td>EMOTIONS ARE FORCES</td>
</tr>
<tr>
<td>2</td>
<td>Non-MDD</td>
<td>Q5</td>
<td>It just <strong>keeps</strong> going.</td>
<td>EMOTION IS A FORCE; EMOTION IS MOTION</td>
</tr>
<tr>
<td>2</td>
<td>Non-MDD</td>
<td>Q5</td>
<td>You just <strong>keep</strong> thinking about it.</td>
<td>EMOTIONS ARE FORCES</td>
</tr>
<tr>
<td></td>
<td>Non-MDD</td>
<td>Q5</td>
<td>It just <em>perpetuates</em>.</td>
<td>EMOTION IS MOTION; EMOTION IS A FORCE</td>
</tr>
<tr>
<td>---</td>
<td>---------</td>
<td>----</td>
<td>------------------------</td>
<td>--------------------------------------</td>
</tr>
<tr>
<td>2</td>
<td>Non-MDD</td>
<td>Q10</td>
<td><em>energy emanating from</em> my body</td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES; THE BODY IS A CONTAINER FOR THE EMOTIONS</td>
</tr>
<tr>
<td>2</td>
<td>Non-MDD</td>
<td>Q10</td>
<td>Your body feels more <em>uplifted</em>.</td>
<td>HAPPINESS IS UP; HAPPINESS IS BEING OFF THE GROUND</td>
</tr>
<tr>
<td>3</td>
<td>Non-MDD</td>
<td>Q5</td>
<td>Your whole body feels more <em>limp</em>.</td>
<td>SADNESS IS FEELING HEAVY</td>
</tr>
<tr>
<td>3</td>
<td>Non-MDD</td>
<td>Q5</td>
<td>You feel like all your body parts are <em>heavier</em>.</td>
<td>SADNESS IS FEELING HEAVY</td>
</tr>
<tr>
<td>3</td>
<td>Non-MDD</td>
<td>Q5</td>
<td>You don't really want to <em>move</em> as much.</td>
<td>EMOTION IS MOTION</td>
</tr>
<tr>
<td>3</td>
<td>Non-MDD</td>
<td>Q5</td>
<td>He was really <em>down</em>.</td>
<td>SADNESS IS DOWN</td>
</tr>
<tr>
<td>3</td>
<td>Non-MDD</td>
<td>Q5</td>
<td>He was still sort of <em>down</em>.</td>
<td>SADNESS IS DOWN</td>
</tr>
<tr>
<td>3</td>
<td>Non-MDD</td>
<td>Q8</td>
<td>I know some people, like, holding that all <em>in</em>.</td>
<td>THE BODY IS A CONTAINER FOR THE EMOTIONS</td>
</tr>
<tr>
<td>3</td>
<td>Non-MDD</td>
<td>Q8</td>
<td>I don't really try to hold <em>in</em> any feelings of sadness.</td>
<td>THE BODY IS A CONTAINER FOR THE EMOTIONS</td>
</tr>
<tr>
<td>3</td>
<td>Non-MDD</td>
<td>Q9</td>
<td>You feel this feeling coming <em>up</em> your spine and <em>outside</em> of your hands.</td>
<td>HAPPINESS IS UP; HAPPINESS IS WIDE; THE BODY IS A CONTAINER FOR THE EMOTIONS</td>
</tr>
<tr>
<td>3</td>
<td>Non-MDD</td>
<td>Q10</td>
<td><em>through</em> your smile</td>
<td>THE BODY IS A CONTAINER FOR THE EMOTIONS</td>
</tr>
<tr>
<td>4</td>
<td>Non-MDD</td>
<td>Q5</td>
<td><em>heavy</em></td>
<td>SADNESS IS FEELING HEAVY</td>
</tr>
<tr>
<td>4</td>
<td>Non-MDD</td>
<td>Q5</td>
<td><em>floating</em></td>
<td>SADNESS IS FEELING LIGHT</td>
</tr>
<tr>
<td>4</td>
<td>Non-MDD</td>
<td>Q7</td>
<td>It's like everything was <em>against</em> me.</td>
<td>SADNESS IS AN OPPONENT</td>
</tr>
<tr>
<td>4</td>
<td>Non-MDD</td>
<td>Q8</td>
<td>Everything's... It's, like, <em>bouncy</em>.</td>
<td>EMOTION IS MOTION; HAPPINESS IS FEELING LIGHT; HAPPINESS IS BEING OFF THE GROUND</td>
</tr>
<tr>
<td>4</td>
<td>Non-MDD</td>
<td>Q8</td>
<td><em>energy</em></td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
</tr>
<tr>
<td>4</td>
<td>Non-MDD</td>
<td>Q8</td>
<td><em>energetic</em></td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
</tr>
<tr>
<td>4</td>
<td>Non-MDD</td>
<td>Q9</td>
<td><em>full of energy</em></td>
<td>THE BODY IS CONTAINER FOR THE EMOTIONS</td>
</tr>
<tr>
<td>Question</td>
<td>Label</td>
<td>Word(s)</td>
<td>Category</td>
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<td>----------</td>
<td>-------</td>
<td>---------</td>
<td>-----------</td>
<td></td>
</tr>
<tr>
<td><strong>Non-MDD Q4</strong></td>
<td>4</td>
<td>when I'm feeling sad, or <strong>down</strong></td>
<td><strong>SADNESS IS DOWN</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Non-MDD Q4</strong></td>
<td>4</td>
<td>They kind of stay <strong>anchored</strong>.</td>
<td><strong>THE BODY IS A CONTAINER FOR THE EMOTIONS; EMOTION IS MOTION; SADNESS IS FEELING HEAVY; EMOTION IS BURDEN</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Non-MDD Q5</strong></td>
<td>4</td>
<td><strong>lethargic</strong></td>
<td><strong>EMOTIONS ARE ELECTROMAGNETIC FORCES</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Non-MDD Q5</strong></td>
<td>4</td>
<td><strong>tired</strong></td>
<td><strong>EMOTIONS ARE ELECTROMAGNETIC FORCES</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Non-MDD Q5</strong></td>
<td>4</td>
<td><strong>sore</strong></td>
<td><strong>SADNESS IS AN UNPLEASURABLE PHYSICAL SENSATION</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Non-MDD Q7</strong></td>
<td>4</td>
<td>That feeling of helplessness <strong>made</strong> me really sad for awhile.</td>
<td><strong>EMOTIONS ARE FORCES</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Non-MDD Q8</strong></td>
<td>4</td>
<td>When I'm happy my <strong>eyes light up</strong>.</td>
<td><strong>THE EYES ARE CONTAINERS FOR THE EMOTIONS; HAPPINESS IS LIGHT; HAPPINESS IS UP</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Non-MDD Q8</strong></td>
<td>4</td>
<td>Sometimes I <strong>can't stop</strong> smiling.</td>
<td><strong>EMOTIONS ARE FORCES</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Non-MDD Q8</strong></td>
<td>4</td>
<td>When I'm happy you can definitely tell most <strong>through</strong> my face.</td>
<td><strong>THE BODY IS A CONTAINER FOR THE EMOTIONS</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Non-MDD Q8</strong></td>
<td>4</td>
<td><strong>jittery</strong></td>
<td><strong>EMOTION IS MOTION</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Non-MDD Q8</strong></td>
<td>4</td>
<td><strong>excited</strong></td>
<td><strong>EMOTIONS ARE ELECTROMAGNETIC FORCES</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Non-MDD Q8</strong></td>
<td>4</td>
<td>I feel like I need to go <strong>up</strong> and do things and <strong>run around</strong> and <strong>experience life</strong>.</td>
<td><strong>HAPPINESS IS UP; EMOTION IS MOTION; HAPPINESS IS VITALITY</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Non-MDD Q8</strong></td>
<td>4</td>
<td><strong>running around</strong>, hugging random people, <strong>jumping up and down</strong></td>
<td><strong>EMOTION IS MOTION; HAPPINESS IS UP;</strong></td>
<td></td>
</tr>
<tr>
<td>Page</td>
<td>Dataset</td>
<td>ID</td>
<td>Phrase</td>
<td>Analysis</td>
</tr>
<tr>
<td>------</td>
<td>---------</td>
<td>----</td>
<td>----------------------------------------------------------------------</td>
<td>----------</td>
</tr>
<tr>
<td>5</td>
<td>Non-MDD</td>
<td>Q11</td>
<td>I was just so excited.</td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
</tr>
<tr>
<td>5</td>
<td>Non-MDD</td>
<td>Q11</td>
<td>I was super excited.</td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
</tr>
<tr>
<td>5</td>
<td>Non-MDD</td>
<td>Q11</td>
<td>running around being crazy</td>
<td>EMOTION IS MOTION; STRONG EMOTIONS ARE MADNESS</td>
</tr>
<tr>
<td>6</td>
<td>Non-MDD</td>
<td>Q5</td>
<td>get tired easily</td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
</tr>
<tr>
<td>6</td>
<td>Non-MDD</td>
<td>Q5</td>
<td>My body, like, kind of feel heavy.</td>
<td>SADNESS IS FEELING HEAVY</td>
</tr>
<tr>
<td>6</td>
<td>Non-MDD</td>
<td>Q9</td>
<td>hyper</td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
</tr>
<tr>
<td>6</td>
<td>Non-MDD</td>
<td>Q9</td>
<td>excited</td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
</tr>
<tr>
<td>6</td>
<td>Non-MDD</td>
<td>Q10</td>
<td>really excited</td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
</tr>
<tr>
<td>7</td>
<td>Non-MDD</td>
<td>Q4</td>
<td>Whenever you're sad people can kind of tell it and see it in your eyes.</td>
<td>THE EYES ARE CONTAINERS FOR THE EMOTIONS</td>
</tr>
<tr>
<td>7</td>
<td>Non-MDD</td>
<td>Q5</td>
<td>doesn't feel energetic</td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
</tr>
<tr>
<td>7</td>
<td>Non-MDD</td>
<td>Q7</td>
<td>insular</td>
<td>EMOTIONAL DISTANCE IS PHYSICAL DISTANCE</td>
</tr>
<tr>
<td>7</td>
<td>Non-MDD</td>
<td>Q9</td>
<td>bouncy</td>
<td>EMOTION IS MOTION; HAPPINESS IS FEELING LIGHT; HAPPINESS IS BEING OFF THE GROUND</td>
</tr>
<tr>
<td>7</td>
<td>Non-MDD</td>
<td>Q9</td>
<td>warm</td>
<td>HAPPINESS IS WARMTH</td>
</tr>
<tr>
<td>7</td>
<td>Non-MDD</td>
<td>Q9</td>
<td>energetic</td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
</tr>
<tr>
<td>7</td>
<td>Non-MDD</td>
<td>Q9</td>
<td>calm</td>
<td>EMOTION IS MOTION; EMOTION IS A NATURAL FORCE</td>
</tr>
<tr>
<td>8</td>
<td>Non-MDD</td>
<td>Q5</td>
<td>It just feels like, um, something block my heart, like, block the blood inside.</td>
<td>SADNESS IS AN UNPLEASURABLE PHYSICAL SENSATION; SADNESS IS A DISEASE</td>
</tr>
<tr>
<td>8</td>
<td>Non-MDD</td>
<td>Q5</td>
<td>I feel like the pain starts from here and kind of spread all over my body.</td>
<td>SADNESS IS AN UNPLEASURABLE PHYSICAL SENSATION; SADNESS IS A DISEASE</td>
</tr>
<tr>
<td>Non-MDD</td>
<td>Q7</td>
<td>I got really <strong>depressed</strong>.</td>
<td>EMOTIONS ARE PHYSICAL FORCES; HAPPINESS IS A PLEASURABLE PHYSICAL SENSATION</td>
<td></td>
</tr>
<tr>
<td>Non-MDD</td>
<td>Q8</td>
<td>You're a little bit <strong>brighter</strong>.</td>
<td>HAPPIESS IS LIGHT</td>
<td></td>
</tr>
<tr>
<td>Non-MDD</td>
<td>Q9</td>
<td>I just feel, I guess, <strong>relaxed</strong>, or something.</td>
<td>EMOTION IS MOTION; EMOTION IS BURDEN; EMOTIONS OVER WHICH WE HAVE NO CONTROL ARE ADVERSARIES</td>
<td></td>
</tr>
<tr>
<td>Non-MDD</td>
<td>Q9</td>
<td>I don't feel, like, my body, like, <strong>encumber</strong> myself, yeah, like, <strong>stop me</strong> from doing something.</td>
<td>AVOIDING EMOTIONAL CONTACT IS AVOIDING CONTACT; EMOTIONS / STATES ARE LOCATIONS</td>
<td></td>
</tr>
<tr>
<td>Non-MDD</td>
<td>Q9</td>
<td>My limbs feel like they <strong>weigh more</strong> than they do.</td>
<td>SADNESS IS FEELING HEAVY</td>
<td></td>
</tr>
<tr>
<td>Non-MDD</td>
<td>Q5</td>
<td><strong>tired</strong></td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
<td></td>
</tr>
<tr>
<td>Non-MDD</td>
<td>Q5</td>
<td><strong>lethargic</strong></td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
<td></td>
</tr>
<tr>
<td>Non-MDD</td>
<td>Q5</td>
<td><strong>lethargic</strong></td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
<td></td>
</tr>
<tr>
<td>Non-MDD</td>
<td>Q5</td>
<td><strong>heavy</strong></td>
<td>SADNESS IS FEELING HEAVY</td>
<td></td>
</tr>
<tr>
<td>Non-MDD</td>
<td>Q7</td>
<td>I was in <strong>shock</strong>.</td>
<td>EMOTIONAL EFFECT IS PHYSICAL CONTACT / EFFECT ON EMOTIONAL SELF IS CONTACT WITH PHYSICAL SELF</td>
<td></td>
</tr>
<tr>
<td>Non-MDD</td>
<td>Q7</td>
<td>It kind of <strong>hit me</strong> hard.</td>
<td>EMOTIONAL EFFECT IS PHYSICAL CONTACT / EFFECT ON EMOTIONAL SELF IS CONTACT WITH PHYSICAL SELF</td>
<td></td>
</tr>
<tr>
<td>Non-MDD</td>
<td>Q8</td>
<td>When I feel happy I have <strong>energy</strong>.</td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
<td></td>
</tr>
<tr>
<td>Non-MDD</td>
<td>Q8</td>
<td>You're a little bit <strong>brighter</strong>.</td>
<td>HAPPIESS IS LIGHT</td>
<td></td>
</tr>
<tr>
<td>Non-MDD</td>
<td>Q8</td>
<td>Your <strong>eyes</strong> are <strong>more open</strong> to the world.</td>
<td>THE EYES ARE CONTAINERS FOR THE EMOTIONS; HAPPINESS IS VITALITY</td>
<td></td>
</tr>
<tr>
<td>Non-MDD</td>
<td>Q8</td>
<td>Your hands want to make more <strong>motion</strong> towards the world.</td>
<td>EMOTION IS MOTION</td>
<td></td>
</tr>
<tr>
<td>Q</td>
<td>Section</td>
<td>Text</td>
<td>Summary</td>
<td></td>
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<tr>
<td>----</td>
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<td>----------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Q9</td>
<td>Non-MDD</td>
<td>When you're sad you don't really have that deep emotional connection.</td>
<td>EMOTIONAL BONDING IS PHYSICAL BONDING</td>
<td></td>
</tr>
<tr>
<td>Q10</td>
<td>Non-MDD</td>
<td>You smile a little bit brighter.</td>
<td>HAPPIESS IS LIGHT</td>
<td></td>
</tr>
<tr>
<td>Q10</td>
<td>Non-MDD</td>
<td>Everything's a little more movement.</td>
<td>EMOTION IS MOTION</td>
<td></td>
</tr>
<tr>
<td>Q10</td>
<td>Non-MDD</td>
<td>more vigor in everything</td>
<td>MENTAL FITNESS IS PHYSICAL FITNESS</td>
<td></td>
</tr>
<tr>
<td>Q11</td>
<td>Non-MDD</td>
<td>The memories were hitting me.</td>
<td>EMOTIONAL EFFECT IS PHYSICAL CONTACT / EFFECT ON EMOTIONAL SELF IS CONTACT WITH PHYSICAL SELF</td>
<td></td>
</tr>
<tr>
<td>Q11</td>
<td>Non-MDD</td>
<td>high point</td>
<td>HAPPINESS IS UP</td>
<td></td>
</tr>
<tr>
<td>Q11</td>
<td>Non-MDD</td>
<td>I know where I want to be.</td>
<td>EMOTIONS / STATES ARE LOCATIONS</td>
<td></td>
</tr>
<tr>
<td>Q11</td>
<td>Non-MDD</td>
<td>knowing that you belong somewhere</td>
<td>EMOTIONS / STATES ARE LOCATIONS</td>
<td></td>
</tr>
<tr>
<td>Q11</td>
<td>Non-MDD</td>
<td>You know you should be there.</td>
<td>EMOTIONS / STATES ARE LOCATIONS</td>
<td></td>
</tr>
<tr>
<td>Q5</td>
<td>Non-MDD</td>
<td>weak</td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
<td></td>
</tr>
<tr>
<td>Q5</td>
<td>Non-MDD</td>
<td>doesn't feel energized</td>
<td>SADNESS IS A NATURAL FORCE</td>
<td></td>
</tr>
<tr>
<td>Q7</td>
<td>Non-MDD</td>
<td>It just came out of nowhere.</td>
<td>EMOTIONAL EFFECT IS PHYSICAL CONTACT / EFFECT ON EMOTIONAL SELF IS CONTACT WITH PHYSICAL SELF</td>
<td></td>
</tr>
<tr>
<td>Q7</td>
<td>Non-MDD</td>
<td>traumatic</td>
<td>EMOTIONS OVER WHICH WE HAVE NO CONTROL ARE ADVERSARIES</td>
<td></td>
</tr>
<tr>
<td>Q7</td>
<td>Non-MDD</td>
<td>It was just hard to take.</td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
<td></td>
</tr>
<tr>
<td>Q8</td>
<td>Non-MDD</td>
<td>When I'm happy I feel really, like, energized.</td>
<td>THE EYES ARE CONTAINERS FOR THE EMOTIONS; EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
<td></td>
</tr>
<tr>
<td>Q8</td>
<td>Non-MDD</td>
<td>I feel like my eyes are something that, like, constantly have energy.</td>
<td>THE EYES ARE CONTAINERS FOR THE EMOTIONS; EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
<td></td>
</tr>
<tr>
<td>Q8</td>
<td>Non-MDD</td>
<td>They're constantly radiating light.</td>
<td>THE BODY IS A CONTAINER FOR</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
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<td>---</td>
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<td>---</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Non-MDD</td>
<td>Q9</td>
<td>energized</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Non-MDD</td>
<td>Q11</td>
<td>relaxing</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Non-MDD</td>
<td>Q11</td>
<td>at peace</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Non-MDD</td>
<td>Q11</td>
<td>how it's supposed to feel</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Non-MDD</td>
<td>Q11</td>
<td>how my body's supposed to feel and my mind's supposed to feel</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Non-MDD</td>
<td>Q11</td>
<td>at peace</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Non-MDD</td>
<td>Q11</td>
<td>no stress</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>MDD</td>
<td>Q5</td>
<td>I get really tired.</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>MDD</td>
<td>Q9</td>
<td>There's, like, a stillness to being happy.</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>MDD</td>
<td>Q9</td>
<td>sense of alignment</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>MDD</td>
<td>Q4</td>
<td>tension</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>MDD</td>
<td>Q7</td>
<td>tension</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>MDD</td>
<td>Q9</td>
<td>energetic</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>MDD</td>
<td>Q9</td>
<td>upbeat</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>MDD</td>
<td>Q4</td>
<td>That's where it wells up.</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>MDD</td>
<td>Q7</td>
<td>My brain just doesn't shut up.</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>MDD</td>
<td>Q11</td>
<td>emotional connection to everybody</td>
<td></td>
</tr>
<tr>
<td></td>
<td>MDD</td>
<td>Q11</td>
<td>easy it was to make an emotional connection with everybody</td>
<td>EMOTIONAL BONDING IS PHYSICAL BONDING</td>
</tr>
<tr>
<td>---</td>
<td>------</td>
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<td>----------------------------------------------------------</td>
<td>--------------------------------------</td>
</tr>
<tr>
<td>15</td>
<td>MDD</td>
<td>Q5</td>
<td>less tense than normal</td>
<td>EMOTIONS ARE PHYSICAL FORCES</td>
</tr>
<tr>
<td>15</td>
<td>MDD</td>
<td>Q5</td>
<td>difficult to keep everything together</td>
<td>MIND / EMOTIONAL SELF IS A BRITTLE OBJECT</td>
</tr>
<tr>
<td>15</td>
<td>MDD</td>
<td>Q5</td>
<td>relaxed lack of tension</td>
<td>EMOTIONS ARE PHYSICAL FORCES</td>
</tr>
<tr>
<td>15</td>
<td>MDD</td>
<td>Q7</td>
<td>I kind of felt almost detached from everything.</td>
<td>EMOTIONAL DISTANCE IS PHYSICAL DISTANCE</td>
</tr>
<tr>
<td>15</td>
<td>MDD</td>
<td>Q7</td>
<td>I spent a lot more of the time in my own head.</td>
<td>EMOTIONS / STATES ARE LOCATIONS; SADNESS IS A FORCE DISLOCATING THE SELF</td>
</tr>
<tr>
<td>15</td>
<td>MDD</td>
<td>Q8</td>
<td>upbeat</td>
<td>HAPPINESS IS UP</td>
</tr>
<tr>
<td>15</td>
<td>MDD</td>
<td>Q8</td>
<td>excitable</td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
</tr>
<tr>
<td>15</td>
<td>MDD</td>
<td>Q9</td>
<td>more energetic</td>
<td>EMOTIONS ARE ELECTROMAGNETIC FORCES</td>
</tr>
<tr>
<td>15</td>
<td>MDD</td>
<td>Q9</td>
<td>more relaxed</td>
<td>EMOTIONS ARE PHYSICAL FORCES</td>
</tr>
<tr>
<td>16</td>
<td>MDD</td>
<td>Q5</td>
<td>It feels very light.</td>
<td>HAPPINESS IS FEELING LIGHT</td>
</tr>
<tr>
<td>16</td>
<td>MDD</td>
<td>Q5</td>
<td>You relax yourself.</td>
<td>EMOTIONS ARE PHYSICAL FORCES</td>
</tr>
<tr>
<td>16</td>
<td>MDD</td>
<td>Q5</td>
<td>You feel no gravity.</td>
<td>SADNESS IS FEELING LIGHT; EMOTIONAL STABILITY IS CONTACT WITH THE GROUND</td>
</tr>
<tr>
<td>16</td>
<td>MDD</td>
<td>Q5</td>
<td>feel stuck</td>
<td>THE BODY IS A CONTAINER FOR THE EMOTIONS; EMOTION IS MOTION; SADNESS IS FEELING HEAVY; EMOTION IS BURDEN</td>
</tr>
<tr>
<td>16</td>
<td>MDD</td>
<td>Q7</td>
<td>disoriented from the future</td>
<td>EMOTIONS ARE FORCES</td>
</tr>
<tr>
<td>16</td>
<td>MDD</td>
<td>Q7</td>
<td>disoriented about what I should do in the future</td>
<td>EMOTIONS ARE FORCES</td>
</tr>
<tr>
<td>16</td>
<td>MDD</td>
<td>Q7</td>
<td>evil from your body</td>
<td>THE BODY IS A CONTAINER FOR THE EMOTIONS</td>
</tr>
<tr>
<td>16</td>
<td>MDD</td>
<td>Q7</td>
<td>Depression just spill out of your body.</td>
<td>EMOTIONS ARE LIQUIDS WITHIN A PERSON; THE BODY</td>
</tr>
<tr>
<td>Q</td>
<td>MDD</td>
<td>16</td>
<td>Yesterday I feel so happy I just cannot control my smile.</td>
<td>IS A CONTAINER FOR THE EMOTIONS</td>
</tr>
<tr>
<td>---</td>
<td>-----</td>
<td>-----</td>
<td>----------------------------------------------------------</td>
<td>---------------------------------</td>
</tr>
<tr>
<td>Q</td>
<td>MDD</td>
<td>17</td>
<td>It's kind of like a feeling of heaviness.</td>
<td>SADNESS IS FEELING HEAVY</td>
</tr>
<tr>
<td>Q</td>
<td>MDD</td>
<td>17</td>
<td>like some part of me is physically heavy</td>
<td>SADNESS IS FEELING HEAVY</td>
</tr>
<tr>
<td>Q</td>
<td>MDD</td>
<td>17</td>
<td>a feeling of being, um, held down</td>
<td>EMOTION IS MOTION; EMOTIONS OVER WHICH WE HAVE NO CONTROL ARE ADVERSARIES; EMOTIONS ARE PHYSICAL FORCES</td>
</tr>
<tr>
<td>Q</td>
<td>MDD</td>
<td>17</td>
<td>It feels like I'm, like, physically carrying a burden.</td>
<td>EMOTION IS BURDEN; SADNESS IS FEELING HEAVY</td>
</tr>
<tr>
<td>Q</td>
<td>MDD</td>
<td>17</td>
<td>Overall, I just feel heavy.</td>
<td>SADNESS IS FEELING HEAVY</td>
</tr>
<tr>
<td>Q</td>
<td>MDD</td>
<td>17</td>
<td>It's often a very inward thing that doesn't have many outward expressions.</td>
<td>SADNESS IS NARROW</td>
</tr>
<tr>
<td>Q</td>
<td>MDD</td>
<td>17</td>
<td>It's just kind of something that, um I keep internally.</td>
<td>SADNESS IS NARROW</td>
</tr>
<tr>
<td>Q</td>
<td>MDD</td>
<td>17</td>
<td>It's more of an outward thing.</td>
<td>HAPPINESS IS WIDE</td>
</tr>
<tr>
<td>Q</td>
<td>MDD</td>
<td>17</td>
<td>the sadness, which I try and keep more inward</td>
<td>SADNESS IS NARROW</td>
</tr>
<tr>
<td>Q</td>
<td>MDD</td>
<td>17</td>
<td>Sadness, even if I try to keep it inward, I almost can't</td>
<td>SADNESS IS DARK; HAPPINESS IS LIGHT</td>
</tr>
<tr>
<td>Q</td>
<td>MDD</td>
<td>17</td>
<td>darkness versus light</td>
<td>SADNESS IS FEELING HEAVY; HAPPINESS IS LIGHT</td>
</tr>
<tr>
<td>Q</td>
<td>MDD</td>
<td>17</td>
<td>heavy versus light</td>
<td>SADNESS IS FEELING HEAVY</td>
</tr>
<tr>
<td>Q</td>
<td>MDD</td>
<td>17</td>
<td>general feeling of just heaviness</td>
<td>SADNESS IS FEELING HEAVY</td>
</tr>
<tr>
<td>Q</td>
<td>MDD</td>
<td>17</td>
<td>When I'm happy, there is, um, a lightness.</td>
<td>HAPPINESS IS FEELING LIGHT</td>
</tr>
<tr>
<td>Q</td>
<td>MDD</td>
<td>17</td>
<td>I just feel like that burden ... it's lifted.</td>
<td>EMOTION IS A BURDEN; HAPPINESS IS FEELING LIGHT; HAPPINESS IS UP</td>
</tr>
<tr>
<td>Q</td>
<td>MDD</td>
<td>17</td>
<td>Physically, I just feel, um, lighter.</td>
<td>HAPPINESS IS FEELING LIGHT</td>
</tr>
<tr>
<td>Q</td>
<td>MDD</td>
<td>17</td>
<td>I just really light up when I talk about him.</td>
<td>HAPPINESS IS LIGHT</td>
</tr>
<tr>
<td>Q</td>
<td>MDD</td>
<td>18</td>
<td>I don't have the drive to walk somewhere.</td>
<td>EMOTION IS MOTION</td>
</tr>
<tr>
<td>Q</td>
<td>MDD</td>
<td>18</td>
<td>You stay in a current position for a very long time.</td>
<td>EMOTION IS MOTION</td>
</tr>
</tbody>
</table>

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It is important to point out that the PPTs in this study can be organized into four (4) groups:

1) those who had never been diagnosed with MDD and were not experiencing symptoms of MDD at the time of data collection

2) Those who had been diagnosed with MDD and were experiencing symptoms of MDD at the time of data collection

3) Those who had been diagnosed with MDD and were not experiencing symptoms of MDD at the time of data collection

4) and those who had never been diagnosed with MDD and were experiencing symptoms of MDD at the time of data collection.

Considering these four (4) groups raises an interesting question: Did having been diagnosed with MDD or experiencing symptoms of the disorder at the time of data collection alone have a greater effect on how the MDD PPTs conceptualized emotions? It seems that having been diagnosed with MDD would have a greater
effect. Receiving a diagnosis, whether for MDD or for some other mental or physical disorder, changes, sometimes permanently, how we think about ourselves and how we interact with the world around us. Consider how being diagnosed with a disorder might change how you would think and act. To see which had a greater effect in this study, the CMEs produced by the PPTs during the experimental sessions, in response to the questions about emotions, were compared.

The following chart shows the percent of all CMEs produced by the MDD PPTs which were metaphor M and the percent of all CMEs produced by the Non-MDD group which were metaphor M.
The following chart shows the percent of all CMEs produced by the MDD PPTs (according to BDI scores) which were metaphor M, and the percent of all CMEs produced by the Non-MDD group (according to BDI scores) which were metaphor M.

The following chart compares the percent of all CMEs produced by the MDD PPTs which were metaphor M, excluding CMEs which were only produced once, and the percent of all CMEs produced by the Non-MDD group which were metaphor M, also excluding CMEs which were only produced once. For example, the chart shows that EMOTIONS ARE ELECTROMAGNETIC FORCES accounts for over twenty (20) percent of all CMEs produced by the Non-MDD PPTs and
less than ten (10) percent of all CMEs produced by MDD PPTs. EMOTIONS ARE ELECTROMAGNETIC FORCES accounted for the greatest percentage of CMEs produced by the Non-MDD Group, whereas SADNESS IS FEELING HEAVY accounted for the greatest percentage of CMEs produced by the MDD group.

The following chart compares the percent of all CMEs produced by the MDD PPTs (according to BDI scores) which were metaphor M, excluding CMEs which were only produced once, and the percent of all CMEs produced by the Non-MDD group (according to BDI scores) which were metaphor M, also excluding CMEs which were only produced once. The chart shows that...
EMOTIONS ARE ELECTROMAGNETIC FORCES accounts for the greatest percentage of CMEs produced by the Non-MDD group as well as the greatest percentage of CMEs produced by the MDD group.

The following chart compares the percent of total uses of metaphor M which were produced by the Non-MDD PPTs and the percent of total uses of metaphor M which were produced by the MDD PPTs.
The following chart compares the percent of total uses of metaphor M which were produced by the Non-MDD PPTs (according to BDI scores) and the percent of total uses of metaphor M which were produced by the MDD PPTs (according to BDI scores).
The following chart compares the percent of total uses of metaphor M which were produced by the Non-MDD PPTs, excluding CMEs which were only produced once, and the percent of total uses of metaphor M which were produced by the MDD PPTs, also excluding CMEs which were only produced once. The chart shows that EMOTION IS PHYSICAL AGITATION, HAPPINESS IS A PLEASURABLE PHYSICAL SENSATION, HAPPPINESS IS BEING OFF THE GROUND, HAPPINESS IS VITALITY, SADNESS IS DOWN, THE EYES ARE CONTAINERS FOR THE EMOTIONS, and EFFECT ON EMOTIONAL SELF IS CONTACT WITH PHYSICAL SELF were only produced by Non-MDD PPTs.
PPTs. Similarly, EMOTIONS ARE LIQUIDS WITHIN A PERSON and SADNESS IS NARROW were only produced by MDD PPTs.

The following chart compares the percent of total uses of metaphor M which were produced by the Non-MDD PPTs (according to BDI scores), excluding CMEs which were only produced once, and the percent of total uses of metaphor M which were produced by the MDD PPTs (according to BDI scores), also excluding CMEs which were only produced once. The chart shows that 

**EMOTION IS PHYSICAL AGITATION, HAPPINESS IS A PLEASURABLE PHYSICAL SENSATION, SADNESS IS DOWN, and THE EYES ARE CONTAINERS FOR THE EMOTIONS** were only produced by Non-MDD PPTs.
Similarly, SADNESS IS FEELING LIGHT, EMOTIONS ARE LIQUIDS WITHIN A PERSON, SADNESS IS NARROW, and EMOTIONS ARE ENTITIES WITHIN / INSIDE A PERSON were only produced by MDD PPTs.

These charts show that the CMEs produced exclusively by a particular group of PPTs changed according to how the PPTs were grouped (diagnosis vs. BDI scores). However, it is not clear what these changes suggest about how the different groups of PPTs conceptualize emotions. One interesting result which these charts highlight is, when the PPTs were grouped according to BDI scores, only those who were experiencing symptoms of depression at the time of data collection produced the CME, SADNESS IS FEELING LIGHT. (The CMEs
SADNESS IS FEELING HEAVY and HAPPINESS IS FEELING LIGHT were produced by all groups of PPTs.

Conclusion

As mentioned above, it is not clear what the results of this study suggest about how the different groups of PPTs conceptualize emotions. Therefore, it is not yet clear how clinicians should use CMT to improve therapeutic treatments for MDD. Future research might replicate this study to see whether similar results emerge. The finding that only PPTs who were experiencing symptoms of depression at the time of data collection produced the CME SADNESS IS FEELING LIGHT suggests that future research might investigate whether certain force-dynamic conceptualizations of emotions correlate with having been (or never having been) diagnosed with MDD, and/or with BDI scores at the time of data collection. (Many of the CMEs produced in response to the questions about emotions were force-dynamic in nature.) Furthermore, this study only explores CMEs produced in speech. As mentioned above, video data of each experimental session was captured. However, due to time constraints, this video data was not analyzed. Future research might analyze video data to look for multimodal metaphors, such as metaphoric gestures, especially those co-occurring with speech. If clinicians take away anything from this study, they should take away the idea that figurative language is not superfluous; it reflects how people think about themselves and the world around them. Looking at force-dynamic conceptualizations of emotions, for example, may reveal that certain conceptualizations of emotions are problematic. For example, certain conceptualizations of emotions may reinforce certain symptoms of
depression, or vice versa. Though this study focuses on how clients conceptualize emotions, future research might also investigate how clinicians conceptualize emotions. Perhaps a clinician’s cognitive models have been biasing how their clients have been conceptualizing their own emotions.

Appendix A: Informed Consent Document

Version: 2/23/2015

CASE WESTERN RESERVE UNIVERSITY INFORMED CONSENT DOCUMENT
Research Study on Emotion Description

You are being asked to participate in a research study about how people describe emotions. Please read this form and ask any questions that you have before agreeing to be in the research.

Researchers at Case Western Reserve University are conducting this study.

**Purpose**
The purpose of this research is to learn more about how people describe emotions and how these descriptions correlate with the presence and severity of symptoms of Major Depressive Disorder.

**Procedures**
If you agree to be a participant in this research, we would ask you to do the following things:

1) Answer some general questions and some questions about emotions. You will be video recorded as you answer these questions and you will rate your mood before and after answering some sets of questions.

2) Fill out the Beck Depression Inventory.
The duration of participation should not exceed 30 minutes. You can choose to stop participating for any reason at any time.

**Foreseeable Risks and Discomforts**
There are no known risks, harms, or discomforts associated with this study beyond those encountered in normal daily life. Possible risks and/or discomforts associated with the procedures described in this study include: anxiety, embarrassment, and invasion of privacy.
Some of the activities we will ask you to complete might make you feel uncomfortable. You may refuse to answer any of the questions, take a break, or stop your participation in this study at any time.
**Anticipated Benefits**
You will receive no direct benefit from participation in this study.

**Compensation**
There will be no costs to you for study participation. You will receive 2 points of course extra credit in COGS 101: Introduction to Cognitive Science. If you decide to withdraw from the study after beginning it, you will still receive 2 points of extra credit in COGS 101. If you choose not to participate, you will not receive extra credit. The instructor of the course will not see your videotaped data and will not know how you answered the questions. If you have been diagnosed with a depression disorder, the instructor of COGS 101 will not know about your diagnosis.

**Voluntary Nature of the Study**
Your participation is voluntary. If you choose not to participate, it will not affect your current or future relations with the University. There is no penalty or loss of benefits for not participating or for discontinuing your participation.

**Confidentiality**
The records of this research will be kept confidential. Any time information is collected, there is a potential risk for loss of confidentiality. Every effort will be made to keep your information confidential; however, this cannot be guaranteed. The results from this study will not be published. Data will be destroyed after the thesis work has been completed (anticipated 8/2015).

**Subject Identifiable Data**
All information that identifies you will be removed and replaced with a code. A list linking the code and your identifiable information will be kept separate from the research data.

**Data Storage & Retention**
Research data will be stored electronically on password protected computers and only the researcher will have access to it. The video recordings that can identify you will be destroyed after the thesis work has been completed (anticipated 8/2015).

**Contacts and Questions**
The researcher conducting this study is Brittany Lavanty. You may ask any questions you have now. If you have any additional questions or complaints about the study, you may contact Brittany Lavanty at Brittany.Lavanty@Case.edu.

**Permission to Record**
Recording is an integral part of the study and if the participants do not wish to be video-recorded, they should not participate in the study.

**Statement of Consent**
Your signature below certifies the following:
You are at least 18 years of age.
You have read (or been read) the information provided above.
You have received answers to all of your questions and have been told who to call if you have any more questions.
You have freely decided to participate in this research.
You understand that you are not giving up any of you legal rights.

Printed Name of Participant: ______________________
Signature of Participant: ______________________ Date ______

Printed Name of Person Obtaining Consent: ______________________
Signature of Person Obtaining Consent: ______________________ Date ______

Appendix B: Mood Rating

PPT #______  Rating #________

Please circle the face that best matches your current mood.

![Mood Rating Faces]

1. 0  I do not feel sad.
    1  I feel sad
    2  I am sad all the time and I can't snap out of it.
    3  I am so sad and unhappy that I can't stand it.

2.
0 I am not particularly discouraged about the future.
1 I feel discouraged about the future.
2 I feel I have nothing to look forward to.
3 I feel the future is hopeless and that things cannot improve.

3.
0 I do not feel like a failure.
1 I feel I have failed more than the average person.
2 As I look back on my life, all I can see is a lot of failures.
3 I feel I am a complete failure as a person.

4.
0 I get as much satisfaction out of things as I used to.
1 I don’t enjoy things the way I used to.
2 I don’t get real satisfaction out of anything anymore.
3 I am dissatisfied or bored with everything.

5.
0 I don’t feel particularly guilty.
1 I feel guilty a good part of the time.
2 I feel quite guilty most of the time.
3 I feel guilty all of the time.

6.
0 I don’t feel I am being punished.
1 I feel I may be punished.
2 I expect to be punished.
3 I feel I am being punished.

7.
0 I don’t feel disappointed in myself.
1 I am disappointed in myself.
2 I am disgusted with myself.
3 I hate myself.

8.
0 I don’t feel I am any worse than anybody else.
1 I am critical of myself for my weaknesses or mistakes.
2 I blame myself all the time for my faults.
3 I blame myself for everything bad that happens.

9.
0 I don’t have any thoughts of killing myself.
1 I have thoughts of killing myself, but I would not carry them out.
2 I would like to kill myself.
<table>
<thead>
<tr>
<th>Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>I would kill myself if I had the chance.</td>
</tr>
<tr>
<td>10</td>
<td>I don’t cry any more than usual.</td>
</tr>
<tr>
<td>1</td>
<td>I cry more now than I used to.</td>
</tr>
<tr>
<td>2</td>
<td>I cry all the time now.</td>
</tr>
<tr>
<td>3</td>
<td>I used to be able to cry, but now I can’t cry even though I want to.</td>
</tr>
<tr>
<td>11</td>
<td>I am no more irritated by things than I ever was.</td>
</tr>
<tr>
<td>1</td>
<td>I am slightly more irritated now than usual.</td>
</tr>
<tr>
<td>2</td>
<td>I am quite annoyed or irritated a good deal of the time.</td>
</tr>
<tr>
<td>3</td>
<td>I feel irritated all the time.</td>
</tr>
<tr>
<td>12</td>
<td>I have not lost interest in other people.</td>
</tr>
<tr>
<td>1</td>
<td>I am less interested in other people than I used to be.</td>
</tr>
<tr>
<td>2</td>
<td>I have lost most of my interest in other people.</td>
</tr>
<tr>
<td>3</td>
<td>I have lost all of my interest in other people.</td>
</tr>
<tr>
<td>13</td>
<td>I make decisions about as well as I ever could.</td>
</tr>
<tr>
<td>1</td>
<td>I put off making decisions more than I used to.</td>
</tr>
<tr>
<td>2</td>
<td>I have greater difficulty in making decisions more than I used to.</td>
</tr>
<tr>
<td>3</td>
<td>I can’t make decisions at all anymore.</td>
</tr>
<tr>
<td>14</td>
<td>I don’t feel that I look any worse than I used to.</td>
</tr>
<tr>
<td>1</td>
<td>I am worried that I am looking old or unattractive.</td>
</tr>
<tr>
<td>2</td>
<td>I feel that there are permanent changes in my appearance that make me look unattractive.</td>
</tr>
<tr>
<td>3</td>
<td>I believe that I look ugly.</td>
</tr>
<tr>
<td>15</td>
<td>I can work about as well as before.</td>
</tr>
<tr>
<td>1</td>
<td>It takes extra effort to get started at doing something.</td>
</tr>
<tr>
<td>2</td>
<td>I have to push myself very hard to do anything.</td>
</tr>
<tr>
<td>3</td>
<td>I can’t do any work at all.</td>
</tr>
<tr>
<td>16</td>
<td>I can sleep as well as usual.</td>
</tr>
<tr>
<td>1</td>
<td>I don’t sleep as well as I used to.</td>
</tr>
<tr>
<td>2</td>
<td>I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.</td>
</tr>
</tbody>
</table>
3  I wake up several hours earlier than I used to and cannot get back to sleep.

17.  
0  I don’t get more tired than usual.  
1  I get tired more easily than I used to.  
2  I get tired from doing almost anything.  
3  I am too tired to do anything.  

18.  
0  My appetite is no worse than usual.  
1  My appetite is not as good as it used to be.  
2  My appetite is much worse now.  
3  I have no appetite at all anymore.  

19.  
0  I haven’t lost weight, if any, lately.  
1  I have lost more than five pounds.  
2  I have lost more than ten pounds.  
3  I have lost more than fifteen pounds.  

20.  
0  I am no more worried about my health than usual.  
1  I am worried about physical problems like aches, pains, upset stomach, or constipation.  
2  I am very worried about physical problems and it’s hard to think of much else.  
3  I am so worried about my physical problems that I cannot think of anything else.  

21.  
0  I have not noticed any recent change in my interest in sex.  
1  I am less interested in sex than I used to be.  
2  I have almost no interest in sex.  
3  I have lost interest in sex completely.  

Interpreting the Beck Depression Inventory

Now that you have completed the questionnaire, add up the score for each of the twenty-one questions by counting the number to the right of each question you marked. The highest possible total for the whole test would be sixty-three. This would mean you circled number three on all twenty-one questions. Since the lowest possible score for each question is zero, the lowest possible score for the test would be zero. This would mean you circles zero on each question. You can evaluate your depression according to the Table below.
Total Score

Levels of Depression

1-10  These ups and downs are considered normal
11-16  Mild mood disturbance
17-20  Borderline clinical depression
21-30  Moderate depression
31-40  Severe depression
over 40  Extreme depression

Appendix D: Demographic Questionnaire

Please fill out this demographic questionnaire to the best of your ability. The information that you provide will be kept confidential and will be used for research purposes only.

Gender:

☐ Male
☐ Female
☐ Other (please specify, if possible): __________

Grade level (if applicable): __________

Date of birth: __________

How would you identify your race/ethnicity? (Please check all that apply.)

☐ African or African-American
☐ Asian or Asian-American
☐ European or White-American
☐ Hispanic or Latino-American
☐ Native American
☐ Other (please specify, if possible): __________

Do you regularly speak or hear any languages other than English?

☐ Yes
☐ No

If yes, please provide the following information:

Language: __________
Appendix E: Transcriptions

This appendix includes transcriptions of each experimental sessions. “PPT #1” through “PPT #10” are transcriptions of sessions with Non-MDD PPTs, and “PPT #11” through “PPT #18” are transcriptions of sessions with MDD PPTs.

PPT #1

Alright, so, first I’m going to ask you some, uh, general questions, and then I’m going to ask you a few questions about, um, emotions.
Okay.
Alright, so: What route did you take from where you live to Crawford Hall?
Um, well, I initially came from my bio. class, which is in, um, I don’t even know what hall. It’s in the same building as DeGrace Hall and Millis Hall...
Oh, okay, yeah.
And all that stuff. Um, there we go, Clapp Hall. Um, so, then I walked out, and it was raining, so, I sped walked, and now I’m here. So, whatever route that is, um...
Like the, the sidewalk?
I don’t know if that’s what you were asking. Yeah, sidewalk.
No, that’s fine. No, there’s no right or wrong answer. Um: Do you think standardized tests measure intelligence?
No.
No. Why?
Because, I think, um, some people are just initially very good at taking tests, whereas some people aren’t.
Mhm.
Um, and depending upon the standardized test, I think a lot of it depends on how fast you can read, if you have enough time to write down, like, math problems...
Mhm.
Um, I know some people… You can get your right answers, but it may take you 3 hours.
Yeah.
So, I think it all depends, kind of.
Yeah, that's how I feel about it...
Yeah.
Especially with math. I need a long time to...
I know.
I can do it!
If you give me an hour and a half…
Exactly!
I'll get the right answers. I promise. Yeah.
Exactly. Alright, so, uh, and then, the last general one, uh: Do you prefer to read printed books or ebooks, and why?
Uh, printed books, because I prefer to write on them...
Mhm.
And then highlight stuff, uh, whereas ebooks… And then you can go back and forth easily to previous things, so...
Mhm. Okay. Oh, I need to get a pen. Um, okay, I'm going to have you fill this out quickly…
Okay.
Before I ask, uh, questions about emotions. It's just, uh, to rate your… Pick the smiley that best describes your mood.
I'd say a good 4. Right there.
Alright, I'm going to turn this over so it doesn't influence me.
Okay.
Thank you. Alright, so: If you had to pick one part of your body to represent sadness, what would you pick, and why?
Um, what do you mean by “part” of your body?
Um, it could be a s-, like your hand, like a specific part, like your hand, or it could be, like, your, you know, like a system, if you wanted, or anything that comes to mind, really.
I'd say, I mean, I don’t know if this will answer the question, but mind...
Mhm.
I mean, is probably a huge…
Yeah, mind.
Yeah.
Okay. Do you know why, maybe, you think that?
Um, I think probably because most of, for me, my emotions happen in my head.
Mhm.
So...
It’s my mind talking to me…
Mhm.
And telling me things.
Mhm.
Um, so, for me, it’s not a lot of physical stuff.
Okay, um: **How does your body feel when you’re sad?**
Um, pretty weak, I would say.
Mhm.
Uh, limp. Can’t really do much.
Mhm.
Yeah.
Um, alright, so: **Tell me about a time in your life when you felt sad.** Um, you can take a moment to think, if you need to, but whatever, uh, whatever comes to mind, I guess. **Whatever you’re comfortable sharing, so...**
Um, let’s see. Last May I tore my ACL.
Mhm.
So, that was probably...
Yeah.
Yeah.
**That made you sad?**
Yeah. Um...
Do you play sports?
I do. I, uh... It was... I’m a freshman and it was my senior year. So, I played varsity soccer for...
Oh wow.
High school, so...
Yeah.
Um...
**That’s a common injury, right?**
Yeah, it’s very common in, especially in girls for soccer and basketball.
Mhm.
Um, but it was my last regular season game.
Oh.
Yeah.
**And you couldn’t play?**
Yeah.
Yeah.
So, it happened in the first 5 minutes. So, that was probably... It was...
Oh my gosh.
Yeah.
Wow.
Mhm.
**So, anything else you want to tell me about that?**
Um, let’s see. Well, it’s caused a lot of stress, because it’s, it’s a very, um... I don’t know if you know anything about ACLs, but if you choose to have ACL surgery, you’re looking at, um, a 9 to 12 month recovery.
Oh, wow.
So, you have to do lots of physical therapy...
Mhm.
And you can’t play sports for a long time.
Mhm.
Um...
Did you have the surgery?
I did. I had surgery. So, I tore my ACL on May 7th and I had surgery June 10th.
Okay.
So, I’m at the 6th month mark.
Oh, wow.
Um, but the first three months you’re really, well, the first month you’re really, basically, in bed.
Mhm.
Um, you can’t do anything, so...
Wow.
But...
Yeah.
I’m progressively… I’m almost there. It’s November, so…
Right, that’s good.
Um, yeah.
That’s good. And you seem to be doing well now.
Yeah, so, that’s good.
That’s good. Okay, now we’re gonna to do this, uh, mood rating again. I’ll just have you… It might not change. That’s fine.
Okay.
Whatever, whatever you feel. And, um: If you had to pick one part of your body to represent happiness, what would you pick, and why?
Um, I would… Eh, that’s a good question. I’d say my mind also controls happiness, but...
Mhm.
Um, if I were happy, you can definitely tell in my physical demeanor.
Mhm.
Kind of facial expressions.
Yeah.
So, I’d say that’s probably the difference, but definitely the mind, too.
So, the mind, but then it… You’re saying, like, your whole body.
Yeah.
Mhm. Um, so: How does your body feel when you are happy?
Um, definitely feels like I can do what I want to do, um...
Mhm.
Definitely not weak.
Mhm.
Pretty energetic.
Mhm.
Um, yeah.

Cool. And then: **Tell me about a time in your life when you felt happy. And you can think, take a moment to think, if you need to.**
Uh, let’s see. I’d say, most recently, um, since, I mean, since Thanksgiving is this week, uh, I found out a bunch of my family’s coming to visit...
Oh, cool.
For Thanksgiving, for the first time ever.
Oh, wow!
So, that’s awesome. Yeah.
That’s exciting.
Uh, so, I’d say that I was pretty happy.
That’s exciting. Uh, how did you feel? Can you tell me about...
Uh, well, let’s see. I found out in a, in a class, and...
Mhm.
So, that was pretty...
Mhm.

Exciting, um...
What was your first thought?
I’d say, um, I think I was just excited...
Yeah.
To have something to look forward to.
Mhm.

Um...
Yeah.
And, when you, I mean, if I were to get sad or something...
Then I could say, okay, this is, this is something to look forward to.
Yeah.
So...
That’s nice.
Yeah.

Okay, and then, um, I will have you do this one last time.
I’d say it’s probably the same.
Alright, and then, I’m going to have you fill this out, just as a baseline of, maybe, you know, if you’re feeling depressed, then it will tell you. It’ll tell... It’ll... It’ll, uh, you know... You can score it, if you feel like it, but just to answer these questions to get a baseline for how you’re feeling.
Okay.
If you don’t, you know... You don’t have to fill it out, but it’s part of the study, if you want to.
Yeah, sure, sure.
I don’t want you to feel pressured to do that.
Okay. So, first I’m going to ask you some general questions, and then I’m going to ask you some questions about emotion. So: What route did you take from where you live to Crawford Hall?
Uh, so, I live in Village House 5.
Mhm.
I… Let me check.
Walked… Keep going.
I just walked down...
Sorry.
Uh, through, until Bellflower. Took Bellflower, um, through the… And then went through the Mather quad…
Mhm.
Um, to Adelbert…
Mhm.
And, um, then I crossed the street, and I went down Euclid. Instead of going to the quad, I went down Euclid, and then cut across the grass…
Okay.
And then came up Crawford.
Cool. Um, okay: Do you think standardized tests measure intelligence?
Um, I think they measure a form of intelligence. Um…
Mhm.
I don’t think they measure intelligence as a whole.
Mhm. Uh, what form of intelligence do you think they measure?
Um, just cer-… like the math sections. Quantitative…
Mhm.
Intelligence.
Mhm.
Um, just being able to compute things.
Mhm.
Um, reading comprehension, I guess. Being able to pick out the most important pieces, and, like, what, what did you get from this passage?
Mhm.
Although I think reading comprehension is very subjective.
Mhm.
And then…
I agree.
Yeah.
I just took the GRE, and they have, um… It… It’s pretty much the same as the SAT. They have reading comprehension, quantitative…
Yeah. You have to be able to, I guess...

It's really subjective.

Choose the “best” answer.

Mhm.

Yeah.

Like, according to what...

Yeah.

Like, what they want you to pick.

All of them could be right, so, yeah.

Yeah.

Subjective.

Alright, and, uh: Do you prefer to read printed books or ebooks, and why?

Well, I guess it depends. Uh, well, if I’m reading for a class and I need to… I think ebooks are better for classes, just because you can hit CTRL+F, and...

Yeah.

Say, yeah, you want to find something, you can just type what it is...

Mhm.

And find it. But anything else, I’d rather just have a textbook, or just a normal book.

Mhm.

Especially if I’m reading for leisure, I don’t want to be reading an ebook.

Yeah. Why?

Um, I just think it’s nice to physically have the book there with you, instead of just the screen.

Mhm.

Uh, so you can bring it with you wherever you want.

Mhm.

And, uh, yeah. Yeah.

Inaudible.

Mhm.

Alright. Okay. So, uh, I’m going to have you rate your mood right now. I don’t want to have that bias my responses.

Mhm.

Alright, so: If you had to pick one part of your body to represent sadness, what part would you pick?

To represent sadness? Well, face.

Why?

Um, I mean, that’s where people read… I mean, people read body language, so, there are other parts to it, you know, if you’re slouching your shoulders, or sitting up...

Mhm.

But I think, uh, facial expressions are very important into how people read emotions and...

Mhm. Absolutely.

Inaudible like that.
Um, what does your body, or: How does your body feel when you feel sad?
Um, I don’t know if my body feels any different. I think it’s more of just, uh…
For me, it’s more of a mental thing.
Mhm.
It’s, it’s just me thinking bad thoughts...
Mhm.
Or just being sad about a certain thing.
Yeah.
So, my body doesn’t really feel any... I guess it’s hard for me to notice.
Mhm. Yeah. But, uh, let’s see. So, you’re saying it’s more, like, in your head.
Yeah.
Could you, maybe, describe what that feels like to you?
Um, so, I’d say, like, negative thoughts, uh… If you keep dwelling on it, it just keeps going. You just keep thinking about it…
Mhm.
Thinking about it...
Mhm.
Whatever it may be, whatever, whatever you’re thinking about.
Mhm.
And you’re just thinking about it more and more. It just perpetuates. You know. Oh, did I do something wrong?
Mhm.
That didn’t really turn out the way I wanted it to.
And you dwell on it. And it just… It’s… It’s just not pleasant.
Mhm. And this is when you are sad?
Yeah.
You, like, ruminate on things?
Yeah, I’d say so. Yeah.
Mhm. Okay. Thank you. Um, so, tell… I… I’m going to have you think for a minute before you, um, share this, but, uh: Think about a time when you felt sad, so, a time in your life when you felt sad for, it could be for a day, or for an extended period of time. um, but I'll give you some time to think.
Um, okay. Well, last year, uh, my girlfriend was transferring to another school, so, we had to say goodbye.
From here?
Yeah.
Yeah.
So, that was sad.
Yeah.
Um, I mean…
How, how did you feel?
Well, I hadn't really felt that feeling before...
Mhm.
Um, because I didn’t know if I was going to see her ever again, in person.

Yeah.

Um, so, it was kind of like a… I, I hadn’t really had that with... I mean… There’s… There were people, obviously, that I had said goodbye to...

Mhm.

Say, in middle school, or in high school, that I knew…

Mhm.

I might not ever see again, but I wasn’t, like, intimately attached to them. So, I hadn’t really felt that before.

Yeah. Yeah. Alright. Thanks for sharing. Um, okay. I’m going to have you rate your mood after, after talking about that. It’s the same thing. It doesn’t… You know. Your mood might not have changed, or it might have changed a little.

Yeah.

Okay. So, uh: Can you show me with your body what it feels like to be sad?

Okay.

If you want to.

Like this, like…

So, you’re hunching over. You’re leaning over.

Just like this, or like…

Mhm.

I don’t know. I don’t know. Just probably looking down.

Mhm.

Um, yeah.

Okay. Alright. Uh: If you had to pick one part of your body to represent happiness, what would you pick, and why?

Um, I’d, I’d say my face again. It’d be... It’d be... It’d be, like, eyes and just mouth. I don’t know. It... Sometimes you can just tell if someone’s happy, even if they’re not exactly smiling or anything.

Yeah.

You can just tell that they’re maybe content.

Mhm.

Um, maybe it’s just like a slight facial expression, or…

Mhm.

Uh, yeah.

Okay.

Yeah. Definitely. Uh, and: How does your body feel when you’re happy?

Um, I think it feels good. I… For me, it’s… Yeah. For me, it’s another mental thing.

Mhm.

Like, when I’m happy, I’m probably not focused on anything else but what’s happening in the present.

Yeah.

Um…

That’s an interesting point. Yeah.
So, that’s kind of how it works for me.

Mhm. I’m trying to think of something else to follow-up on that. Um, so, do you notice it in your body? You notice it in the way that you’re thinking, that you’re not... that you’re present when you’re thinking, but do you notice any signs in your body when you’re feeling happy?

Um, well, okay. I, I guess… I mean, with intense, like, happiness, like, like, for example, in high school... In my senior year of high school, I had a game-winning basketball shot, one time...

Awesome.

At the, at the buzzer, and that feeling was really g-... I don’t even remember the next 30 seconds after that...

Yeah. Could you show me...

Because of the adrenaline.

Like, what that was like? Can you like, ge-, like...

Show with your body, like, what that felt like, that moment?

Just, just energy...

Yeah.

Emanating from my body.

Yeah.

Like, I was running around, like, jumping, screaming...

That’s awesome. That’s awesome.

Um, so...

Yeah.

Yeah. I mean... That feeling... Like... Uh... Yeah. It’s just... You definitely... Your body definitely feels different...

Mhm.

For me at least, when it’s, like, that extreme, like, like, if you do something sports like that, that’s a different feeling.

That’s a pretty...

Mhm.

That’s a pretty good feeling.

Mhm.

Um... And... But... I do think, like, the whole mental thing with happiness, like, being happy for me, I guess, does change a little bit how I feel. It just...

Mhm.

Maybe it’s just because you want to put a smile on your face, or something. You just, you just feel better about everything.

Mhm.

So, I guess your body feels more uplifted. I don’t know.

Uplifted?

Yeah.
Yeah. I like that. Okay. Uh, so, tell me about a time in your life... Well, I guess you already did. But: *Can you think of another time in your life when you felt happy?* Um, yeah. Uh, let's see here. Um, I'm trying to think of a good one.
Sure. Take your time. We have a whole hour blocked off...
Yeah.
So, no rush at all.
Well... Um... There... Whenever my, my whole family comes together, that's always really nice.
Mhm.
Um, so, this past Christmas, my whole mom's side of the family, we got together in Houston. That's where we're from.
That's cool.
And, um, just, just being with everyone, like, all my cousins, aunts, uncles...
Mhm.
Grandparents, um, just everyone being in one spot...
Yeah.
On Christmas holiday...
Yeah.
Is really nice, so...
Yeah, I like that too. That's so special.
Yeah.
Let's see. Okay, I'm going to have you rate your mood again. Alright, um, so, we're done with the questions. Um, and then the only things you have to do are fill out this, um, mood inventory, and then a demographic questionnaire. But I'm going to l-, kind of, uh, inaudible, and give you some privacy while you do that. And we'll turn the camera off.

PPT #3

Alright, so, uh, first I'm going to ask you some general, open-ended questions...
Alright.
And then I'll ask you a few questions about emotions. So, first, um: *What route did you take from where you live to Crawford Hall, if you came from where you live?*
So, I came from Clark Tower.
Mhm.
Um, I, I, I left my dorm, walked down the sidewalk, um, passed by Leutner...
Mhm.
Then I walked under the Ugly Statue, crossed the street, and passed by Denny's, crossed a parking lot, walked down the sidewalk all the way to the Tinkham Veale Center...
Yeah.
Walked in to the Tinkham Veale Center, filled up a water bottle, um, left Tinkham Veale Center, went all the way to, um, the street corner of Euclid...
Mhm.
And I waited there and I crossed the street, and then I waited there and I crossed the street again...
Mhm.
And then I walked down the Binary Walkway, and then I cut across behind, um, Amasa Stone Chapel...
Mhm.
And then I walked up, and then I went in the elevator, and, that’s here.
That’s the most detailed I’ve received yet. I like it. Thank you. Um, great. Okay: Do you think standardized tests measure intelligence?
Um...
And why?
Yes and no.
Mhm.
Um, yes in that, like, they, they measure aspects of intelligence. Um...
Mhm.
I took an IQ test once when I was in, like, 2nd grade, and I don’t remember it too well...
Mhm.
But it definitely... It... I think there’s... It... It’s, it’s unfair to say that it’s not possible to measure aspects of intelligence through, through systems, um...
Mhm.
Like, um, we have specific skills as humans. We can, um, um, have… We have working memories.
Mhm.
So, we can try to remember certain amounts of information, if our heads hold them there, and then recite them at another point. And we can measure that.
Mhm.
So there are ways you can measure intelligence, but you can’t really quantify intelligence as a whole, necessarily.
Mhm. Thank you. I like that answer. Um, thank you. Do you prefer to read printed books, or ebooks, and why?
Printed books, because when... I, I never read, like, an ebook on an ereader, but when I read things on the internet, um, my brain sort of gets foggy...
Mhm.
Over time.
Mhm.
I find it harder to read.
Mhm.
I’ll get a headache.
Alright. Oh, I need a pen. Let me get one. Um, I am going to have you rate your mood right now.
Alright.
Alright, I'm going to turn it over so inaudible. Um: If you had to pick one part of your
body to represent sadness, what part of your body would you pick and why?
I suppose I'd, uh, choose my feet.
Really?
Because they... they're always getting squashed by everything else, all the time.
Never really get a chance to be in the limelight.
Any other parts that you would pick?
Um, no.
Alright. Um: How does your body feel when you are sad?
When I am sad?
Inaudible
Um, sometimes I'll... If I'm really sad, it might, um, change the way I feel, like, my, my
head might hurt.
Mhm.
I guess.
Mhm.
Um, generally, if I'm sad and I'm, um, and I feel sort of groggy, then that, that might be
associated with that your whole body feels more limp. You feel more lazy. You feel like
everything's, all your body parts are heavier and you don't really want to move as
much.
Mhm.
Um...
Definitely.
Yeah.
Thank you. Um, so: Can you show me with your body what it feels like to be sad?
Alright.
What if you're, like, really, really sad? Anything, anything different? Yeah. What about
if you're neutral?
I'm neutral? I don't know if I can do that right now, but...
Just kind of expressionless? Okay.
Yeah.
Alright, um, uh: Can you tell me about a time in your life when you felt sad? You can
take time to think and pick...
Alright.
A time, if you need to.
Well, last night I felt pretty sad. Um, so, should I explain why?
Yeah, if you feel like it.
Alright. So, so, I was in my room, and I was doing my homework...
Mhm.
And, and I, I, I Facetimed my younger brother.
Mhm.
And he got in trouble for, for whistling in his English class. So he got a detention. True
story. And, and, so...
Wow.
He was telling me about that. And he was really down.
Mhm.
And I felt really bad for him...
Mhm.
Because I wanted to give him a hug, but you can’t do that...
Mhm.
Through Facetime. So, I sent him an air hug.
Aww.
And, and he was still sort of down. He, he sprained his, his arm a few weeks ago…
Mhm.
So is still in a cast, and...
Mhm.
He just, he, he’s... So I felt bad for him.
Mhm.
And then, so, I ended that Facetime call. And then I started thinking about the meaning of life.
What did you think about?
Um, well, specifically, there’s always a lot of people in the common area of my, my dorm, my floor.
Mhm.
And they’re always, um, you know, enjoying themselves, just doing silly things, like, watching videos, or, uh, like, sharing cat videos, or, talking about, like, you know, trips to Denny’s...
Yeah.
And things like that. And I found it so trivial. And, like...
Mhm.
I don’t know, I’m always concerned with very, like, imp-...controversial, like, deep, crazy things going on, like, you know, the fact that ⅓ of the world’s people are in poverty...
Mhm.
Or, our broken agricultural system, or...
Mhm.
Immigration, or...
Mhm.
Um, the environment, um, all kinds of things like that, and, um, the increasing wealth gap, and, and those are things…
Mhm.
I actually think about a lot of my life.
Mhm.
And it doesn’t seem like most people in college really share that understanding of the world and where it’s going, and, you know, what our role is in it, and...
Things like that.

Mhm. Thank you. I'm curious after hearing that, maybe if you could, well, not c-, I guess... I would like you, if you could, to, um, describe the emotional process that happened. So, like, after you talked to your brother, like, what you think happened to trigger that, that, or, to trigger those thoughts, or, a change in your emotion? If you could just describe that.

Well, Well, after talking to him...

Mhm.

I sort of felt helpless, I guess.

Mhm.

Because, I couldn't really, um, I couldn't really help him.

Mhm.

And it's hard to comfort him or support him...

Yeah.

Through, through, uh, through the internet.

Yeah.

So, so, it's ju-... There's that sort of feeling I had. And I suppose when you look at the world and all the things that you see on the news, and, and all the frustrations you have, and the revolving doors, and...

Mhm.

That sort of makes you feel helpless as well...

Mhm.

Especially when you're just a college student. You know, you're worried about, you know, getting a job in the future...

Yeah.

And, you know, graduating, and getting the, the, the grades you want, and...

Mhm.

And getting the positions in clubs you want, even. Um, so, so, in the midst of doing all that, inaudible to feel helpless. And, so, I went outside to, to that common area to, like, talk to one of my friends...

Right.

Because, like, I don't know. I just felt bored, and didn't really want to continue working.

Mhm.

And there's this one guy on my floor who's really, like, receptive to, like, you know, deep conversations...

Yeah.

Which is, you know... It's hard to find people like that.

Yeah.

So, ...

Yeah, it is.

Went out and, uh, tried to talk to him...

Mhm.

But he was working on a lab for one of his, um, for chemistry.
Mhm.
So, I couldn’t really have a conversation with him. That sort of made me sad, because I didn’t want to, like, you know, bother him. He’s trying to get his work done.
Yeah. And then were there other people in the common room, like, watching cat videos?
Yeah.
And things like that?
There were.
Okay. Thank you. That makes sense. Alright, I’m going to have you rate your mood after talking about that. There you go.
Do I turn it over when I’m done?
Um, sure, if you’d like. That’d be helpful. Alright, um, so: If you had to pick one part of your body to represent happiness, what part would you pick, and why?
I think my face.
Mhm. Any particular features on your face?
Generally, I think I smile more than I frown...
Yeah.
Or, more than I make any other expression.
Mhm.
At least when I’m awake. I don’t know what I do when I’m sleeping, um...
Yeah. Good point.
And, I like my face.
Mhm.
I think, and, and, like, you know, the feet don’t really get any attention in the world, but the face does, you know. The face is where most of your attention comes from. When people… When, when I think of someone I know, I think of their face.
Mhm.
Not necessarily their complexion as a whole...
Mhm.
But you, you, you associate people’s identities with their faces.
Mhm.
So, the, the face really gets all the attention.
So, maybe, like, when you’re feeling happy you want to express that, but when you’re, when you’re feeling sad, you don’t want to show that as much? Is that part of it? Or is it… Like, you’re saying, like, when you’re happy you can tell from your face, but, like, when you’re sad, you probably can tell from the face, but maybe not. Like...
Maybe not. I s-, s-...
What is your personal, like, experience with how you express your sadness, I guess, is what I’m trying to get at?
Well, there’s many different kinds of sadness.
Yeah.
There’s, like, frustrated sadness, there’s angry sadness…
Mhm.
There’s, there’s just helpless sadness.
Yeah.
And then there’s just that very, very deep feeling of, you know, shallow sadness...
Yeah.
I guess. Um... But... And I know some people like holding that all in, um...
Mhm.
I don’t really try to hold in...
Mhm.
Any feelings of sadness.
Mhm.
But, I don’t really go out of my way to express them, either.
Yeah.
If I’m sad, I usually... I, I don’t think people necessarily notice it too much.
Yeah.
But they... It... When...
Camera turns off.
Turned camera back on.
Okay, part two, since the camera turned off. Alright, um: can you show me with your
body what it feels like to be sad?
To be sad? I thought I already did that.
You did? Okay. Can you... We already did that. You are correct. So: **How does your
body feel when you’re happy?**
How does my body feel? Um, if I’m, if I’m really happy... There’s this one feeling of
happiness you can get where it’s like you feel this feeling coming up your spine and y-
and outside of your hands, and it’s like this... You feel like there’s some sort of
chemical release.
Yeah.
And, and it’s like usually it’s like after you give a speech and, like, everyone’s clapping
for you, or you did something really exciting. You just go “whoosh.”
Yeah.
Um, that’s...
That’s cool.
That’s probably the most direct feeling of happiness I’ve experienced.
Mhm.
And, um, so, so, that feels like, you know, just all those nerves just sort of, all of a
sudden, just firing...
Mhm.
I guess, would be a good way to, to explain it best.
Thank you. Can you... So, you kind of showed me already, but: **Is there anything else
you would show, um, to show what it feels like to be happy?**
Inaudible feel it in your body. I feel it through your smile.
Through your smile?
Yeah.
Okay. Anything else? Okay, um, and then: 

Tell me about a time in your life when you felt happy?

Hmm, well, later last night, I was talking to my roommate...

Mhm.

And we were talking about, um, the prime minister of Turkey, because my roommate’s an international student.

Okay.

So, he was telling me about how politics in Turkey works.

Mhm.

And, um, there’s this guy in power, who, um was previously the prime minister...

Mhm.

And now he’s the president.

Mhm.

And he has the ability to, to serve, um, as the country’s leader for, like, 10 years from now, if he gets re-elected.

Oh, wow.

And he’s not a very good leader.

Mhm.

Um, hm, my roommate recently found a, an article, um, talking about how, how the, the, the prime minister made this claim that muslims were, were the first people to find the new world. It wasn’t Columbus, after all.

Oh.

Now, of course, I, I think it’s the vikings, is what I’ve heard...

Yeah...

Um, but, ‘cause, ‘cause they were here first, and they just didn’t really make a big deal about it, because they didn’t really understand it, necessarily.

Mhm.

Um...

There seem to be a lot of versions of...

Yeah.

Who found what.

But, and, uh, It just seemed sort of ridiculous...

Mhm.

Especially, like, w-, why would the prime minister know. Um...

Right.

Or president now. And he like built himself this big fancy palace recently.

Mhm.

Um, and it was all sort of funny. It was a comical conversation...

Inaudible.

It was a good talk, so that made me happy.

Great. Alright, we’re going to have you rate your mood one more time.

Alright.

And we are done with the videotaping portion of this.
Alright.
Um...
Camera turns off.

Alright, so, I'm going to ask you some general questions first, and then I'm going to ask you some questions about emotions. Alright, um, so: What route did you take from where you live to Crawford Hall?
Uh, I went through Tink, and then came through the, I guess, the path, the big brick path between Adelbert and Euclid, and I came, like, closer to the church entrance, not the one you inaudible through the gate.
Oh, cool. Alright, um, let's see: Do you think standardized tests measure intelligence, and why?
Um, probably not, because my friend Germaine, she was, like, the valedictorian of our school, like...
Yeah.
She was a very hard worker and she studied a lot, and her standardized test grade wasn’t, like, what she expected.
Yeah.
Or what was, I guess, above average.
Yeah.
Which was very strange.
Yeah. That happens a lot, actually.
It was weird. Like, she was… Like, she got, like, a 4.5, or something...
Wow, yeah.
And it was, like...
But then, when it came to the test...
It wasn’t what she expected.
That’s interesting. Um: Do you prefer to read printed books, or ebooks, and why?
Printed books, and… it’s j-, it’s just not the same.
Yeah.
It’s like… the… um… I don’t know if it’s the turning the pages...
Mhm.
Or the actual book itself.
Mhm.
I don’t know.
You like having the physical copy, though?
Yeah.
Yeah.
Okay. Oh, I always forget my pen. This has happened, like, three times. Okay, now I'm going to have you, um, rate your mood right, like how you feel right now. And if you
could turn it over when you’re done, that would be helpful. Alright, okay, so: If you had
to pick one part of your body to represent sadness, what would you pick, and why?
Probably my mouth, ’cause you can always tell when I’m angry, ’cause it, ’cause it’s
usually like... I’m, I’m either like this, or just like...
Yeah.
Just, just, like, fluctuates.
Yeah.
Or, like, when I’m indifferent, my mouth is straight.
Yeah.
So, it’s like... It’s kind of like the picture.
That’s awesome.
Yeah.
Okay. Um, any other parts you would pick?
Maybe my shoulders, ’cause, like, I kind of slouch when I’m sad...
Mhm.
Or angry.
Mhm. Um, so: How would you describe how your body feels when you’re sad? There’s
no right answer it’s just whatever you think.
I’ve just never thought about this before.
Yeah. Yeah.
Uh, when I’m sad?
Yeah.
Probably heavy.
Mhm. Anything else?
It’s kind of like... I don’t know how... Like, like, kind of floating. It’s just, like... When
I’m sad it’s just, like, nothing’s really...
Yeah. You’re just kind of like going through the...
You’re just going... Just going through the motions.
Moving along, not really...
Yeah.
That’s interesting. Um: Can you show me what it feels like to be sad? You kind of did
already, but...
Oh, yeah.
The shoulders, and your mouth.
Shoulders and mouth. Um...
Anything else?
Like, my hands.
Mhm. Um, let’s see. Okay, so, you can take as long as you want to think about this.
Um, so: Think about a time when you felt sad, and then, if you would like to share that
with me, that’s the next question. So, a time in your life when you felt sad and then just
kind of, like, explain like, what was going on during that time.
Um, orientation week.
Oh, no.
It was, it was just a bad... Like, I woke up and I think this spider bit me on my lip, or something, and then I lost my keys.

Oh.
And then... It was just a lot.

Yeah.
And I just started crying.

Yeah.
So, I was really sad that day. And then I lost my phone, but then I found it. It was just a really bad day.

Oh, gosh.

Yeah.
Can you, um, can you, like, talk more about how it felt?

It just...

Like...

It just felt like the universe just wanted me to lose that day. It's like everything was against me. Like, everything that could have went wrong, went wrong.

Yeah.

And then, I don’t know. Then my mom showed up. And then, that just kind of made it worse, which just made me even sadder, ‘cause when I’m sad, she’s sad. It’s weird.

Oh, did, like, you like make... Like, that effects her.

Yeah, then she started crying too.

Aww.

And I’m just like, it’s not a big deal. And then she just made me feel even worse.

Yeah. Aww, that’s shitty. Um, let’s see. Okay, now I’m going to have you rate your mood again. It’s the same thing, same faces. Alright, so: If you had to pick, um, one part of your body to represent happiness, what part would you pick, and why?

This is going to sound weird, but my, like, legs or feet, ‘cause I’m moving faster when I’m happy.

That’s awesome. I like that. That’s not weird, everybody has... Honestly, everybody thinks of this differently. Like, I’ve gotten... Well, that’s... I haven’t gotten one answer that’s the same to this question, so... So, your legs or your feet.

Yeah, ‘cause, I don’t know. Like, I just move faster when I’m happy.

Mhm.

‘Cause everything’s... It’s, like, bouncy.

Yeah.

You feel more animated?

Yeah.

You feel more animated?

Energy. Yeah, energetic.

That’s awesome. Um, so: How does your body feel when you’re happy? You kind of talked about this.


Mhm. Can you... You already did this a little bit, but: Can you show me with your body what it feels like to be happy?
Um, I don’t know. I don’t know.
It’s okay. You did it a little bit.
Okay.
It’s fine. Um, okay, so… And then: Can you tell me about a time when, in your life when you felt happy?
Mmm...
There’s probably a few times, but...
When I got a good grade on my cog. sci. exam, because the last one I got a C…
Oh, yeah.
And I was like uh... But this time I got an A, so...
Yeah.
I was like yes.
Yeah. That’s awesome. Her tests are difficult.
Yeah, but, like, they’re take, they’re take home for a reason.
Oh, they weren’t for us!
No, but it…
That’s nice.
I worked on it for a long time, like 7 hours.
That’s… wow.
Yeah. Inaudible.
Can you tell me how that felt, when you got your grade back. Describe your feeling.
I can’t just say happy, ‘cause I just said happy. Uh…
No, I mean, whatever, like…
Just energize-, like, energetic, full of life…
Yeah.
I guess.
Yeah.
Just better than I did before.
Mhm.
I guess.
Yeah. Uh, can you think of another time when you were happy?
Uh, when our friends came to visit us, like, randomly. They were just like, “Hey, we’re outside.”
Aww.
“And we don’t know where we are.” We had to find them.
Yeah.
So, so we had, like, like a scavenger hunt. We had to find them. They were like “We’re in front of Clark.” I was like, “No, you’re not. We’re outside of Clark.” And they were, they were on the Mather Quad Clark.
Oh!
So, it was fun to see them, ‘cause we haven’t, we haven’t seen them since the summer.
Oh, cool.
So, it was awesome to see them.
That’s cool. Uh, okay. I think that’s it. Um, and then we’ll have you do this one more time. That’s the last time for that. Alright… And then… I’m going… We’re done with the recording part. Um, I'll turn this off.

PPT #5

Alright, we’ll forget about that. Alright, so, first I’m going to ask you some general questions…

Mhm.
And then I’m going to ask you some questions about emotions.

Okay.
Alright, so, I’m a little out of breath. I don’t know why. Woo, here we go. Alright, so the… Um: What route did you take from where you live to Crawford Hall?

Um…
If you came from there.
This morning I came from, uh, North Side, so, I went down Bellflower…

Mhm.
And then, um, crossed Ford…

Mhm.
And took a left, uh, to go through Mather Quad, and from there I went to Euclid, in front of Thwing, and crossed the street, and then crossed Adelbert, and took a bike path here.

Nice. Um: Do you think standardized tests measure intelligence?

No.

No.

Um, I believe there is some merit to standardized tests…

Mhm.
Um, because there aren’t many ways that you can measure, um, students’ performance across a state or national, um, benchmark…

Mhm.
But, I know a lot of people with test anxiety, or, um…

Yeah.

Who just don’t perform well on tests and that they have a much higher intelligence than their standardized tests show.

Yeah, definitely. Um, and: Do you prefer to read, excuse me, printed books or ebooks, and why?

Mmm…

Yeah, people have strong opinions about this question.

Yeah.

So…

Um, I have an ereader, but I still prefer the printed books.

Mhm.
Um, I don’t know. I just feel like that’s the way they were meant to be read.

Mhm.

And they shouldn’t be read on a tablet. That kind of, like, takes away some of their… I wouldn’t say value, but… I don’t know. I just love printed books.

The experience.

Yeah.

That’s awesome. Okay, so, uh, again, I forgot my pen, which I’ve done with every participant so far. Um, but I’m going to have you rate your mood...

Okay.

Before we continue.

Okay. Um, probably like a...

And when you’re done just turn it over. Alright.

Okay.

So: If you had to pick one part of your body to represent sadness, what would you pick, and why?

Hmm… Strange question. Sorry, I have to think about it.

Sure.

Um…

Yeah, take your time.

Hmm…

Or multiple parts.

Yeah, I’ve never been asked a question like this before. Um, I would say, hmmm, gosh, maybe, um, my feet...

Mhm.

Because, um, when I’m feeling sad or down I don’t really feel like going anywhere...

Yeah.

Or getting up out of bed, moving around, doing stuff. So, um, they kind of stay anchored.

Mhm. Interesting. Um: How does your body feel when you’re sad?

Um, lethargic…

Mhm.

I’d say. Um, just very tired and unmotivated.

Mhm.

Maybe sore.

Mhm.

So…

Okay, um: Can you show me with your body what it feels like to be sad? So, either with your hands or like, uh, with your whole body.

Um, I don’t know. Just like, curled up, or, like… I’m going to kick over your table. I’m sorry.

No, you’re fine. Let’s move it.

Um…

There we go.
Just curled up and, like, not wanting... Not open...
Mhm.
To new experiences, or, um, other people.
Mhm. Great. Um, okay, so, now I’m going to have you, um: Tell me about a time in your life when you felt sad...
Mhm.
Um, you can take a moment to think, if you need to, but, if you’re ready, that’s fine too.
Um, sorry.
No, you’re fine.
Um, I’d say a time when I felt sad, um, this is going way back, but it’s a good experience...
Mhm.
Or, it’s a good example. Um, back in, like, my freshman year of high school...
Mhm.
My friend, uh, had depression, was, like, um, contemplating suicide, and she was going through a really, really rough time. And she was my best friend in the whole world and I didn’t know how to help her.
Mhm.
And, so, that feeling of helplessness made me really sad for awhile.
Mhm. Um, can you talk, like, a little bit more about that, about your feelings about that?
Or is there anything else you’d want to...
Um, I mean, I don’t really know what else I can say.
Yeah.
That’s, that’s...
Um, I don’t know. It was just a time... Um, I like to be in control of my emotions and I like to be able to help people a lot...
Mhm.
And, so, when I couldn’t help her...
Mhm.
Um, and I had to watch her suffer...
Yeah.
That was really, really hard for me.
Yeah, I’m sure. Um, alright, thank you for sharing that.
Mhm.
I’m going to have you rate your mood after having shared that. It might not have changed, but...
Okay.
Maybe... Yeah. Don’t think too much about it, it’s just...
I, I don’t...
Alright, then, If you had to pick one part of your body to represent happiness, what would you pick, and why?
Hmm, I’d pick my face.
Okay.
Um, because when I’m really happy my eyes light up and I start smiling and sometimes I can’t stop smiling.

Mhm.

And, um, I don’t know. I feel like when I’m happy you can definitely tell most through my face...

Mhm.

And the way I react to things.

Awesome.

Let’s see. **How does your body feel when you are happy?**

Um, jittery and excited, or, um, I don’t know. I feel like, like the opposite of when I feel sad. I feel, like, the need to go up and do things and run around and...

Yeah.

Um, experience life.

Awesome. Um, okay: **Can you show me with your body what it feels like to be happy?**

Um, I don’t know. Just running around, hugging random people, and, jumping up and down and…

Jumping up and down?

Yeah.

Cool. Um, okay, so, then: **Tell me about a life, or, tell me about a time in your life when you felt happy.**

Oo, okay, um, this past fall my best friend and I moved 4 hours away from each other for college, so, she came to visit me over fall break and I got to see her for the first time. I was just so excited...

Yeah.

Because I’ve never had a friend like her, and, so, I was super excited to see her. We were just running around being crazy.

Awesome. Um, and then, another mood rating for you.

Okay.

Okay, so that’s… We’re done with the video recording.

Okay.

Thank you.

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**PPT #6**

So, um, first I’m going to ask you some general questions...

Mhm.

And then I’ll ask you some questions about emotion.

Yeah.

Alright, so, um: **Can you describe the route that you took from where you live to Crawford Hall?**

Oh, the direction?

Yeah.

Uh, I’m living in the, the nurse residence hall.
Mhm.
So, I… I just, like, walk for, like, 25 minutes to get here.
Mhm.
So, on my way here I pass… Like, I know the kind of shortcut way…
Mhm.
Because I've been living here, like, for, like, 3 months, so...
Yeah.
You kind of know...
The shortcut.
Yeah.
You don't go like…
So, like…
Yeah.
I cut through the buildings.
Okay.
So, came, like, past the KSL library…
Mhm.
And then came here.
Okay, um, what do you think, or, I'm sorry: Do you think that standardized tests measure intelligence?
Um, like SAT, or…
Yeah.
I don't know. I mean, I know that for reading...
Mhm.
The SAT reading…
Yeah.
People are really… Have… People have a hard time…
Mhm.
To get good score…
Yeah.
On that.
Yeah.
But I think people who read a lot…
Yeah.
Are actually good at that.
Mhm.
Their reading.
Yeah.
The SAT reading.
Definitely.
Yeah. So I don’t think it’s related to intelligence.
Mhm.
It’s like more of a, like, trade.
Like, practice?
Yeah, practice.
Mhm. I agree.
Yeah.
Um: **Do you prefer to read printed books or ebooks?**
Printed books.
Yeah.
Yeah.
**Can you tell me why?**
Because, whenever... I mean... I actually get... I, uh... The... I pass to, because I'm living in Korea, so it's like...
Oh, okay.
Yeah. It's... I cannot carry the all the books...
Yeah.
That I have to read...
Yeah.
So, I got, uh, ebooks, but... It get... My eyes get tired...
Mhm.
Easily. And then, actually, at the end of the book, I pretty much forgot a lot of information.
Mhm.
**Inaudible. And then, I cannot go back to the front page easily.**
Right.
Yeah.
It's more... Yeah, that's a good point.
Mhm.
Okay, so, let me get a pen for you.
Mhm.
Um, and, I'm going to have you just, um, rate your mood right now, but I'll give you a pen.
Just circle?
Yeah. Okay. And I'll turn it over. Um, okay, so: **If you had to pick one part of your body...**
Mhm.
**To represent sadness...**
Mhm.
**What would you pick?**
Um, uh, mouth.
Yeah.
Yeah.
**Can you talk about, um, like, why you, you would pick the mouth?**
Um, I think, in Korea, and then here the same...
When people describe their emotions, they usually, like… When you draw, the, the…

Yeah.

Face, people usually, like…

Mhm.

Upside down the mouth.

Yeah.

So, in that way we know the, the face is, like, sad and then happy.

Yeah. No, definitely.

Yeah.

Um, so: **Can you describe how your body feels when you’re sad?**

Like?

How does sadness feel in your body?

I get tired easily…

Mhm.

And then I don’t want to move.

Mhm.

**Inaudible** feeling, but my body, like, kind of feel heavy.

Mhm. And: **Can you show me what that would feel like? Like, how you would look if you were sad? Like, how you would hold your body?**

I usually… I think I usually sleep whenever I’m depressed.

Mhm.

So I just, like… Or like, just sit down, and then… I don’t move.

Mhm.

Actually just I’m thinking…

Mhm.

Like, like things.

I like that.

Yeah.

Yeah, still, and kind of…

Yeah.

Looking down.

Just stay still.

Mhm. Okay, um, and then, uh: **Can you tell me, or, think about a time…**

Mhm.

**in your life when you felt sad?**

Mhm.

And then, can you share that with me?

The most sad?

Um, or, whatever you want to talk about.

Oh.

Yeah.

Um, because I came to the America, like, um, 8 months ago…

Mhm.
And then, I’m going back to Korea during summer vacation.
Yeah.
So, it’s been awhile.
Yeah.
So, I’m homesick, obviously.
Aww.
And then, today, like, most of people went back home.
To go, like…
And then, I cannot.
Yeah.
So, it’s kind of…
Yeah.
Yeah. Cause of homesick.
Yeah.
Yeah.
I’m sorry.
It’s okay. There are a lot of international students here…
Yeah.
So I can hang out with them.
Yeah.
Yeah.
And some people who live far away, you know, they… Not everybody travels.
Yeah.
But, can you, um, can you talk about the feeling more?
Mhm. Feeling?
Yeah, so, like, so, you’re sad, but, like, what are your, like, how are you thinking about it, and, like…
Oh.
What are you most sad about?
I mean, actually, my sister is in England.
Mhm.
So, I can fly back to England. It’s much, like, closer.
Yeah.
But it’s, like…
Even so…
Final is like two weeks after…
Oh.
From now…
Yeah.
So I have to study.
Yeah.
But I’m kind of depressed because a lot of the students are gone.
Yeah.
But I have to study here, on campus.

Mhm.

So, even though I’m really depressed, and then, I kind of feel sad...

Mhm.

And then, I know I have to study.

Yeah.

So, I try to, like, smooth my feeling. Try to like...

Try to smooth your feeling?

Yeah.

Mhm. And, to like, focus on...

Yeah.

On, just, just...

Try to forget about the...

Yeah.

Sadness.

Okay, thank you.

Yeah.

Um, okay, so, I’m going to have you rate your mood again. It’s the same thing...

Mhm.

So...

Uh, since it’s Thanksgiving, I’m kind of happy.

Yeah.

So, that’s why I raised the mood. Yeah.

Okay, yeah. I mean, it is nice. It’s a break.

There’s no classes. Yeah.

Yeah. Okay, um, and then: If you had to pick one part of your body to represent happiness, what would you pick?

Happiness? Also mouth.

Also mouth?

Yeah.

Um, and, that’s for the same reason, because...

Yeah. And then people... When people have are happy they smile a lot, and then I can see their teeth.

Um, and: How does your body feel when you feel happy?

Hyper.

Mhm.

Excited. Feel, like, refreshing. I don’t get tired. That... When... Whatever I do...

Yeah.

Yeah.

Um, okay. And, Can you think of a time when you felt very happy?

Mhm...

And can you tell me about that?

Oh, when I got accepted to Case.
Yeah.
Like, this was the first college acceptance I got.
Mhm.
I was really worrying about that.
Yeah.
Because of my English...
Of course.
And everything.
Yeah. Can you…
It’s a big decision.
Can you show me how that felt, when you found out?
I was really excited.
Yeah.
I screamed.
Yeah!
And then my grandma said what happened? And, uh, I screamed that I got accepted to college.
Yeah, that’s awesome. Um, okay. I think that’s… And then let’s just have you do the mood rating…
Mhm.
One more time. Same thing. And, that is all for the camera.
Mhm.
Um…

PPT #7

Alright, so, first I’m going to ask you some general questions, and then I’m going to ask you some questions about emotion.
Okay.
Alright, so, first the general questions. Um: What route did you take from where you live to Crawford Hall?
Um, first, I, uh, I live, um, in Little Italy, by the church, on the same street as Presti’s. I left my apartment. Then I went to Presti’s and got breakfast. Then I went from Presti’s, uh, I went on Random Road. And then I went, uh, by the hospitals. And then I went by where the Veale turnaround is, straight to Glennan. And then from Glennan I went to Michelson Morley, like, across the binary walkway on the quad. And then from there I went to here.
Okay, thank you. Um: Do you think standardized tests measure intelligence?
Yes.
Why?
Um, I don’t know. Whenever I took standardized tests and I looked around, uh, the smarter kids did better and the stupider kids did worse.
Yeah. Any other reason why, you think?
Um, also because they’re not really testing something that people study for. Well, I guess there is, like… I did take, like, SAT prep. courses. Mhm. And I, I actually… I wish that those weren’t out there. Yeah. And that I couldn’t have… Because I’m going… Natural like baseline, type thing. Yeah, because, I mean, obviously kids that have access to being more prepared like that will do better, but if… Yeah. There was a way that they could have those tests, uh, I would actually like that. Mhm. But of course if there’s that extra preparation, I’m going to want to do that. My parents are going to want to have me do that. So I did it. Right, so people who are encouraged to do well on the tests and, who have, like, family support are going to do better. Yeah. Unlike people who don’t have access to that… I, I said that I thought that they measured intelligence because there isn’t like… It’s not like history or math, where you study for it. Mhm. It’s, like, kind of just… Like a way of thinking? Yeah. Cool. Uh: Do you prefer to read printed books, or ebooks, and why? Um, I’m not a big book-reader. Mhm. But, um.. What about textbooks? I guess printed… Textbooks? I prefer hard-copy textbooks, mainly because I like flipping through pages, back and forth. Mhm. But I only really use textbooks to do homework. Mhm. Okay. Um, okay. I always forget my pen. Uh, I’m going to have you rate your mood right now. Alright. And can you turn it over for me? Okay, um: if you had to pick one part of your body to represent sadness, what part would you pick, and why? Um, I guess, maybe, my eyes… Mhm. Just because I feel like whenever, whenever you’re sad people can kind of tell it and see it in your eyes. Mhm. Any other part? I was thinking maybe my shoulders… Mhm.
Because, like, when I'm sad I'm going to be like...
Yeah. Looking down and like...
Yeah, looking down and...
Inwards. Okay, um, **How would you, uh, describe how your body feels when you feel sad?**
Uh, it doesn't feel energetic.
Mhm.
You know? It kind of feels like I want to just do the bare minimum that I have to do.
You know?
Yeah.
I don't really want to get up and about.
Um, oh: **Can you show me what that would feel like with your body?**
Uh, okay, so: **Tell me about a time in your life when you felt sad. And you can take time to think, if you need it, um, but, just how that felt, what was going on, why you felt sad...**
Um, my freshman year. Um, I found out that my grandma died. And I was really sad, and, uh, I didn’t really want to, like, make a big scene on my floor. And I was just kind of just there on the 5th floor of Clark. And my friends could tell that I was sad and they were like “What’s wrong? What’s wrong?” And then, finally, I told all my friends my grandma died.
Mhm.
And then, he was like “It’s okay.” And then my... I kind of started crying a little bit.
Yeah. Uh...
I was trying to act reserved.
You try to not show your emotions?
Yeah. But I guess my friends can tell.
Yeah.
Yeah.
And how did... How do you think they could tell?
I don’t know. I guess I was being really quiet and, and insular.
Insular. Okay. Um, I like that word a lot. Isolated, kind of keeping to yourself...
Yeah.
Cool. Okay, well thank you for sharing. Um, I’m going to have you rate your mood, after talking about that. It’s the same sheet. And: **If you had to pick one part of your body to represent happiness, what would you pick, and why?**
I’d pick my, my, my teeth, or my smile.
Yeah.
Or lips, or that region.
Yeah.
Because I notice that whenever I’m, I’m happy, I tend to smile.
Mhm.
I like to cheese.
Like...
Like, just...
Like, say cheese?
Just, like, smile real big...
Yeah.
When I’m happy. Like yesterday, I saw my friend David inaudible, and I hadn’t seen him in a long time, and I was just riding my bike, and I was just like this once I saw him.
Yeah. Like, it kind of happened without you realizing it, at first?
Yeah. Yeah.
Mhm. Um: How does your body feel when you’re happy?
Um, kind of just a little bouncy.
Mhm. Any, anything else...
Anything else?
You want to say about that?
Warm.
Warm? Interesting.
Warm, um, kind of energetic.
Mhm.
But also, also calm.
Mhm. That’s cool. Calm, warm. I like that. Okay: Show me with your body what it feels like to be happy. You’re, you’re ready to go. Um, thank you. Okay: Tell me about a time in your life when you felt happy.
Um, um, it was my junior year of high school.
Mhm.
And, uh, I was a swimmer in high school. And I had made it to the Western PA championships for swimming. And, uh, I had just swam really well. And all my friends were impressed by how fast I swam. My coaches were all impressed.
Yeah.
And I was just really happy.
Yeah. Can you show me, like… How did you, like… Or, like: Show me how that felt, I guess.
Just, I was just really happy.
Yeah.
But I was also exhausted.
Yeah.
And I…
That’s awesome. Were you, uh… Other people have talked about sports accomplishments when I ask them this question.
Yeah.
And it’s interesting, so… I can imagine what that feels, because I’m a runner. So I, like, know when you finish a race, it’s like, “Alright!”
Yeah. Yeah.
Like, you feel really awesome.
It’s the fastest I ever went and I dropped, like, 3 seconds from my best time.
Oh, wow.
Yeah.
Yeah.
So that was... And then senior year I got slower because I didn’t care as much.
Right. That happens. Okay. Thank you. I’m going to, um... One more time you’ll fill out
this mood rating. And then we’re done with the camera, so i’ll turn it off.

PPT #8

Alright, so, first I’m going to ask you some general questions...
Okay.
And then I’m going to ask you some questions about emotions.
Mhm.
Alright, so, um: **What route did you take from where you live to Crawford Hall?**
What route? What do you mean by “route?”
Like, you went down Adelbert, and then crossed the walkway, or...
I don’t really know.
Okay.
I live on the North side...
Okay.
Though. Yeah.
Okay. Um: **Do you think standardized tests measure intelligence?**
Yeah, sort of.
Sort of?
Yeah.
What, like... Why do you think?
Because, I mean, I feel like as long as people are participating in something...
Mhm.
They’re intelligent to do something.
Okay, um, let’s see: **Do you prefer to read printed books or ebooks?**
Uh, printed books.
Printed. Do you know why?
I don’t know. I’m just not really used to the ebooks.
Yeah.
I guess.
Okay. Um, now I’m going to have you, um, rate your mood.
Okay.
Just circle the face that matches how you feel. Alright, and then I’m going to, um,
thank you. I’m going to flip it over so I don’t.
Okay.
Yeah, we can leave that there.
Okay.
You're fine. Um: If you had to pick one part of your body to represent sadness, what would you pick, and why?
Sadness?
Yeah.
Um, I don't know.
Mhm.
Maybe, maybe legs.
Your legs?
Yeah.
Can you, uh... could you tell me why?
Because, um, I don't know. Because I feel like I always want to lose some weight on my legs. You know. I want to... Always want to, like, make my legs look thinner.
Mhm.
So, probably that's the reason.
So, okay.
Because... Yeah. I'm not really satisfied with that part of my body, so...
Yeah. What about, um... Is there any other part you would think of? Like, in more, in, like, in general?
I don't know.
Okay. Alright, um: How does your body feel when you're sad?
When I'm sad?
Mhm.
Um, actually, like, if I'm really sad I, I kind of feel like my heart hurts...
Mmm.
A little.
Mhm.
Yeah. Like...
Uh, can you describe how that feels?
I don't... It just feels like, um, something, something block my heart.
Oh.
Like, block the blood inside.
Uh huh.
I feel like that. And I feel like the pain starts from here and kind of spread all over my body.
Oh, okay.
Like, yeah.
That's interesting. Um, can you... Okay, so, I'm going to have you, um: Tell me about a time in your life when you felt sad, and, you can think, you know, take a moment to think if you need to, um but if you wanted to share...
Okay. I can think of couple of times, and I feel like they're mostly related to death.
Mhm.
Like, uh, different thing, uh, I thought about is when my first dog died.
Mhm.
Yeah. That was... I got really depressed.
Aww.
I cried for, like, 3 days.
Aww.
Yeah.
Can you tell me how that, or, like, what was going through your head, or, like, how you felt?
Uh, I was really young, so...
Yeah.
I can't remember, like, details...
Mhm.
But I remember, like, I cried for a long time and I felt really sorry for my dog. I don't why.
Yeah.
It just, somehow... I mean...
Yeah.
It wasn't my fault, probably.
Right. Right.
But I just felt, like, really guilty. I felt really sorry for him, and...
Yeah.
I could have take better care of him.
Oh.
Or something like that.
Oh, I see.
Yeah.
Yeah. Okay, um... Okay, so, I'm going to have you do... This is the same form, just for a second time.
And should I flip it?
Thank you. Okay, and, um... Okay, so: If you had to pick one part of your body to represent happiness, what would you pick, and why?
Um, um, probably my mouth.
Mhm.
Yeah. Because, I mean, this is the part where people see if you're happy or sad.
Yeah.
And if you smile, everyone knows you're happy. Like that.
Exactly. Um, let's see. And, how do you feel, or: How does your body feel when you're happy?
I never thought of that.
Yeah.
I just feel, I guess, relaxed, or something.
Mhm.
Like inaudible depressed, depressed or something.
Relaxed?
Mhm.
Okay. Um, can you talk a little bit more about that…
Uh…
If you could.
Yeah, I guess. When I’m happy… I don’t know. I don’t feel, like, my body, like, encumber myself.
Mhm.
Yeah, like, stop me from doing something. Like that. I can do whatever I want to do.
Cool.
Yeah.
Thank you. Um, okay, so: Can you tell me about a time in your life when you felt happy?
Happy?
Yeah.
Uh, yeah, there are lots of times, like…
Good. That’s good.
Like, uh, when I got into college. Yeah. When I got an offer from Case Western.
Mhm.
And, um, yeah, when I, like inaudible hang out with my friends, and, like, spend time with my family. Like, lots of stuff.
Good. Can you, um: Can you show me, um, what it feels like to be happy?
I don’t know. What do you mean by show you?
Or, like, with your hands, or, like, um, like with, like a, a gesture.
Oh.
Or how you… Like, if you were to represent it with your body.
Like, I got really, like… I have a huge body language when I’m happy, because…
Yeah.
Like, whenever I joke with my friends we always, like, jump, or, like…
Yeah.
We have these, like, big, open gestures to each other, like, something like that.
Mhm.
Yeah.
Can you, like, show me one… what one of them would look like?
Well, it’s like, if I saw my friend, like, over there, and I haven’t seen, like, him or her, like, for awhile…
Yeah.
I was like “Hey!”
Like that? Yeah, yeah, yeah.
Yeah, like that.
Okay, thank you. Um, and, let’s see. Maybe if you could, um: Tell a little story about, um, one of those happy times.
One of those happy times?
Mhm.
Um, well, the most recent one that I can think of is: I have this friend, her name’s Jenny, and, I haven’t saw her, like, for two weeks.
Yeah.
And, we are really close. And, then, the other day I saw her on the quad, and, she was walking with other friends, and I was walking and I was like “Jenny!” And I run to her and she runs to me, too. And we hug.
Aww.
And, yeah. It’s kind of… Yeah, it was just small thing, but…
Yeah.
Yeah.
That’s nice. Thank you. Um okay, so, that’s it for the questions. I’m going to have you do this one last time. I’ll turn off the camera.

PPT #9

Alright, so, first we’re going to ask… Or, we’re going to, um, talk about some general questions.
Okay.
And then, after that, I’ll ask you some questions about emotions.
Okay.
Um, so: What route did you take from where you live to Crawford Hall?
Crawford Hall? Um, I walked through, uh, past Denny’s, down, I believe it’s Ford Road…
Mhm.
And then crossed on to Euclid, walked down Euclid, um, up through the quad, and then entered Crawford.
Okay, uh: Do you think that standardized tests measure intelligence?
Um, I think they measure certain aspects of intelligence. They don’t necessarily grasp the whole picture, but they’re… You have to quantify it somehow. And I think that’s one way you can quantify it.
Mhm. Um, do you have any other thoughts about that?
Um, I don’t know. I guess… I understand where they’re coming from, and there, there are so many different types of intelligence. You really can’t get them all in one shot, but you have to… The way our society functions, you have to somehow quantify that stuff, and there’s really…
Mhm.
I think they do an alright job at it. They’re, they’re not as bad as people claim them to be, but they’re not perfect. But, I, I think nothing’s perfect in this world.
Yeah. Thank you. Um, and: Do you prefer to read printed books or ebooks, and why?
Um, ebooks. I don’t know why. I think it’s, it’s something that’s happened over the years, for me. I used to… When I was a little kid I did print… I read print books all the time.
Yeah. And now, as I’ve moved on, I’ve kind of... I guess I’ve gotten used to that, looking at a screen, which maybe isn’t necessarily the best thing in the world, but I’ve gotten used to it. So, I prefer definitely on my iPod. It’s nice. It’s small.

Yeah.

It’s convenient.

Cool.

I just read books there all the time.

Cool. Thank you. I’m going to get, um, a pen for you.

Alright.

And I’ll have you, um, rate your mood right now.

Just, uh, circle...

Alright, and I’ll just flip this over so I don’t get influenced by that. Alright, so: If you had to pick one part of your body to represent sadness, what would you pick, and why?

Sadness?

Mhm.

What do you mean by that, like...

Um...

That it just represents it, or that, that part of the body that shows sadness?

Probably, um, probably more shows, but, um, the idea is basically just to...

Uh, okay...

Like, when you think about...

Sadness...

Like is there something...

Okay.

That is most connected with feeling sad?

Probably posture.

Mhm.

Because when, like, you’re not in the best mood you just kind of slouch. You kind of hide away from the world.

Yeah.

You don’t really want to, like... When your, when your shoulders are broad, you’re out. You’re ready to face the world. But when you’re just kind of in a bad mood...

Mhm.

You’re upset about something. You just kind of want to slouch down...

Mhm.

Into your chair and kind of let the world fly past you.

Awesome. Thank you. Um: How does your body feel when you’re sad?

For me, it feels tired. Really... Very... Really lethargic. I feel like I just kind of want to sit around and don’t really do anything with my life. I just kind of... Yeah, I just kind of want to sit and just kind of mope around. So, it feels lethargic, really heavy.

Mhm.

Really, like, my limbs feel like they weigh more than they do.
Mhm. Alright. And, um: **Can you tell me about a time in your life when you felt sad?**
**You can take some time to think, if you need, um...**
Probably the most recent was when my grandfather passed away.
Yeah.
Uh, he passed away about 3 weeks ago. It was real sudden.
Oh, wow.
Yeah. Um, he had a brain aneurism. It was… They were just going to dinner.
Oh, wow.
And he had an aneurism and it was just a couple seconds. Um, so that was probably
the most recent sadness I’ve felt.
Mhm. And, um, can you, maybe, talk about how you felt, like, when you found out, or,
as you were… You’re probably still grieving this, so, maybe, um, what your feelings
are about it now.
Um, well, at first it was… I was kind of in shock because I was told over the phone...
Right.
Early one morning. I was still kind of waking up and it kind of hit me hard...
Yeah.
About a half an hour later.
Yeah.
Uh, we were fairly close, so, it was pretty personal for me.
Mhm.
Um, it, it kind of, it felt unfair at first, because he’s very great. He’s a great man. He
was about… He was 89.
Oh, wow.
And he had taken care of his wife who just passed away a few months prior.
Mhm.
She was 98.
Oh, wow.
And she... He had taken care of her because she had ended up in hospice care and
basically was, more or less, could not really function for the past 4 or 5 years. So, he
had waited on her hand and foot, spent so much time with her. And, like, she had
finally passed away. She lived a long, happy life. She just passed away from old age.
Mhm.
And it was finally, like, his time. He’s still in really... He was still in really good shape.
He was functioning. He was still driving. You know...
Yeah.
He had a little few dents on his car...
Yeah.
Every so often. And he... It was, it was kind of unfair, because he, well, he was like...
We were... He was going, he was going to go do stuff. He was finally getting active,
back in the real world, because he wasn’t taking care of...
Right.
His wife so much.
Mhm. And just to see that he passed away was kind of, I don’t know. It felt unfair.
Mhm.
But then I, at the funeral, it kind of hit me that, like, he’s had a good life. He really was very fortunate. He worked very hard in his life.
Mhm.
He got what he wanted. He had two beautiful wives, one that died very early. And then he had another one…
Mhm.
Who passed away just recently.
Mhm.
And he… He really… He wouldn’t have been upset. He was very proud of what he had. He was very proud of us, his grandchildren, his great grandchildren…
Oh, wow.
He, I guess… Yeah... So, it was kind of… It was unfair, but, when I thought about it, really, I realized that he… I guess… I don’t know. I guess that he had lived a good life and that he’d be proud of what… He’d be happy. So, hopefully he’s happy up in heaven, or wherever he is now.
Thank you for sharing all of that. Um, alright. I’m going to have you rate your mood again...
Alright.
After talking about that. Wow, that’s recent.
Yeah, yeah it was.
I’m sorry.
It’s about the same. Flip it over again?
Yeah. Yes, please. Okay, now we’re going to talk about happiness.
Alright.
So: If you had to pick one part of your body to represent happiness, what would you pick, and why?
Happiness? It would probably be, hmm… I can’t pick two, can I?
You can!
You can? Probably either your hands or your face.
Mhm.
Hands because, like, when I feel happy, like, I want to… I have energy. I’m ready to do something. I want to get my hands moving. And the face… I like to think that I have a happy face, sometimes. I don’t really… Whether I do or not, that’s questionable…
Yeah.
But I like to think, like, you have that smile. You’re a little bit brighter…
Yeah.
Your eyes are more open to the world and you’re just kind of… Your hands want to make more motion towards the world. Stuff like that.
Cool. Um, and, so, how does your… Can… You talked a little bit about this, but: How does your, uh, body feel when you’re happy?
I feel, like, energetic, I guess. I feel ready to do something. I want to go out. I want to go talk to people. I want to…

Mhm.

Do something, like, even if it’s just something as simple as, just, like, sitting in a room with someone, talking. I feel...

Yeah.

Like I’m in a better mood.

Yeah.

I’m, I’m, I’m more engaged with the person. I actually… I care about what they want to say, what they think.

Mhm.

And you won’t have a… E-even if… I feel like when you’re happy you have better conversations…

Mhm.

Than when you’re kind of like, not necessarily in a bad mood, but… When you’re ups-, when you’re sad you don’t really have that kind of deep emotional connection. But when you’re happy you’re willing to throw that stuff out there. You’re more willing to. Yeah, definitely. **Can you show me, um, with your body what it feels like to be happy?**

I guess. I, I, I don’t know. It’s kind of hard…

Yeah.

For me, because, like, you don’t, like, when you think about happiness, it seems silly, but…

Well…

Like, I don’t know. It…

It’s like an automatic… You know…

Yeah. It’s an automatic response.

Yeah.

You just… Your, your face kind of lifts up. You get the little dimples in your cheeks.

Mhm.

Your… You smile a little bit brighter. It’s kind of like when they say the sun shines a little brighter you’d smile a little bit brighter. Your… Everything’s a little more movement, like, more, a little bit more vigor in everything.

Alright, and can you… I didn’t ask you… Well, well, that’s okay. I skipped a question, by accident before, but we’ll keep going. Um: **Tell me about a time, uh, in your life when you felt happy.**

Um…

There’s probably many times.

Yeah. Um, probably, probably my prom night.

Yeah.

I was with my girlfriend. We were dancing and we had been dating for a long time, about 2 ½ years.

Mhm.
And we… We’re still going, we’re still going strong. And we’re, we’re dancing on the floor. And it was just kind of cool because it was kind of like a realization of everything’s culminating. And, like, the… All the memories were hitting you, me, as we were just having fun on the dance floor, just enjoying ourselves.

Mhm.

And it was just… It was a good moment. It was a moment when there was nothing, like, nothing could ruin it.

That’s awesome.

There was nothing upsetting that could make me get distracted from this moment.

That’s cool.

I was just enjoying it.

That’s cool. Um, can you talk more about the happiness part of that?

Um, I guess it made me happy because, I mean, I’m… I get to dance with the most beautiful girl in the world, in my opinion. I, um, I consider myself the luckiest guy in the world. And that… I realize that I, like, I don’t know. I wouldn’t to say it was the pinnacle, because that’s kind of depressing...

Right.

That it’s only downhill from here...

Right.

But, I, I know. I, I realize that, yeah, it’s not necessarily a peak but it’s, it’s kind of like… It, it’s a high point. And I’m, I’m happy… It was… It was happy that I’m able to enjoy the moment and know that there are bettercomings, better m-, better moments coming. But there are… But that I’ve been ab-… I’ve been happy and I, I’m enjoying... I’m… I, I know where I want to be.

Yeah.

I… There’s, like, that inner satisfaction, that inner happiness that comes from knowing that you belong somewhere.

Mhm.

Like, you, you… Not that necessarily you fit in, but that you found someone in a time where you just… You know you should be there.

Mhm.

If that makes sense.

Yeah! That’s great. Thank you. That’s beautiful. Um, and I’ll have you do this one more time.

Alright.

Oh, and we’re done with the camera, so, I’ll turn it off.

PPT #10

Okay, so, first, um, I’m going to ask you some, um, general questions, and then I’ll ask you some questions about emotion.

Okay.

Alright? So: **What route did you take from where you live to Crawford Hall?**
Um, like, just describe the path?
Yeah.
Okay, so, um, I went out of my dorm, um, which is in, North side, and then I took the usual route that I do, which is... I come out of my dorm and I go towards where the Denny's is...
Okay.
And through that parking lot...
Yeah.
Um, walk through, like, Mather Quad...
Okay.
And then, once I get to like the street crossing on Euclid, I cross that, then cross the street to get to the quad, and then, um, walk through the binary pathway, and then take that little shortcut...
Through the parking lot?
Yeah, through the parking lot. Yeah. And then, just, um, get to Crawford.
Okay.
Yeah.
Great. Um, do you... Okay, another, kind of, random question, um: Do you think standardized tests measure intelligence?...
Um, personally, I don't think that they do, just because I think intelligence can't be measured just through, like, a test that, like, one test that just tests, like, everyone, you know, because everyone has so different types of intelligence.
Mhm.
So, like, I don't think there should just be one standardized test that, like, determines whether or not you are.
Yeah. I agree, actually. Um, oh, and then, another, uh, general question. So: Do you prefer to read printed books or ebooks, and why?
I like to read printed books.
Mhm.
Just because, I don't know. I like to have the feeling of the book in my hand.
Yeah.
And I like to be able to, like, highlight something if I find it interesting.
Yeah.
And, yeah.
Okay. Alright, now I'm going to have you, um, rate your mood. And then, when you're done, could you just flip it over for me?
Okay.
Alright, and, okay, so: If you had to pick one part of your body to represent sadness, what would you pick, and why?
Hmm, I guess I would pick my stomach, I guess...
Mhm.
Because, I don’t know. That’s just something I’ve been always kind of, like, insecure about and it’s always something that’s kind of, like, hidden, which is also, like, kind of like my sadness, sometimes.

Yeah.

I try to hide it a lot, so I...

Mhm.

Think stomach would be a good representation of that.

Interesting. Thank you. Um: How does your body feel when you’re sad? Um, it feels weak, like, like I don’t want to get up, and…

Yeah.

Just, like, it doesn’t feel energized, or anything like that, how it usually does.

Mhm.

I’d, like, rather like to sit down, like, than go walk somewhere.

Right. And, okay, so: Could you tell me about a time in your life when you felt sad? And you can take time to think about that, if you...

Okay.

Need to.

Um, I guess a time I felt really sad was, um, last year, when we had to put my dog to sleep.

Oh.

Because, um, and she was only, like, about 3 years old.

Yeah.

And it was kind of… It was, like, very sad...

Aww.

Because she got cancer and, like, we didn’t… the vets didn’t realize until, like, it was at a really late stage…

Oh.

And, so, like, by that time there was, like, nothing left to do, like…

Right.

If we put her through chemo., like, it would only give her about 3 more months. And then…

Oh, okay.

You know, she’d still be suffering a lot. So, we thought, you know, it’d be better, like, to put her down to, like, not have her suffer, but, you know, just going through that whole experience is really, like, sad...

Yeah.

And traumatic…

Yeah.

So, you know, it just came out of nowhere.

Could you talk more about, like… Thank you for sharing that. Could you talk more about, like, um, the f… the, like, when you first found out, how it felt, and, like, the feeling part of it?
Mmm, I, I just felt... I don't know. I just felt really guilty, like, even though, like, it wasn't anyone's fault in my family or anything, I just felt, like, incredibly, like, just guilty and just, like...

Mhm.
I don't know. I just remember I felt, like, sick to my stomach.

Mhm.
And, like, it was just so hard to take because, like, she was just, like, a puppy…

Right.

Still...

Right, right, right.

And, like, like, she's never done, like, anything bad.

Little baby dog.

It was just a little baby!

Aww.

Yeah.

That's so sad.

I know.

Okay, well, thank you for sharing. And here I'll have you do the same thing again. And, so: If you had to pick one part of your body to represent happiness, what would you pick, and why?

Um, I guess I would pick my eyes.

Mhm.

Just because I feel like those… That's, like, the most, like, engaging feature of my body.

Mhm.

You know, like, it's like constantly active...

Yeah.

And it's, like… I mean… When I'm happy, I feel really, like, energized and I feel like my eyes are something that, like, constantly have energy. They’re constantly, like, radiating light, and stuff like that.

That's cool.

Yeah.

Um, so, you talked, like, a tiny bit about this, but: How does your body feel when you're happy?

Um, when I… When it feels happy, like I said, it feels really energized.

Mhm.

Like, I feel like I want to just, like, get up and, like, walk somewhere.

Yeah.

Um, uh, just overall it just feels, like, like, good.

Yeah.

I don't know how to describe it.
That’s fine. And can you… I… I’m going to, um… I forgot to ask you this question, but, so like: Can you show me with your body what it feels like to be sad and then show me what it feels like to be happy?
Okay. Um…
I mean, just, like, just whatever comes to mind.
Sad would be like…
Yeah.
And then happy would just be, like, normal, like…
Not…
Yeah, like…
Crunched forward.
Just like not crunched forward. Yeah.
Okay. Thank you. Um, and: Can you tell me about a time when you felt happy?
Um, yeah. I mean, like, I feel like most of the time I’m happy. So, like, I can just pinpoint to, like, a point, like, yesterday…
Yeah.
When, like, I was just, like, with my roommate and we were watching Grey’s Anatomy in, like, our, in our bed, in our room.
Yeah.
And, like, we were just like, were having fun.
Yeah.
And just, like, you know, relaxing. And I just felt really happy in that moment.
That’s good.
Yeah.
Can you talk about, like, how happiness feels, in general?
Um, for me, I guess, happiness just feels like… It feels relaxing. It feels like I’m at peace.
Mhm.
It just feels like that’s how it’s supposed to feel. You know? That’s how my body’s supposed to feel.
Yeah.
And my mind’s supposed to feel, like, you know, just at peace, like, no stress.

Okay, and… Okay, so: If you had to pick one part of your body to represent sadness, what would you pick, and why?
I would probably pick, um, mouth.
Mhm.
Because, I don’t know. When people ask me if I’m sad, it’s usually, like, “Oh, well, you’re frowning,” like, “You don’t look too happy,” like…
Yeah.
You know, the corner of your mouth is, like, twitching, or something. I don’t know.
Okay. And, um, any other part that you'd pick?
Um, that'd probably be the main one.
Yeah.
Yeah.
Okay, so: **Could you describe how your body feels when you're sad?**
Um, I get really tired and not motivated to do anything, like, it's really difficult for me to do anything.
Yeah.
Um, usually, like, I won't make eye contact with people as much.
Yeah.
Or, like, I'll avoid it, you know, put on my headphones...
Yeah.
Something like that.
**Withdrawing?**
Yeah.
**Um:** **Could you show me with your body what it feels like to be sad?**
Um, it's kind of like hunched over, I guess. You know, just, like…
Yeah.
Within yourself.
Yeah.
Yeah.
**And:** **Could you tell me about a life, or, tell me about a time in your life, excuse me, when you felt sad? And you can take a moment to think…**
Yeah. Um, I'd say probably a big one was when I found out my cousin died.
Mhm.
I didn't find out for maybe a week until afterwards and it was just really sudden and startling.
Mhm.
Yeah.
**Could you talk about, like, the feeling, like, like, describe your feeling when you found out, or, how the feeling maybe changed, like, over time, if it did?**
Yeah. So, when I found out it was, like… I just felt, um… I felt, like, a lack of control…
Yeah.
Just over everything that was going on. And I felt, um, disappointment in that, like, I hadn't been with him at that time.
Mhm.
Um, and then I think it kind of changed. Um, like a couple of years afterwards it changed in that, like, I felt angry that I hadn't gone down to his funeral.
Mmm.
Because it was in Texas.
**Oh, wow.**
Um, and it was, like, during a semester, and I was, like, “No, I can't take off school.”
Mhm.
Um, I was kind of angry with myself for not doing that and upset with his mom for not, um, not getting more medical...
Research done on the cause of his death.
Oh, yeah.
You know? Um, but now I would say it’s been, like, it’s been almost 6 years and I’ve, like, come to peace with it. And I’m still very, um, saddened for his family...
Yeah.
His immediate family, but, within myself, um, I think I was able to use the sadness and, like, the, um, just, like, thinking about one thing so much causes you to realize things about yourself.
Mhm.
And, so, I feel, like, in that way it helped me discover more about myself and how I feel about the people who are important to me.
Awesome.
Yeah.
That’s good. You tried to make something positive.
Yeah.
Okay. I’m going to have you, um… Thank you for sharing. I’m going to have you rate your mood again. It’s the same thing.
Sure.
And then we’ll talk about happiness.
Cool.
So: If you had to pick one part of your body to represent happiness, what would you pick, and why?
Um, I would probably pick my hands, um, because I’ve found myself to be the most happy when I’m, like, working with my hand on something, like that. But also I find them really expressive, just in general.
Yeah.
Yeah.
Someone else told me that the other day. I think that’s really cool. Like, I don’t have that impulse to create, like, things with my hands, but I feel like a lot of people do. Yeah. Or, like, I talk with my hands if I’m, like, really excited about something, you know.
Yeah.
I’m not even Italian!
Alright, so: Can you show me with your body what it feels like to be happy?
Um, I don’t know. That’s like… I don’t know if I can show that. I don’t have, like, a particular position that...
Mhm.
Feels the most happy to me.
That’s fine. Um, and: Could you describe how your body feels when you’re happy?
Um, so, a lot of times when I’m, like, not happy, when I’m anxious I, like, shake a little bit, and things like that, so there’s, like, a stillness to being happy, um, and also, um, just a sense of alignment, I guess.

Yeah.

Yeah.

Cool, um, and then: **Could you talk about a time when you felt happy during… It could be in the past or recently?**

Mhm. Hmm, I have to pick one, uh...

Yeah.

The other day I had, like, a really great phone conversation with my sister. Um, I was at work, well, I was supposed to be at work but I stepped outside to call her. And we ended up having, like, this 45 minute long conversation just about everything, about her program at school, about my program, um...

That’s awesome.

You know, about our parents, our siblings, and...

Yeah.

You know, afterwards I just left. I’m like that was…

Aww.

That was a really great experience.

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**PPT #13**

If you had to pick one part of your body to represent sadness, what part would you pick, and why?

That’s a, that’s a very interesting question. I’m going to have to think on that.

Sure, take your time.

I don’t know. It’s kind of cliché, but I think I have to pick my heart.

Your heart? Yeah.

Because, you know, it’s… N-, not because of any sort of physiological reason...

Mhm.

But because it’s just… Feeling sad, it kind of feels like, you know, sort of… It’s just sort of tension or emptiness, or...

Yeah.

Right?

Yeah.

Just right in here.

Mhm. But you fee-, you feel that…

Yeah.

In your body?

Kind of.

Mhm. Any other parts?

I don’t know.

That’s okay.
It’s just, when I’m sad... I don’t know. Al-... My... Also kind of my hands, sort of, because it feels like I need to, you know, have something to hold or... Mhm. Touch, or... Mhm. And that sometimes helps. Yeah. I, I can understand that. That makes sense. There’s a symptom called psychomotor agitation... Mhm. In depression, which, um, means some people have this and then some people have the opposite where they become kind of, like, catatonic. They, they don’t move as much, but some people move more when they’re depressed, so they, like, do this and they play with their hands and and, and it’s just a common symptom, so, that kind of makes sense. I didn’t know about that. Yeah, I just started reading about it. Um, anyway. Just wanted to share that. Um, so: Can you talk a little bit more about how your body feels when you’re sad? Well, usually I feel either restless or, um, kind of lethargic. Mhm. It’s usually either one of the two. Hm. Where it feels like doing anything is, um, is a huge effort. Mhm. Or, I, I start like looking for stuff I can do. Mhm. And doing it. Mhm. So you go between like those two modes, is what you’re saying? Yeah. There’s... It’s... It kind of depends on what’s been going on... Mhm. But it, it feels like sometimes I go, like, well okay, what can I, what can I do to, um... I gotta do something... Yeah. To help myself, you know, feel less sad... Mhm. Or, or, more actually it’s more like, oh my God I have so much to do I, I need to do this. Yeah. Because a lot, I think, a lot of, a lot of, you know, my partic-, my depressed feelings are tied into my, um, sort of living situation at the moment. Okay. And, and it feels like I can, you know, do stuff to... I don’t know. Make that feel more comfortable. Yeah.
Or make you feel more comfortable. So, um, can we… Could you tell me, um, the next question is, is: Tell me about a time in your life when you felt sad. But it seems like, maybe, you’re struggling with those feelings right now? And: Could we talk your living situation a little bit? 
Well… 
Does that make you sad, does your living situation make you sad. Okay, okay, we’ll talk about that.
Yeah, well, I live at home with my father and my step-mother.
Okay.
And I’ve been living at home for the past, I don’t know, I want to say like 7 or 8 years. I was, um, going to school and, um, I graduated from school in 2003, uh, high school, that is…
Okay.
And went to college, and about that time my dad got re-married.
Okay.
And, so, on top of that, on top of, like, you know, the whole adjusting to college thing, I was dealing with the family situation going on at home.
Yeah.
Um, you know, me and my step mother never really had… We never really... We never really got along.
Yeah.
I mean, on some level I don’t think I gave her a chance…
Mhm.
And on some level I think she took that personally.
Yeah.
And, so, I started having trouble in school and had to withdraw due to, um, an episode of depression that was so bad I could barely leave my dorm room.
Mhm.
And I spent the next couple years at home.
Okay.
And eventually I went back to school.
Mhm.
I went to Cleveland State.
Mhm.
And finished my degree.
Mhm. Great.
And I’m still living at home.
Yeah.
But right now I’m, you know, looking for work…
Mhm.
And it’s re-, it’s a really hard thing to do.
Yeah.
And…
It is. There’s a lot of sort of tension between me and my dad and my step-mother because they want me to get, you know, a job, any job...
Mhm.
And start making money...
Mhm.
And supporting myself.
Mhm.
Because they have their own plans. But it feels like I’ve got a lot of mixed emotions about this.
Yeah.
And I don’t feel comfortable talking with them, because, number one, I don’t feel comfortable talking about it with my step-mother at all.
Yeah.
She’s just, like… She has a very different view of how, you know, pe-, how this situation should work.
Mhm. And it’s complicated. It’s not...
Yeah.
It’s not just… For you, it’s… You won’t be happy if you just get any old job. You...
Yeah.
Want to have a job that meets whatever criteria you have.
Yeah, well I, well...
But for them, it’s like, they just... They view it as oh, well, just get a job. They don’t think about all of the... Is that the case?
Yeah.
Yeah? Okay.
And I’ve always, you know, kind of struggled with my self image.
Mhm.
And, you know, being like 30 years old and still living at home...
Mhm.
Is kind of… It’s kind of embarrassing, honestly.
Mhm. Do you think you will be able to make a step forward soon? In… Have you been searching actively for jobs?
Kind of irregularly, that’s…
Mhm.
That’s it’s own problem...
Mhm.
Because...
It’s difficult.
It’s hard for me. Yeah.
So, so… Okay. Feel free to add whatever you like. I’m just…
Yeah, anyway.
No, please, I mean, thank you for sharing. Um, the… And because… I’d love to hear more, it’s just… Um, because… I’m trying to learn about sadness and, and how people with depression talk about sadness.

Mhm.

So, when you feel sad, um, what does that feel like? What is sadness to you? What does sadness feel like? Can you, actually: Can you show me with your body what it feels like to be sad? Like, how you would look if you were very sad. Mhm. Mhm. Okay, thank you. Yeah. So, I don’t have any tissues, I don’t think. Um, I have this. Do you want to use this? Do you need something?

No, I’m fine.

Okay. Okay, so, let’s do this mood rating one more time. It might not have changed. It might be the same. Um, it’s just… We’re going to do it this time and then one more time.

Okay.

Okay. And, so, I guess, to… Is, is there anything else you wanted to add to the sadness?

No, not really.

Feel free, I mean…

Mhm.

Okay, so, now we’re going to switch gears a little bit and talk about happiness.

Mhm.

So: If you had to pick one part of your body to represent happiness, what would you pick, and why?

I think my face.

Mhm.

Because, um… Because I… Usually I kind of associate that with just, you know, smiling.

Mhm.

You know, sm-, just honestly smiling.

Yeah. Yeah.

Instead of just, you know, polite smiling.

Yeah. A real smile.

Yeah.

Mhm. Thank you. And: How does your body feel when you’re happy?

I feel kind of energetic.

Mhm.

I mean, not like that sort of aimless, jitteriness that comes with being sad sometimes.

Right.

But feeling, you know, kind of upbeat and more optimistic about things.

Mhm. And: Can you show me with your body what it feels like to be happy? You’re more relaxed. Your arms are down. What else are you doing?

Nothing.

Just open, relaxed.
Mhm.
Okay.
Yeah.

And: Can you tell me about a time in your life when you felt happy?
I don't know.
That's okay. If you think of something, let me know. If not, that’s okay.
Okay.
And then, um, we just have this. One last time. And I'll turn the camera off.

PPT #14

Okay, now we’re going to talk about sadness. Um: If you had to pick a part of your body to represent sadness, what would you pick, and why?
Um, that is a really good question.
Cool.
I would, I would definitely say sadness is felt in your chest...
Mhm.
And in your throat...
Mm.
And in your sinuses.
Really?
Eyes, ears, all the way down through here. Whole circulatory. That’s where I feel sadness.
Okay. Thank you. No one’s said sinuses before, or, yet.
I like to be unique.
Yeah. Um... I’m wondering if I should ask something else about that.
Ask whatever.
I guess, can you tell me, uh, why? Like, what about those parts?
So...
Do you have an idea? I mean, it’s hard to really know why, but...
I mean, I think those are the areas that I most feel crying when it happens.
Yeah.
So I just kind of associate, like...
Oh okay. That’s obvious...
You know, that feeling, like, like that’s where it wells up so...
Even if...
Mhm.
I’m not, like, going to cry, I, I can still like, okay, I’m sad, that is where I’m feeling that.
Mm. That’s interesting because you may not be crying but you might, like, be on the verge of crying sometimes?
Definitely.
And you can kind of feel it.
Definitely.
Or, supr-... At least I don't try to cry all of the time. Uh, but when I feel like I need to cry I sometimes suppress that, but you can feel it coming on, like, in here, and it... You get what I'm saying. Um... How does... So, you... This is related, but, how do you... Or: Can you describe how your body feels when you're sad, other than those particular parts?
Lethar-...
Or including.
Lethargic.
Okay.
Um, other than that, my body doesn't feel anything. Just lethargic, don't want to get out of bed, don't want to...
Yeah.
My brain feels a lot of different things, but my body only really feels lethargic.
Mhm. Do you have a sense of, like, numbness or insensitivity to physical sensations, or?
Never physical. Definitely before I was getting treatment...
Mhm.
I felt a numbness to emotion.
Yeah.
Um...
Okay.
Actually, once I started getting treatment, and, like, feeling emotion, that kind of, you know, like confused the hell out of me for the first week or two, like, oh my god, what is this, I'm feeling things. This is weird.
Yeah.
I mean, like, it, it's really cool though.
Mhm.
I kind of... I have to, like, re-learn how to keep my emotions in-check.
Yeah. That's awesome. That seems healthy. Um, what else. Oh, okay, and: If you had to, like, show somebody what it feels like to be sad, how would you show that with your body?
To be sad or to be depressed?
Right. So, sad, but, if you... I don't know. Bec-... It depends on how... I'm curious now that you bring this up.
Why don't I answer both then.
Okay. That's great.
So, I would say, to be sad...
Mhm.
Is a temporary feeling that is usually triggered by something. Um...
Mhm.
It usually goes away, even if... Like, a good night's sleep will make sadness go away...
Mhm.
In my opinion.
Mhm.
Um, depression is cyclical. Like, if I wake up and have a bad Monday…
Mhm.
I'll have a bad Tuesday. I'll have a worse Wednesday. I'll have a worse Thursday. I'll have a worse Friday. The weekend is where it starts over. That's where the cycle begins anew.
Hm.
And I can either have a good Monday or a bad Monday. But if I have a good Monday, maybe I have a good week. But, at any given point in that week, it can become a bad week.
So, this is just an analogy? Like, or do you literally…
No.
That's literally your particular cycle?
There are weeks…
Okay.
I would not leave my room...
Yeah.
Last semester.
Yeah.
It did wonders for my grade point average.
Yeah. Okay. That makes sense. So… But, with your body, what does that look like?
What does…
Sadness look like.
Okay. Um, what does sadness look like.
Or, like, if you were to be acting out a sad person's body position, or, behavior, or something.
I would never do that.
I wouldn't either.
But, no, like, I am incapable of displaying that emotion of sadness around other people.
Okay.
So, if you ask me what a sad person's body looked like…
Mhm.
I would tell you “me with a blank look on my face,” because…
Yeah.
Other people can't know that something's wrong.
Okay. That works. Thank you. Yeah, I mean, sometimes you don't know your sadness with your body. Sometimes people really, like, one of the people I saw today really showed with her body what her sadness felt like, and, some people don’t show that.
So… As you know.
I've always… Like, I kind of theorized that the reason my… Like, after researching depression a lot…
Mhm.
Like, a lot of people have issues, physically, with their body from that.

Mhm.

And my theory for why I never really experienced that too crazily was, like, I always worked out. I always ran…

Yeah.

Even when I was depressed, like…

Yeah.

A good workout could always make me feel better. So…

Mhm. Yeah.

Like, my body just kind of, like… When your body’s constantly sore from a workout…

Mhm.

Your body’s not in pain from...

Your emotions.

Exactly.

Yeah. I get that. Yeah, I s-, I struggle with depression. That’s what kind of…

I, I mean, I had a feeling that that’s why…

Yeah.

You were the one conducting this study.

Yeah. It’s, it’s a big, uh, you know… I, I don’t think i’m, like, recovered, necessarily, but, it’s just one of my biggest interests, so… And, working out really does wonders, for me at least, as well, so… And here, after… Wait, I just want to make sure I answered all of those before I… You can eventually fill that out.

Didn’t I just circle this?

Yeah, it’s the same thing. Just for a second…

Are you, are you wondering if my mood has changed in the last minute?

Yes. Um, okay, we have one more question. So: **Can you, or, would you feel comfortable sharing, um, a time when you felt particularly sad?**

Sure.

In your life.

Um, I might need to think of one for a minute.

Yeah, please.

So, instead of giving you a specific one, why don’t I just describe how one of my really bad weeks would go. So…

Okay.

Tuesday, I would look at, or, Sunday night I would look at my homework load…

Mhm.

And I’d be like, wow, that’s a lot. I really gotta crack down and do that.

Mm. Mhm.

And I’d do it for 10 minutes. And I had no mental focus. Could not…

Yeah.

My mental stamina was 10 minutes and then I had to go do something else. Play guitar. Go fuck around on Reddit. Go play Skyrim.

Mhm.
Go jack off. Whatever. I needed to do something else…
Something else.
After 10 minutes.
Yeah.
And then I could come back to it, but it was still 10 minutes. And, my theory for that is a lack of production of dopamine in the brain, because that’s…
Yeah.
Kind of what motivates you to do things.
Mhm.
So…
Especially with attention.
Definitely.
Yeah.
Like, I thought I had ADD for the longest time.
Mhm.
And then I just started looking into it and, I was like, well yeah, I’ve got one or two symptoms, but this doesn’t sound like me.
Right.
Um…
There’s some… You know… You prob-… Well, no, I don’t want to interrupt your story. Um…
Go ahead.
But, uh, so that would be, like, a Sunday night, where I knew I had things I needed to get done, but instead I would screw around because I had a lot of things I needed to get done. So I would…
Right.
Withdraw from it…
Mhm.
Instead of asking for help.
Mhm.
And then, Monday would come around, and, I’m a terrible insomniac.
Oh.
So, I would be up until… I mean, shit, last night I was up until 6am. Like, it’s not fun. I need to get that taken care of.
That’s…
It’s really hard.
That just makes everything so much harder.
Yeah, like…
Because you’re not rested.
I thought taking antidepressants and talking to people would fix that issue.
Yeah.
And, like, it’s fixed every other issue.
Mhm.
Just not that. So…
That’s interesting.
Anyway, I’m going to go see a psychologist about…
Yeah.
It, because I can’t keep dealing with this shit.
Mhm.
But, so…
A lot of people study that. Uh, you’re… There’s a lot of labs. Like, I’m looking at clinical psychology programs and people s—… There’s, like, labs that study just sleep issues with people who have depression…
Well…
And other…
If you know anybody who wants to use me for that, give me their name…
Sure.
And I’ll gladly help.
I certainly will, because I can’t imagine. That’s…
Um…
A lot.
Yeah, last week, between the hours, the days of Tuesday and Friday, I got 16 hours of sleep.
Ooh.
And I’m, like, I’m functioning.
Yeah.
Which is, like, that’s really weird. My body’s adapting…
Mm.
To 16 hours of sleep a week. Um, and that in itself is really dangerous, because when you’ve got those kind of problems that’s when you start turning to alcohol to fall asleep, or, like, Benadryl to fall asleep, or, benzodiazepines to fall asleep. And, like, alcohol will turn you into an alcoholic. Benzodiazepines are one of the most addictive drugs in the world, possibly more than heroin. They’re not…
Mm.
Necessarily as bad for you, but the withdrawals, if you get addicted…
Yeah…
Can be…
I’m not familiar with those.
It’s like Xanax.
Okay.
So, like…
Yeah.
If you take Xanax every day for a month, and then you stop taking Xanax all of a sudden, you are going to be an absolute wreck.
Yeah.
So I try to stay away from those. Um, Benadryl helped for awhile, because that’ll definitely knock you out. But after awhile my tolerance grew to that to the point where if I keep taking anymore Benadryl I’m going to start seeing spiders.

Oh God.

Um…

What about working out. Does that help you with sleeping?

It does.

Yeah.

I usually work out at night.

Yeah.

I mean, it does and it doesn’t.

I know…

I can’t figure it out.

I feel physically tired...

Mhm.

But my brain just doesn’t shut up.

Mhm.

Um…

Do you have anxiety?

I don’t know.

Yeah.

I, I think so.

Yeah. Something to explore, I guess. That’s not...

I think we got off-topic there.

I…

What was the question we were...

Uh, the question, the specific question was: Tell me about a time in your life when you felt sad. And you were saying...

Okay.

About your typical week.

So, I’m just… I’m describing a bad week for me.

Yes.

So, uh, Monday. I got no sleep Sunday night, so I would sleep in and I’m trying to remember what my class schedule was Monday, but I sure as hell went to one of them, maybe.

Yeah.

Um, and then Tuesday I only had one class. That was a lab.

Mhm.

And I would usually go to that one. There was a homework assignment due at that lab.

I would almost always wait until the last minute to do it.

Yeah.

I’ve always been a chronic procrastinator, which…
Yeah.
Kind of worked, at first.
Yeah.
And then I would just… Like, things started to pile up and it became, oh, prioritize. How many points is this worth versus how many points is this worth.
Mhm.
So if I’m going to fuck something up it might as well be this homework.
Mhm.
Um, Wednesdays were the same as Mondays. I’d sleep in, skip my first class, go to my second class, just because all of my friends were in it and they would know if I skipped it.
Yeah.
Um, skip my fourth class. Thursdays… I did not have class on Thursday. That really killed me, not having class on Thursday. And Tuesday. Because that, like, intense routine followed by just nothing...
Like, no structure.
By intense routine...
Yeah.
Followed by nothing. Followed by… Like, I, I don’t think I can do that.
Mhm.
That’s why this semester I just have two classes, two classes, two classes, three classes, two classes…
Mhm.
All consecutively, because I know if I get out of bed…
Yeah.
I’m going to go to both of them.
Yeah.
Um…
See, that’s important. You’re… That’s good that you’re working with yourself on that.
Mhm. Um, so, on a really bad week I would say I would attend 3-4 classes. Um, I would usually miss several homework assignments. My work load was incredibly terrible last year. I’m a mechanical engineer, so, I took dynamics, statics, calc. III, and thermo., and, uh, 145 all at the same time.
Oh.
So…
Okay.
Calc. would have an assignment due every night, but they would be due Wednesday, which meant…
All of them at once.
3 assignments getting done Tuesday night. Um, dynamics would have usually 3 problems due every other day...
Mhm.
But they were very difficult. You only got 7 attempts online. And when I'd find myself entering 7 different answers and getting them all wrong…

Yeah.

Like, at that point, why am I even trying this?

Mhm.

That was very discouraging.

Yeah.

Statics, when I did it I knew it. I should have done it with my friends more often.

But…

Yeah.

When you have Chegg solutions in front of you…

Mhm.

And can just write down what it says…

Right.

And get an A on your paper, like, that's too easy to not do, especially when you've got this huge workload.

Yeah, and you're procrastinating and…

Definitely.

There's other things. So, let's just synthesize here. Um, you're associat-… So, are you currently sad, right now?

Right now, no. I feel pretty good.

Okay.

Right now I'm stressed because I have a very busy week…

Okay.

But I'm not sad.

Okay, but, you're… So this… The point of asking the question was to get at how you would describe sadness as an emotion. So, ba-… And the things that you're sharing seem to be, um, effects of, like, what happens when you're feeling sad and not managing that, like, the effects on your life. Is that true?

I feel like the best way to describe depression to someone who's never experienced it, which, you have, so, maybe you're going to agree with me on this…

Mhm.

Is: You don't do something that you're supposed to do.

Mhm.

You feel incredibly guilty about that thing that you didn't do…

Mhm.

So, you wallow in self-pity…

Yeah.

About that thing you didn't do. And then, another thing comes up that you need to do, and you're unable to do it because you're wallowing in self-pity.

Mhm.

And it's just this constant circle of self-loathing and embarrassment.

Mhm.
And I don’t want to tell anybody, because, you know, they’re going to think I’m a shithead.
Yeah.
I mean, it’s hard to tell people, like, yeah, I’ve been to maybe 10% of my classes this semester…
Yeah.
And it’s not because I’m a terrible student.
Mhm.
Like…
Yeah, it’s a completely different dimension.
Right.
Okay, um, let me think for something else I want to… I think that’s good.
You sure? I’m an open book. You can add anything you want.
Thanks. I, I… Um, you’ve said a lot about… I have a lot of… So, this is a linguistic study, so, I have a lot of language samples of you talking about what sadness means to you, so I think that’s enough. Even though I’d like to keep talking about it we have happiness to talk about now, so…
Oh boy.
Oh, wait. No, that was for sadness. Um, so: If you had to pick one part of your body to represent happiness, what would you pick, and why?
Mm. I would say happiness definitely comes from the chest, and it comes from the front of your brain. Right here and right here.
Hm. Any reason why you think that?
Um, have you ever done Molly?
No.
So that’ll, that’ll really amplify happiness to the point where you definitely know where it’s coming from...
Okay, like…
And…
In your body?
Right.
Okay.
And, um, I mean, happiness is happiness. It doesn’t matter how it’s induced, just, when you do it that way, it’s just much more profound…
So, happiness is a chemical thing, and sadness is a chemical thing, in your mind?
I don’t…
I don’t…
Like to think that they’re caused by chemicals…
Yeah.
But they can… I, I feel that there’s a lot to learn about them by chemicals. Listen, I figured out I was depressed because I had a horrible mushroom trip.
Oh my.
Yeah, so like…
There was a lot of thinking happening...
Yeah, I…
About yourself.
I kind of got to this point in a weird, round-about way.
Okay.
Um, I think I also figured out I was depressed because of a fantastic, uh, Molly experience, because, researching that drug, um, that is a… It’s a, it’s a serotonin… It just dumps your serotonin reserves all at once, so…
So, when you come down from it it’s pretty awful, then?
If you take too much, yes. If you don’t take too much, not so much.
Okay.
So, if you’re responsible about it. And if you… Like, you can’t take it every day. You’ve got to wait, like, 2 or 3 months.
Mhm.
Um, but this is the part I don’t want you to tell other people about.
Yeah, I mean…
Um…
It’s going to be written up in a document…
That’s fine.
From which I extract certain things.
As long as my name’s not on it I don’t care.
No…
Um…
It’s not.
But, the first time I think I took Molly, I was just hanging out with some friends at a very small party and I immediately felt everything that I wanted to feel about myself that I never had before.
Mm.
Like, I felt an emotional connection to everybody. I felt happy talking to people.
Mhm.
Obviously, like, I was super un-naturally social.
Mhm.
Which is fun in itself, but that’s not really…
Yeah.
Like, the main take away from it. The main take away was oh my God, I, I mean, I felt normal. I felt like…
Like that’s what you wanted to…
Advanced normal.
Yeah.
It was definitely over-the-top of what normal should be.
Mhm.
But it was like… It was a big eye-opener.
Yeah.
Because it's like...
Mhm.
You know, it… MDMA is an antidepressant. It's just the only instantaneous, short-acting one that exists.
Yeah.
And it's kind of upsetting that it's illegal because it can't be used for these sorts of things. I don't know if you agree with me or not.
Um, I don't know. I haven't really ever thought about this before. Um, I mean, there's something to it, like, if it could be in maybe lower dosages. But then I’m wondering… I don't know. Like, if you’re saying it depletes your serotonin stores, then, like, how does that work biologically? I don’t know.
Well…
There’s a lot of questions I have about it, so…
So my, my big thing is, um, 2 hours before I take magnesium so my jaw doesn’t clench. I take a large dose of vitamin C, because that’s an antioxidant and will help reduce the neurotoxicity.
Oh.
And then, I'll also take, like, 8, uh… ALA is another, like, antioxidant…
Okay.
To just kind of make it safer.
Yeah.
Even if you don’t do that you’ll probably be fine. And then, like, for the next 3 days I’ll subs-, supplement with 5-HTP.
Okay.
That's, uh…
Yeah.
The precursor to serotonin.
Mhm.
Um, but back on topic. The first time I did it…
Yeah.
I was just blown away by how easy it was to make an emotional connection with everybody who I talked to. And, like, that was never a thing before.
Yeah. So, like, the… Do you… I mean, I’m assuming you have some, like, social withdrawal symptoms when you’re feeling depressed.
Totally.
Yeah. Okay, so then, when you took this drug, it was like way overboard but you’re like, oh my goodness, like, I’m…
It was like…
Connecting with everybody. This is not how I usually am…
It was like this is what… I mean, I knew that this was an exaggeration of what normal was supposed to be…
Yeah.
But I also knew that this is what normal was supposed to be.
Yeah. Okay.
Um...
And then, so: **How did your body feel when you were on that?**
Um, fantastic. It’s one of the happiest feelings. Everything feels good. Touching things feels good.
Mhm.
If you have an appetite, eating things feels good. But you probably don’t have an appetite. Um… So… In… But… Is this experience just… Like, is there maybe another experience that’s not… Um… I like hearing about this. I just think that having a participant who’s talking… So, like, if i’m looking at your data, right, and you’re talking about drug use, I think, automatically, that sets you apart from the other people that I’ve talked to. So, if you could pick a…
Really?
Yeah. So, I’d like to include your data, because I think it’s… I think…
I’m amazed you haven't found any depressed people who are using drugs...
Well, I have...
Yet.
**But, my point is, if you could talk about a time when you were happy maybe not on Molly.**
Okay. So, there was... Right when I started getting treatment...
Yeah.
Um, I went and saw my therapist. And I got out of the session with her.
Mhm.
And it was really a good session.
Mhm.
We talked about a lot of things, strategies that I could use to make my emotions work for me...
Mhm.
As opposed to against me.
Mhm.
And just waking to my car. I was just, like, very, very happy.
That’s awesome. Um, can you… What did happiness feel like then? Like, what made you happy about it?
Feeling emotion.
Yeah.
It didn’t happen before. Like, it’s hard to know what happiness is when you don’t experience happiness...
Mhm.
But…
Yeah.
Like, it’s overwhelming when you start to.
**Yeah. Yeah. That’s so interesting and cool. Um, any… Did your body feel different in that moment?**
In that moment?
Or, I mean, when... Any other time that you've experienced happiness.
Um, there's another night. I was walking to a party...
Mhm.
At one of my friend's houses...
Mhm.
Carrying a 12-pack or a 24-pack of beer...
Mhm.
And I was hauling ass because it was cold out.
Mhm.
And I remembered something my therapist said. And she said you're always thinking about either yesterday or tomorrow.
Right, right, right.
Focus on living in the now. So, I slowed down and I just kind of looked up. And, Cleveland at night is super beautiful.
Yeah.
And, like, that was another time. I was just like, wow, this is, this is really cool. I, I feel things from looking at this.
Mhm.
Um, I'm a musician. I play guitar. I'm in a band. I'm able to actually write music now.
Mhm.
Whereas before I couldn't. I mean, like, it's not good, but I couldn't even start...
Yeah.
Before.
And this is not just lyrics, like, musical riffs or...
Right.
Something like that. Okay. And this... You think this is related to you experiencing more emotion?
Definitely.
Yeah.
I feel like I connect with my parents more.
Mhm.
That's really cool.
Yeah.
Um...
It seems like you've made some really great strides. That's really...
I mean, yeah...
Inspiring.
Like, it's been a month and a half and I...
That's awesome.
I honestly haven't even had a chance to start, like, regularly seeing a therapist, so...
Yeah, right?
I've made, like, appointments in Chicago...
Yeah.
For a one-time thing. I had one scheduled…
Yeah.
Last week and I ended up getting really sick and couldn’t go so, like, even just being on the meds alone and having, you know… I think I have it written down in my wallet. She gave me these, uh, 4 rules.
Mhm.
She calls them the 4 arguments. The first one is: Do not make assumptions. And, that means do not make assumptions about what other people will perceive me as.
Mhm.
Um…
Mhm.
Do not assume what other people are like. Do not assume what will happen tomorrow, because it’s out of my control.
Mhm.
Um, number 2: Do not take things personally. So, I mean, clearly, you were a little, a little surprised when I brought up drug use. I don’t take that personally because I know you’ve probably never been around anything like that.
Well… I have, I just have to maintain some degree of profession-… Like this is a professional endeavor for me, so I have to…
You don’t…
I have to monitor what I…
You don’t need to be professional around me.
But I… This is… Yeah.
Um, number 3: Always do your best. Um, that’s the one I’ve really been, like, kicking it at…
Yeah.
Lately.
That’s awesome. I love this. This is so positive.
And, um: Use your words impeccably, which, I think that’s the one that applies to me the least because I’m a fairly well-spoken guy…
Mhm.
But, what she meant by that was to…
So…
It’s hard to describe.
This is weird. These are… You know Deepak Chopra? Do you know him? He’s a…
No.
An Indian, kind of, like, alternative medicine, mental health pers-, figure, public figure.
Mhm.
He has a book called The Four Agreements.
That is what this is from.
Okay. Yeah. But I thought maybe you said “arguments,” but I’m not sure.
I might have said “arguments.”
So, *The Four Agreements*. And I’m like… These are the 4 agreements. Did she just modify those and… I think she… Put her own spin on them, like… She handed me the book and… It’s a good book. Read it to me and told me to write those down. Yeah. And, um, he has some audio, like, inspirational things that I listen to when I’m feeling stressed and I… It’s ironic because I almost started to play one of them before our session today because I just… It’s kind of stressful to be waiting for participants, like, are they going to show up, are they not… Mhm. You know, I’ve never met a lot of these people. So, it’s kind of an interesting coincidence that you brought up some of his work as well, so… I mean, to, uh… That’s kind of weird. I would say, to comment on anxiety… Mhm. That I’ve definitely had it. Um… Yeah. The… I’m on Wellbutrin. Okay. That is definitely working to make it better. Yeah. But it’s not going away on it’s own, so… Yeah. I kind of have to force myself out of it. Mhm. I think that is the only… That’s the only way I’ve had any success. That’s the only healthy way I can do it. Yeah. Like… Yes. There are drugs I can take… Right. That will force my way out of it. They work. Right. They’re not permanent… Right. Solutions. Um… Yeah.
The interesting thing is though, if I go out on one of those drugs that makes me not have anxiety 1 or 2 nights...

Mhm.

And I say, oh, well shit, I can, I can talk to pretty girls. I can, I can be a smooth guy. I can make friends. I can be the life of the party. Well, like, why the hell can I do that on drugs, you know? That's just like…

Yeah.

Alright, now I know I can do it. I just have to force myself to do it.

PPT #15

So: **If you had to pick one part of your body to represent sadness, what would you pick and why?**

Um, I don’t know. Maybe like, the pit of my stomach, I guess.

Mhm. **Do you know why?**

Uh, not really. Just that’s kind of where… I don’t know.

**Do you feel things in your stomach when you're sad?**

I, I guess, yeah.

Yeah?

Yep.

Okay. Um, any other part?

Um, not… Nothing comes to mind.

That’s fine. Um, and: **How does your body feel when you’re sad?**

Um, I don’t know. Uh, I guess, I guess, probably, uh, almost like less tense than normal but kind of… I don’t know. Uh, not like a good lack of tension, more of like a… I don’t know. Uh, almost, like… I don’t know. Kind of, um… I’m trying to come up with the words. Uh…

Yeah. **Take your time. There’s no rush.**

Uh, like, I don’t know. Uh, just, um, like, difficult to keep… I don’t know. Uh, like, everything together, I guess. I don’t know.

Mhm.

Inaudible. I can’t really think of words to…

Yeah. **That’s okay. So you said “lack of tension,” but not like…**

Not like a relaxed lack of tension, more of like a… I don’t know.

Sure. Okay. And: **If you could show me what it feels like to be sad with your body,**

Oh…

So…

Um…

**What does a sad person look like?**

I don’t know. I guess… I don’t know. I don’t know. Kind of, uh, I guess more slumped over.

Yeah.

And I don’t know, like, uh, like that more.
It's f-, it's crazy…
I don't know.
It's like, everybody…
Yeah.
I've interviewed, everybody does the same thing. They sit here and they lean forward and they look down.
Yeah.
Like, it's… It must be a universal thing. I don't know. I'm curious about that. So: Would you feel comfortable sharing about a time in your life when you felt sad?
Um, I guess, yeah, uh, I guess what comes to mind is, uh, in, uh, the sp-, uh, break between, uh, first semester freshman year and second semester freshman year of, uh, college…
Mhm.
Uh, one of my friends here passed away.
Oh my goodness.
And, uh, I don't know. That, like, was kind of… I don't know. Um…
Was it expected?
Not… No.
Yeah.
It was pretty unexpected. Um…
Yeah.
Uh, yeah. I just kind of spent most of, like, the day kind of, like, either in bed or just kind of out of it. So…
Yeah. Um, can you talk, or, could you, like… I know this is going to put you on the spot, but could you try to, like, describe the sad feeling and how that… What was the sadness like, or, how did that feel, or, how did you feel at that time?
Let's see. Uh, I don't know. Um, it, uh… I guess I kind of felt almost detached from everything going on around me. Um…
Mhm.
Like, basically I would, you know, whenever I had to do something I was kind of, uh, I guess, doing it without really thinking or paying attention to things. Um, I, um… I don’t know. Uh, let’s, um… I spent a lot more of the time in my own head type of thing, like, I don’t know, playing things over or…
Mhm.
Like stuff like that. I don’t know.
Okay. Um, hm. Yeah, I bet.
Mhm.
Um, I guess I’ll leave it at that for now. And we’re going to do… Oh, did I only grab one of those? Let me get, um, a couple more of those mood ratings.
Mhm.
Okay, so, this is the same thing. Um…
Mhm.
It’s probably… You know… I’m not sure if your mood changed after having talked about that. It might have. It might have not.

Uh...

Alright, thank you. And then we’re going to talk about happiness now.

Okay.

If you had to pick one part of your body to represent happiness, what would you pick, and why?

Um, I don’t know. Probably… I don’t know, like...

I guess, uh, like around the heart because it’s just kind of more, uh, upbeat, I guess, more, I don’t know...

Mhm.

Kind of, I don’t know, excitable, maybe, or at least… I don’t know.

Mhm.

Yeah.

Thank you. And: How does your body feel when you’re happy?

Um, definitely, like, more energetic, more, uh, I don’t know, more relaxed.

Mhm.

Um, yeah...

Yeah.

Can you show me what it feels like to be happy?

Yeah, um, like, uh, I don’t know. I guess, uh, that’s… I’m trying to think about how, I don’t know...

Sure.

Like, um...

So, you changed your posture.

Yeah.

You’re sitting up straighter. You’re kind of even looking up a little bit.

Yeah.

And, uh, you have more of like a confident stance.

Yeah, I guess.

More open. That’s how I would describe it…

Yeah.

What I see.

I, I...

Anything you want to add?

Uh, not that I can, uh, think of.

Okay. Um: Can you tell me about a happy time in your life?

Uh, yeah I can. Um, uh, I guess, uh, just when I was, um, joining, uh… I’m a member of a fraternity here. When I was joining there I was at first kind of a bit, like, anxious, just because it’s kind-, it’s a bit, like, stressful.

Oh, yeah.
To be kind of judged by everybody, but kind of once the, like, once I got in and I kind of got to know people it was kind of good to realize that, like, you know, I had, uh, I guess that they had judged me favorably, I guess.
Yeah.
And they kind of at least saw something that, like, they wanted...
Yeah. Or, like…
From me.
You to be a part of them. That's an awesome thing.
Yeah.
How did the happiness part feel?
Um, I don't know. It, uh…
Do you remember, like, when you first found out?
Yeah, um, I don't know. Uh, it's hard to exactly say because it was, um, like, it wasn’t… It was kind of like a period of a lot of mixed emotions, like, I was happy but I was also going through other stuff, so...
Okay.
Like stressful, and stuff like that, so…

PPT #16

If you had to pick one part of your body to represent sadness, which part would you pick, and why?
Oh, that’s difficult. Maybe my expression, my face...
Mhm.
Because, you know, when I show some feelings maybe I have some subtle expression on my face...
Mhm.
And maybe I will fixate immediately, but it still will show up on faces.
Okay. And, um: How does your body feel when you’re sad?
It just feels very light. It just feels like going swimming and you do nothing. Just like you do nothing in, in the swimming pool.
Mhm.
You relax yourself.
Mhm.
And then, just to… You feel no gravity...
Interesting.
When you feel depression. And uh, and uh, you, you… But at the same time it’s not like meditation.
Mhm.
You still feel kind of things from your body. It’s not the same as, as… It’s hard to describe but...
Mhm.
You just feel very stuck sometimes.
Yeah. So you, you said it’s not like meditation?
Meditation is...
Yeah.
Is to empty your mind.
Yeah.
You think nothing, but…
Right.
When you feel depression you still have some…
Yeah.
Uh, expressive mind in your head.
Interesting. Thank you. Um, let’s see, um: Can you show me what it feels like to be sad, like, what you would look like?
Very light. Just like this.
Like you are now?
I, I cannot record while I was in major depression...
Yeah.
Because it’s, it’s really hard to track back.
Yeah. That’s fine. But do you have an idea of, like, what… If you had to… Like, what does a sad person look like, in your mind?
They are very… Actually I think the real depressed people is kind of inaudible. They do not express, like cry or something, because they have lose the interest inaudible, so they’re become inaudible, not very expressive.
Mm.
So maybe that’s the real inaudible.
Okay.
At least, I, I mean, I.. When I was… One year ago I, do did not cry. I do not shout. Just to stay in a state for a couple of hours...
Mhm.
Without moving. This kind of thing.
Oh, without moving?
Eh, of course slight moving, but, to go to the toilet or something...
Yeah, yeah, yeah.
But not like work out or something…
Yeah, yeah.
Or play piano.
And, um, the last question about sadness, um, is: Can you tell me about a time in your life when you were sad? You can take a moment to think, if you need to, but...
Yeah, I will think about this question before. And, about one year ago, um, now the time I broke up with my girlfriend...
Mhm.
in China.
Mhm.
And, uh, I, um, now also struggling with my application of college.
Yeah.
And it is same, same time I feel disoriented from, from the future, not only the college thing but also what I should do in the future.
Yeah.
You know, I, I did some business and I actually succeeded, surprisingly.
Mhm.
But I do not feel very happy at this, that time, or so I… I depend on myself to make some, to make some deal, but I do not, I do not feel very happy.
Mhm.
So, I feel very disoriented about what I should do in the future.
Yeah.
So, I feel very… I'm in a slight depression.
Mhm.
Just to lose interest…
Yeah.
To almost everything. So, maybe that's inaudible depression.
Yeah, yeah, yeah. Um, can you talk about, let's see, how, um, the sadness felt during that time, like, to describe that feeling more?
It’s, it’s just like, um, it’s just like a kind of evil from your, from your body. It’s hard to, actually hard to describe...
Yeah.
Actually.
Yeah.
Because… And I think the main reason is you, your, your, I, at least I think in this way, you’re lack of knowledge. Because you think of, okay, there’s the life. The life is over. But when I actually read some books, some philosophy books, actually...
Mhm.
I think there is a more intelligence people beside me…
Mm.
Beyond me, so...
Mhm.
When I realize this actually I get better of depression because I think my life is not over. There is an infinity...
Yeah.
Beyond my life.
So that gives you different perspectives, and...
Yeah, yeah, but it also takes me some time to get, uh, to get rid of depression.
Mhm.
So, I, basically, I recovered inaudible depending on myself, which is, which is actually amazing, so...
You feel like you recovered?
I…
Was that like an, an episode or is it, like, all the time?
Episode, actually.
Yeah.
Because sometimes you still feel bad feelings but after a course is bad or maybe sometimes you’ll feel the, for me, the depression just spill out of your body, but other sometimes you feel convince yourself by the, at least for me, best philosophy.
Yeah.
So…
Interesting. Thank you. That’s good. Um, did you want to talk any more about that…
Uh, okay.
If you want to, I mean…
I mean, the, at least I think the medicine treatment is not very good because I took psychology class and it, it has some severe side effects...
Yeah.
Actually.
Mhm.
And so I think the only way is to, for me, is to read books and, uh, thinking about the philosophy and the truth. For me it’s actually beneficial for me.
Mhm.
And, um, maybe sometimes you’ll feel a finer, even a religious belief. So, and then you’ll be able to recover...
Mhm.
Completely.
Mhm.
But now, I do not… Actually, I do not find it convincing, religious belief, for me, so…
You don’t find religion convincing, is that what you said?
Yeah, yeah...
Yeah.
Because I tend to use, uh, logical way...
Yeah.
To completely relate to religious and the, the, the logic.
Mhm. Yeah.
So, I still do not find this logic.
Right.
But the… I… It has some connection.
Yeah.
Like, I know there is a God but I do not believe in a specific religion like Christianity…
Yeah.
Or Judaism...
Yeah.
Or Buddhism.
Mhm.
So, that’s why I am still kind of confusing...
Mhm.
But not as much as one years ago.
Oh, okay. And, this is the same, um, same thing, just it... Maybe it has changed in the past few minutes. Okay. And can you flip it over for me? Okay, and, um: If you had to pick one part of your body to represent happiness, what would you pick, and why? Mm... Happiness, it's still my face.
Yeah.
Specifically the mouth, actually, because when I feel happy I actually smile.
Mhm.
So, yesterday, I, I write, a, a email. I write to my high school teachers.
Mhm.
And the, at that time I was just getting rid of depression and actually write kind of philosophical thing about the math, so, about my thinking about math.
Mhm.
So, when I write this I, I actually find back the period of when I just get rid of the depression and yesterday I just feel so happy and I just cannot control my smile, so, maybe mouth is the best...
Yesterday you did?
Yeah, yesterday because recently I’m, I’m thinking about transferring, so I’m beginning to deal with some papers and...
Oh you’re thinking about transferring schools?
yeah, yeah, yeah, so, so, I have to think a lot about this kind of stuff.
Yeah.
So, but, yesterday, when I want to sit down to write a paper...
Mhm.
So I, I want to track some resources.
Yeah.
And I find this email and I just feel so...
Oh, that's good. That's cool, um: Can you show me what it feels like to be happy, so, how would you look if you were happy?
So, like...
Smiling more?
Yeah, smiling more.
Anything else?
Um, no. Maybe some sight... I don’t know. Smiling is main thing. Expression.
Okay, um, and, you briefly talked about this, but, um, can you talk about, like, what makes you happy about... You’re working on transferring schools, right?
Yeah, because...
Can you talk about the happy part?
When I, when I... Actually, one year ago, when I applied for this school...
Mhm.
I want to do the business.
Mhm.
And my intended major is business, actually...
Yeah.
Business and / or engineering...
Mhm.
Because it actually can bring you some realistic benefits, like you make some money.
Yeah. Yeah.
If you do, like, psychology…
Yeah.
It’s not easy to find jobs.
It’s harder to make money. Yeah.
Yeah. You have to get a PhD, or something.
Exactly.
But…
You’re right.
But, but after the depression, actually, I changed my mind...
Mhm.
Because I read inaudible philosophy and discover the human nature and the... Or, do some math, do some science work.
Mhm.
It can give me the internal...
Right.
Happiness.
Right.
You know, that’s why you also choose psychology.
Yeah.
Instead of the boring business. Coffee.
Well, you know, It’s… You’re… It’s funny. This is something I’m struggling with...
Yeah.
Right now, is, like, this is really my passion and what I want to do, but...
Yeah, yeah.
And I applied to a bunch of PhD programs, but I haven’t heard anything. So…
Because it’s more competitive than medical school.
Yeah, exactly.
It… So, I haven’t heard anything, so I’m like, oh my gosh, what am I going to do next year, like?
Yeah.
Just work some job? Some… You know.
Yeah. Just write some code on the computer. That, that can really make you some deals, but...
Yeah.
It’s not happy to do these things.
No, so, it’s, um, it’s a struggle because my dad is in business...
And he’s like, well, why don’t you just, you know, try to get in here, into this field, like, there’s, there’s a lot more opportunity.
Yeah, same for me, actually. But actually, when I am in China I actually make lots of monies by actually sell the projector online.
Oh, okay.
And, it’s really a huge money, but...
Yeah.
So I buy some suit.
Right.
Fancy clothes, much better than this one. Clothes, and, um...
Right.
Enjoy the luxury dinners...
Mhm.
Luxury food.
Mhm.
You know, if you, I mean, the Chopsticks here is really suck.
Yeah. You’re like ... Yeah, I’m sure there’s much better...
In China.
Yeah.
But actually, when I, after this period, you, you’ll feel depression again because of you’ll lose your goal, your new goal.
Right.
But as long as you, you are eager to get knowledge...
Right.
Inaudible happiness.
Yeah. It’s like an unlimited source...
Yeah, yeah, yeah.
Of happiness. Mhm. Awesome. Um, hmm, can you talk about happiness in general, like, what is happiness?
Happiness, I, now I think it’s kind of, um, first, it, I think it’s knowledge. Maybe some, someone, like, it, there is a philosopher called Rousseau?
Oh, yeah.
Uh, yeah. I, I…
Rousseau.
Don’t know how to pronounce it. He said it’s also, like, love, like, between the girl and men.
Hm.
Of course, he has, he has lots of mistress, uh, 8 in his life, but...
Oh my. Wow.
But I think the most important is knowledge because, as long as you have knowledge, you can control everything, maybe including the love, I think.
Yeah.
And, uh, and, so, the first is knowledge can bring your happiness.
Mhm.
And, happiness is, is not, kind of, stimulation of your sensual, sensual organs, like...
Mhm.
How you see a beautiful woman, like you...
Thank you.
I’m kidding. I’m kidding. And you feel, oh my god, it’s enjoyable, but...
Yeah.
After some times you’ll feel back.
Yeah.
There’s a theory that if a girl and men will stay about 10 years they will just lose
passion but the only thing can maintain the relationship is to find the same interests...
Mhm.
same goals, for life.
Yeah.
So, I think the money, and honor, the fame, can bring you... It’s the stimulation. It’s
just a fleeting stimulation of mind, oh, actually of your sensual, um, sensual things.
Mhm.
But the knowledge, what knowledge can bring you is the unlimited...
Mhm.
Happiness, which is different from just the stimulation.
Okay. I like that. That makes sense.
Yeah, yeah. Exactly.
Mhm.
I have, I have spent about one year to figure out...
Yeah.
These shitty things.
No, it’s important. It’s... It might not get you a, a job, right, but it’ll bring you, you know,
you’ll feel more satisfied with your life if you...
Yeah, yeah. Exactly.
You know.
Like, like, if you find job, like, I mean, I, I, I, I can guarantee if you quit your psychology
job...
Yeah.
Do this kind of internship and leave, maybe go to ch-, if, I, maybe if you go to China...
Yeah.
After you... You’ll find lots of opportunities. I mean, you are English native speaker.
Right.
You can just do, do some tutor but, Chinese students, chinese students...
Yeah.
And you know, you know what is the most corruptive thing in China, most can, can
bring you most money in China, it’s, just, you know, when I apply for college.
Yeah.
But, you know, the international students, it’s very difficult for them to apply.
Ah.
Because they do not familiar with the procedures.
So, there is a market for...
Yeah, yeah, yeah, yeah.
For Americans to help with this.
Yeah, so, you can just announce, you can, your ba-, that you graduate from a very famous American university, and that you can... I can do the writing for you.
Oh.
You, you'll pay me the money.
Oh.
And they, they see your face. Okay. It's very easy to get money.
But it's corrupt, right?
It's not... It's legal, actually.
Yeah, yeah.
But it's not meaningful for life.
No, no, no, no.
Yeah.
That's crazy.
It’s really crazy. But, if, if I graduate from a college and just, just do this kind of shitty job...
Yeah.
And I will get lots of money. But that, that’s not what I want to do.
No, no.
Maybe, maybe in about 3 years ago, 2 years ago, I dreamed to be a businessman, you know, driving Ferrari and living in a really big townhouse...
Mhm.
In California, in Miami, with some... lots of hot chicks.
But not anymore?
Enjoy sunshine.
It’s all temporary.
It’s... Yeah, it’s all temporary things.
And you'll get bored with that.
Yeah, you will. You have to find the new things can stimulate you forever.

PPT #17

If you had to pick one part of your body to represent sadness, what part would you pick, and why?
Ooh, um...
Yeah.
Oh, that’s, that’s a toughie. Um, probably just, like, my, um, I know this is weird, but like, private regions and such, pretty much just because sometimes just having those makes me feel kind of, like, vulnerable...
Yeah.
As a woman.
Mhm.
Like, I’ve had, you know, guys on the street cat call me, and things like that.
Yeah.
Um, so, it’s just kind of one of those things where I know that men can be abused and violated too…
Yeah.
But it doesn’t happen as much…
You’re right.
As it does with women, so sometimes just physiologically being a woman can make a person, well, myself, at least, feel a little more vulnerable and fearful.
Yeah. That makes sense. Any other part you would pick?
Um, hm…
That’s fine if there’s isn’t, but…
Yeah, I, yeah I can’t think of one.
That’s fine.
Sorry.
That’s fine. Um, and, can y:\ Can you describe how your body feels when you’re sad? Well, my body… When I feel sad my body, it’s kind of like a feeling of heaviness.
Mhm.
Almost as if I ingested lead, or some other heavy material, like some part of me is physically, um, heavy, which, I know doesn’t make much physiological sense, but it’s just kind of the emotional feeling. It’s… There’s just like a feeling of being, um, held down. I don’t know. Just kind of even when I walk, if I’m sad. I might saunter along. It almost feels like I’m, like, physically carrying a burden, like, overall I just feel heavy.
That leads well into the next question, which is, like: Can you show me with your body what it feels like to be sad, like, how you would look, or, your posture, what it would be like?
Oh, yeah. When I’m sad, I, I, I kind of physically express what I’m feeling, which is interesting.
Yeah.
So, instead of, like, sitting upright and all attentive, like I am right now…
Yeah.
I might actually be, like, physically slouching. My shoulders will be down and I might be in a very, um, defensive position, like, I might just have, like, a flat face and my arms might be crossed. I might be, like, all…
Yeah, yeah, yeah, yeah.
Curlered up.
Closed and...
So, I’ll be all just… Or a lot of the time I might just have my eyes down, so I might not even be…
Yeah.
Depends on the level of sadness, but I might not even be...
Yeah.
Looking at people. I might just try and zone out...
Yeah, yeah, yeah, yeah.
Whoever else is around me.
Yeah.
Just kind of like...
I’m glad you brought that up. I’m also, I’m curious about eye gaze and how that, like, paying attention to that with people and mood and...
Oh yeah, like in certain, like in certain moods, I’ll even be like, it’s, it’s not you, it’s just...
No.
My mood, so.
How you’re feeling. You want to avoid and you want to be in inward, right?
Yeah, exactly.
Okay, thank you. Oh, I’m sorry. Wait. There’s one more.
Mhm.
Um: Can you tell me about a time in your life when you felt sad?
Okay, well, um, there’s a bunch of them, because a pers-, a person with depression, asking them...
Right.
You know, “Is there a time in your life when you felt sad.” It’s like, is there a time today when I... You know. But anyway... It’s kind of...
Exactly.
One of those jokes between depressed people. It’s like, when have you not felt sad, and, like, is that even a question? But anyway... Um, so, a specific time that I really do remember sadness... You know, right here, um, this is my mother’s wedding ring.
Oh, wow.
Um, she and my father were married 23 years, and, um, 10 years ago, as of this October, she died.
Oh my.
Yeah, I was 14 at the time and, even though it’s been, you know, almost 10 years, it, you know, I still think about it every day because I was fortunate in the fact that, um, I had just a great, very loving, very present mother, um, and, you know, she was, you know, my rock, really, so when...
Yeah.
She died I felt as if I had lost everyone and everything that was central to me. I mean, I had other friends. I had other people in my life, but...
That’s, like, an age...
Yeah.
When you’re really going through a lot, too, like...
Oh yeah. It’s like, you know, the puberty and just being...
Yeah.
An adolescent girl, especially the girl losing the mother…
Yeah.
And just all these things. She talked about being able to pick out prom dresses one
day and all this type of stuff that she never lived to see…
Yeah.
Just because she died when I was 14.
Yeah.
So, that’s a time I remember being particularly despondent, I guess.
Mhm. Of course, I mean, can we talk about, a little bit more about, like, how you would
describe sadness, and, like, what sadness means to you, particularly, or?
Hm...
It’s kind of… I know it’s abstract, but, like…
Yeah. I like, I like abstract, but those are the ones that are definitely hard to answer.
Mhm.
Not that I mind, but I’m going to have to sit on that…
Yeah.
Chew on that for a second.
Sure.
Um, let’s see, to me, the description of actually feeling sad, like, to me, there are
various, um, levels of sad. Like, for example, I hate to sound mean, but, sometimes,
like, death, not just my mother, but with other people I’ve known, is such a common
theme in my life…
Yeah.
That, if someone tells me that, you know, their dog died, or this or that or whoever
died…
Right.
I will try and display empathy…
Right.
For them, and I will try to feel…
Mhm.
Sad, but I still won’t necessarily be as sad as is culturally normal…
Right.
To be sad, just because…
Right.
Death, I mean, it’s just, kind of… It’s like… It’s still a big deal…
Yeah, but it’s something, like…
But it’s a thing…
You’re used to… It’s, not, like you’re… I don’t know. I don’t want to put words in your
mouth, but it’s like, it seems like you’re used to dealing with that, and so, like, it’s not
maybe as intense as it might be for somebody who’s just experiencing that for the first
time.
Yeah, so, like, I’m trying to understand what, what they feel. But then sometimes
people wonder, like, why I’m not more…
Yeah.
Expressive. And that sort of thing is, um... I'm usually very internally sad...
Yeah.
Meaning that, other than, you know, my certain body positions, which could mean that
I'm aggrivated. It could mean that...
Right.
You know, anything.
Yeah.
I doubt... I'm not very... I don't cry very much, I'm, unless I'm, like, extremely sad, but,
I mean, I am often... It's often a very inward thing that doesn't have many...
Mhm.
Um, outward expressions...
Mhm.
For me. So, it's just kind of something that, um, I keep internally. It's all on a level...
Yeah.
And it's all, um, situational. So, like, certain things, like death, I mean, it depends on
who it is...
Yeah.
But, um, that makes me, like, maybe a various level of sad, or, getting, like, a bad
grade on something. That's another way of, um, sad, or, um...
Mhm.
I don't know. As, as a social worker, a lot of things that go on in the community make
me sad, like violence...
Yeah.
Um, against various groups of people, um, th-, bad things, like molestation, things like
that that happen to, uh, children, you know. I mean...
Yeah.
It's, it's just various, um, levels of sad, but most of the time, if I am sad, it, it's
something that, like, has to do with, like, someone else that I care about...
Mhm.
That makes me...
Right.
Sad, so, yeah.
Okay. Thank you for sharing. Uh, I know that it's kind of, like, there's no real definite,
like, answer to these questions...
Yeah. That's why I'm trying to give you a good answer to the question...
Yeah.
But I feel like I'm not, in a way.
Well, I don't know. Like, I mean...
So...
I'm... I guess maybe it might help if, um, I tell you, like, a little bit of the point behind
the study. So...
Mhm.
Although I don’t want to bias things, but, um… The p-… I’m just… This is a linguistic study…
Mhm.
So it’s looking, or, it’s trying to look at…
How people talk about certain things.
Yeah, but, how, like, how are people conceptualizing sadness and happiness…
Mhm.
And is that different for somebody who’s depressed versus somebody who doesn’t usually run clinically depressed? So, um…
Oh, yeah. I, I, I was going to say I just really think that it is, especially in the sadness…
Mhm.
Um, category. That’s why I specify certain levels of sad, because…
Yeah.
Other people might be like, oh, well, this happened and this is the worst day of my life.
And I’m like…
Yeah.
I feel like that most days, so, not that I’m trying to not feel sorry for you, but I’m almost like, okay get over yourself.
Right.
You know, so…
That’s fair.
Yeah, like I might almost come off as, like, uncouth or impersonal, simply because, for me, and other people I know that are depressed, this is something we deal with every day.
Right.
So, when other people aren’t, you know, sad, or they experience, like, lesser sadnesses, we’re almost like, oh yeah, whatever. You know.
I feel that. I understand. I, I, uh…
Aha, the rating again.
It’s It’s the same thing. It’s… Sorry, I’m dropping all kinds of things.
I do that sometimes.
Um…
Okay. I’ll flip it again, for your benefit.
Thank you. And now we’re going to talk about happiness, so…
Oh yay, that’s better.
It’s pretty much the same questions, um: If you had to pick one part of your body to represent happiness, what would you pick, and why?
Ooh, um, I know these are kind of opposing, but I’d say my face…
Mhm.
And my feet. And very specific reasons for that are if I, because I am sad, like, or I’ve had, like, depressive things so much…
Yeah.
Me being happy is very easy to tell because I don’t do it very often.
Mhm.
But when, I, like, you know, when I actually let myself...
Yeah.
Smile it’s, you know, very easy to tell...
Yeah.
You know, that I’m actually, like, genuinely...
Yeah.
Happy about something. So it’s more of an outward thing, versus the sadness, which I try and keep more...
Mhm.
Inward. Like, sadness, even if I try to keep it inward, I almost can’t.
Mhm.
And then, the reason why I picked feet as well are because… I have a driver’s license, so I can drive, but, for the most part, though, here, because I’m only in Cleveland...
Yeah.
For 18 months, as an advanced student in social work, I am a walker. So, I walk everywhere. But the speed at which I walk...
Yeah.
Honestly depends on two things, urgency and task. Like, if it’s class...
Right.
I want to be on-time, so, yeah, do I really want to go to a 6pm class? Not really...
Right.
But I’m still going to do what I have to do...
Right.
So I’ll still, you know, be fast and stuff, but, for example, like, if I go on a bus to Athens, where my boyfriend lives...
Yeah.
And I’m seeing him, and we meet up somewhere, I won’t walk to find him. I will run.
Aww.
You know? So, it’s, it’s kind of one of those things where...
Yeah, yeah, yeah.
It’s like, I use my feet in ways to get to the things that make me happy and my speed and other things might determine how...
Yeah.
Um, much I enjoy, or not, whatever I’m going toward.
That’s interesting.
Yeah.
I like that. Um, and: How does your body feel when you’re happy?
Well, it’s actually kind of the converse of depression. So it’s like the darkness versus light thing, the heavy versus light thing, so...
Mhm.
Like I expressed, when I’m sad there’s, there’s a general feeling of just heaviness and…
Yeah.
Lead-ness about me. When I’m happy there is, um, a lightness. I just feel like that burden, or whatever, that physical essence, I guess, that is depression, that I have, that I carry…
Mhm.
It’s not gone...
Mhm.
It’s never gone...
Right.
But it’s, it’s lifted.
Yeah.
Somewhat, so like, you know, instead of sauntering about, sometimes I might actually skip down the street, or, you know whatever.
Yeah.
Whatever I do. But physically I just feel, um, lighter.
Yeah.
Yeah.

Thank you. And: Can you show me what it looks like to be happy? Can you show me what you would look like?
Yeah. Well, once again, it’s, it’s a game of opposites, really, because, what’ll happen is, um, my facial expression will change…
Mhm.
I won’t be as flat-affect looking.
Yeah.
Um, I won’t be sitting there, you know, all tight…
Yeah.
And knitted and closed off and stuff...
Mhm.
I will generally look more, you know...
Yeah.
Relaxed.
Yeah. Yeah.
So...
That’s fair.
Yeah.
And: Can you tell me about a time in your life when you, when you felt happy?
Okay, well, um, the big, the big one I can think of is when, um, my boyfriend, um, asked me out…
Aww.
So, because we had, we had been friends for, oh my god, a long time, like, 6 months, and, almost, and…
Yeah.
It was, it was one of those things where I almost would have asked him out, but I didn’t want to push it.
Yeah.
So I was waiting on him.
Mhm.
And then when he finally did, it was like, oh my god, yay.
Yeah.
So, that was just great. And, in general, like, people can see how, like, versus other things, I just really light up.
Yeah.
When I talk about him.
Mhm.
So...
That’s good.
Yeah.
Aww. Um, can you talk more about happiness in general? Just, like, what is happiness to you?
Hm.
Um, whatever you want to say about happiness.
Okay, well, once again, the same with sadness, my happiness, um, relates a lot to other people.
Mhm.
So, I think I get this from being, like, an emotional person in general, but also, being a social worker, like, if someone else is sad in a situation, I might not be at the same level...
Mhm.
Of that feeling as they are...
Mhm.
But I also kind of absorb it, a bit.
Yeah.
So it’s very hard for me to walk into a situation where someone is sad or happy or whatever and not somewhat...
Kind of...
Reflect or feel what they’re feeling.
Yeah.
I’m kind of like a sponge in that way, so...
Mhm.
If other... If situations in general and people around me are happy...
Yeah.
If times are good, I’m more likely to be happy, so, a lot of my emotions, especially happy and sad, because they’re very contrasted...
Yeah.
Are based off of what’s going on.
Yeah.
With other people, just because I’m so, like, closely connected…
Yeah.
To my family…
Mhm.
And other people, but, individually speaking…
Mhm.
Um, I would describe happiness as doing things that I like to do and doing things that just get me more toward my goals…
Mhm.
In life, like, even though, you know, night classes are kind of…
They’re rough.
Meh.
And they’re long, usually.
Yeah. And having, you know, hours and hours of field and, and thing, things like that, can get kind of strenuous, and sometimes, yes, that makes me sad, but the whole idea that, um, in the end I will have more experience…
Yeah.
More training, have a master’s degree along with my bachelor’s…
Right.
And also just, um, my field placement is for adolescent boys, they’re all under age 18…
Oh, wow.
They’ve got various behavioral problems. It’s a residential, um, home-like facility…
Interesting.
And just, um, being able to be a part of their lives and see the way they change, and see these people that society would say, oh, like, those are just, you know, messed-up kids, or whatever, I try my best not to see them in any way…
Mhm.
For, for, in any way like that, any way like that. I see them for their bravery, their humor, their resilience…
Mhm.
Their strengths. I try and always see…
That’s really positive.
Exactly…
Yeah.
I try and see the good things…
Yeah.
About them. And knowing that, even if in some small way I could have been that one person that was helpful to them…
Mhm. Right.
That also very, very much makes me happy, because…
Mhm.
It helps me to feel like I have a purpose…
Yeah.
And that, I'm, you know, doing…
Yeah.
Something important with my life.

If you had to pick one part of your body to represent sadness, what part would you pick, and why?
Uh, I, I, I kind of guess the face.
Mhm.
Because you can definitely tell a person by the way they kind of either show or hide their expressions.
Mhm. Um, anything else you want to say about that?
Uh, n-, I, I don’t. I guess, I guess I, I do, mainly because I, mainly because I, like, I think from personal experience, I, I think I've been very open with my emotions.
Mhm.
And it’s been difficult to hide the fact that you, you feel really, you feel sad.
Mhm. Yeah. And so, people can tell, you’re saying?
Um…
Or?
I…
Or from your, like, um, like from your face, can people tell that form your face, that you, when you feel sad, usually, or?
Um…
Like, that’s kind of what I was wondering.
Uh, yeah. I think people, people can, can only tell like when, when you’re feeling sad.
Okay, thank you. Um: Can you describe how your body feels when you’re sad?
Um, I, I guess a couple of… I don’t know. Whenever I feel sad it just feels like I cannot, you know, I don’t have the drive to, to walk somewhere.
Mhm.
And, some, and I think there have been times where I’ve had a, a couple of, a couple of panic a-, panic attacks.
Mhm.
I, I don’t know how, I don’t know how to explain it, it just gets...
What does that feel like…
You, you s-...
In your body?
You feel like you want to, you feel like you want to breathe a little more, because you don’t want to talk.
Mhm.
You get, your, you, you kind of, I don’t know. It just, it just som-... There’s a little bit of, like, you, you stay, um, you stay in a current position, like, for a very long time.
Mhm.
And, um, I don’t know. You, you just feel, you just feel, you know, you just feel tired.
Mhm.
You know, because it takes so much energy out of you.
Yeah. Thank you. Um: Can you show me with your body what it feels like to be sad? Are you doing it now?
Yeah...
Okay.
I guess.
Yeah. Maybe could you describe it, what you would look like if you were sad?
I mean, it, it, it’s basically kind of, like you don’t, like you don’t know, you kind of, you kind of sit, like, really still.
Mhm.
Like...
Mhm.
And, like, right now, like, and sometimes you kind of, you kind of slouch over and you’re, you’re looking like this.
Mhm.
And you’re, like, struggling to, like, struggling to, like, get up.
Mhm.
It’s that sort of thing.
Okay. Yeah. And: Can you tell me about a time in your life when you felt sad? You can take time to think if you need to.
I, uh, I, I don’t, I, I can think of a couple, I can think of maybe, like, a couple of times where I really felt sad.
Mhm.
But mostly, you know, it was, it’s because, like, when I, when I stand, when I sit in my room for awhile, after what I, what I feel like was a terrible day.
Mhm.
I, you know, I don’t, I, I don’t, I don’t really go anywhere. I, I, I just, I just sit there. I, I try, I try not to, I try to take my mind off it.
Mhm.
Usually, and usually I don’t do anything. I just, I just either go to my bed or I, I like, I just like, I, I have nothing on, basically.
Yeah.
Um, do you, would feel comfortable sharing, like, a specific time, or is that too much?
I, uh, that there, it’s not that there really is an exact moment where I felt really, really sad...
Yeah.
It’s just that there are moments that, like, where I, like, I felt at my worst.
Mhm.
You know?
Mhm.
And I think, and I think I've had a lot of that. And it, and it's basically been, and it's basically because, you know, I, I can't talk to these people. I can't, I don't, I want, I want these people to be there...
Mhm.
And, you know, I've, I've gotten into, I've gotten into an argument, and, and it's not, it's, it's basically, it's basically a, like, amounts of nothing that, just, you take in, and you just, and you just feel, feel bad for yourself.
Mhm. So you're... That makes sense. It's less of like, um, it's less because of, like, something that happened in your life. It's more, like, you go, you go in and out of these phases, like, inside yourself? Is that right?
Yeah. Yeah.
I'm just trying to make sense of that. Um, okay, well, thank you for sharing that. I'll have you do this one more time, or, actually, this, you'll see this again. This is 2 out of 3 times, um...
Okay.
It's the same thing. Okay, and: If you had to pick one part of your body to represent happiness, what would you pick, and why?
Uh, I, I guess I, I guess it might be, like, I guess it might be the legs...
Mhm.
Because whenever I feel happy I like to, I just like to, I just like to walk.
Mhm.
And, you know, say hi to people, and...
Mhm.
It's, it's something that I, that I like, that I like to do.
Yeah. Thank you. And: How does your body feel when you're happy? You kind of talked about that, but...
Um, I, I don't know. It, it's just a lot, I guess it's a lot of movement, you know.
Yeah.
You don't, you don't feel, you don't feel terrible, and it's just, like, you know, your, it's just like, a lot, like, you don't, your hair kind of just like, it's, it's not, it's not like, it's not like, it's not like inaudible down, or something.
Mhm.
And, I don't know. And, and, yeah, I think that's about it.
Okay.
You feel light.
Light? Okay. Can you show me what it feels like to be happy?
Um, yeah, sure.
Okay.
Uh, I mean, it's sort of like, like you, like you go up. You're, you're kind of, you, you're sort of active, you...
Mhm.
You know, you just, you, you, you know, some-, sometimes, you know, I like, I like mov-, I like moving...
Yeah.
Like, like, wherever.
Mhm.
Just, it just feels so, it just feels so safe for you to do it, because, like, you, you kind of don’t care.
Mhm. And: Can you tell me about a time in your life when you felt happy?
Um, yeah, definitely.
Okay, good.
I mean, I, I think if I, I think if I had to pick one that happened recently...
Okay.
Uh, I, I think it was, it was last September. I was a part of, I was a part of the, the, this certain, these group of people who, who, um, they, they, they do, they do the Rocky Horror Picture Show.
Oh, cool.
They just played the movie while we kind of acted it out.
Mhm.
And, uh, yeah, we had a lot of, like, lot of people who, who were in it. You know, I was in it.
Mhm.
And it was, it was a, like, a whole inaudible.
Was it at Case, or was it?
It, it wasn’t at Case.
Okay.
It was at Cedar Lee.
Oh, yeah. Okay.
And, uh, yeah. It was, it was amazing, like, you, you, like, I found out how many people were, like, like even if they weren’t in my situation, like, there were, there were people who, who went there because, like, you know, they felt something.
Mhm.
And, you know, it, it kind of, like, like what it meant to them, like... Yeah.
And, you know, we, we connected on a very personal level and it was wonderful.
That’s awesome. Um, can you talk more about, like, happiness in general, the feeling, like, what, how would you describe happiness?
I, I, I feel, if, like, if you’re happy, you don’t, you, like, you, you kind of want to let the whole world know that.
Mhm.
And it, it’s, it’s very, it, it’s very cr-, it’s very crazy, when you, when you think about it... Mhm.
Because it always, because th-, there are a lot of people who are, like, like when p-, like, like you s-, you see a lot of people and they're hanging out with their friends they're doing this, they're doing that, and, like, you, like, p-, like, they ei-, like people either want to move away, like other people want to move away, but they don't care.

Mhm.
Like, they're, they're just having fun.

Mhm.
And, I guess that's the whole, I guess that's the whole thing about it.
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