

**EXPLORING THE LIVED EXPERIENCES OF
YOUNG ADULTS AFTER DEATH OF MOTHER**



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DEPARTMENT OF APPLIED PSYCHOLOGY

KINNAIRD COLLEGE FOR WOMEN,

LAHORE, PAKISTAN

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**EXPLORING THE LIVED EXPERIENCES OF YOUNG ADULTS AFTER
DEATH OF MOTHER**



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IN
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BY


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2023

It is stated that “All changes suggested by the examiners during the defense have been incorporated in this final copy”


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Research completion certificate

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It is assured that research work is original and has not yet been published anywhere else.

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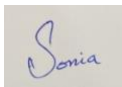
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Abstract

The topic of young adults who have lost their mother is not heavily researched. The aim of this study was to address this gap by investigating the lived experiences of young adults. Qualitative research methods were used, and Interpretative Phenomenological Analysis was adopted to maintain the integrity of the participants' own voices. To achieve this, purposive sampling was carried out in Lahore and Islamabad and in-depth interviews were conducted with four participants. Thematic analysis was used to analyze the resulting data, which yielded themes such as challenges, emotional support, gifts and belongings, present stage, relationship with relatives, father, and god, as well as triggering events, coping, strength, and responsibilities. All of these themes provide insight into the lived experiences of young adults who have lost their mother. Losing a parent is always challenging, but the bond between a mother and child is especially unique, making it crucial to explore the experiences of these adults. Education can be beneficial in this regard. Further research on the lived experiences of young adults after losing their mother is necessary, as life can never be the same after such a loss.

Keywords: Lived experiences, young adults, mother, and loss.

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Chapter 01

Introduction

The aim of the present study was to understand the effects and experiences of losing a mother . Losing your mother at any age is tough and shakes every individual to their core. We sometimes forget how much of a deep connection we have with our mother. They are our most important connection in this world. An individual can have a loving partner and a great relationship with his siblings but the relationship with the mother is the most important one and the loss of a mother means the loss of the most important connection. The role that the mother has in the child's life is something that is irreplaceable because for a child their mother is the most influential person in their life. The death of the mother can make the child question everything, It may cause the child to lose faith in the safety of the world.

Mothers and their children have a bond that begins before birth. A sometimes challenging but ultimately rewarding relationship has started after all those months. Mothers have a key role in their children's mental health since they provide for their basic requirements (such as food, drink, shelter, and sleep) and have the capacity to form close bonds with young children. Attachment is the term used to describe the emotional bond that develops between an infant and a caregiver. People are more likely to form solid attachments with their caregivers as children if they do so later in adulthood. (Penfield Building Blocks, n.d.)

Mother-daughter ties are thought to be more potent than other parent-offspring relationships, according to the Journal of Neuroscience. In addition, a woman might use this one relationship to forge every other connection in her life. The mother-daughter bond affects a girl's future social abilities and self-esteem more than other family dynamics, according to a recent University of Georgia study. (Ferrel, 2014).

For a daughter, a mother serves as an example, best friend, and source of support. The mother's daughter is her entire universe. When a daughter is born, her mother immediately forms a close relationship with her. Although their relationship evolves as the girl gets older, their

affections are constant. As girls learnt life skills at a young age to prepare them for their future duties, their relationships with their mothers grew stronger. (Thakur, 2022)

A mother and daughter who have a solid, healthy relationship will help the girl grow up to be an emotionally stable, self-assured woman. Positive learning experiences have always been a big element of having a good mother-daughter connection. Being a good example for her daughters and guiding them as they become adulthood are both huge responsibilities for mothers. Typically, a mother and daughter are each other's closest friends. They typically openly reveal every aspect of their lives. A beautiful mother-daughter relationship offers everyone in their lives the opportunity to have someone with whom they can discuss their opinions. Typically a mother and a daughter will admire one another. They understand each other's preferences, interests, characteristics, and areas of skill very well and therefore they also support one another as they mature in life. Only the love they both share allows them to support one another without encountering any embarrassment. Mother and daughter are each other's true supporters. One's enjoyment can be utterly ruined by a little tension at any point. For their daughters, mothers are real angels. They enjoy telling their mothers about their experiences and feel comfortable doing so. Mothers support their daughters unconditionally and work to find better solutions to their difficulties. Daughters typically have a close bond with their mothers and prefer to talk to them about their experiences.

The mother-child bond has a significant impact on how sons behave in later life because mothers have such a strong influence on their offspring. The best person to comprehend a child is a mother. From the moment of his birth until adulthood, a boy develops a close bond with his mother. Mothers have a major impact on their sons so much so that the way that the son behaves in adulthood can be attributed to his relationship with his mother. Boys who have a healthy relationship with their mothers are emotionally strong and do not have much behavioral issues as the bond that he shares with his mother makes him feel safe and secure. Studies show that if a boy does not have a good relationship with their mothers in the childhood then that could lead to behavioral issues in the future such as being disruptive and a sense of insecurity in his relationships etc. A study revealed that when a boy feels like his mother loves him unconditionally then he feels like he is worthy and loveable. The more secure the sons feels the less chances of him being withdrawn. When the mother exhibits emotional intelligence and talks

with her son regularly etc then the son learns that behavior as well and exhibits that in social situations. When a mother and son have a good relationship then the son learns to respect and appreciate women. Boys that have close relationships with their mothers engage in less dangerous activities. Positive mother-son relationships lessen the influence of peer pressure. According to a study, the mother of the son has a significant impact on how he feels about booze, drugs, and sex. A mother's involvement in her son's education and daily life aids in his career and personal success. She becomes his confidante, mentor, and philosopher and demonstrates the way to success. A mother who is honest and upfront with her son develops a close bond with him. Even throughout his adolescent and adult years, her kid is able to communicate and share everything with her. This encourages fearless and healthy communication between the son and mother. (Nadimpali, 2023).

The mother son relationship evolves over the years and so the presence of the mother for every stage in the son's life is very important. According to research, children that have strong mother-son bonds experience less psychological suffering. He learns to trust and feel emotionally secure when his mother takes care of his needs. Boys have a difficult time adjusting to many changes both within and outside during adolescence. A mother supports her son through the challenging adolescence. Boys could give in to peer pressure at this stage and experiment with smoking, drugs, and alcohol. Boys learn to distinguish between good and bad when their mothers are upfront with them and explain the ways of the world. A loving and sympathetic mother offers the boy stability and moral instruction. (Nadimpali, 2023).

The bond a child forms with the mother serves as the cornerstone of the child's personality. It is evident that if a child is frequently separated from his mother for long periods of time then that can negatively affect a child's development intellectually and emotionally and have an effect on the child for the rest of their lives. According to studies in bonding and attachment theory, a child's emotional and mental health is inextricably associated with regular, stable, ongoing physical and emotional contact between a mother and child. (Cherry, 2023).

Mothers play a vital role in the family, a foundational institution for social cohesion and integration. A child's proper development depends on the mother-child bond. There are many different cultures that appreciate mothers in their families. In several Indian languages, including Hindi, Sanskrit, and Tamil, the names mother and wife are identical. In many African countries,

including Nigeria, South Africa, and Tanzania, where there is a great deal of poverty, disease, and child mortality, mothers play a crucial role in their families. (The Heritage Foundation, 2020)

Mothers play an important role in the child's life by teaching values like honesty, perseverance, courage, tolerance, humility, generosity, faith, and hope, in addition to feeding and taking care of the child when they are unwell. Mothers instill in us the values of kindness and compassion, which enhances our personal development. They also teach us how to make wise judgments by leading by example rather than by utilizing punishment or reward. Overall, mothers have a big impact on their children's life.

So a mother child relationship is very important. Such a bond nurtures the physical, social and emotional development of the child and it is a very special bond which affects the child's overall health. A child who has his mother present in his life will grow up with a secure and healthy attachment to the parent and has a better chance of forming good and healthy relationships with other people in his life. Such a child will also know how to regulate his emotions when he is experiencing a distressing situation. The child will display appropriate social behaviors and skills. (ParentingNI, 2018)

Therefore, losing a mother can have a detrimental effect on a child in various ways. This dread may increase your anxiety, increase your fear that you could lose a significant person in your life at any time, and increase your attachment to the other parent. Additionally, being reminded of how fleeting life is may encourage you to make the most of it, not take it for granted, and move forward with all of your plans without delay. Even though you may feel anxious about how short life is and may want to accomplish your goals quickly, you need to heal first. You may want to accomplish things that you have been putting on hold or you may want to make new plans,. Other alterations that could take place include growing closer to your siblings or the surviving parent. The oldest children may feel pressure to step up and handle everything. Another crucial point is that grieving is continuous; on some days, you might feel fine, while on other days, you might feel at your lowest. Birthdays, vacations, and anniversaries can all cause pain and make you think of your deceased parents more. For instance, any success you have in life will make you think of them because you can't ask them for guidance when you're in trouble or they aren't around to see it. (WinstonsWish, 2019)

Research shows that if a child loses a parent then he is at a higher risk of suffering from emotional and mental health issues, depression, anxiety that can last for a long period of time. Results from a survey showed that people who lost their parent reported to have trouble falling sleep, not being able to concentrate during work, not being able to connect with people and still feeling emotions very strongly even after a couple of years since their parents death. Other research shows that losing a parent can also increase the risk of suffering from self-esteem problems. However, if the death occurs suddenly, adult children may spend a long time in the denial and anger phases of the loss, which could result in them being diagnosed with Major Depressive Disorder or even Post-Traumatic Stress Disorder. In the case where the mother's death was expected due to a chronic, incurable disease, the children will have a much easier time coping with their loss. (Li, 2019)

Experiences and challenges faced by the young adults

Coping with grief and loss, the psychological effects and pains of losing a mother (Zeinscott 2022)

Theoretical background

The way we deal with losing our parent is linked to our attachment style. Attachment style means the way we think feel and behave, how we connect and form bonds with others.

Attachment theory

In Securely attached if parents are present and attentive, a child will have little trouble making connections with others and maintaining emotional wellness, the child can deal with the death of a parent in a healthy way. In avoidan attachment, commonly referred to as "dismissing," if parents are not attentive to their needs. They'll try to win over their parents by placing first, winning competitions, etc. A child with this style might first shun people and avoid facing his emotions. With Anxiety Attachment style when parents are inconsistent with their responses to their children, it implies they will show their child a lot of affection at various times while withholding it at other times. When a child notices this trend, he starts to feel anxious and starts to watch the parent's mood to predict how the parent will respond and mentally get ready for that. A child with an anxious attachment style wants to be loved and shown attention, but due to

his growing anxiety, he may also become scared and find it difficult to let go. A child with a disorganized attachment style lacks systematic coping mechanisms since his home environment has been so unpredictable. Because they have never been able to handle conflict or problems in a healthy, productive way throughout their lives, children with these styles have a very difficult time coping with loss. (Shorey, 2020)

Research shows that people with anxious, avoidant and disorganized attachment style will feel more pain and less post traumatic growth.. Dismissing avoidant people are the least likely to report any post traumatic growth because they avoid their emotions and convert these negative emotions into physical emotions like headache. People with anxious attachment styles are more likely to experience emotions for a long time because they do not hide their emotions .The ones with disorganized attachment style may become very disorganized whether that be emotionally or behaviorally that's because losing a parent may trigger feelings linked to unresolved feelings in their past, similar to experiencing a flashback in PTSD. (Shorey , 2020)

Literature review

Keef (2021) investigates the “The effects of losing a parent on teenagers mental health”. The study was a longitudinal qualitative study. In this study, a large representative sample from the "Tracking Adolescents Individual Lives Survey" had a prospective longitudinal examination of the change in mental health following bereavement (TRAILS). 131 (5.9%) of the 2230 Dutch adolescent participants in this four-wave prospective cohort research had suffered a family death by the last wave (T4). Taking into account the degree of internalizing problems prior to the bereavement, teenagers who had experienced a family loss during the previous two years reported more internalizing problems than their peers who had not experienced a family loss. The discovery of 22% new cases in family members of the deceased, compared to 5.5% new cases in non-bereaved individuals, was a clinically significant finding. Low SES did not predict increased internalizing issues in teenagers who had not experienced a family loss. Adolescent family functioning did not predict mental health issues within two years. Numerous family losses indicated fewer externalizing issues. In conclusion, internalizing issues become more prevalent in teenagers who have experienced family loss than those who have not, and these issues can be anticipated by elements present before the loss. It is necessary for professionals to be aware of the potential for mental health issues following family bereavement to deteriorate.

Guzzo & Gobbi (2021) investigate the “Parental death during adolescence: A review of the literature”. The study argues that while there is a lot of study on parental loss in children and the associated psychological therapies, there hasn't been much done with adolescents. The period of life known as adolescence is distinguished by a unique process of psychological, emotional, neurological, and endocrinological development. This era of life is also marked by the process of self-affirmation and openness to social relationships. Therefore, it is important to understand this complicated neuropsychological phase separately from that of children and adults. Reviewing the research on the effects of parental loss on adolescents was the goal of this effort. The current analysis found a variety of behavioral and emotional reactions, such as depression, suicidal thoughts, anxiety, insomnia, addiction, and poor function at home and at school, to the death of a parent when a person is still a teenager. Peers, school, family, and social environments play essential roles in helping people heal from loss.

Pham et al. (2018) investigates in the study ‘the Burden of Bereavement: Early-Onset Depression and Impairment in Youths Bereaved by Sudden Parental Death in a 7-Year Prospective Study’. Children whose parent died by committing suicide, getting into an accident or an unexpected sudden death were tracked for up to 7 years, as were children who had not experienced a loss. The frequency and prevalence of disorder, functional impairment, and the processes underlying the impairment were investigated using Cox and mixed effects logistic regression and structural equation modeling. Prior to their parent’s death, psychiatric disorders, parental psychiatric disorders and mistreatment were more prevalent in bereaved children. Bereavement was linked to a higher prevalence of depression, post-traumatic stress disorder and functional impairment even after adjusting for pre death risk variables. The highest rate of depression was seen in the first two years following a loss, and episode depression was most common in people whose parent died before or at the age of 12. At all-time points, children bereaved by all three sources of death had higher rates of impairment. Bereavement was associated to impairment through its impact on early and later depression, as well as thorough negative life experiences, according to structural equation modeling. Prior to parental bereavement, a child’s psychological illness contributed to functional impairment. Early bereavement evidence indicates that children are at a higher risk of suffering from depression. Early detection as well as treatment of depression in bereaved children, as well as strengthening family resilience, may help to prevent eventual functional impairment.

Apelian & Nesteruk. (2017) investigate in the study “Reflections of young adults on the loss of parent in adolescence”. The study investigates young adults' reflections on their adolescent experiences with parental loss. Snowball sampling and personal connections were used to find participants in New Jersey and Montreal. The study looked at how families where a parent died suffered in the childhood and into early adulthood by conducting in- depth interviews with open ended questions. The study also looked at how people used resources, developed coping mechanisms, and adjusted to the death. Through the lens of the Double ABC-X model of family stress and adaptation, the study's findings were addressed. From the data analysis, four themes were found: (a) the buildup of stressors worsens mourning; (b) the advantages of social support; (c) the participants' coping mechanisms; (d) maturing and growing as a person as a result of adjusting to parental loss.

Ellis et al. (2013) investigates in the study ‘the long term impacts of early parental death’. The study looks at the unique experiences of people who lost a parent (or parents) before turning 18 and look at how such events were thought to affect adult life. 33 adults , 26 of them women, and 7 of them men who had lost a parent as a child participated in an exploratory qualitative study using written (n=5) and oral (n=28) narratives and narrative analysis. Sample consisted of individuals from North West of England. There were 3 themes that emerged: disruptions and continuity, the role of social networks and affiliations and communication and how much did these aspects affect the mourning experience on adulthood. When it came to the individual experience of the child, the experiences were unique but there were 3 themes that were dominant. First how the sudden change where the child’s needs are not fulfilled, not enough social support for the surviving parent and the child and not fully being able to be transparent with the child and give information that the child will be able to comprehend had a negative effect on the trust, relationships, self-esteem, feeling of self-worth, feeling alone and isolated, and the ability to express oneself in adulthood. According to the findings, best practices must be followed in order to reduce the negative effects and take into account the complex nature of the mourning experience.

Biank (2011) investigates in the study “Growing up with grief: Revisiting the death of a parent over the life course”. According to the study the emotional experiences of grief change because the child is learning to go back to the normal life and the mourning tasks and because

since the child has grown he is able to understand things from a different perspective which is something he was not able to do before. The study gives a summary of the research that has taken place i.e. longitudinal and cross sectional on how the death of the parent affects the child for years to come and how they are able to look back and process things from a different angle because at the time of the death the children were not fully developed in terms of emotional, moral and cognitive capacity. An example of a child losing a parent presenting over the course of 14 years in agency based as well as private practice work was used to illustrate the concepts. The incident illustrates the necessity for coordinated care for kids who are transitioning from the initial trauma of parental death through different stages of mourning and reintegration.

Indigenous research

Shah (2019) investigates in the study ‘the transition of orphan youths in orphanages into adulthood in Khyber Pakhtunkhwa, Pakistan’. This study explores how young people who have grown up in orphanages view adulthood, the laws and practices that have been put in place to support them and the states involvement both during and after this transition. Since extensive data capturing the actual experiences of orphan teenagers living in orphanages was required for this study, qualitative research methodologies were employed. Focus groups with 12 orphan children, ages 8 to 16, six boys and six girls, were used to collect data. To collect data, focus groups were used for discussions. Six males and six females from the twelve orphans who were specifically chosen for this study participated in FGDs to talk about their current daily activities and how they picture their life when they are 25 years old and have transitioned from childhood to maturity. To make FGDs clear and comprehensive, participants were asked to depict their lives today and when they are 25. Based on their earlier experiences, this strategy was utilized to discuss and highlight the originality and uniqueness in their lives in the same orphanages. The analysis of the data revealed four recurrent themes: (1) The distinction between living in an orphanage and living with a family, (2) Social Identity, (3) The role of the state and role of the community, and (4) Life after leaving the institution

Summary of literature review

The loss of a parent can have a significant impact on mental health such as depression, anxiety, and post-traumatic stress disorder. These issues can persist for upto years and may lead

to functional impairment if not dealt with properly . The experience of those who have lost a parent are unique. It is important for professionals to be aware of the potential for mental health issues following family bereavement to deteriorate and to provide support and resources to help individuals cope with their loss.

Rationale

Death of a mother has a number of consequences especially if not dealt with properly, the child goes into a stage of shock, may become fearful which will later affect his relationships pattern in adulthood. Previous researches have focused on individuals who come from diverse backgrounds in order to see if they have the same core central experiences. This research is going to focus on people who come from the same type of background to see that if there are any differences in their experiences and if there are then why. The research is also going to focus on individuals who were close with their mother as many researches did not specify that and so the emotional challenges faced by the individuals could vary drastically.. The present study also takes into account how our society affects a significant life transition and the effects the family pressure on the father and children. With the results of the study, individuals can be helped with dealing with grief after losing a mother so that it doesn't have long term negative consequences. This is very important to do in our Pakistani society where people suppress their emotions and do not deal with them which later has negative consequences, with this research if individuals are taught how to deal with grief, and then they will mature into emotionally mature adults.

Research question

- What were the lived experiences of the young adults after death of mother?
- What coping strategies were adopted by young adults after the death of mother?

Objectives

- To gain understanding of the lived experiences of young adults after death of mother.
- To understand the challenges faced by young adults after death of mother.

Chapter 02

Method

The aim of the present study was to understand the lived experiences of young adults after death of mother.

Research paradigm

A research paradigm is an approach, model, or pattern for conducting research. It is a group of notions, beliefs, or comprehensions upon which theories and practices are built. It reflects how a researcher sees the expansion of knowledge. Simply described, a research paradigm is the method used to create a study design. (Proofed, n.d.)

In this study, a constructivist paradigm was used since it accepts that there are multiple realities and truths rather than a single reality or truth. The perception of an action's importance was carefully taken into account. The focus was on providing points of view. Constructivism seeks to explain "why" while concentrating only on the circumstances themselves, the reality concealed in the specifics, and the individual's subjective impressions.

Interpretative framework

The interpretative framework in this study is social constructivism where multiple realities are constructed through lived experiences and interactions with others and reality is co constructed between the researcher and the researched and shaped by individual experiences. Constructivists believe that reality is a fabrication that humans have made. There are various realities. Through their relationships with others and their surroundings, people provide meaning to their lives. In our study knowledge was gathered through interviews i.e. a social interaction and it is not something measurable and every participants experience and reality was different because of their interactions with the environment. (Lohman, n.d.)

Philosophical assumptions

In qualitative research studies, philosophical presumptions are articulated and framed inside interpretive frameworks so that we can understand their applicability to our own study. The philosophical presupposition is placed under the epistemological as well as ontological. In epistemological research, researchers make an effort to be as near to study subjects as is

practical. The field investigation's distinct perspectives are used to compile the subjective evidence. Understanding some aspects of reality is necessary to discovering what is known and how it is known. The study of beliefs, including whether or not they are true (knowledge), and how they are sustained, is known as epistemology. The field of philosophy that is concerned with the nature of knowing itself, its scope, potential, and general basis is known as epistemology. Ontology is the branch of philosophy that is concerned with the overall nature of things with identifying in the most general term. Contrarily, the epistemology typically asks questions like "What do you know?" or "How do you know it?" but the ontology typically asks questions like "What is existence?," "What is the purpose of existence?," and so on. In ontology, individuals typically like to define things very precisely, while in epistemology, people look for a logical explanation for every event using precise evidence. (Difference, n.d.)

Our study is epistemological in nature since we are learning how knowledge of certain things like pain and suffering is gained and justified and how individuals develop their understanding of the world. The study will rely on quotes as evidence from the participant; our study is also ontological in nature as reality is multiple which will be seen through many views. Researcher will report different perspectives as themes develop in the findings.

Research design

Interpretative phenomenological analysis investigates how individuals perceive their experiences and how they view their social and private contexts. It implies that the participants' emotions and ideas are related to what they say. As a result, by interpreting and analyzing what individuals say, their meaning as well as the underlying cognitions and attitudes can be comprehended. Instead of chasing an objective fact, this strategy seeks to make other people's accounts of their experiences more understandable. It works on two levels: first, it attempts to understand how participants see the world; second, it investigates whether there are any underlying currents of thinking or emotion that the participants are not aware of. The idiographic focus of IPA means that rather than drawing generalizations from its findings, it seeks to offer insights into how a specific person, in a given situation, makes sense of a specific issue. These occurrences usually have personal significance for the person involved; examples include the development of a meaningful relationship or a big life event. Some IPA investigations may pay particular attention to the events and ways in which one person constructs meaning. They

frequently rely on the accounts of a few people. In both instances, participants are selected based on their potential to give the researcher meaningful information about the subject of the study (i.e., it is not random sampling). Whether the interviews are conducted in person or online, they will all be semi-structured in order to obtain the necessary data.

Method of inquiry

A phenomenological study describes the significance that an idea or phenomena has for a number of people based on their actual experiences with it. When studying a phenomenon, phenomenologists concentrate on describing what all participants share in common (e.g., grief is universally experienced). Smith's Interpretative Phenomenological Analysis (IPA) has been more and more well-liked among qualitative researchers in recent years. It has disputed the notion that a phenomenological psychology must remain descriptive, arguing instead that its focus is idiographic in that it attempts to understand how certain persons perceive specific events and life-episodes. According to Smith, human beings are constantly involved in actions that interpret and make sense of the world. As interpretation is a fundamental component of our lives, it is not only acceptable but also inevitable. According to Smith, his method is phenomenological since it aims to analyse experience on its own terms as opposed to in accordance with predetermined category systems. According to Smith, IPA considers the researcher's fundamental responsibility to be (a) allowing the participant to contribute his sense-making, (b) seeing its articulation, and (c) making sense of it in turn. In this research the form of phenomenology used is hermeneutic phenomenology which is concerned with the living world or human experience. With the aim of generating meaning and gaining a sense of understanding, the emphasis is on revealing particulars and seemingly unimportant components of experience that may be taken for granted in our daily lives. Heidegger concentrated on "Dasein," which is German for "Being in the World." Heidegger saw people as Beings who are primarily focused on their fate in an unfamiliar environment. (Zahavi, 2018)

Sample and sampling strategy

In the present study 4 participants were selected by purposive sampling. Purposive sampling means selecting individuals because they have the characteristics that are needed in the sample. It allowed for there to be enough information to examine and develop firm conclusions that would help the research. The data was gathered through interviews. Participant recruitment took place on social media. A post was created calling for interviews with individuals who met the requirements, and from there, certain individuals were chosen who met the requirements best and were most qualified to provide in-depth information. The participants were aged 18-25 years.

Inclusion criteria

- Individuals aged 18-25 years old
- Individuals who can understand and speak in English.
- Individuals for whom the loss of a mother is minimum 2-5 years

The reason for choosing 18-25 years old is because people in this age are not that emotionally strong or stable as compared to an individual who has lived a relatively longer life. Such individuals find it difficult to understand what happened to them and why and find it challenging to make peace with what happened because they are still attached with their mothers as most people this age are not living a fully independent life so their feelings are more intense. So interviewing such people would give more rich information. The reason for choosing individuals who can understand and speak in English is because during interviews it is hard to just stick to one language i.e. Urdu. Moreover the main questions of research are in English so if they can't comprehend the questions they can't give rich information. Furthermore the individuals who can speak English, due to their perceived broad horizon by virtue of their access to multiple sources of information and ability to express in English. At the same time it will also assist the researcher in connecting individual's experiences with the theory. Because by that time the individuals can describe and give rich information about what the obstacles were and can talk about their experiences, it was decided to choose those for whom the loss of the mother was minimum 2 years ago. A person who lost their mother less than two years ago could still be traumatized and unable to communicate their experience. Those whose losses may have occurred

more than five years ago might not recall the precise, minute facts or sentiments that were experienced, which are necessary to comprehend in order to obtain valuable knowledge.

Exclusion criteria

- Families with multiple deaths or diseases
- Individuals diagnosed with depression before or after the death of the mother.

The reason for excluding individuals with multiple deaths or diseases in the family is that the emotions the individuals are going through can't be solely attributed to the mother's death. Furthermore if the individual has been diagnosed for depression prior to the mothers death then we can't say that his emotions and feelings are as a result of the mothers death as he was already going through depression and individuals diagnosed with depression after the death can't share their inner feelings and may not be as responsive.

Measures

Demographic information sheet

Participants were given a demographic information sheet which was used to obtain their further bio data such as their age, when they lost their parent etc.

Table 2.1

Psychometric properties of the sample

Characteristics	Age	Birth order	Years since passing	Gender	Age at time of passing	Education
Participant 01	22	1	2.5	Female	20	Bsc
Participant 02	23	2	4	Female	18	Msc
Participant 03	22	4	2	Female	20	Bsc
Participant 04	23	1	5	Female	18	Bsc

Participants that were selected were female as shown in table 2.1. All participants were 20-23 as described in table one. Birth order for participant 1 and 4 was 1. Birth order for

participant 2 was 2 and 4th for participant 3. For all participants it has been around 2-5 years since the passing as shown in table 2.1 All participants are female all participants with the exception of participant 2 are currently pursuing their bachelor.

Semi structured interview

Semi-structured interviews combine elements from both structured and unstructured interview formats. In contrast to an unstructured interview, the interviewer is prepared with a list of questions. The wording and sequence of the questions are not predetermined, in contrast to a structured interview. Interviews that are semi-structured are frequently referred to as "the best of both worlds." Semi-structured interviews combine aspects of structured and unstructured interviews, giving them the benefits of both: comparable, accurate data, and the freedom to ask follow-up questions. The ability to create a framework in advance helps to keep the interviewer and participant focused, preventing interruptions and promoting two-way conversation. Semi-structured interviews offer more depth and richness because they are more open-ended than structured interviews, questionnaires, and surveys, although sharing identical methodologies. If necessary, participants may be requested to elaborate, explain, or restate their responses. Semi-structured interviews frequently have open-ended questions, which promote flexibility. Open-ended inquiries are those that permit a person to provide a thoughtful response. The main advantage of open-ended inquiries is that they provide the opportunity to learn more than you expected to: respondents may reveal motives that were not anticipated and mention habits and issues that you was unaware of. Not every question is the same. Some questions seek straightforward solutions, but others generate discussions or even new questions. These are referred to as probing questions. Some questions demand more than straightforward, factual responses. Open-ended, probing questions usually start with "what," "why," or "how." A question intended to elicit a thoughtful, meaningful response is referred to as probing. (George, 2022)

Researchers collected the data by conducting semi structured interviews in which questions were asked within a predetermined framework. However, neither the order nor the wording of the questions was fixed. Opening questions were asked at the beginning of the interview to assist participants relax and feel more at ease. Due to their more open-ended

character, semi-structured interviews introduced more detail and richness. Where necessary, participants were asked to elaborate, clarify, or rephrase their responses.

Table 2.2

Interview guide

The interview guide serves as a memory tool to make sure the interviewer covers every subject and gets all the information they require. Due to this, the interview guide includes all of the questions in the chosen sequence. The interviewer may occasionally change the wording of the items, but they should be answered exactly as they are written. The total number of questions was ten. (Marecek & Magnusson, 2015).

Research Questions: What were the lived experiences of the individual? What coping strategies were adopted to deal with the death?	
Main Questions:	Probing Questions:
1. How did your mother pass away?	1. How old were you when she passed way 2. How did you find out about her death?
2. What was life like after her death?	1. How did it feel to try to get on with your daily life after your mother's passing? 2. What emotional state were you in after your mothers passing? 3. Was there an increase in your responsibilities
3. What steps did you take to try to move on or heal yourself?	1. Was there a specific reason for you in choosing this method to cope with the death?

	<p>2. How much did your coping strategies help you?</p> <p>3. Are there any unpleasant experiences regarding your coping journey that you would like to share?</p>
4. What helped you most when you felt waves of anger, despair, or grief?	How long do these waves last and how often do they occur?
5. Would you say you isolated from your family?	
6. What has given you or gives you strength to go on?	
7. Is there anything from or of your mother that you keep with you?	
8. Did you get emotional support from your friends and family?	<p>Do you feel that your friends and relatives could've done more during that time?</p> <p>Do you think your father supported you enough emotionally?</p>
9. When do you feel your mother's absence the most?	<p>1. Can you share a specific story regarding this?</p> <p>2. How often do you feel this way?</p>

10. How is life like for you today?	1. Is this stage healthy enough or would you like for it get to get better?
6. We have had a detailed conversation today , is there anything else about your journey that you want to share?	

Procedure

Pilot study

A pilot study took place as it can be challenging to foresee how interviewees would perceive the questions in the interview guide. A pilot study with 2 participants was conducted with individuals who shared the same traits as the interviewees but resided outside the study group. The interviews were taken in person. During the pilot study it was examined whether the respondent understood the questions right away, whether the concepts, sentences and words were modified to fit the interviewee's context. Did the wording of some questions need to be changed and did the order of the questions make sense to the interviewee. The interviews guides' length and effectiveness were also examined by the researcher along with how well the study questions were addressed by the data acquired. The interview guide was amended following the pilot study and the weaknesses in interview taking ability were amended. The confidentiality of the participants was maintained. The interview was semi structured. The participant's comments were gathered during the pilot study interview which was taped. The study took into account the pilot study's feedback which was then used to improve the further interviews and interview taking ability.

Main study

The main study took place after the pilot study which consisted of 4 participants who fit the inclusion criteria and agreed to the interview. The participants were approached through social media and data was collected via interview. The consent form was given to the individuals regarding the audio recording. Initially there were 5 people but one participant later declined to give the interview as she wasn't comfortable. The interview was recorded as it helps with transcribing the data and transcription from audio recordings is considered standard practice in qualitative research. Probing questions were included as it helps to get rich information if something isn't clear. Whenever a clearer picture was needed regarding what the participant was sharing probing questions were used. The average time of the interview was about 30-45 minutes. (Tracy, 2019)

A thorough reading of the transcribed interview took place to gain a further deeper understanding of what exactly was said in the interview. The interview was completed in a single session and the researcher did not feel the need contact the participants again for another interview. In the end the participants feedback was taken and it was made sure that the participant was in a good condition before ending the interview as recalling such events can be triggering for the participant.

Data analysis

Thematic analysis was used for the analysis to learn more about the families' rich experiences. The researcher first conducted an interview to gather the data, after which it was transcribed. After reading the transcribed material again, the researcher determined the initial themes of the interview. In short, the researcher evaluated the interview's core aspects. After that, the researcher formed a group of main themes. A themes table was created following the interpretive analysis of each transcript. The themes were chosen for their depth while highlighting critical facets of the subject under study. After that, the researcher summarized the case and the results. (Smith, 2015).

The forms of analysis used in data analysis are textural analysis and structural analysis. In textural analysis, the researcher describes "what" was experienced, giving an account of the

meaning people have experienced. In a structural analysis, the researcher describes "how" the phenomenon was felt by study participants. Both types of analysis help in describing the "essence" of the phenomenon. Both textural and structural analysis were used.

In order to avoid misrepresenting a subject's intended meaning, perception, or experience, bracketing is the putting aside of one's own views and a prior assumptions. Simply said, while undertaking qualitative analysis that is specifically focused on a topic, bracketing assists in recognizing and temporarily suspending personal opinions and prejudices on that topic. For instance, the phenomenological approach to research derives significance from direct engagement with respondents because the researcher serves as the "tool for analysis across all phases of a qualitative research project," this approach is necessarily subjective.

The steps of the thematic analysis are:

1. Familiarization: The researcher spent a lot of time reading and reviewing a single case's data or transcript. Written transcripts were reviewed for mistakes and familiarity with the prose.
2. Coding: The study's common themes were identified and given labels throughout the coding process. Using common, related sentences that group the topics under discussion into recurrent themes, the play's subjects are codified.
3. Forming themes: Labelled codes were blended into more general, "umbrella" themes that included a variety of frequently occurring claims and viewpoints. These themes typically revealed reoccurring ideas that appeared in answers to the same question. As the study went on, other categories were combined to form a meta-category that more accurately described and explained what was happening.
4. Reviewing themes: As the study came to an end, the researchers briefly examined how they were classifying their findings. After some thought, some labels appear to fit into various themes more effectively than their original category. Others reflected a line of thinking that at first glance seemed pertinent but wasn't really present elsewhere. It was necessary to carefully consider if smaller ideas merited their own category.
5. Defining themes: The next step required checking the category and theme names for precision.

The relevant changes, clarifications, deletions, and mergers were made.

6. Summarizing: The researcher created a summary table that included the initial themes and the main themes and summed up the cases and the cases were presented in a summary table.

Data verification method

Peer review

In qualitative research, one of the most extensively used processes for validating research is peer review. It simply involves putting an author's academic work, research or ideas under the examination of experts who are in the same field. (George, 2021)

In the peer review the expert identified the specific issues in the papers structure; examine the validity of the methodology, the clarity with which the data was given and whether conclusions were supported by data. The experts also considered the research questions and determined if they were appropriate or not. Taking into account the possibility that some of them might be upsetting to the study participants. The research was examined to make sure it was reliable and contains accurate data. The peer review also included suggestions for renaming a few emergent themes and adding new ones.

Ethical considerations

- 1) Researcher purely relied on the words of participants.
- 2) Informed consent of the participants was taken
- 3) The participants were told that they were allowed to withdraw from the study at any time if they want.
- 4) The participants were assured about the anonymity and confidentiality of the data.
- 5) An ending note was given to participants to avoid an abrupt ending to meeting.
- 6) If participants were emotionally disturbed then a psychologist was to be referred to them.
- 7) The researcher removed all biasness while analyzing data.

Chapter 03

Result

The principles of interpretative phenomenological analysis were used to analyze the verbatim.

First, the transcript was read and read again. Next, the transcripts of the interviews were coded, and the first themes were developed. The following step involves transforming the initial notes into clear steps and writing down the emerging topics. Following the listing of emergent themes in a separate paper, linkages were made between them to create subordinate themes. In the final phase, the researcher concentrated on grouping related subordinate themes so that superordinate themes could emerge.

Many new themes emerged from the analysis. Major themes were used to group together the related and distinctive emergent themes. To better comprehend the experience of the individuals, a table illustrating the key elements of each case were created.

After creating major themes for each case, the superordinate themes table was created. The themes present in every case made up the superordinate themes. It gives complete details on all of the themes that were discovered while taking part in the research.

Table 3.1

Themes

INITIAL THEMES	STATEMENTS
Initial challenges	<p>“Unn ke kamre tak toh mey jaati hee nahi hon abhi bhi unn ki jaga pe nahi so sakti” (Participant 01, Response 21)</p> <p>“Memory meri itni tez thi itni tez thi ky mujhey na cheze flashbacks ate hote the bohat zada matlab har moment unn ke saath jo matlab ke jo bohat normal sab hi than na ke aap soch bhi nahi sakte.” (Participant 01, Response 22)</p> <p>Denial matlab ke han kidhar hain ye waqi hee hai khwaab toh nahi, zindagi mey ke khwaab hee chalta araha hai” (Participant 01, Response 26)</p> <p>“Bohat change aya matlab poori responsibility mama ki jo hi responsibilities thein wo obv automatically transfer ho gayi mere pe kiuke mey sab se bari thi” (Participant 01, Response 31)</p> <p>“Agay jo steps hotay hain na ke family se deal krna , practical life mein ana, phir agay kuch agli families banana , rishtay banana aur ye shaadi wagera tho ye cheezo mein na guidance aur ma</p>

ka role buhat important hota he”(**Participant 01, Response 50**)

“Attachment thi ke kahin na kahin se wo ajayein, mil jayein, hug kar lein ya last tim baat kar lein”(**Participant 01, Response 19**)

“Shuru shuru mein tho mein baat bhi nahi krti thi mujhe khof ata tha aur mein kehti thi ke trigger ho jaye ga, trigger ho jaye ga” (**Participant 01, Response 47**)

“ Itna koi understand nahi krta ke haan papers he is wajah se delay kr rahi he, behnay bhi at times frustrated hojati hain ke hum parh rahay hain tho humy khanay ko nahi mil raha , humy ye nahi mil raha humy wo nahi mil raha” (**Participant 01, Response 93**)

“Uhh for like ten mins I was in a denial phase. Umm mein bilkul bhi us mein nhi thi” (**Participant 02, Response 7**)

“Nothing gives strength , to be honest Kuch bhi strength Nahi deti bus tusali he aap apnay apko Kuch bhi keh ke dey do.” (**Participant 02, Response 77**)

“I was happy mein apni dost ke Saath thi mein hangout kr ke jab Ghar ayi hun. Idk kese out of nowhere wo aik cheez mujhe aisay bus lagi he and I started crying and crying tho wo bus aisay Nahi hota ke aap behto , kahin dafa buhat ziada Yaad ati Hain aur aap Nahi rotay ho. Kahin dafa aap ko choti choti cheez , build up hota rehta he apkay mind mein mein aur wo choti si baat pe Nikal jata he Kabhi” **(Participant 02, Response 31)**

“Kabhi kabhi maheenay guzar Jatay Hain aap baray strong reh lete ho , kabhi 10 din baad aisay feel horaha hota he ke jese abhi gayi hain”. **(Participant 02, Response 35)**

“It was very tough. Unki Jaga pe lehtna wo tho buhat mushkil tha. Wo tho buhat time guzar Gaya tha , hum mein SE koi bhi unki Jaga par , jis side par lehthti thi bed par hum us side par bhi Nahi lehthtay thay” **(Participant 02, Response 100)**

“Tab aesa hota hai kuch point par ke kabhi kabhi bilkul mushkil ho jata hai, sab kuch aesay jesay ke hatam ho gaya hai” **(Participant 03, Response 23)**

“Jis tarah se agar mei un ke mother ke janay ke

baad me pehle dafa jab bemaar hui, temperature hua, bukhar hua bahut tez to mera sar meri sari body me bahut takleef the to mujhey is cheez par rona nahi a raha tha ke me bemaar hun aur mujhey bahut ziada pain hai mujhey un ko, mujhey yaad kar ke me bahut ro rahi the ke agar wo hotin to wo meray lyay kya kya kartin” **(Participant 03,Response 23)**

“Pehli eid kafi mushkil the.. pehli eid to sach bataon mein celebrate nahi ke the” **(Participant 03,Response 42)**

“I feel like mothers bridge hoti hain, ke bachay phir baap se dartay hain aur phir wo maon ko jakay batate hain ke aap ye baba ko keh de wo krde, ab hamaray ghar se wo bridge chala gaya he , aur bridge ki jagah aik wall agaya he and that is our step mom tho wo buhat challenging ho jata he” **(Participant 04, Response 23)**

“So after her death it was very challenging and but then again I feel like aghr ye sab challenges na hoye hotay , ye kuch na hua hota so I wouldn’t have been the person that I am today and it had a positive impact on me, buhat bura time tha, buhat negative time tha.... aik saal jo tha wo buhat mushkil tha because we were just abandoned koi bhi bara nahi hota tha, baba used to go to office, I was the elder person tho like I was the eldest one aur phir mere theen chotay siblings hain so I

	<p>couldn't analyze chal kia he and they were like, house helpers hotay thay and they were very exploiting tho mushkil tha” (Participant 04, Response 15)</p>
<p>Responsibilities</p>	<p>“Hum ne maids nikal di sari din raat wali kyun ke hum manage hee nahi kr saktay thay, unki hifazat aur har koi universities schools wagera ja raha thahota tha” (Participant 01,Response 54)</p> <p>“ Yaar aik ki chuti thi , papers thay,aik ki 10:30 chuti hoti thi, us ko ghar drop kr kephir agli ko jo he na aik yahan pe diploma kar rahi he us ko yahan 11 baje drop krnya”(Participant 01, Response 82)</p> <p>“ Phir 1-2:30 pick krke us ko ghar ley ke jaun us ko drop krti wi jaun . Phir 1-2:30 akay is ko pick kro, us ko pick krke phir ghar” (Participant 01, Response 83)</p> <p>“Wednesday ki subha mein grocery kr ke ayi, mene na assemble krnya , jese ke samosay ke lye aloo wagera. Baki sab kuch tho mene ready made lya” (Participant 01, Response 92)</p>

“Obviously responsibilities mein change Aya because uhh jab aap obviously jab mother Hoti he tho bachay kitnay bhi baray hon, sari responsibilities wo aik maan ki Hoti he”

(Participant 02, Response 11)

“Tho jab wo Nahi Hoti tho phir apko responsibilities khud leni parhti Hain. Apni cheezay khud dekhni prhti Hain. Apnay decisions apni har cheez khud leni parhti he , so yeah responsibilities mein tho buhat change aya”

(Participant 02, Response 12)

“Aik tho ye buhat Bari Hoti he na ke humy guidance mil rahi hoti he, humy achay buray se rokh rahi hoti Hain , ye na kro , isay salam krlo usay na kro”. **(Participant 02, Response 14).**

“Yes, is tarah mujhey abhi bhe lagta hai abhi bhe meine, jab me pakistan ayi hun to meri koshish hoti hai ke me sehri me kuch khana banaon aur aftaari me bhe koi sabzi wagera kuch aesa cooking ke taraf mei aon apna baba ke lyay kyun ke hygienic food, mei un ka bhe khiyal rakhun aur mujhey apni limitations pata hon ke meine kya kaam karna hai aur kya nahi karna mein kis kis time apne ghar se bahir nikalna hai aur kab jaana hai, university kaab jana hai apne classes ke lyay kab ana jaana hai aur kis se kya baat karni

hai.. Ye cheez mujhey, meri aesi jesay meri ye responsibility hai ke mujhey ye sab kuch seekhna chahiye khas tor par cooking aur etiquettes jo bhe general life ke hotay hain” **(Participant 03, Response 108)**

“Yes I feel like , sometimes I get really exhausted aur mein apnay baro se kehti bhi hun ke don’t you feel like ke it’s unfair , mere end pe, mere saath unfair bhi he aik tarah se like , I am willing to take all of the responsibilities likan sometimes it goes over the edge , ke koi behave well nahi kr raha tho that’s my fault maybe but they don’t realize ke I am not their mom, I equally lost my mom as well” **(Participant 04,Response 17)**

“Tho hamara social aik buhat famous line he ke bari behn , maa ki jagah hoti he so that becomes challenging also where you don’t have a mom tho buhat ziada logon ko specially auntyo ko shok hota he ke wo apki ammi banay aur phir kuch un mein se genuine hotay hain aur kuch genuine nahi hotay so you need to fight them out as well , you need to filter out , negative logo ko filter krna hota he so they don’t impact your siblings. So there comes a lot of responsiblties that you have to protect your siblings, you have to make them realize what’s right, you have to worry for them,

	<p>so even now im studying in Lahore but I would be worrying ke meri behn ne iftari ki he ya nahi , mere bhai ne iftari ki he ke nahi. Meri choti behn , sab se choti wali, aghr rozay rakh rahi tho somebody is making sure ke wo pani sahi se pi rahi he ke nahi” (Participant 04,Response 18)</p>
Coping	<p>“Acha therapy tho is lye nahi li kyun ke khud ko hee bara samajtay thay ke psychology pari wi he tho wohi batain us se ja ke krni hain”(Participant 01,Response 13)</p> <p>“Yaar ham cheeze parte the ye as a therapy hee kam karti thike apko pata hai ye problematic behavior kiun ho raha hai” (Participant 01,Response 19)</p> <p>“Meri memory mene bataya na buhat strong thi , mujhe slow down krni pari , mujhe na apni memory ko slow down krna parha, cheezo ko khud bhulna para, kabhi kabhi mene medicines ki bhi help li ki mein ye cheez bhul jaun” (Participant 01, Response 36)</p> <p>“Aap phir us situation ke Saath rehna seekh Lete ho. Aap you know Roz girthay ho Roz uththay ho. Wo wala situation he ye. Tho aisa Nahi he ke aap move on krtay ho. Likan ye he ke phir Allah</p>

thalah insan ko phir aik circle he , insaan us ke sath seekh jata he rehna , cheezay kr lete he likan ab move on jese keh dena , completely wo Nahi krsakta. For me I can't". **(Participant 02,Response 18)**

“Because I feel ke uhh ma Nahi jati , she's with me tho thing you know this thing helped me a lot”. **(Participant 02,Response 19)**

“Yes, I started reading Quran aur meine quran ko amjhana bhe shuru kardiya aur kafi jagon par jab mujhey , mei ye parti the, reading various ayat ke Allah jo hai wo after a person dies Allah un ke ubara rooh daalen gay. Everyone will die one day s ke baad phir un ke jo souls hain wo wapis un ke odies me jayen ge aur wo qabro se uth kar zinda o gein. To ye mujhey bahut ziada support aur osla deti theen” **(Participant 03,Response 10)**

“Yes, aur meray Jo sab se bary bhai hain, jab is arah se death hui the kisi ke shadi bhe nahi hui the o phir ham Saray aik khatay bhet jatay the, un ke abr per jana wahan par un se batay karna.. Ahh am Saray bhen bhai quran bhe parhty the. To ye heezein mujhey bahut ziada support karte theen ur lift up karte theen” **(Participant 03,Response 9)**

“Haan ke kabhi wo yahan is tarah se theen aur ehti theen, parhti theen, soti theen to me quran ko translation ke saath kuch aesi ayaten parh lun jis me ikr ho ke hamari afterlife us ke baray me pata halay to ye cheez mujhey empower karti hai’.

Participant 03,Response100)

“I feel ke wo Hain , unki presence he mere Saath , whenever I feel ke mein down Hun I pray for her , mujhe aisi support Hoti he , mujhe aisay feel hota he ke wo hain”.(Participant 02,Response 20)

“us jo cheez apnay lose kr deti hoti he aap us ke negatives dekhna shuru kr dete hain and pehle tho mein move on bilkul bhi nahi kar payi thi , phir beech mein mein sochna shuru hogyi , acha koi baat nahi wo buhat dhaanti thi, wo har waqt larti thi aur ye wo and like okay bus is lye shayd chali gayi. With the passage of time I started growing up and then I realized ke dunya mein buhat se log hain jin ke saath kuch na kuch hota he , like you have your own challenges aur wo challenges aghr mujhe dye jaye tho shayd mein unko survive hee na kar paun , is tarah se mere apnay challenges hain tho allah thallah har kisi ke upar aik challenge dalta rehta he , this is not a fairy land or something like that. Dunya he ye tho. Tho har kisi ko apnay hisay ki azmaish tho sehni he”

(Participant 04, Response 30)

	<p>“So us tarah se I , us tarah se when I came closer to religion na then dil ko sakun aur hoslna milna shuru hogaya ke acha Allah Thallah ne ammi ley li na tho zarur Allah Thallah ne aghay kuch behter dena hoga. Behteen dena hoga.” (Participant 04,Response 31)</p> <p>“Anxiety meri abhi bhi exist krti he aur abhi bhi beech beech mein mein kabhi medications par chali jati hun umm when im very aggressive aur hyper tho mujhe leni parhti hain. Relaxants. Aur therapy mein bhi, I went to a psychiatrist” (Participant 04, Response 39)</p>
Belongings and gifts	<p>“ Un ka aik set he jo unho ne mujhe dey dya tha pehle hee (participant 01,Response 110)</p> <p>“ Baba ne kaha ke dey do sab ko charity krdo ye boj hota he sirf do suit hain , humny rakhay thay, baki sab ko dey dye thay” (participiant 01,Response 106)</p> <p>“ye is cheez ko zaya nahi karna ye mama ley kar ayen” (participant 01,Response 114)</p>

“Aur 4 saal se wo dress wahin Pe hee para tha. Hum usko wahan se Nahi hilatay he. Har koi Jo ata tha kehta tha is suit ko uthar ke Rakh lo. Abhi bhi hum apni mama ke kapray Nahi dete. Na Hum khud pehntay Hain halan ke humy sab kehtay he ke gareeb ko dey do ye wo. Wo humy bhi pata he ke like ziada sawaab he Hum dey de ge tho. Likan hamari himat Nahi Hoti hamari memories he unkay Saath” **(Participant 02,Response 91)**

“Yeah uhh Mera jab mdcat Ka result Aya tha tho she gave me a ring unho ne mujhe aik ring Di thi , Jo over sized thi tho tab Mene unhay Kaha tha ke ye mujhe Nahi chahye , ye Sahi nahi banwa ke Di tho aap isko Rakh le but now that ring is so close to me” **(Participant 02,Response 100)**

“She gave me a pen aik unho ne mujhe pen dya tha. Aur that was quite expensive tho mein unko kehti thi apnay mujhe pen kyoo dya aur ye itna mehnga pen he aur pen hee kyun dya iski jagah mujhe Kuch aur ley ke dey deti” **(Participant 02,Response 101)**

“Tho wo pen ab mein sochti Hun ke Kabhi meri Shaadi hogi ya is Tarah tho mein us SE hee sign krun gi kyun ke that pen is so so close to me” **(Participant 02,Response 102)**

“un ke shoes bhe pare we hain meray pass Saray aur un ke dresses” **(Participant 03,Response 90)**

“To unho ne mujhey wallet diya tha.. I still have it” **(Participant03, Response94)**

“So i have.. So meri ammi ke bahut saaray new suits they jo unho ne pehne bhe nahi huye they but then obviously moms ka sense of dressing aleda hota hai aur daughters ka aleda hota hai.. Kuch kaprey meine un ke rakh liyay” **(Participant 04,Response 90)**

“ Menay jis tarah se.. Jo suits mujhey pasand they meine un ke dupattay nikal liyay even though we were giving away the dresses meine un ke dupattay nikal liyay so I'm very protective about those dupattas aur kabhi koi dost bhe kahe ke meine ye dupatta lena hai to me kehti hun ke okay dehan se le sakti ho to le lo dehan se nahi le sakti to nahi lena. To me bahut kam wo dupatta kisi ko dun ge chahe wo lots of dupattas of my mom.. Phir my mom had this very nice ahh.. Jewellery piece hai wo like bracelet matlab thora sa Egyptian style”**(Participant 04,Response 91)**

“But wo card abhi bhe meine rakha wa hai Jo last meine unhe likha tha even us par paani gir chuka hai wo bahut crumble ho chuka wa hai people who look at cover and be like is ko phenk do.. Mei nahi phenk sakti is ko” **(Participant 04,Response 93)**

	<p>“I have her diaries as well” (Participant 04, Response 94)</p>
<p>Triggering events</p>	<p>Yeah trigger Krti he jab dusray log uhh apni mama ki baat Kar Rahay hotay hain. Us time tho nhi feel krwatay Kisi ko ke Yaar feel horaha he humy bura lag Raha he likan aisay Nahi hota. (Participant 02,Response 21)</p> <p>“Chotay chotay events hotay Hain ke jab mera birthday hota he , aksar wo meri birthday ke lye buhat excited hoti thi. I usually don't celebrate my birthday tho wo unko hota tha ke ye Nahi krti tho is ke lye koi chota mota surprise plan krlo. Is Tarah se. Tho wo hamesha meri birthday ke lye bara excited hoti thi . Aur annual jab bhi mere results atay thay tho mujhe bara motivate Krti thi ke laiba bus thoray se saal reh gaye he bus jaldi se krlo phir tumhari degree complete hojaye gi. Ye karay ge wo kray ge. Tho buhat chotay chotay moments hotay he jab bhi mera result ata he , birthday Hoti he tho obviously miss krtay Hain. Koi bhi opportunity achi mil jaye. (Participant 02,Response 59)</p> <p>“Ramadan aur Eid wagera par tho you know apko aik second bhi Nahi bhulta he. Ye events aisay hotay Hain like aap Ka Dil krta he ke bus kahi se ley aao” (Participant 02,Response 61)</p>

“Wo usually buhat quiet hota he. Unki birthday mein obviously Sara din wo dimag mein Hoti Hain, but I feel mein buhat ziada down ho jati Hun jab mein Ghar ati Hun I sit alone”

(Participant 02,Response 68)

“Aur jab pehli dafa aesa hua tha to phle rozo me meray saath jo hua tha ke me sehri me uthi nahi the time se to me uth kar un ko yaad ,me dhund rahe the un ko aur me keh rahi the apne mind me soch rahe the ke abhi mama se ja ke kahun ge ke mei late ho gaye hun sehri ke lyay aur aap ne mujhey uthaya nahi. To me un ko dhund rahe the to wo mujhey mei bilkul bhool gaye the ke wo ab hain nahi to aksar asa ho jata hai abhi Jis tarag aftari me mujhey wo cheezein batati theen,khanei banati theen mujhey us time par agar me kuch bana rahi hoti jesay for example wo.. wo chana chaat bahut achi bana leti theen.”

(Participant 03,Response 36)

“To aik Qawali the, Qawali ya is tarah ke jo nights hoti hain, musical nights,sufi, to me jab is me jati hun.Mei last Saturday ko bhe bheti hui the, wo mujhey itna wo music sun kar wo Sara kuch mahol dekh kar lighting aur Sara enjoyment sab kar rahe the wo dekh kar wo mujey itni yaad ayen ke meray ansu a gaye, ruke nahi aur mei waha se uth kar, meray se nahi bheta gaya.. Kyun

ke is tarah ke events par wo mujhey bahut yaad ati hain.” **(Participant 03,Response85)**

“what triggers me or triggers my trauma is tho jab breast cancer awareness horahay hotay he na , I would always want to give my part in , mein apnay koi savings dey dhun gi ya mein bata dhun gi ke kitna important he but ill never be a part of the campaign, mein kabhi bhi ja kay wo ribbons distribute nahi kr sakti” **(Participant 04,Response 74)**

“mere sir us din baat kr rahay thay aise hee , we were reading a text and then he goes talking about longing and all of that and he goes like ke aksar aisa hota he ke hum duaon mein kisi ko, koi aisi bimaari lag jati he , jis ka koi ilaj nahi hota he, samjay cancer ho jata he kisi ko , hum pehle duaon mein , dwayaan hoti he un mein yaqeen rakhtay hain, doctors par yaqeen rakhtay hain , jab kuch nahi hota tho hum spiritual ki taraf chalay jatay hain, religion ki taraf chalay jatay hain , hum phir duaon mein yaqeen rakhtay hain , hum har possible stupid harkat krnay ki koshish krtay hain ke ye banda bach jaye so it kind of just made me run through the whole scene in my mind aur mere haath se notebook bhi ghir rahi thi baar baar, pen bhi ghir raha tha, mera haath bhi khamp rahay thay and u know people around me could tell ke something is wrong , even the assistant professor figured out ke something is wrong but I was like

	<p>no no im fine, I didn't sleep well , I just drank a lot of coffee”(Participant 04,Response 74)</p> <p>“Usually umm achievements mein hota he, ya phir jab , when I see other girls talk about their mom , u know ke hamari ammi ne tho ye kia , hamari ammi ne humy wo dya” (Participant 04,Response 64)</p> <p>“Jab mere se drawings wagera nahi ho rahi hoti , jab wo instances yaad atay hain , jab meri ammi jo hain apnay cousins ki drawings krti thi buhat achi achi aur meri ammi buhat achi krti thi aur phir meri class mein akay koi bachi kehti he na akay uhh mere se tho kaam nahi horaha tha , mene apni ammi ko dey dya unho ne draw krnya phir I realize ke mera kaam kitna top class ho sakta tha aghr meri ammi hoti yahan par, adha kaam mujhe wo sikha deti , adhi drawing mujhe wo sikha deti. Tho phir mujhe yaad ati he.” (Participant 04,Response 66)</p>
Support	<p>“Hmm I think ke emotional support umm milta he thora buhat but wo kisi kaam ka nahi hota he to be very honest because aap ko koi tab tarah nahi samaj sakta jab thak koi aur us situation mein na ho” (Participant 02,Response 36)</p> <p>“yeah umm Mera Dil karta he because mein apni mother ki death mein, I didn't cry at all tho I was so strong ke mein royi bhi Nahi thi. Tho mein ab</p>

bhi jab sochti Hun tho abhi bhi still , Mera Dil krta he ke koi kahay ke ro lo” **(Participant 02,Response 52)**

“They were there for me because jis tarah ki support mujhe us waqt apni family ki puri, puri family mein se aghr mujhe uh kisi se umeed nahi thi , ya mujhe tha ke wo nahi , because umm they were also, they are very close to their mother tho mujhe un se nahi tha, unko like kia wo mere baray mein itna emphathetic feel kray ge aur unko kia pata chalay ga but they were very very supportive towards me aur dusra ye ke unho ne jis tarah mujhe aur meri family ko sambhala tha aur aaj bhi mein wo cheez yaad krti hun na tho mere dil se duay nikalti hain” **(Participant 02,Response 149)**

“Yes meri , meri do friends hain unki bhi mother nhi hain, so I knew already ke mujhe wohi samjay gibecause mein un se baat krna chahti thi , unki bhi mother nahi thi. Tho mujhe pata tha ke wohi mujhe samjay gi aur mera unkay saath mera buhat buhat buhat close relationship he” **(Participant 02,Response 149)**

“Exactly likan jese ammara afshan and theres another friend, meri buhat achi friend he meri best friend he , shes In Australia right now , aur wo buhat meri taraf emphathetic th” **(Participant 02,Response 151)**

“Therapy ke liye to me apne sab se ziada mei apne meray mamu hain, meri mother ke bhai hai aur aik chotay hain to mei un ke saath bhet jati thee aur ham quran aur us tarah tafseer suntay thei. Second my father meray baba he helped me bahut ziada, my teachers, mei meri friends mujhey le ke jati theen ke tum chalo thora sa grooming karlye, facials is tarah ke na salons me na, mujhey Riley salon le gaye hain”

(Participant 03,Response 15)

“To unho ne bahut ziada, me aur wo bas har waqt bate karte counselling karte rehtay they aur un ke saath bhet kar mujhey, unho ne bahut ziada support kya” **(Participant 03,Response 55)**

“Meri mother ke bari bhen.. Wo mujhey kehti theen ke consider me as if I'm your mother.. I'm shaheen to ye baat mujhey un ke achi lagti the ke aur bhe kafi Saray meri mother ke friends aur un ke doste wo mujhey kehti theen beta we are like shaheen aur haam aap ke mother ki tarah hain aur don't feel lonely aur thora sa khush raho.. To ye cheez mujhey achi lagti the un logo ke ye mujhey ye baat keh rahe hain” **(Participant 03,Response 59)**

“Mere surroundings, meri friends , mere teachers ne mujhe ziada guide kia , help kia” **(Participant 04,Response 40)**

“Okay my friends were really supportive. Initially when my mom passed away and my friends are

	<p>really nice and I always tell them ke aghr wo na hotay na tho mein us mental, us mein se bahir hee na ati” (Participant 04,Response 46)</p> <p>“And my friends always make sure ke wo mujhe aik hastay envoinment mein rakhay aur hisatay we rakhay and they keep checking on me” (Participant 04,Response 50)</p> <p>“Family members mein se I would say my khala and my younger mamu maybe were supportive” (Participant 04,Response 52)</p>
Broken family	<p>“Mere khiyaal se apki family thoot jati he” (Participant 01,Response 116)</p> <p>“ Aurat jo he na wo ghar ko dekhrahi hoti he aur jhor ke rakh rahi hoti he tho wo toot jati he puri ki puri” (Participant 01,Response 118)</p> <p>“Ghar mein ronak hee nahi hoti he , ama thi tho ronak hee unsay hoti thi”(Participant 01,Response 54)</p> <p>“Mtlb buhat hamoshi hoti he mtlb kuch bhi aisay happening krtay hee nahi hain jab un ke hotay we krtay hotay thay, ya wo excitement hee nahi hoti he” (Participant 01,Response 54)</p> <p>“Family is nothing without mother. Family nahi rehti wo. Wo phir har banday ka hojata he , kyun ke maa hee ikhata Kar ke rakhti he sab ko”. (Participant 02,Response 50)</p>

	<p>“Scattered ho Jatay ho”. (Participant 02,Response 51)</p>
<p>Dissatisfaction with people</p>	<p>“Because hamaray andhr hotay Hain we want people to ask such questions from us likan wo Nahi poochtay Hain they just say " sabr kro hosla kro" sab ke Saath hota he” (Participant 02,Response 111)</p> <p>“Aik empathetic Nahi hotay log sympathies dete hain. Buhat ziada.” (Participant 02,Response 117)</p> <p>“Aur log bhi upar SE apko itni sympathies dey Rahay hotay Hain tho apko aur gusa araha hota he ke mujhe kyun kr Rahay Hain aisa.” (Participant 02,Response 120)</p> <p>“Aur pata he jo log aap ko kehte hain ke sabr kro us se baat krna chor dete ho. Beshak aap jitni marzi close ho because meri , mein apni dosto se buhat dhur hoyi is cheez se , jinsay mein buhat close thi, aur unho ne mujhe ye kehna shuru krnya ke sabr kro, sabr kro ,mein aik time agaya tha le mein un se dhur hona shuru hogyi thi because mujhe un ke pass beht ke acha nahi feel hota tha” (Participant 02,Response 134)</p>

	<p>“Bilkul aisa hee he tho mere saath bhi log, mera dil krta tha ke mein ron , likan mujhe wo hi kehta tha ke tum tho buhat strong ho, tum ne apnay baba ko bhi dekhna he, behn , tum tho buhat hee strong ho. Tho mein chahti thi ke mein ron aur us waqt ye hua ke I didn’t cry.Mujhe ab koi bhi kehta tha na ke tum strong ho , mujhe lagta tha ke yaar mujhe gali dey raha he.” (Participant 02,Response 143)</p>
Present Stage	<p>“Healthy place mein tho bilkul bhi nahi , jo envoirnment wagera ban jata he na , tho health place mein tho nahi keh saktay, challenging keh saktay hain ke roz naya challenge , roz naya masla, roz naye masla se deal krna” (Participant 01,Response 63)</p> <p>“Pehle mujhe gusa nahi ata tha bilkul bhi” (Participant 01,Response 69)</p> <p>phir mltb buhat sari cheezay change hogyi hain, mtlb mein as a whole change hogyi hun” (Participant 01,Response 70)</p> <p>“Pehle mein kuch bhi bol deti thi kisi ke beech mein beht ke ab mujhe pata he ke ye cheez nahi bolni aur kuch cheezay raaz rakhni hoti hain”(Participant 01,Response 71)</p> <p>“Ab wo hit walay phases a rahy hain ke abhi function nahi kar saky ye nahi kar saky, ab break chahiye” (Participant 01,Response 121)</p>

	<p>“Umm is tarah se abhi me keh nahi sakti ke me dubara se is tarah normal hun, behtri ke taraf a rahi hun, to abhi mujhey personally aesa nahi lagta ke abhi itni stable hun ke.. Itni normal nahi hun ke jitna un ke honay se the.. Abhi wo stage nahi aye” (Participant 03,Response 103)</p>
Relationship with relatives	<p>“ Aik tho mere taya wagera, joint family system he na tho unke saath pehle hee nahi banti thi tho boltay nahi hain jo neechay rehte hain , har cheez mein interfere krtay hain na , mtlb driver ko nikaal dya” (Participant 01,Response 65)</p> <p>“ Budget same he na tho nazar rakhni ke kitna patrol , itna hee limit petrol hoga is week ka chahy jitni mehngayi horahi he , budget nahi baray ga , isi mein hee manage krna he (Participant 01)</p> <p>“Meri behnh he na, tho us ko kehte he tumharay paas itnay paisay kahan se aye hain ke tum ne nails lagwaye hain” (Participant 01,Response 79)</p> <p>“Tho jab meri mother ki death hui tho humy phir wahan se move krna parha because he wanted us ke ab hum chalay Jaye” (Participant 02,Response 82)</p> <p>“Kyun ke apnay pura bachpan guzara he. Yeah obviously aik apnay pura bachpan guzara he. Sari</p>

	<p>Zindagi wahan guzari he aur phir mother ki death ke baad apko aik dam keh Rahay he ke aap bus yahan se chalay Jaye” (Participant 02,Response 84)</p>
<p>Isolation</p>	<p>“Poora matlab me to 2 months tak mei bahir gaye he nahi bilkul aur na meine kisi se baat ke..meine university se bhe jana chor dia,meri classes me attendance bhe baht short ho gaye”(Participant 03,Response 46)</p> <p>“Meri jab is tarah se mother ke death hui to us ke baad se meine wo mujh se bar bar aik he question poochti theen aur wo achi theen friends meri lekin phir mera un se apne aap ko meine un se isolate kar lya” (Participant 03,Response66)</p> <p>“I would want to add one more thing jo isolation wali baat hai meine jab meri mother ke, jo meri father ke jo side walay hain relatives jis tarah meri phupho”. (Participant 03,Response71)</p> <p>“Kyun ke they were they used to ask me such questions which i was not comfortable answering aur phir meine un ko, jab apne aap ko isolate kar diya from them to us ke baad se me mei..I started getting better and better “ (Participant 03,Response 73)</p>

Relationship with GOD	<p>“Umm ke Allah ki koi behteri he. I don't know Kia he , mujhe Nahi pata ke is mein Kia behteri he. Allah thallah kehtay he ke har kaam mein koi behteri he , I don't , I really don't know ke maa ke janay mein Kia behteri he. Aisay Nahi kehna chahye but I don't know is mein Kia behteri he” (Participant 02,Response 75)</p> <p>“Allah thallah kehtay Hain ke behteri he mujhe Nahi samaj ata , mujhe Nahi pata ke Kia behteri he. Har aik moment pe apko , Allah thallah ne ye itna, buhat like I don't know ye buhat annoying sa he ye sab , ye relationship” (Participant 02,Response 124)</p> <p>“Wohi keh rahi Hun na ke Allah thallah kehte Hain ke ,mtlb Allah thallah kehte hain ke koi behteri he tho mujhe samaj Nahi ati ke behteri he chalo sahi he likan pata bhi tho chalay kia behteri he phir apko you know sabr ajaye” (Participant 02,Response 126)</p> <p>“Kyun ke mein, when my mother passed away tho mene Allah Thallah se, jis moment pe meri mother ki death hui tho mene, mene us moment pe socha ke Allah Thallah apko tho pata he ke mein tho , mujhe tho ye bhi nahi pata ke mere kapray kahan paray hain.” (Participant 02,Response 128)</p>
Changes in Personality	<p>“And also I feel like ive become like a people pleaser” (Participant 04,Response 58)</p>

	<p>“To is tarah.. Sab experience ne artistic side aur philosophical side kafi had tak unlock karde hai” (Participant 04,Response 101)</p> <p>“So pehle to meray anger issues bahut ziada hotay they mei bahut chaotic bahut talkative hoti thee ab last time when i met home and i met my friend and my friends mom and all of them so they think you know you've become really calm you've become a bit quiet, you've become a bit mature”(Participant 04,Response 119)</p> <p>“Personality me meri bahut ziada change aya, pehle mei, sab se bara Jo mujhey khud bhe laga ke aur jab ne bhe bola ke pehle jab meri mother theen mei extra khush rehna aur bataein karty, hasty rehna, us tarah thee. Lekin jab un ke death hui to us ke baad se bilkul meine, meray se na he extra bola jata hai, na koi fazool baat ke jati hai na meray se hasa jaata hai” (Participant 03,Response 109)</p>
Unbearable Feelings	<p>“Yeah there's so many times aap aisay feel krtay ho ke bus Yaar hogyi he , ab mere se Nahi ho sakta he. Kyun horaha he , mein kyun kr rahi Hun mein tho ye deserve nhi Kerti thi Mene kya kia he ke mein ye deserve krti Hun.....Hain obv insaan he thak Jatay Hain is feeling SE , har time Ka aik trauma , har time ki aik tension , aik depression le le ke. Ye feeling itself apkay lye</p>

	<p>buhat painful he ke wo ab apkay Saath Nahi Hain (Participant 02, Response 107)</p> <p>“I just want ke bus like khatam hojaye. I am done with it” (Participant 02,Response 122)</p> <p>“I can't because mere se nahi manage horaha . I can't umm imagine my life without my mother.mein jitni bhi koshish krlun . jitni bhi usko healthy banany ki koshish krlun , one way or another way wo Kuch na kuch kisi na kisi stage par mujhe baar baar feel hota he ke nahi Nahi Nahi she's not here , shes not here , so I'm done with it” (Participant 02,Response 123)</p>
Strength	<p>“My friends , people around me tell me ke u know tum lagti nahi ho mature but tum asal mein buhat mature ho tum ne apna aik get up aisa kia wa he ke tum buhat chulbali ho but deep inside u are very mature aur aghr hum tumhari jaga hotay hum na deal kr patay. Just things like these help me go on”(Participant 04)</p> <p>“Mere behn bhai kehte hain nahi apnay hee tho sab kuch hamaray lye kia , aap na hoti tho hum na kr patay so when they acknowledge it ke haan actually mein mene unkay lye kuch kya he,it just deep inside makes me happy as well aur maybe sometimes when my siblings do something really good, kisi behn bhai ke buhat achay marks agaye ya kisi behn bhai ne morally buhat achi baat bol di he ya morally buhat acha kaam kia he so just makes me feel really proud” (Participant 04, Response 78)</p>

	<p>“She told me ke you are very strong mashallah and unki wo baat mujhe hamesha yaad rehti he aur jab kabhi mein fall apart kr rahi hoti hun phir unki hamesha mujhe baat yaad ati he ke us waqt par ye baat itni recent thi tho mein itna strong lag rahi thi sab ko , tho ab mein kese iskay saath deal nahi kr sakti” (Participant 04,Response 49)</p>
Fears	<p>“So now I do fear to catch feelings , I do fear to love, I do fear to like people. I do fear to have crushes as well.” (Participant 04,Response 41)</p> <p>“Yeah ya shayd inko kuch hojaye. Shayd ye chor ke chalay jaye, shayd ye university ya school se chalay jaye. Tho is tarah ke fears chaltay rehte hain so like surface level pe I keep admiring them but deep inside im scared, im like nahi nahi nahi aisa nahi ho sakta, aisa nahi ho sakta” (Participant 04,Response 42)</p> <p>“Why is this person acting good to me and why am I getting attached to them they’ll leave eventually” (Participant 04,Response 63)</p>
Parent Child Relationship	<p>“Ye ho ga ke, bhooltay nahi children aur parents agar un ke children, bache chalein jaye to wo maa baap kabhi nahi bhulte aur jo bachey hain wo apne parents ko nahi bhooltay.. To i would say ke kuch bhe, there are some people jo bhool jatay hain lekin kuch aesay hotay hain Jo in ke dil me hamesha zinda rehtay hain, hamesha yaad rakhty hain” (Participant 03,Response 112)</p>

	<p>“Relatives bhe hon even jo bhen bhai bhe hain theek hai dil se aap ke sincere hotay hain lekin jo level parents ka hai wo kabhi bhe nahi ho sakta” (Participant 03,Response 115)</p>
Denial	<p>“Umm denial mere khiyaal mein 4-5 maheenay thak. Abhi bhi sometimes, this happened I think a month ago I was asleep and I woke up and like I was like dreaming about my mom and that my mom was in my dream and I , I had some achievement and then I woke up and I am like ohh I am gonna call my mom and I like I picked up my phone and I am like dialing her number and all of a sudden I realized ke it’s been 5 years , your mom has passed away” (Participant 04,Response 27)</p> <p>“Bahut mushkil tha meray liyay shuru me. Pehle aik do haftay to mujhe tha k jab un ke dead body samn aye the to mujhey tha ke ye abhi zinda hain aur ab aesay so rahi hain. Aur meine apne family walo ko kehna shuru kar diya tha ke aap in ko dafn na karein,abhi ye theek ho jayen ge,uth jayen ge,aap ko nahi pata ke ye abhi sirf so rahi hain” (Participant 03,Response 4)</p>
Relationship with Father	<p>“Our father is never gonna change , he is this way , he will stay this way” (Participant 04,Response 82)</p> <p>“Now I wouldn’t call my dad on my own mera dil nahi krta buhat baar. Aur even if hell call tho</p>

	<p>sometimes im like oh shit ye in se kia baat krun mein, phir , kyun ke jin logo ke saath phir traumatic memories may be jin logo ke saath hoti hain , u just don't uhh want to face them”</p> <p>(Participant 04,Response 85)</p>
Family Dynamic	<p>“Aur us ke aik saal baad my baba remarried wo bhi adjustment phase abhi thak hee chal raha he and it was difficult and is difficult” (Participant 04,Response 15)</p> <p>“Because jahan pe mere father, when he remarried, I say this to my father as well I feel like ke I lost my mother but when my father remarried I automatically lost my father too.”</p> <p>(Participant 04,Response 43)</p>

Table 3.2

Major themes

MAJOR THEMES	INITIAL THEMES
Connection & Bonds	<p>Relationship with relatives</p> <p>Relationship with Father</p> <p>Relationship with God</p> <p>Parent child relationship</p>
New developments	<p>Family dynamic</p> <p>Responsibilities</p> <p>Changes in Personality</p>
Unpleasantness	<p>Challenges</p> <p>Broken family</p> <p>Triggering events</p>

Aid and tolerance	Emotional support Coping

Relationship with relatives.

Relationships with relatives wasn't good for participant 01 as the participant can be reported saying "Aik tho mere taya wagera, joint family system he na tho unke saath pehle hee nahi banti thi tho boltay nahi hain jo neechay rehte hain , har cheez mein interfere krtay hain na , mtlb driver ko nikaal dya". With participant 02 the relationship with the relatives changed after death of the mother as the participant can be reported saying "Tho jab meri mother ki death hui tho humy phir wahan se move krna parha because he wanted us ke ab hum chalay Jaye", there was also a feeling of betrayal as the participant can be reported saying "Kyun ke apnay pura bachpan guzara he. Yeah obviously aik apnay pura bachpan guzara he. sari zindagi wahan guzari he aur phir mother ki death ke baad apko aik dam keh Rahay he ke aap bus yahan se chalay Jaye".

Relationship with Father

After the death of the mother it is the responsibility of the father to be there for the children espically emotionally but that wasn't the case for participant 04 and her relationship with her father changed as she was reported saying "Now I wouldn't call my dad on my own mera dil nahi krta buhat baar. Aur even if hell call tho sometimes im like oh shit ye in se kia baat krun mein, phir , kyun ke jin logo ke saath phir traumatic memories may be jin logo ke saath hoti hain , u just don't uhh want to face them" She also felt like her father was the way he was and wont change and had accepted it as she was reported saying "Our father is never gonna change , he is this way , he will stay this way"

Relationship with God

Relationship of God involved the participant feeling why this happened with her and asking God why he did that to her as she was reported saying "Kyun ke mein, when my mother passed away tho mene Allah Thallah se, jis moment pe meri mother ki death hui tho mene, mene us moment pe socha ke Allah Thallah apko tho pata he ke mein tho , mujhe tho ye bhi nahi pata ke mere

kapray kahan paray hain.” She also expressed that she knows there’s a reason for everything but she couldn’t understand the reason behind such tragedy and how it is good for her as she was reported saying “Allah thallah kehtay Hain ke behteri he mujhe Nahi samaj ata , mujhe Nahi pata ke Kia behteri he. Har aik moment pe apko, Allah thallah ne ye itna, buhat like I don't know ye buhat annoying sa he ye sab , ye relationship”.

Parent child relationship

Participant four expressed that the parent child relationship is like no other and no one can be as genuine as they are as she was reported saying “Ye ho ga ke, bhooltay nahi children aur parents agar un ke children, bache chalein jaye to wo maa baap kabhi nahi bhulte aur jo bachey hain wo apne parents ko nahi bhooltay.. To i would say ke kuch bhe, there are some people jo bhool jatay hain lekin kuch aesay hotay hain Jo in ke dil me hamesha zinda rehtay hain, hamesha yaad rakhty hain”. She was also reported saying “Relatives bhe hon even jo bhen bhai bhe hain theek hai dil se aap ke sincere hotay hain lekin jo level parents ka hai wo kabhi bhe nahi ho sakta.”

Family Dynamic

Family Dynamic for participant four after death of mother changed drastically as she was reported saying “Aur us ke aik saal baad my baba remarried wo bhi adjustment phase abhi thak hee chal raha he and it was difficult and is difficult. She also reported feeling changes as a result of a change in the family dynamic as she said “Because jahan pe mere father, when he remarried, I say this to my father as well I feel like ke I lost my mother but when my father remarried I automatically lost my father too.”

Responsibilities

There was an increase in responsibilities for every participant. As participant one was reported saying “ Phir 1-2:30 pick krke us ko ghar ley ke jaun us ko drop krte wi jaun . Phir 1-2:30 akay is ko pick kro, us ko pick krke phir ghar” She also was responsible for household activities as she was reported saying “Wednesday ki subha mein grocery kr ke ayi, mene na assemble krnya , jese ke samosay ke lye aloo wagara. Baki sab kuch tho mene ready made lya”. Participant two also felt like there was an increase in responsibilities as she was reported saying “Obviously responsibilities mein change Aya because uhh jab aap obviously jab mother Hoti he tho bachay

kitnay bhi baray hon, sari responsibilities wo aik maan ki Hoti he”. She also felt like she had to do everything by herself after the death of her mother as she was reported saying “Tho jab wo Nahi Hoti tho phir apko responsibilities khud leni parhti Hain. Apni cheezay khud dekhni prhti Hain. Apnay decisions apni har cheez khud leni parhti he , so yeah responsibilities mein tho buhat change aya” she further expressed feeling like there was no guidance as she was reported saying “Aik tho ye buhat Bari Hoti he na ke humy guidance mil rahi hoti he, humy achay buray se rokh rahi hoti Hain , ye na kro , isay salam krlo usay na kro”. Participant three was the youngest so she didn’t feel as if she had to take care of her siblings but since her siblings had moved out and started their own independent lives and she lived abroad she felt like she had to take care of her father when visiting as she was reported saying “Yes, is tarah mujhey abhi bhe lagta hai abhi bhe meine, jab me pakistan ayi hun to meri koshish hoti hai ke me sehri me kuch khana banaon aur aftaari me bhe koi sabzi wagera kuch aesa cooking ke taraf mei aon apna baba ke lyay kyun ke hygienic food, mei un ka bhe khiyal rakhun aur mujhey apni limitations pata hon ke meine kya kaam karna hai aur kya nahi karna mein kis kis time apne ghar se bahir nikalna hai aur kab jaana hai, university kaab jana hai apne classes ke lyay kab ana jaana hai aur kis se kya baat karni hai.. Ye cheez mujhey, meri aesi jesay meri ye responsibility hai ke mujhey ye sab kuch seekhna chahiye khas tor par cooking aur etiquettes jo bhe general life ke hotay hain”. Participant four was the eldest and had a lot of responsibilities which she often felt took a toll on her as she was reported saying “Yes I feel like , sometimes I get really exhausted aur mein apnay baro se kehti bhi hun ke don’t you feel like ke it’s unfair , mere end pe, mere saath unfair bhi he aik tarah se like , I am willing to take all of the responsibilities likan sometimes it goes over the edge , ke koi behave well nahi kr raha tho that’s my fault maybe but they don’t realize ke I am not their mom, I equally lost my mom as well”

Changes in Personality

After death of a mother an individual is bound to go through changes in personality whether those are good or bad changes. Participant four felt as if she changed as she was reported saying “I feel like ive become like a people pleaser”.“To is tarah.. Sab experience ne artistic side aur philosophical side kafi had tak unlock karde hai” “so pehle to meray anger issues bahut ziada hotay they mei bahut chaotic bahut talkative hoti thee ab last time when i met home and i met my

friend and my friends mom and all of them so they think you know you've become really calm you've become a bit quiet, you've become a bit mature”

Challenges

There were many challenges faced by the individuals after losing their mother. Participant one found it difficult to go to her mothers room “Unn ke kamre tak toh mey jaati hee nahi hon abhi bhi unn ki jaga pe nahi so sakti”. She also expressed wanting her mother to come to her one last time as she was reported saying “Attachment thi ke kahin na kahin se wo ajayein, mil jayein, hug kar lein ya last tim baat kar lein”. Participant two also expressed the challenges she faced which included sometimes this wave of emotions rushing in as she was reported saying “I was happy mein apni dost ke Saath thi mein hangout kr ke jab Ghar ayi hun. Idk kese out of nowhere wo aik cheez mujhe aisay bus lagi he and I started crying and crying tho wo bus aisay Nahi hota ke aap behto , kahin dafa buhat ziada Yaad ati Hain aur aap Nahi rotay ho. Kahin dafa aap ko choti choti cheez , build up hota rehta he apkay mind mein mein aur wo choti si baat pe Nikal jata he kabhi”. Participant three also expressed feeling her mothers absence as she was reported saying “Jis tarah se agar mei un ke mother ke janay ke baad me pehle dafa jab bemar hui, temperature hua, bukhara hua bahut tez to mera sar meri sari body me bahut takleef the to mujhey is cheez par rona nahi a raha tha ke me bemar hun aur mujhey bahut ziada pain hai mujhey un ko, mujhey yaad kar ke me bahut ro rahi the ke agar wo hotin to wo meray lyay kya kya kartin”. Participant four admitted to it being challenging as she was reported saying ““So after her death it was very challenging and but then again I feel like aghr ye sab challenges na hoye hotay , ye kuch na hua hota so I wouldn't have been the person that I am today and it had a positive impact on me, buhat bura time tha, buhat negative time tha.... aik saal jo tha wo buhat mushkil tha because we were just abandoned koi bhi bara nahi hota tha, baba used to go to office, I was the elder person tho like I was the eldest one aur phir mere theen chotay siblings hain so I couldn't analyze chal kia he and they were like, house helpers hotay thay and they were very exploiting tho mushkil tha”.

Broken Family

A feeling of being incomplete without mother was expressed by participants. As participant one was reported saying “Mere khiyaal se apki family thoot jati he” and “aurat jo he na wo ghar ko dekhrahi hoti he aur jhor ke rakh rahi hoti he tho wo toot jati he puri ki puri” Ghar mein ronak hee nahi hoti he , ama thi tho ronak hee unsay hoti thi. Participant two shared the same sentiments as she was reported saying “Family is nothing without mother. Family nahi rehti wo,wo phir har banday ka hojata he , kyun ke maa hee ikhata kar ke rakhti he sab ko”. “Scattered ho Jatay ho”.

Triggering events

There were many instances for participants where they were triggered and deeply felt the absence of their mother. For Participant two her birthday was such an event as she was reported saying “Chotay chotay events hotay Hain ke jab mera birthday hota he , aksar wo meri birthday ke lye buhat excited hoti thi. I usually don't celebrate my birthday tho wo unko hota tha ke ye Nahi krti tho is ke lye koi chota mota surprise plan krlo. Is Tarah se. Tho wo hamesha meri birthday ke lye bara excited hoti thi”. Participant three shared a triggering event as she was reported saying “To aik Qawali the, Qawali ya is tarah ke jo nights hoti hain, musical nights, sufi, to me jab is me jati hun.Mei last Saturday ko bhe bheti hui the, wo mujhey itna wo music sun kar wo Sara kuch mahol dekh kar lighting aur Sara enjoyment sab kar rahe the wo dekh kar wo mujey itni yaad ayen ke meray ansu a gaye, ruke nahi aur mei waha se uth kar, meray se nahi bheta gaya.. Kyun ke is tarah ke events par wo mujhey bahut yaad ati hain”.Participant four shared that events which were related to the casue of her mothers death were really triggering as she was reported saying “what triggers me or triggers my trauma is tho jab breast cancer awareness horahay hotay he na , I would always want to give my part in , mein apnay koi savings dey dhun gi ya mein bata dhun gi ke kitna important he but ill never be a part of the campaign, mein kabhi bhi ja kay wo ribbons distribute nahi kr sakti””

Emotional Support

Participants shared the emotional support they got whether that was enough or not. Participant two was reported saying “They were there for me because jis tarah ki support mujhe us waqt apni family ki puri, puri family mein se aghr mujhe uh kisi se umeed nahi thi , ya mujhe tha ke

wo nahi , because umm they were also, they are very close to their mother tho mujhe un se nahi tha, unko like kia wo mere baray mein itna emphathetic feel kray ge aur unko kia pata chalay ga but they were very very supportive towards me aur dusra ye ke unho ne jis tarah mujhe aur meri family ko sambhala tha aur aaj bhi mein wo cheez yaad krta hun na tho mere dil se duay nikalti hain” Participant three was reported saying “Therapy ke liye to me apne sab se ziada mei apne meray mamu hain, meri mother ke bhai hai aur aik chotay hain to mei un ke saath bheth jati thee aur ham quran aur us tarah tafseer suntay thei. Second my father meray baba he helped me bahut ziada, my teachers, mei meri friends mujhey le ke jati theen ke tum chalo thora sa grooming karlye, facials is tarah ke na salons me na, mujhey Riley salon le gaye hain” Participant four was reported saying “mere surroundings, meri friends , mere teachers ne mujhe ziada guide kia , help kia”, “okay my friends were really supportive. Initially when my mom passed away and my friends are really nice and I always tell them ke aghr wo na hotay na tho mein us mental, us mein se bahir hee na ati”. “Family members mein se I would say my khala and my younger mamu maybe were supportive”

Coping

With regards to coping participant one shared using strategies to not remember the death as she was reported saying “Meri memory mene bataya na buhat strong thi , mujhe slow down krni pari , mujhe na apni memory ko slow down krna parha, cheezo ko khud bhulna para, kabhi kabhi mene medicines ki bhi help li ki mein ye cheez bhul jaun”. Participant two shared that feeling like her mother is with her was helpful as she was reported saying “Because I feel ke uhh ma Nahi jati , she's with me tho thing you know this thing helped me a lot”. Participant three was reported saying “Yes, I started reading Quran aur meine quran ko samjhana bhe shuru kardiya aur kafi jagon par jab mujhey , mei ye parti the, reading various ayat ke allah jo hai wo after a person dies allah un ke dubara rooh daalen gay. Everyone will die one day us ke baad phir un ke jo souls hain wo wapis un ke bodies me jayen ge aur wo qabro se uth kar zinda ho gein. To ye mujhey bahut ziada support aur hosla deti theen”. Participant four shared that recalling negative things about her mother helped her cope initially as she was reported saying “Us jo cheez apnay lose kr deti hoti he aap us ke negatives dekhna shuru kr dete hain and pehle tho mein move on bilkul bhi nahi kar payi thi , phir beech mein mein sochna shuru hogyi , acha koi baat nahi wo buhat dhaanti thi, wo har waqt larti thi aur ye wo and like okay bus is liye shayd chali gayi. With

the passage of time I started growing up and then I realized ke dunya mein buhat se log hain jin ke saath kuch na kuch hota he” She also shared how religion helped her cope as she said “So us tarah se I , us tarah se when I came closer to religion na then dil ko sakun aur hoslna milna shuru hogaya ke acha Allah Thallah ne a:i ley li na tho zarur Allah Thallah ne aghay kuch behter dena hoga. Behtreen dena hoga”

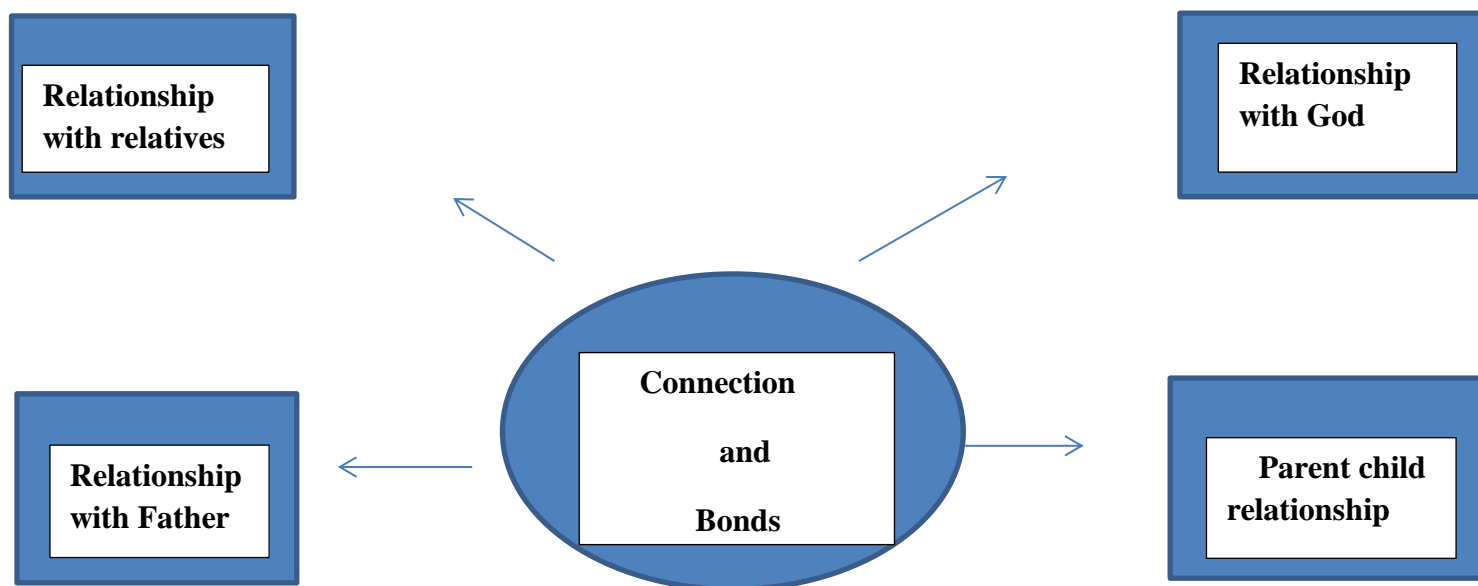


Figure 3.1 Connection and Bonds

Major themes were connection and bonds which included relationship with relatives whether that was an improvement in relationship or a decline. Relationship with father meant how the relationship with the surviving parent was after death of the mother. Relationship with God meant individuals feelings regarding going through such an event and asking God why they had to go through such an event. Parent child relationship emphasized on the importance of such a bond.

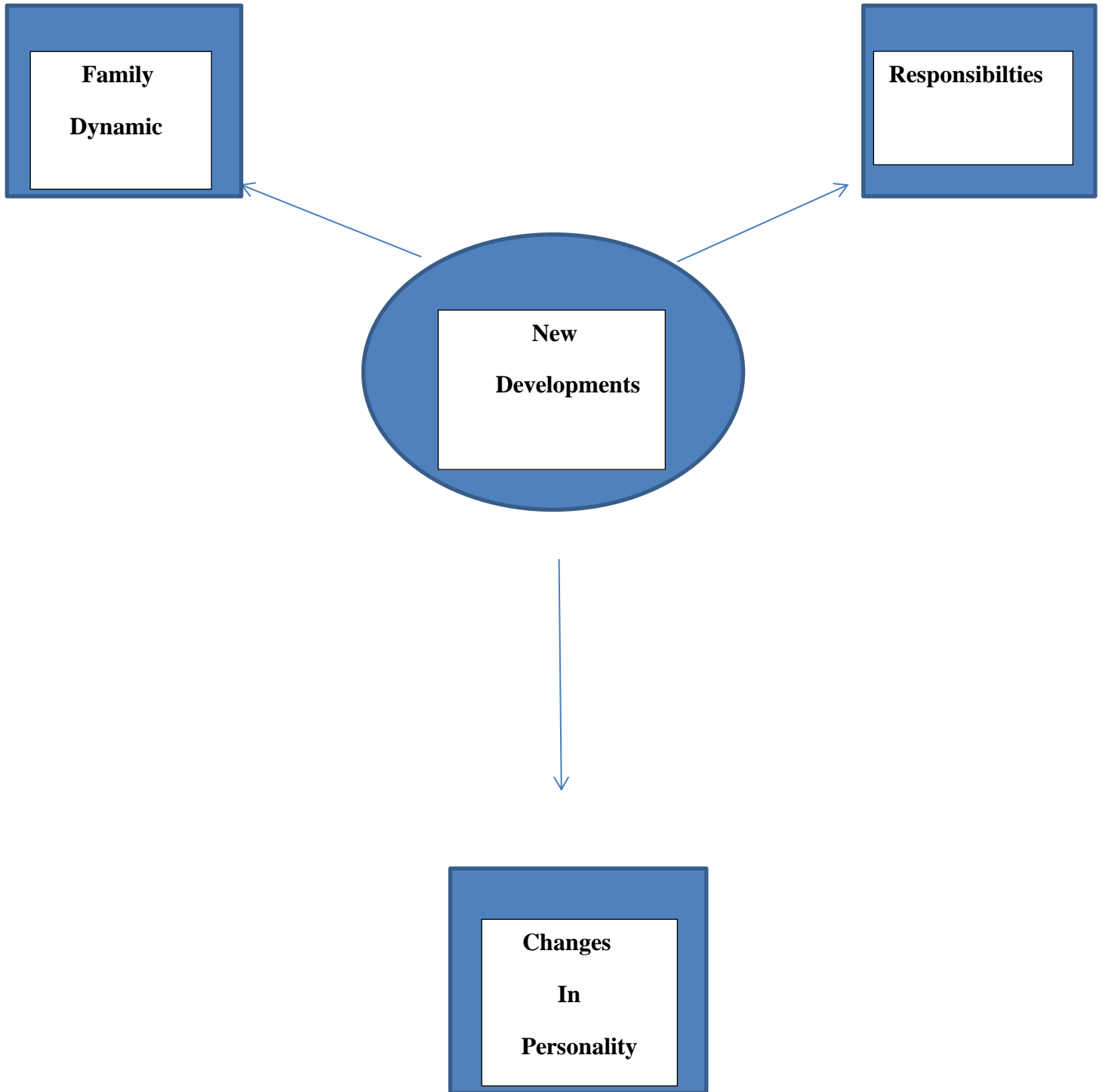


Figure 3.2 New Developments

New developments included family dynamic, changes in personality and responsibilities. New developments meant how family members operated and interacted with each other after the death of the mother. Changes in personality meant what new traits and characteristics the participants saw in themselves after the death. Responsibilities meant an increase in responsibilities of the house which could be seen as taking care of the younger siblings or the father

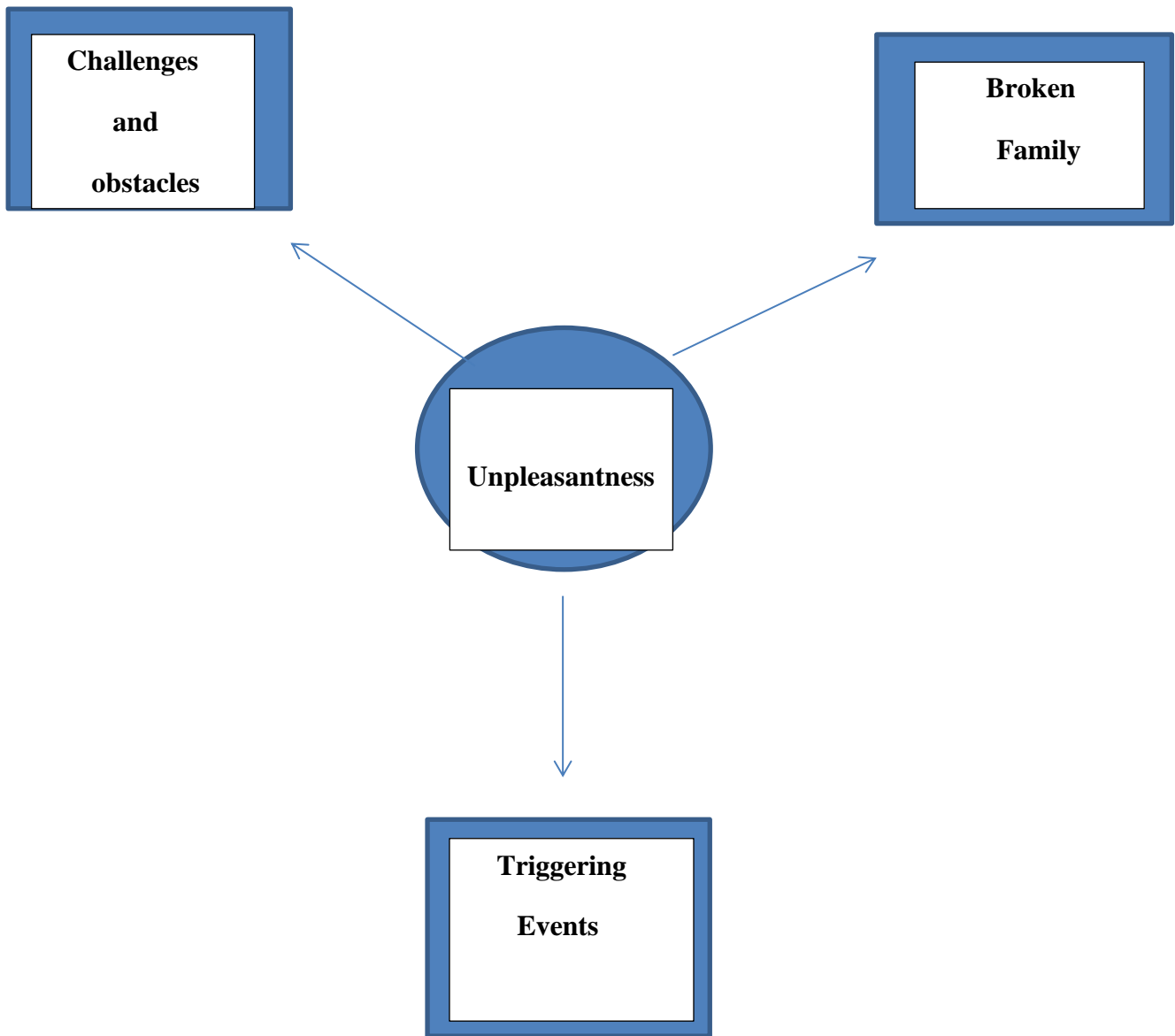


Figure 3.3 Unpleasantness

Unpleasantness included challenging events, triggering events and broken family. Challenges and obstacles included situations that one found it difficult to deal with. Triggering events included events that would remind the participants of their mother and broken family meant feeling like the family is not complete without the mother.

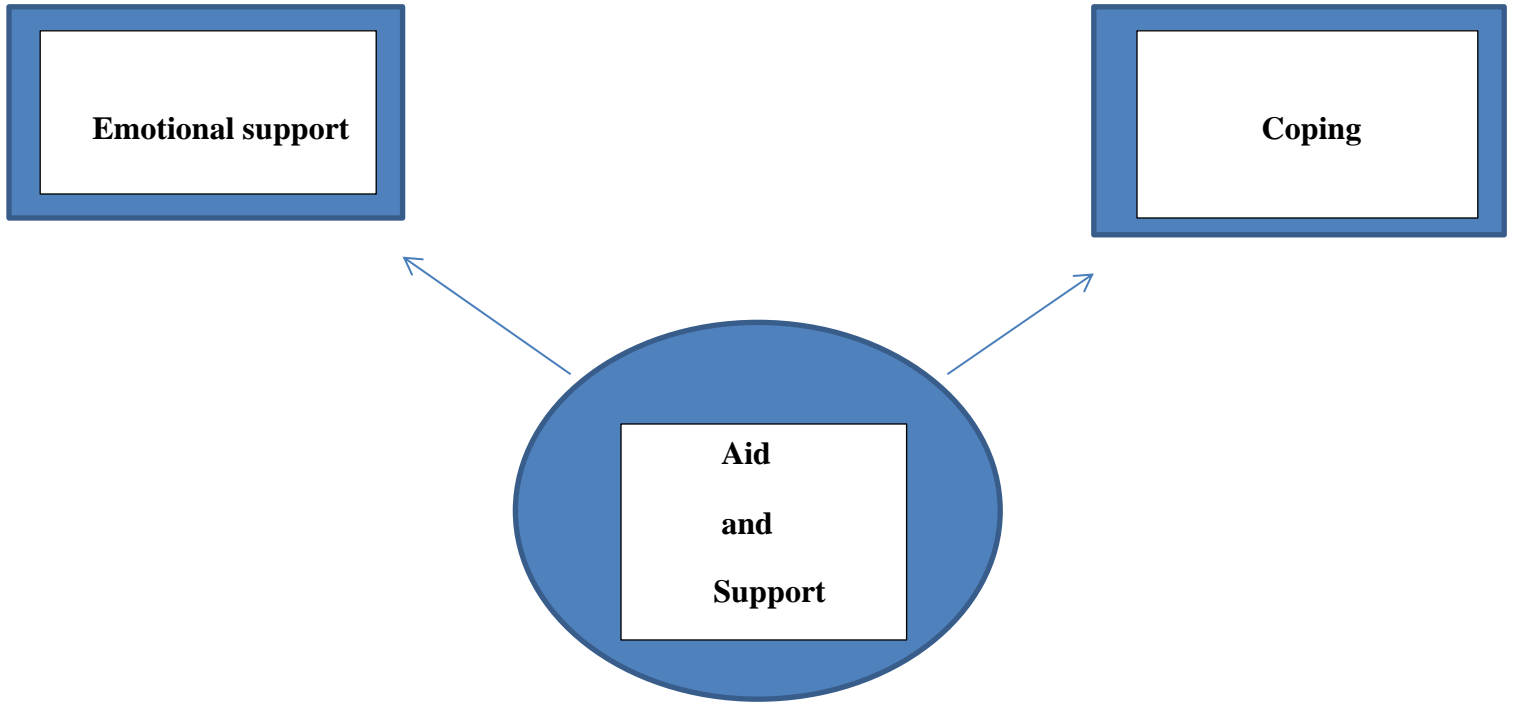


Figure 3.4 Aid and Support

Emotional support included support from family members, relatives, friends, teachers and coping meant finding whatever helped in dealing with the death such as seeking God, having a mindset that this is a part of life.

Interpretation

There are many initial themes that emerged from these interviews i.e. Challenges responsibilities, emotional support etc. For participant no 1 the initial themes that emerged were , present stage, coping, relationship with relatives , belongings ,coping , initial challenges and obstacles . Present stage was not ideal as reported by participant, relatives interefered in matters, most of the belongings had been given away, inital challenges included being in denial, a sudden change, increase in responsibilities etc.

For participant two the themes that emerged were challenges, responsibility, coping, broken family, complain from people, over bearing feelings, relationship with god, relationship with relatives, gifts and belongings , triggering events . As reported by participant 02 the initial challeneges were being in denial, feeling absence of her mother. Coping by participant 02 was learning to live with the pain and feeling as if her mother is with her. Broken family included the feelings that the family doesn't stay the same after passing of the mother. Being tired of hearing people say to be patient was a major feeling expressing in complain from people. Overbearing feelings included feeling like she could not deal with the pain anymore. Relationship with God included questioning why she had to go through such an event. Gifts and Belongings included a pen that the participant kept which was gifted by the mother.Triggering events included events such as eid or any other events which would remind her of her mother.

For participant 3 the themes that emerged were denial, support, challenges, belongingness and gifts , present stage, responsibilities and parent child relationship. Denial was shown as the participant first thought that the death didn't occur. Support was given from teachers and friends. Challenges meant finding it very difficult to deal with everything. Belongings included a wallet gifted by the mother. Present stage included acknowledging that progress had been made. Responsibilities included taking care of the father at times and being responsible.

For participant 4 the themes that emerged were challenges, support, denial, changes in personality, relationship with father, family dynamic, fears, triggring events, coping and gifts and belongings. Challenges included feeling like a mother is a mediator who is now gone. Relationship with father included the relationship being a little difficult and family dynamic included the father remarrying, family, relatives. Fears included being fearful of losing people. Triggering events included events with friends or in university that would remind the participant

of her mother. Coping included growing up. Gifts and Belongingness included a letter of the participants mother and her bracelet.

Major themes were connection and bonds which included relationship with relatives, relationship with father, relationship with God, parent child relationship. New developments included family dynamic, changes in personality and responsibilities , Unpleasantness included overbearing feelings , triggering events and broken family and aid and tolerance included emotional support and coping.

Chapter 04

Discussion

We know that losing a parent is very hard on an individual and we can see that a loss of a parent presents a lot of challenges for the individual. Article one also mentions that loss of a parent results in a variety of behavioral and emotional challenges such as insomnia, poor function at home and at school. This can be seen in the participants from the study as well as participant one was reported saying “Unn ke kamre tak toh mey jaati hee nahi hon abhi bhi unn ki jaga pe nahi so sakti” and “ Shuru shuru mein tho baat bhi nahi karti thi mukhe khof ata tha aur mein kehti thi thi ke trigger ho jaye ga, trigger ho jaye ga” these challenges were also seen in other participants as participant two was reported saying “ Nothing gives strength, to be honest kuch bhi strength nahi deti bus tusali he aap apnay aapko kuch bhi keh key dey do”. Article two also mentions that bereavement was linked to a higher prevalence of depression, post-traumatic stress disorder and functional impairment.

Literature also demonstrates the importance of support on the individuals emotional state and it is seen in the study as well as one participant was quoted saying “aik waqt ka khana bhi nahi poocha kisi ne , meray nano ke ghar se ata tha 9 months , warna kisi ne aik waqt ka khana bhi nahi poocha, ke khana kaya”. Other participants also mentioned how their teachers and friends helped them out and gave them emotional support and if not for them then they wouldn't have been able to make any progress as one participant was reported saying “mere surroundings, meri friends , mere teachers ne mujhe ziada guide kia , help kia “ and another participant was reported saying “Therapy ke lyay to me apne sab se ziada mei apne meray mamu hain, meri mother ke bhai hai aur aik chotay hain to mei un ke saath bheth jati thee aur ham quran aur us tarah tafseer suntay thei. Second my father meray baba he helped me bahut ziada, my teachers, mei meri friends mujhey le ke jati theen ke tum chalo thora sa grooming karlya, facials is tarah ke na salons me na, mujhey Riley salon le gaye hain”.Literature also demonstrates internalizing emotions which is seen in our study as well as one participant reported not crying at her mother's death and internalizing her emotions

Literature also mentions the coping mechanisms used by individuals which is also mentioned in the study but the coping methods and mechanisms were different. In the study the

coping was done through seeking God and learning to adjust with the loss overtime as one participant was reported saying “Aap phir us situation ke Saath rehna seekh Lete ho. Aap you know Roz girthay ho Roz uththay ho. Wo wala situation he ye. Tho aisa Nahi he ke aap move on krtay ho. Likan ye he ke phir Allah thalah insan ko phir aik circle he , insaan us ke sath seekh jata he rehna , cheezay kr lete he likan ab move on jese keh dena , completely wo Nahi krsakta” and another participant was reported saying “Yes, I started reading Quran aur meine quran ko samjhana bhe shuru kardiya aur kafi jagon par jab mujhey , mei ye parti the, reading various ayat ke allah jo hai wo after a person dies allah un ke dubara rooh daalen gay. Everyone will die one day us ke baad phir un ke jo souls hain wo wapis un ke bodies me jayen ge aur wo qabro se uth kar zinda ho gein. To ye mujhey bahut ziada support aur hosla deti theen”

Now the given literature mentions how individuals suffer from depression after losing a parent which is not discussed in the research.

The research has also showed how loss of a mother can lead to increase in responsibilities which are not mentioned in the literature as one participant was quoted say “Wednesday ki subha mein grocery kr ke ayi, mene na assemble kr dya , jese ke samosay ke lye aloo wagera.” as preparation for lunch and dinner was something that was previously the responsibility of the mother. The research also mentions how a personality of the individual changes which is not mentioned in the research, one participant was quoted saying “Pehle mujhe gusa nahi ata tha bilkul bhi , phir mltb buhat sari cheezay change hogyi hain, mtlb mein as a whole change hogyi hun”.

Another thing not mentioned in the literature was the present stage of the individuals and how they reported to be feeling at that stage as one participant was reported saying “Healthy place mein tho bilkul bhi nahi, jo envoinment wagera ban jata he na, tho health place mein tho nahi keh saktay” and another participant was reported saying “Umm is tarah se abhi me keh nahi sakti ke me dubara se is tarah normal hun, behtri ke taraf a rahi hun, to abhi mujhey personally aesa nahi lagta ke abhi itni stable hun ke.. Itni normal nahi hun ke jitna un ke honay se the.. Abhi wo stage nahi aye”

Keeping gifts and belongings of the deceased was also not mentioned in the literature. Participants from the study kept something of their mother to feel connected with their mother whether that was a gift or a belonging as one participant was reported saying “Un ka aik set he jo unho ne mujhe dey dya tha pehle hee” another participant was reported saying “yeah uhh Mera jab mdcat Ka result Aya tha tho she gave me a ring unho ne mujhe aik ring Di thi , Jo over sized thi tho tab Mene unhay Kaha tha ke ye mujhe Nahi chahye , ye Sahi nahi banwa ke Di tho aap isko Rakh le but now that ring is so close to me” , “To unho ne mujhey wallet diya tha.. I still have it” and “So i have.. So meri ammi ke bahut saaray new suits they jo unho ne pehne bhe nahi hoye they but then obviously moms ka sense of dressing aleda hota hai aur daughters ka aleda hota hai.. Kuch kaprey meine un ke rakh lyay”

Triggering events were also not mentioned in the literature. There were many events that made the participants deeply feel the absence of their mother as one participant was reported saying “Yeah trigger Krti he jab dusray log uhh apni mama ki baat Kar Rahay hotay hain. Us time tho nhi feel krwatay Kisi ko ke yaar feel horaha he humy bura lag Raha he likan aisay Nahi hota” another participant was reported saying “Ramadan aur Eid wagera par tho you know apko aik second bhi Nahi bhulta he. Ye events aisay hotay Hain like aap Ka Dil krta he ke bus kahi se ley aao”?

Feeling like a broken family was a feeling shared by participants which was not discussed in the literature. One participant was reported saying ““Mere khiyaal se apki family thoot jati he” “Aurat jo he na wo ghar ko dekhrabi hoti he aur jhor ke rakh rahi hoti he tho wo toot jati he puri ki puri”.Ghar mein ronak hee nahi hoti he , ama thi tho ronak hee unsay hoti thi”.Another participant was reported saying “Family is nothing without mother. Family nahi rehti wo. Wo phir har banday ka hojata he , kyun ke maa hee ikhata Kar ke rakhti he sab ko”.“Scattered ho Jatay ho”.

The common thing between all the participants is that they all were females.. All the participants reported having triggering events where the absence of the mother was felt tremendously. All participants shared that they would like to achieve a healthier emotional state but some progress had been made. All participants reported that relationships with relatives after the death had changed to some extent. Learning to live with the loss and not moving on is a feeling that was communicated by all participants. Initial denial was seen in all participants as

one participant told her family members to not move the body because she felt as if there was a chance her mother would regain consciousness while for other participants when the death occurred they were in a state of denial but reality soon set in. All participants had a gift from their mother or a belonging of their mother that they now really cherish. Increase in responsibilities was seen in all participants as one participant was reported saying “Obviously responsibilities mein change Aya because uhh jab aap obviously jab mother Hoti he tho bachay kitnay bhi baray hon, sari responsibilities wo aik maan ki hoti he”

One thing that was only seen in a single participant was that the father had remarried while fathers of other participants didn't remarry. For the same participant the mother had been diagnosed with breast cancer and so the participant was mentally prepared for an unfortunate outcome while three of the participants reported that the loss of their mother was totally unexpected as the mother wasn't going through any serious sickness or disease. For one participant the father was not very supportive and emotionally available while the rest of the participants reported having emotionally present fathers

Some things that were common among some participants were that two of the participants found it very difficult to share and express their emotions with other people as they had to relive the traumatic event while the other two participants didn't report having such difficulties but the experience was challenging nonetheless. Two of the participants had some relatives that provided support while the rest of the individuals reported that relatives didn't play a big role. Two of the individuals were the eldest while two were the youngest in the family.

The new themes that emerged in this research and were not found in the literature were fears, responsibilities, broken family. One individual felt as if she had become fearful of forming relationships with people and individuals felt as if there had been an increase in responsibilities and that their family was broken as one participant was quoted saying “Aurat jo he na wo ghar ko dekhrhi hoti he aur jhor ke rakh rahi hoti he tho wo toot jati he puri ki puri”

Some strengths of this study are that all participants were close in age. They all had similar backgrounds and all of them were close with their mother so we can say that the emotional challenges they faced were due to the fact that they were very close with their mother. One weakness of this study is that all participants were females and the study was unable to

gather any information about male experiences. In addition, although the other individuals experienced abrupt and unexpected deaths, one participant who appeared to be doing somewhat better didn't because her mother was diagnosed with breast cancer so the degree of shock was less.

The study focuses on the various challenges that individuals face when they lose a parent, such as insomnia, poor functioning at home and school, post-traumatic stress disorder, and functional impairment. It also emphasizes the importance of emotional support from friends, relatives, and teachers to help individuals cope with the loss of a parent. The study identifies several coping mechanisms used by individuals to deal with the loss of a parent, including seeking God and adjusting to the loss over time. Additionally, the study highlights new themes that emerged, such as fears, responsibilities, and a broken family.

Clinical implication

The study has important clinical implications. It can be helpful for policymakers and healthcare professionals to develop appropriate interventions and support systems for individuals who have lost a parent, particularly mothers. It underscores the need for emotional support and counseling services for those who have lost a parent.

Research implications

Since there were no male participants in this study, both genders can be taken into account in future research. The future studies can include issues from this study, like fears, responsibilities, and broken families in other research. These themes, which were absent from the body of previous research, can open up new directions for research.

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Appendix- A
Consent form of participants

Consent Form

Research Title: Exploring the lived experiences of young adults after death of mother.

Researcher: Iman Shafique

Supervisor: Sonia Naeem

Please review the following statements.

1. I acknowledge that I have read and comprehended the provided information sheet.
2. I acknowledge that I was given the opportunity to be informed about the research and ask questions to clarify any doubts.
3. I am aware about the aim, duration, and nature of research.
4. I choose to participant in the research by my own free will.
5. I am aware that I can quit the research at any point of the research.
6. I am prepared to take part in the study.

Initials of the Participant_____ Date_____ Signature_____

Name of the Researcher_____ Date_____ Signature_____

Appendix – B
Information Sheet

Information Sheet

My name is Iman Shafique, and I am a Psychology student pursuing a Bachelor's degree at the Department of Applied Psychology in Kinnaird College for Women, Lahore. I would like to invite you to participate in my research. Before making a decision, it is important for you to understand the purpose and potential benefits of the study. Please read the following information attentively.

Aim of the Research

The purpose of this research is to understand the lived experiences of young adults after death of mother.

What are you required to do?

If you decide to take part in this research, you will be requested to sign a consent form. Following that, you will be invited to engage in a semi-structured interview to discuss your experiences. The interviews will be audio recorded, The interview can be 30 to 120 minutes and you may be requested for another interview if more information is needed regarding your experiences.

How will your responses be used?

The responses will be audio recorded and will only be used for academic purpose. Everything will be kept confidential.

Your Rights

Your involvement in this study is entirely voluntary, and you have the freedom to withdraw at any point. If you have any questions about the research or wish to clarify any doubts, please do not hesitate to ask.

Complaints

In case of any complaints or queries, you may contact:

0330300337

imanshafique77@gmail.com

Thank you for your cooperation

Appendix- C
Transcript

Participant 01

Q: Pehle mein start krun gi question ye he ke , how did your mother pass away?

A: Umm it was very sudden na matlab, mix hee bolna he na urdu ya English mein?

Q: Haan.

A: It was very sudden ke mtlab , humy tho pata hee nahi tha na ke wo so rahi thi raat ko.

Q: Acha.

A: Mtlb raat ko nahi subha , eid ka fifth day tha , bari eid ka tho chutiya wagera thi , fun wagera raat ko hota tha , aur wo raat ko soyi hain, subha balkay, raat ko soyi hain beech mein uthi hain, mtlb wo hamaray kamray ka round wagera dekha, jaldi sogayi thi, pehle khana wagera khaya sab ne aur ye wo wagera. Phir jo he na subha nashta kya 7-8 baje. Phir unho ne kaha ke mujhe koi disturb na karay mein sonay ja rahi hun, wese wo medicines leti thi.

Q: Acha.

A: Uhh dimag ke lye.

Q: Theek he theek he.

A: Tho wo late hee uthi thi aik ya do baje, hum bhi dayi se theen un ke room mein hee nahi gaye tho hum ne ja ke dekha wo ulti hee soyi wi hain. Hum ne wese chakr chukr lagaye likan un ko uthaya nahi.

Q: Theek he.

A: Tho wo ulti hee leti wit hi tho ab position aik thi ghante se tho hum bhi curious hoye , aur baba ka first day tha , working days shuru hogaye thay.

Q: Acha theek he.

A: Office janay ka, aur us din wo jaldi chalay gaye thay.

Q: Theek he.

A: Wese wo jatay hain 12 bajay , us din wo 10:30-11 chalay gaye thay, un ki death 11:30- 12 ke darmyaan mein hoyi thi,tho phir un ka weight bhi zyada tha 100 plus, tho hum , mein tho gayi hee nahi aur pata nahi kya us waqt dimag mein aya ke mene apni behno se poocha ke ja kay dekho unko saans araha he ke nahi , unho ne kaha mehsoos nahi horaha , tho meri sab se choti wali uhhh behn ki teacher ati thi parhanay. Tuition teacher. Tho unho ne , wo physiotherapist thi, tho mtlb ye cheezay blood pressure wagera.

Q: Hmmm.

A: Is tarah ki cheezay krleti thi. Wo aur meri behnay gayi aur unho ne bataya tho aik ankh khuli thi aur aik ankh band thi tho wo expire ho chuki thi. Tho mtlb buhat hee sudden thi soch mein hee nahi tha.

Q: Mtlb unexpected hee na.

A: Buhat ziada unexpected mtlb tab tho ye bhi nahi pata tha ke death bhi koi cheez hoti he.

Q: Haan wohi na mtlb wo jese kaha unexpected he. Banda kahay ga haan so rahi hain mtlb is tarah

A: Haan so rahi hain

Q: Mtlb aap ke mind mein ye nahi aye ga.

A: Dhur dhur thak dimag mein nahi ke aisa hojaye ga wo tho baad mein humny saray connections nikalay na ke humy araha tha signal.

Q: Acha.

A: Ke kuch honay wala he , wo baad mein nikla. Unko bhi khwaab atay thay humy bhi khwaab atay thay.

Q: Acha.

A: Bili roti thi akay is tarah ki cheezay.

Q: Kitna time ho chukka he

A: Two and a half years mtlb Feb mein hoyi thi.

Q: Theek he, acha mujhe ye batana ke us ke baad matlab as in obviously death hogyi he tho us ke baad life kesi thi, mtlb kese try kya kea cha move on krnay ki koshish kray , mtlb kuch therapy wagera li ya kia , mtlb kia process tha.

A: Acha therapy tho is lye nahi li kyun ke khud ko hee bara samajtay thay ke psychology pari wi he tho wohi batain us se ja ke krni hain.

Q: Haan.

A: Wohi hum ne krni hain, tho bari ye ego type cheez thi keh sakte thay is tarah ka barrier tha tho li nahi.

Q: Mujhe bhi pata he mene para wa he thora buhat tho wo hota he banday ko.

A: Likan bari help kit hi ye tho he.

Q: Acha therapy start ki thi phir?

A: As a subject psychology buhat help kya tha.

Q: Acha ye is ne kese help ki?

A: Yaar ham cheeze parte the ye as a therapy hee kam karti thike apko pata hai ye problematic behavior kiun ho raha hai lekin blunders bhi bohat saare kiye beech mey jese, attachment thi ke kahin na kahin se wo ajayein, mil jayein, hug kar lein ya last time baat kar lein and dosra khof bohat tha like ab toh death wale ghar mey challi jaati hon lekin mey kabhi jati nahi thi mujhe itna khof hota tha matlab wo chote hote hue ke wo rooh arahi hai and ye wo.

Q: Han han han.

A: Matlab ke wo alag log hain ham alag log hain toh dar ina tha ke ghar se bhagne ka dil karta tha, ghar mey rahe hee na, log hote the, lights. Matlab mey wo bandi thi jo washroom ke neeche bhi light nahi ani chahiye iss tarah andhera kar ke sona.

Q: Acha.

A: Aur lights full on hoti thi aur sab kuch matlab poore 40 days toh nano waghera cousins waghera rahe the aur baba bhi unn ke kamre tak toh mey jaati hee nahi hon abhi bhi unn ki jaga pe nahi so sakti.

Q: Acha.

A: Toh iss tarah ka dar tha toh uss ke baad jo hai aur memory meri itni tez thi itni tez thi ky mujhey na cheze flashbacks ate hote the bohat zada matlab har moment unn ke saath jo matlab ke jo bohat normal sab hi than na kea p soch bhi nahi sakte.

Q: Choti choti interactions waghera jo hoti hain.

A: Choti choti cheeze aur matlab mera time na unn ke saath hee guzarta kitchen mey bhet kar khana dekhna kse bana rahi hain aur baatein karna, bache saare matlab baqi bhene so rahi hoti thein aur mey unn ke saath zada spend karti hoti thi kiunke lockdown bhi tha last wale time unn ke saath hee aur budget manage karna kiunke bataya na un ko wese pehle hee thora sa issue tha medicines waghera leti thi toh budget manage karna aur ye saari cheze na pehle se hee shayed allah talah pehle hee plan kar dete hain aur pehle he apko uss tarah kar lete hain ke agey apko karna hee hai toh practice ho jaye.

Q: Acha toh emotional state kesi thi matlab shuru shuru ke days mey bilkul?

A: Shock.

Q: Matlab shock denial type.

A: Denial.

Q: Acha ke nahi hua aesa kuch.

A: Denial matlab ke han kidhar hain ye waqi hee hai khwaab toh nahi, zindagi mey ke khwaab hee chalta araha hai aur denial se direct uss mey aya hai apko aadat ho jaati hai iss tarah zindagi guzrne ki.

Q: Acha thek hai thek hai.

A: Acceptance nahi aati, bhool jata hai thora thora insaan lekin acceptance jab ap sochte ho na bhet keiss tarah nahi ati ke phir ye ata hai ke kia wo aese hua tha ya ab kia life hai ye do alag alag zindagian hai ye beech mey gap reh jata hai.

Q: Ye iss tarah ke absence se used to zaroor ho jayein ge lekin ap uss tarah verbally keh lo ya dil se ke han ye hua tha matlab wo bas khudi apko pata hota hai.

A: Matlab ab ham ab jese mama nahi hain toh baba ka ye nai soch sakte ke aesa ho sakta hai matlab iss tarah ki situation hai ke denial se ap direct life mey ajate ho lekin ap used to ho jaate ho lekin uss tarah se acceptance nahi aati ke aese hua tha ke process hota aur iss chale jate hain aur iss tarah, wo toh obv ham yaqeen rakhte hain.

Q: Han wo toh pata hota hai but apke saath ho toh nahi ho sakta.

A: Lekin jab itne close oneschale jayein na toh tab iss tarah ki situation hoti hai.

Q: Wohi, aur baqi sibling's chote hain?

A: Chote hain.

Q: Toh matlab koi responsibility waghera aya phir uss ke baad change obviously.

A: Bohat change aya matlab poori responsibility mama ki jo hi responsibilities thein wo obv automatically transfer ho gayi mere pe kiuke mey sab se bari thi baqi jo hain, aik toh sab se choti dus saal kithi theek hai aur obv uss ko batana hai ke kese matlab aik parwarish hee karni hoti hai upbringing uss mey bhi bohat blunders matlab us ski personality bilkul change, jis tarah ham jese hain hamari upbringing aur tarh hui hai, us ski upbringing aur tarah hui hai bohat bara gap aur difference nazar ata hai aur obv amma ki baat ko ham jese value karte hain ham bheno ki kr ee nahi sakte hain.

Q: Wo toh sunte bhi nahi hain ap ignore hee karte ho.

A: Aur mey toh wo bohat ladli wali bhen nahi hon ke laad uss ke uthao ye wo waghera, parhai mey wo kharab ho gayi oopr se kitchen ki responsibilities, budget manage karna, poori groceries waghera aur family sab se important, family ki saari chez eke ab shadi arahi hai toh ye karna hai, ab yahan eid arahi hai toh ye karna wo karna ye saari planning.

Q: Acha toh abhi bhi eid ki tumne hee karni hogi phir planning waghera.

A: Bacho ka ye hai ke aese unn ko mey train kar deti honk ke ab baba se tumne apni eid ke kapray lene hain.

Q: Matlab push type de deti ho.

A: Han matlab plan mene karna hai agar mey boloun gi nahi toh kuch hoga bhi nahi.

Q: Han theek hai theek hai sahi. Acha mujhey ye batana ke 2.5 years toh ho chuke hain but obv aik hota haina ke banda completely move on toh kar hee nahi sakta kabhi bhi nahi kar sakte ap theek hai toh kuch phases ate hain jis mey apko bohat strongly emotions feel ho rahe hon toh jab iss tarah ke phases ate hain toh uss mey kese tum deal karti ho ya kia ho jab bohat heightened matlab emotions hon iss tarah.

A: Acha ye toh bohat extreme cheez hai lekin jo mey deal karti hon wo bohat galat tareeqa hai, sab se bari baat toh pehle to hap bohat hepless feel karte ho matlab aese jese ap bohat be bebass ho ap ke bass mey kuch bhi nahi hai ke kuch situations hain na ke amma hee guide kar akti hain ke iss ko aese karna hai koi bhi kitna he qareeba rishta ho abba hee kiun nah on lekin jo maa guide kar sakti hain na w koi bhi guide nahi kar sakta aur ap trust bhi nahi kar sakte.

Q: Ye toh hai.

A: Toh mey toh meri memory mene bataya na bohat strong thi, bohat mujhey slow down karne pari mujhey na apni memory ko slow down karna para chezo ko khud bhoolna para. Kabhi kabhi mene medicine ki bhi help li ke mey ye cheez bhool jaon waran mere liye bohat mushkil ho raha tha aur meri memory ab bohat weak ho chuki hai iss waja se.

Q: Acha.

A: Ke mene apni memory khud slow down ki.

Q: Takey cheze na yaa rahen.

A: Na yaad rahen aur iss tarah apne ap ko distract kia aur lekin ab is ke bohat side effects bhi hain.

Q: Parhai mey?

A: Parhai mey bhi aur dosra ye ke mey cheze bhool jati hon, ab aik second my bhool jati hon.

Q: Chalo tumhe ye itna zada yaad hai. Khair phir acha ye batao iss ke baad emotiona support mila friends ya family waghera se.

A: Emotional support toh mila lekin uss tarah nahi jis tarah mey na feelings poori express nahi karti kisi ko jo mere dil mey chal raha hota hai na sab kuch. Jo jo emotions hain mey convey nahi kar sakti poori tarah, mey apni amma ko hi convey nahi karti thi wo bhi khud hee samaj jaati thi toh ye hai ke uss tarah emotional support mene li nahi.

Q: Acha theek hai toh mtlab kisi ne koi aesa hoga figure jis ne bohat koshish ki ho help karne ki wese.

A: Nahi, uss tarah khair ki hogi guide kar diya hoga kiun ke mey sab se bari thi toh sab ne mujey bara hee samja, mere abba ne bhi aik kisam ka, abba toh matlab unn ko yaqeen hee nahi araha tha ke ye waqi mey ho gaya hai aur mere dada ko bhi sab se zada dar iss baat ka tha ke shayed mey wo bandi hongy jo bohat suffer kare gi jo nhi overcome kar sake gi iss cheez ko lekin mene stand lia kiun ke mene aik cheez dekhi ke mene kaha chalo meri amma toh challi gayi mere abba jo hain na bohat chote dil ke hain aur meri amma se bhi chote dil ke the wo toh mene unn ke liye stand liya phir mene unn ko bataya ke mey hon toh wo kehte hain ke mujhey tumhe dekh ke laga ke kuch kuch baqi hai, hamara ghar na.

Q: Acha theek hai matlab tumhe wo strength unn ko di thori si. Theek hai tohkuch aese hua ke kuch friends ke saath isolate ho gaayi ho khud se ya uss phase mey koi friend se friendship khatam ho gayi ho jo pehle kisi se strong thi iss tarah kuch.

A: Nahi meri friendship khatam nahi hui.

Q: Theek.

A: Aur mey as such koi zada strong hui ya uss tarah.

Q: Han ke hota hai na ke uss phase mey kisi ne bohat support kia ho bohat strong ho gayi ho friendship.

A: Nahi.

Q: Acha, toh kaho gi ke father ne ache tareeqe se emotionally support kia ya wo kar sakte the behtar.

A: Kia unno ne jitna wo kar sakte the na.

Q: Han because wo obv pain se matlab jaa rahe hain toh wo kitna emotionally available ho sakte hain.

A: Toh unno ne jitna kar sakte the kia.

Q: Acha phir uss ke baad koi aesi cheez hogi that u wish ke log tumhe bolte ya log tumse poochte ya koi iss tarah ki cheez ke tum kaho ke ye mujh se na poocha karein samaj ayi kuch cheeze hoti hain na ke ap ko trigger kar jaati hain ke apko koi cheez koi bole apko lagta ke ye banda mujhey understand karta hai tum kaho ke yaar mujehy ye bola karein ya iss tarah ki cheez mujh se na bola karein koi bbi iss tarah ki cheez.

A: Iss tarah ki kuch bhi nahi hai ke matlab shuru shuru mey toh mey baat bhi nahi karti thi na mujhey aik khof ata tha aur mey kehti thi trigger ho jaye ga trigger ho jaye ga lekin ab aesa feel nahi hota kiunke time guzar chuka hai, pehle 1.5 years tak na mey baat karna bhi passand nahi karti thi ke ab mujhey trigger ho jaye ga 2,4 din toh bhoole ga hee nahi kiun ke memory strong thi ab memory itni wo ho gayi hai ke yaad toh rehta hai jese ramzan hai toh wo 10 min ka wawt yaad ati hai aur han mujey ye lagta hai ke zada tar na iss cheez ko matlab log kehte hain na ke haye maa nahi hai ye nahi hai wo nahi hai toh aese nahi bolna chahiye apko practically kuch cheze kar ke dikhani chahiye bolne se kuch nahi hota jab tak ap kuch karo na kisi ke liye.

Q: Han wohi help karein aik ye bbi hota hoga na ke pity se jo log dekhte hon wo acha na lagta ho matlab help kar lein.

A: Log dekhte nahi hain lekin log kehte hain ke sab ki maayein nahi hoti hain itni koi bari baat nahi hai matlab iss tarah.

Q: Apna experience hai na baqi jitne bbi log hon uss se koi farq nahi parta.

A: Aur meri family mey door door tak koi aesa nahi hai jin ki iss age mey mayin chali gayi hon aur guidance ki zaroorat ho.

Q: Wohi i think iss age mey matlab ap hain bbi chote phir itne different different phases aye jese university ho gaya lets say.

A: University toh aese matlab jese ap aik track par chal rahe ho na toh apke jo steps hote hain na ke family se deal karna practical life mey ana phir agey kuch apni families banana apne rishte banana aur ye shaadi waghera toh ye chezo mey na bohat guidance aur maa ka role bohat important hota hai.

Q: Khair acha koi aese moments hote honge jahan pe matlab apni mother ki absence bohat zada feel hoti ho koi specific moments.

A: Har moment mey, jab log attack karte hain na jab guide karte hain jab matlab ke apna haq samaj ke bolte hain ke aese nahi aese mujhey lagta hai ke family hote hain matlab mamu taya waghera saari families hoti hain matlab unn ke saath quality time guzaren aur matlab interference nahi achi lagti na matlab ke ap itna interfere karo ke ap apna haq samaj ke aur faisle karo ke aese nahi toh aese kiun ke na kuch faisle aese hote hain ke bacha na maa ko keh deta hai ke aese aur maa khudi handle kar leti hai sab kuch aur wo cheezo ko aur kharab karte hain aur cheze karte hain ke wo mess ho jata hai bohat bara.

Q: Aur i think unne ye bbi dekhna chahiye na ke dosre bande ka apna matlab wo iss tarah hee sochte hain ke jese kaha na ke hamara haq hai ya hamein zada pata hai theek hai dosre ka bilkul bhi regard nahi karte.

A: Samajhte hain lekin responsibility nahi samjhthe uss ko.

Q: Han han wohi matlab care wali aspect nahi ati balke wo order type ya uss wali side se ata hai aur i think wohi ke relatives ke saath na quality time karein lekin zada jab rahein ge na toh wo issues create hona shuru ho jayein ge.

A: Aese hee hai.

Q: Toh eid waghera special waghera events ate iss mey absence waghera feel hoti hai.

A: Bohat zada bohat zada, ghar mey ronaq hee nahi hoti hai hamari toh ronaq hee unn se hee hoti thi na ham ne maids nikal di saari din raat wali kiun ke ham manage hee nahi kar sakte the unne, un ki hifazat aur har koi universe schools waghera ja raha hota tha toh bohat khamoshi hoti hai matlab kuch bbi aesa happening karte hee nahi hain jo unn ke hote hue karte hote the ab wo excitement hee nahi hoti hai. Matlab ab wo responsibility mey cheze chale gayi hain na.

Q: Han tab toh ap as a kid enjoy karte the ab toh aesa nahi hai. Acha aur jo like birthday waghera hoti hai toh wo day toh bohat hee hota hoga painful waghera.

A: Nahi wo mujhey itna matter nahi karta kiun ke mey wo pehle bhi itna celebrate nahi karti thi aese.

Q: Acha acha toh baqi siblings share karte hain ke ham iss tarah feel kar rahe hain.

A: Bohat zada bohat zada lekin mey uss tarah un ke saath helpful nahi hon matlab sun leti hon lekin mujehy nahi pata hota ke mey kia guide karon ya mujehy guide karna bhi chahiye ke nahi kiun ke sab bare ho rahe hote hain na toh maa na poori family ko jor ke rakhti hai aur jab as a sibling ap advice karo tab bhi dar lag raha hota hai.

Q: Han aur yehi hota hai ke mey kharab na kar don.

A: Kharab na kar don aur meri waja se koi life mey affect na ajaye jo cheez sure hoti hai ke han ye cheez guide karni chahiye toh wo.

Q: Guarantee hai ke.

A: Han.

Q: Acha theek hai, mujhey ye batao matlab death ke baad aesi kia cheez thi ke like strength di ho ke han mujhey matlab move on karna hai.

A: Allah.

Q: Allah.

A: Sirf allah.

Q: Aur ye bhi hota hai na ke maybe siblings ko dekhen aur ap kahin baqi family members bhi hain jo iss pain se ja rahe hain.

A: Har kisi ki na position different hoti hai, kia pata wo mere se bhi zada safar kar rahe hain ya unn ke paas wo time nahi aya jo mere paas matlab ke mene jitna time unn ke saath guzara hai utna unno ne nahi guzara jitni cheeze mene sekhi hai na wo nahi seekh payi toh har kisi ki situation different hai chahe siblings bhi hain na, amma ke hote hue bhi na hai kisi ko har kisi ki personality different hoti hai har kisi ko deal karne ka tareeqa bhi different hota hai.

Q: Wo toh hai, Toh phir death ke baad matlab waghera parhna shuru ki zada.

A: Parhne ki koshish ki thi lekin nahi parh paate the lekin gradually itni pabandi ho gayi namaz ki wo saari cheze jo amma khuwahish karti thi na kaash ye karle kaash ye karle wo sari ki saari jo hain na ho gayi waqt ke saath.

Q: Theek acha mujhey batao ke ab life mey matlab how would you say ke life ab kesi hai matlab banda move on toh obv nahi kar sakta kabhi but ye aese keh sakti ho keh han mey ab achi place mey hon mey helathy place mey hon.

A: Healthy place mey toh bilkul bhi nahi hon, ab ghar ka environment waghera ban jata hai na toh healthy place mey toh nahi keh sakte challenging keh sakte hain ke roz naya challenge roz naya masla roz naye masle se deal karna.

Q: Acha koi example iss tarah se do.

A: Masla type?

Q: Han.

A: Yaar aik toh mere taya waghera joint family system mey hain na toh unn ke saath pehle hee nahi banti thi toh bolte nahi hain jo neechे rehte hain wo har cheez mey interfere karte hain na matlab driver ko nikal diya.

Q: Acha matlab kisi se pooche ge nahi, consult type nahi karein ge.

A: Han matlab koi na koi issue nikal ke unne maar ke nikaal diya aur mujhey na ye behaviour itna depressing lagta hai na ke ap kisi pe haath bhi kese utha sakte ho kitna marzi kuch ho jaye

aur koi baat bhi na ho na ayewe issue tang karne ka tareeqa dhoond liya ya budget same hai na toh nazar rakhni ke kitna petrol itna hee limit petrol hoga iss week ka chahe jitni mehngai ho rahi hai budget nahi barhe ga ussi mey hee manage karna hai.

Q: Acha.

A: Halan ke mere abba wahid insan hain jo kamate hain and wo dado ko laa kar dete hain toh iss tarah ke challenges aur phir aur bhi bohat saari cheeze hain ke ye ham faisla karein ge wese toh kisi cheez ka pata nahi hota. Aik waqt ka khana bhi nahi poocha kisi ne mere nano ghar se ate thi ninth month warna kisi ne khane ka bhi nahi poocha ke khana khaya mere abba ka roz khana ata hai lekin ham se kabhi nahi pocha. Matlab ye cheeze insan koi bhooka nahi hota lekin ye care hoti hai.

Q: Wohi na apko hota hai ke kisi ko care hai hamari beshak apne na khana ho ya khana ho iss se toh koi farq nahi parta.

A: Ham khud bhi bana lete hain, khud bhi manage kar lete hain, 100 cheeze hain bahir se le liya.

Q: Aur dosre ke effort se pata chale na ke uss ko hai hamari fiqar. Acha toh would you say you have changed as a person type.

A: Bohat zada bohat zada pehle mey mujhey ghussa nahi ata tha bilkul bhi.

Q: Acha.

A: Aur matlab bohat saari cheze change hui hain mey as a whole change hogyi hun.

Q: Acha mtlb as in mature type hogyi ho. Maybe outlook life mein change hogaya ho.

A: Haan buhat ziada, ab mein pehle kuch bhi bol deti thi kisi ke beech mein beht ke, ab mein mujhe ata he ke ye cheez nahi bolni aur Kuch cheezay raaz rakhni hoti hain aur kuch log galat faida utha lete hain is cheez ka , nazr lag jati he.

Q: Haan.

A: Buhat sari cheezo mein.

Q: Ye tho he.

A: Acha tho abhi jo stage he phir tum kaho gi ke mein chahti Hun ke mein aur healthy ya aur Achi stage ho meri is se.

A: Bilkul.

Q: Acha us mein kia , kia hoga healthy.

A: Us mein peaceful environment hoga , interference nahi hogi kisi ki , aur judge krnay wala na ho, harm pohncanay wali cheezay na ho mtlb ke aap , haye ye aisay kar raha he mtlb haye ye kyun , mujhe kabhi bhi kisi se koi garz nahi he , jo bhi krta he apni life mein , jo bhi krta he , jitna marzi pehn le , jitni marzi pehsay kharach kray , mujhe nahi lagta ke aap kisi ko is tarah dekhna chahye.

Q: Hmmm.

A: Notice krna chahye.

Q: aur care, itni care bhi nhi honi chahye. Aap apna kaam.

A: Care krni he tho aur so cheezay hain.

Q: Haan achi cheezay hain.

A: Hmmm

Q: Haan us mein banda care kray jese kaha than a khanay ka nahi poocha.

A: Haan.

Q: Lets say us mein pooch le. Jesay kharcha wagera aur sab cheezay us mein aap akay sawaal kar rahay hain. Acha theek he.

A: Like example deti hun meri behn he tho us ko kehte he tumharay paas itnay paisay kahan se aye hain ke tum ne nails lagwaye hain. Ab phone mehnga hua , paisay kahan se aye hain ke phone lia. Is tarah ki baatay.

Q: Acha tho tum ne kaha tha na responsibilities jo hain wo increase hogyi thi , tumharay chotay siblings hain im assuming ke school waghera jatay hongay, tho unka pickup waghera... phir wo bhi tum krti ho ya kia?

A: Acha jab driver ko nikal dya tha tho mene kya tha sab kuch.

Q: Acha theek he theek he acha to university tab , tab jati thi.

A: Haan ye peechlay week ki baat he.

Q: Acha theek he tho phir unki chuti kab hoti he.

A: Yaar aik ki chute thi papers thay. Theek he aik ke saray 10:30 hoti thi us ko ghar drop kr ke phir agli ko jo he na , aik yahan par diploma kar rahi he usko 11 bajay yahan par drop kr dya, alternative days mein hotay thay tho 11 baje drop kr ke phir mtlb 10:30 bajay us ko le ke bahir wait krti thi 8 se 10:30 us ke school ke bahir.

Q: Allah.

A: ke us ka paper khatam ho us ko pick krke ghar le ke jaun aur us ko drop krti wi jaun phir aik daid bajay akay usko pick kro usko pick krke phir ghar.

Q: Uff ye tho buhat..buhat mushkil he aur upar se apkay university mein wese hee.. mtlb us tarah responsibility bhi na ho wese hee itni tension waghera.

A: Aur papers thay.

Q: Haan.

A: Aur mujhe tha ke Ramadan ki tyaari , phir abhi Ramadan ki mtlb grocery waghera mene..ab mere jo hain na sab say chotay mamu , wo saath rehte hain umarried he theek he, wohi na nokro ko bhi deal krtay, unho ne shaadi nahi ki isi wajah se bhi na. Tho wohi nokro ko deal krtay hain.

Q: Hmm

A: Likan at times is tarah buhat toxic hojata he na wo bhi cheez, wohi meri baat ke apki family ke ilawa na kisi ki interference achi nahi lagti na.

Q: Haan nahi achi lagti.

A: Chahy jitni marzi apsay pyaar krta ho ya jo bhi krta ho. Baat kahi na kahi chub jati he maa baap ke ilawa.

Q: Ye mein bhi relatives ke saath rehti hun na.

A: Haan.

Q: Tho mein bhi buhat chirti hun mujhe kuch bolay. Mujhe hota he.. mein ye apni behn ko bhi bolti hun.. mein kehti hun mama baba bol de.

A: Wo alag baat he.

Q: Wo unki responsibility he, wo bol de, mujhe baki koi bolay na.

A: Hmm.

Q: Tho Mujhe hota he ke aap mujhe mat bolay. Mujhe pata he, tho wo hota he.

A: Itna koi understand nahi krta ke papers he..ke.

Q: Haan.

A: Ramadan ko us tarah na mene grocery krli , jese uh Ramadan kab tha, Thursday ko tha na Wednesday ki subha mein grocery kr ke ayi, mene na assemble krnya , jese ke samosay ke lye aloo wagera. Baki sab kuch tho mene ready made lya likan roll samosay na ghar ke hee achay lagtay hain.

Q: Haan haan.

A: Tho na samosay assemble krnye, allo wagera .. cook tho rakhi wi he tho usi ko kaha likan masla .. salan wagera khud hee banany hotay hain tho us ko kaha ke jo he ye boil wagera krdo masalay wagera krdo, ye patya wagera rakh do , us ki samziyaan katwa li. Aaj samziyan wagera roll ki krke tho roll banwa lungi likan itna koi understand nahi krta haan papers he is wajah se delay kr rahi he, behnay bhi at times frustrated hojati hain ke hum parh rahay hain tho humy khanay ko nahi mil raha , humy ye nahi mil raha humy wo nahi mil raha ya is tarah.

Q: Wohi na aur aisay bhi maybe lagta ho na ke banda .. koi wait kar raha he ke aik galti hojaye aap say bus.

A: Hahaha.

Q: Aur wo foran apko boltay hain ke ye tum ne ye kyun nahi sahi kia tho banda dekh le ke yaar wo bhi kisi uski life mein bhi kuch chal raha hoga.

A: Hmm

Q: Jese tum ne kaha na exams wagara.. tho thora lenient hojaye..wo bilkul bhi nahi wo wait kr rahay hotay hain ke banda bus koi galti krde. Humy moka mil jaye.

A: Ho bhi jatay hain , ho bhi jatay hain lenient likan kabhi kabhi.. kuch pata nahi hota na aap ke dimag mein bhi dar beht jata he ke ab nahi.

Q: Mtlb aik thori anxiety si bhi ho jati he ke pata nahi kab koi kuch keh dey ga.

A: Anxiety us tarah se , anxiety tho buhat ziada hoti thi abhi abhi bhi kabhi behte jo hain na mein apni..aik meri dost he buhat puranay school ki na tho us ko behtay behtay keh rahi hoti hun ke mujhe anxiety horahi he.. kehti he kyun mene kaha mujhe nahi pata likan horahi he. Kyun ke dimag mein itna kuch hota he na, itna kuch hota he na ke aap kabhi kabhi neend mein bhi na jo he...feel horaha hota he.

Q: Mtlb relaxed nahi hain aap mltb.

A: Haan relaxed nahi hain.

Q: Sotay wi bhi.

A: Wese tho buhat kehno ko tho buhat sakun he likan kuch cheezay dimag mein chal rahi ho na.

Q: Mtlb constant.

A: Wo aap bhul nahi saktay.

Q: Haan

A: Side pe nahi ho saktay ke ye koi aur kr de akay. Aap hi ko krni hoti hain.

Q: Acha umm phir ye bhi he na ke obviously unexpected death wagera thi tho hota he na ke unki cheezay wagera hoti hain.

A: Haan.

Q: Is tarah almari wagera tho wo dekhna tab mushkil tha mtlb kholna mushkil ho ya is tarah unki cheezay.

A: Ziada .. gold tho dado ke paas hee tha wo dado ke paas he he.

Q: Hmm.

A: Aur aisay tho wo kuch chor ke hee nahi gayi thi. Five Hundred rupees thay wo unkay bag mein bus aur wo jo meray apnay kuch paisay thay wo meray paas hee thay. Mtlb ke shaadi ke lye mere baba ne rakhay way thay. Tho mere paas hee hain baki kuch bhi chor ke nahi gayi,

Q: Theek he aur al.. jese hota he na ke kapray wagera hon.

A: Kapray.

Q: Jo dekhna mushkil ho.

A: Baba ne kaha dey do sab ko, charity krdo, ye boj hota he , do suit hum ne rakhay thay

Q: Acha.

A: Baki sab dey dye thay.

Q: Theek he theek he tho aisi koi cheez thi ke jo wese apnay paas rakhi ho like aik hota he na reminder type ke ya close ya connected type feel hota he ke acha ye cheez thee un kee meray pass.

A: Ghar ke jo cheezein jo hain na.. Sab se pehle jo hai na meine jab un ke death hui the sab ne kaha chabiyen pakr lo aur doosri baat meine Allah tallah se kaha jitna boj hai na un ka matlab hota hai na matlab lein dein chal raha hota hai committee chal rahe hoti hain len dein hota ho hai obviously, jesy meine kaha jo bhe hai na wo meray upar hai aur mei he continue karun ge is cheez ko aur do din tak meine poocha ke kya hai, kya dena hai, kis ko kya deina hai, kya hisab kitab hai warna mujhey pata he hota tha ke, phir bhe aik poochna farz hota hai.

Q: Haan.

A: To tab meine jo hai na kar lya tha.

Q: Haan sab se.

A: Connected bhe.. un ka apna aik set tha pehle to mujhey dey diya tha.

Q: Acha.

A: Matlab pehle he divide kar diya tha gold.

Q: Theek hai theek hai.

A: Matlab Allah tallah ne is tarah cheeson ko plan kya wa tha.

Q: Haan.

A: To wo set hai aur ghar ke saree cheezein matlab furniture wagera. Unho ne bahut pyar se pura renovate ab meine re renovate kya hai na matlab renovation ke hai na.

Q: Acha.. Theek hai theek hai .

A: To us ke sari cheezein jo hain na jesay mama ne kee we theen na us ko dekhtay we ke aesay karti theen, ye is cheez ko zaya nahi karna ye mama ley kar ayen.

Q: Matlab acha.. samjh gaye.. Acha phir ye ho ge ke family, father aur siblings wagera se close ho gaye ya kisi se bond close ho gaya ya isolate ho gaye.. Ya Un se worse ho gaye ho relationship.

A: Dono, kuch cheezon me close aur kuch cheezon mei.

Q: Kin cheezon mein close.

A: Meray khiyal se aap ke family toot jaati hai, agar koi mother father me se koi jaye na to family, kyun log na log keh rahe hun.. abba bhee, bhene bhee ya mei khud bhe sochti hun ke haye ab matlab kisi dosre se shadi ho udhar aik family banaon aik bond ho, wo matlab aik strong, bache hon healthy ho. Is tarah na trust bhe nahi koi kisi par nahi kar pata aur abba to bahut karty

hai bahut pyar karte hai, stand bhe letay hain kuch cheezon mei nahi bhe letay ya mix hota hai he, har kisi ke life me hota hai.

Q: Haan.

A: Lekin matlab phir bhe aik kaami wo jo family hai na wo toot jaati hai.

Q: Ye ke aik banda nahi hai.

A: Maa aik, aurat Jo hai na wo ghar ko dekh rahe hoti hai, aur jor kar rakh rahe hoti hai to wo toot jaati hai, poori ke poori.

Q: Theek hai.. Acha.. Us ke.. Theek hai, Aur koi cheez jo tum ne share karni ho wesay he . Meine poocha na ho wesay he koi cheez share karni ho.

A: Poochne se he yaad aye ga aesay to yaad bhe nahi ana mujhey kuch.

Q: Sochti hun, kya a sakta hai emotions wali cheez mei.. Acha shuru shuru me matlab bilkul death ke baad.. Pehle to tum ne kaha tha na ke denial wala phase hai us ke baad move on Wala phase hai to koi aesa phase tha jis mei bahut he matlab depression type hua ho ya tum kaho ke mei for example university bhe nahi ja sakti ya mei bilkul kuch kar nahi sakti.. Is tarah kar ke kuch.

A: Bahut phases hain aesay.

Q: Matlab ab wo aista aista, ab set in hua hai kyun ke pehle foran denial mein they.

A: Ab wo hit walay phases a rahy hain ke abhi function nahi kar sakti ye nahi kar sakti, ab break chahiye.

Q: heek hai theek hai, aur koi hai bhe nahi na matlab baki sab hain bhe chotay.. Matlab ab aap kis ke saath share karo.

A: Ab degree hatam ho rahi hai, family ke taraf se shadi wali pressure bhe a raha hai ab har kisi ke rishtay a rahy hain.. Aap ke lyay wo acha ho sakta hai.. obviously har kisi ke lyay paisa matter nahi karta kisi ke lyay kuch aur matter nahi karta kisi ke lyay alag cheezein hoti hai, haan kuch

cheezein aap ke liye harmful bhe hoti hain lekin aap ko wo bahut achi lag rahi hoti hain, aap nahi set ho sakte kisi bhe achi cheez mein bhe, to log nahi samjh try.

Q: Wo to hai.

A: Aur phir aap us tarah ka faisla bhe nahi kar sakte hain ke haan mein ye karna hai mein yahe karna hai.

Q: Haan baki, baki.

A: Ya masters karna hai ya shaadi nahi karni, wo kehtay hain nahi karni he karni hai kyun ke wo bhe theek kehtay hain abba meray fifty plus ho chukay hain meri bhen mujh se do saal choti hai koi paanch saal choti hai phir is tarah.

Q: Acha wo kehtay hai shaadi karni he karni hai tum ne kya bola wa hai ke mein abhi nahi karni shaadi.

A: Haan mei kehti hun masters karlun chalo phir abhi nahi to aglay saal ke end tak ka time deyin.

Q: Kehtay hain nahi abhi karo.

A: Haan aesa.. Is saal karo.

Q: Meray haat se actually.

A: Lekin phir bhe mein agly saal he karni hai.

Q: Chalo dekhty hai kya hota hai.. kafi achi information to mil gaye hai i think.. To khair.. I hope tumhare liye bhe na thora ye therapeutic type hua ho ke tum ne baat ke hai kisi se to i hope us tarah acha ho.

A: Chalo koi question yaad aye to me voice note bhe send kardun ge.

Q: Haan theek theek hai, meray khiyal se ho gaya hai.

Participant no 2

Q: Acha aap mujhe pehle ye batao ke apki mother ki death kese hoyi?

A: Uh unho pneumonia hua tha, mama ko, meri mama ko tho umm every year wo hospital admit hoti thi pneumomina ki wajah se. Phir unke lungs mein jo tha wo fluid chala gaya tha jiski wajah se phir unki death hogyi thi.

Q: Acha theek he tho umm apko pata kese chala tha unki death ka.

A: I was there uh I was with her in the hospital , jab unko mein hee ley ke gayi thi hospital. Subha ke time hum log gaye thay aur I was with her throughout tho phir shaam mein unki death hogyi thi. So yeah. I was there.

Q: Acha theek he. Tho would you say ke were you like mentally prepared ke ye mtlb death aisay ho sakti he ya was that a complete shock.

A: That was a completely a big shock because I wasn't prepared at all. Unki Bari normal si us din tho normal hee buhat normal si tabiyaat kharab hoyi tho. Un ka sirf vitals unkay low thay. Bp low hua wa tha tho. un ke regular checkup ke lye bhi Jana tha so I took her to the hospital. Tho wahan pe bus unko under observation rakha wa tha. Admit Nahi thi wo tho bus she , shaam mein achanak unka bp ziada drop kr gaya tho unko ICU mein move krna para. Aur phir within fifteen minutes unki death hogyi.

Q: Acha tho mtlb wohi aapko laga ke us din normal mtlb jis tarah he hospital ka us tarah hee hoga.

A: Yeah unka bp Thora drop tha tho uhh we thought ke hum unko hospital ley jatay hain udhr wo under observation Rahay gi. Jese mene pehle bataya ke hospitalised hoti tho because unhay pneumonia tha tho humy tha ke ye mtlb ziada na hojaye hum hospital le jatay hain kyun ke unka bp low horaha tha. Is lye.

Q: Sahi he Sahi he. Acha tho phir unki death ke baad uhh kis tarah ki mtlb life thi. Kesa feel hua mtlb how did it feel to try to mtlb get on with your daily life after her passing.

A: It was so tough. I think still it's very tough uhh hum log normal routine mein tho wapis nahi asaktay. Tho we are just trying to you know, hum bus koshish hee kar rahay hain ke isko normalize kr sakay aur ye he ke wese cheezain wapis tho nahi hoti. Insaan sirf try kr sakta he ke usko you know aik uh apni life chalanay ke lye.

Q: Haan.

A: Ke bus chalti he life. Guzarna hota he bus.

Q: Tho jab unki death hoyi tho aisa hua tha. Aik hota he na ke banda accept kr leta he ke acha ye hua he. Theek he...ya kuch log hain jo denial mein chalay jatay like ke nahi aisa nahi hua mere saath tho apki ki situation thi.

A: Uhh for like ten minutes I was in a denial phase. Umm mein bilkul bhi us mein nhi thi. Likan ye he ke us ke baad mene completely us cheez ko accept krlye tha. mein hundred and one percent us cheez ko accept kr chuki thi.

Q: Theek he.

A: Kyun ke mujhe. Meri behn thi. She was so attached to my mother tho I had to. My father uhh is a heart patient tho mujhe unke lye krna tha and I had to be strong kyun ke mere pass koi aur option nahi thi so I had to accept it.

Q: Uhh theek he tho umm kia kehte he koi mtlb apkay siblings , Saray apsay chotay hain ya koi bara bhi he.

A: Nahi meri aik bari behn he.

Q: Acha bari behn he theek he.

A: Jee.

Q: Aur uhh Kia kehte hain is ke baad jo he, koi uhh death ke baad koi responsibilities mein change Aya. Maybe ziada barh gayi hon responsibilities ya is tarah kuch.

A: Obviously responsibilities mein change aya because uhh jab aap obviously jab mother hoti he tho bachay kitnay bhi baray hon, sari responsibilities wo aik maan ki hoti he.

Q: Hmmm

A: Tho jab wo nahi hoti tho phir apko responsibilities khud leni parhti Hain. Apni cheezay khud dekhni parhti hain. Apnay decisions apni har cheez khud leni parhti he , so yeah responsibilities mein tho buhat change aya.

Q: Theek he tho koi aisay specific responsibility wagera ho jis mein apko feel hua ho ke ohh mtlb mujhe ye realize bhi Nahi hota tha ke mtlb not that you took it for granted. Ya aik hota he na ke apko baad mein pata chalta he ke cheezain itni mushkil Hoti Hain.

A: Pata he there are so many little things Jo humy lgta he ke Yaar it's very normal Khair he Amma Kar rahi Hain , Ammi Kar rahi he that's fine likan wo choti choti cheezain that means alot for us.

Q: Hmm.

A: Aik tho ye buhat Bari Hoti he na ke humy guidance mil rahi hoti he, humy achay buray se rokh rahi hoti Hain , ye na kro , isay salam krlo usay na kro.

Q: Haan.

A: Ye tho buhat, ye choti choti cheezain bhi buhat matter krti Hain , us se salam Nahi Lena. Ab humy kia hota he , humy thokar kha kha ke Seekhtay Hain.Us time pe ye hota tha ke mama samja deti thi pehle ke ye kaam aisay krna he tum logo ne tho humy logo ki you know batay Nahi sunani parhti thi.

Q: Haan.

A: Ab humy aik chot lagti he aur phir hum kehte he ohh ye Kia Kar dya hum ne. Acha ab hum next time Nahi kray ge.

Q: Wohi mtlb ab khud trial and error apko khud hee krna Partha he

A: Exactly exactly aisa hee he.

Q: Acha uskay death ke baad , uhh what steps mtlb did you take to try to move on with your life. Therapy wagera. Mtlb is tarah ka kuch kaha kia.

A: I didn't take any therapy likan ye he ke as I told you earlier ke aisa Kuch bhi Nahi he ke ap move on krtay ho. Is loss Ka you can't move on. Aap phir us situation ke Saath rehna seekh Lete ho. Aap you know Roz girthay ho Roz uththay ho. Wo wala situation he ye. Tho aisa Nahi he ke aap move on krtay ho. Likan ye he ke phir Allah thalah insan ko phir aik circle he , insaan us ke sath seekh jata he rehna , cheezay kr lete he likan ab move on jese keh dena , completely wo Nahi krsakta. For me i can't.

Q: Theek , tho koi is tarah ki cheez he ya apnay koi mindset rakha ho jo apko cope krnay mein help krta ho.

A: Uhh yeah because I feel ke uhh ma nahi jati , she's with me tho thing you know this thing helped me a lot.

Q: Theek he mtlb you feel ke wo hain.

A: I feel ke wo hain , unki presence he mere saath , whenever I feel ke mein down hun I pray for her , mujhe aisi support koti he , mujhe aisay feel hota he ke wo hain.

Q: Theek he theek he tho koi is tarah ka kuch ho hoga mtlb would you have a trigger type koi is Tarah ki cheez hoti ho jo apko buhat trigger krjati ho aur aghr trigger kr jati he tho phir us se aap kese cope krte ho.

A: Yeah trigger krte he jab dusray log uhh apni mama ki baat kar rahay hotay hain. Us time tho nhi feel krwatay kisi ko ke yaar feel horaha he humy bura lag raha he likan aisay Nahi hota.

Q: Acha.

A: Aksar log jab , aksar apni mama se baat kr rahay hotay hain ke late hojatay hain , mama ki call ajati he ye cheez ya jab bhi phasay hotay hain kisi situation mein tho mama ko call krlete Hain ke Yaar mama ye hogaya wo hogaya.

Q: Wohi.

A: Tho wo cheez thori trigger krte he.

Q: Wohi aur like us time maybe baki log jo hain wo kahay oho call agayi.

A: Yeah.

Q: You're like ke mtlb as in I would give anything ke mujhe ati.

A: I wish ke mujhe ajati.Yeah.

Q: Acha tho

A: Wo cheez bari trigger krta he.

Q: Theek aur is tarah bhi he na ke u said banda ahista ahista used to hojata he move on krta but adat hojati he aik absence ki aur banda try krta he ke move on kr sakay but kr nahi sakta ofcourse us tarah.

A: Exactly move on nahi kr saktay.

Q: Tho wohi kabhi kabhi ye hota he ke sometimes aik aap acha normal feel kr rahay ho , kabhi kabhi kuch time ata he jis mein aap buhat depressed feel kr rahay hon aap buhat down feel kr rahay hotay hain like constant ye journey us tarah ka Nahi he ke aap completely okay hain all the time. Kabhi kabhi hota he buhat depression type hojata he apko.

A: Yeah.

Q: Tho is tarah.

A: Let me tell you last night ki story.

Q: Acha.

A: Tho ye scene hua ke I was okay throughout aisay Nahi hota ke apko , apnay Yaad kya ho aap ronay lag gaye.

Q: Hmm.

A: Because wo 24/7 apkay mind mein Hoti Hain. Abhi mein Kuch cupboards se Kuch kapray Nikalun gi mujhe yaad he ke mama Hoti tho dhanti ke aisay Nahi aisay kro , aisay Nahi aisay . Wo throughout rehti he unki memory Saath rehti he. Wo buildup Hoti rehti he , Hoti rehti he aur phir wo aik dum se you know aap Ka niklta he sab Kuch. Tho last night bhi aisa hee hua Meray

Saath ke Kuch bhi Nahi tha , koi reason Nahi tha , I was happy mein apni dost ke Saath thi mein hangout kr ke jab Ghar ayi hun. Idk kese out of nowhere wo aik cheez mujhe aisay bus lagi he and I started crying and crying tho wo bus aisay Nahi hota ke aap behto , kahin dafa buhat ziada Yaad ati Hain aur aap Nahi rotay ho. Kahin dafa aap ko choti choti cheez , build up hota rehta he apkay mind mein mein aur wo choti si baat pe Nikal jata he Kabhi.

Q: Wohi ye planned mtlb planned nahi hota aur apko Nahi pata apko kon si cheez.

A: Haan.

Q: Kab trigger krta he.

A: Bilkul aisa hee he.

Q: Acha tho is tarah ki Kabhi like is tarah jis tarah apnay feel kia ye usually waves ati he tho would you say ke kuch arsay , aap kaho 6 months ke baad mujhe aik dam se, depression type feel hota he ya mujhe unki absence buhat feel Hoti he ya is tarah Ka kuch he , Kuch arsay.

A: Us tarah nahi , mostly tab hota he jab aap kuch achieve krtay ho ya aap new krtay ho. Recently umm meri degree complete hui he.

Q: Acha.

A: So mujhe ye cheez buhat ziada feel Hoti he ke I wish wo yahan hoti. Uh kabhi koi daant deta he tho bura feel hota he, aisay nahi hota ke aap is Ka koi time se nahi , kabhi kabhi aik , Kabhi Kabhi maheenay guzar Jatay Hain aap baray strong reh Lete ho , kabbhi 10 din baad aisay feel horaha hota he ke jese abhi gayi hain. Tho iska koi time duration se kuch lena dena nahi he.

Q: Theek acha umm would you say ke emotional support mila friends aur family members se us time.

A: Hmm I think ke emotional support umm milta he thora buhat but wo kisi kaam ka nahi hota he to be very honest because aap ko koi tab tarah nahi samaj sakta jab thak koi aur us situation mein na ho.

Q: Hmm.

A: Tho wo emotional support buhat thoray time ke lye hota he because har banda apni life mein busy hojata he. Kuch log atay hain thoray time ke lye. You know apko support krtay hain ke nahi pareyshaan na ho is tarah. Likan us time wo loss itna bara hota he ke aghr aapko koi keh raha hota he na ke sabr kro tho ulta us par gusa araha hota he ke nahi ke what are you trying?

Q: Haan mtlb kese , mtlb kia.

A: Ye kia keh rahay hain. Haan.

Q: Wohi.

A: Ye kyun keh rahay hain ke bhai sabr kro , ye sabr krnay wali cheez nahi he tho emotional support bhi kisi kaam ki nahi he aghr koi kar bhi raha hota he us time tho.

Q: Wohi like typical dialogues hee hotay hain ke Allah ki marzi.

A: Yeah sabr kro.

Q: Is tarah krke.

A: Exactly.

Q: Wo helpful tho bilkul bhi Nahi hota.

A: Bilkul bhi nahi.

Q: Theek he tho mtlb you would agree ke baki log mtlb achay tareekay se , ziada behter tareekay se help kar saktay thay us time.

A: Yeah.

Q: Theek he aur apkay father ne emotionally support kia?

A: Yeah he was very supportive, was very very supportive.

Q: Acha theek he tho of course wo bhi buhat help hoyi hogi us mein bhi.

A: Exactly, my mother and father were so close ke humy unko support krnay ki zarurat par jati he because unka apas mein buhat acha relationship tha.

Q: Acha

A: Tho ye he ke hum theeno , me my baba and my sister try krtay hain ke hum aik dusray ko support kray you know. Tho jab aik, jab koi bhi down hota he tho hum you know phir usko support kr rahay hotay hain.

Q: Chalo that's good ke aap logo ki family us tarah , mtlb you guys are there for each other.

A: Yeah, we, three of us are, hamesha aik dusray ke lye rehtay hain.

Q: Chalo theek he. So would you say ke aap logo kisi , kuch aspects se aur close hogaye. Umm apni mother ki passing ke baad.

A: I guess insaan ma ke baad Thora scattered hojata he i feel. Family is family with mother.

Q: Theek.

A: Family is nothing without mother. Family nahi rehti wo. Wo phir har banday ka hojata he , kyun ke maa hee ikhata kar ke rakhti he sab ko. Tho i feel aap thora hojatay ho.

Q: Sahi.

A: Scattered ho Jatay ho.

Q: Theek, Acha koi is tarah ki cheez he jese apnay pehle bhi share kya tha ke umm log keh rahay thay na sabr kro is tarah krke , tho us time apko gusa ata he ulta, tho is tarah ki koi cheez hoti hogi Jo log wese you wish log ap se boltay ya koi is tarah ki cheez aap kaho ke I wish people wouldn't say this to me.

A: Yeah umm mera dil karta he because mein apni mother ki death mein, I didn't cry at all tho I was so strong ke mein royi bhi nahi thi. Tho mein ab bhi jab sochti Hun tho abhi bhi still , mera dil krta he ke koi kahay ke ro lo.

Q: Theek he.

A: Wo mujhe aik dafa hug krlay. Like wo keh de ke aap ro lo rather than ye kehne se ke nahi ro because ye cheezay nahi kaam Krti. Ye lafz ye batay nahi kaam krti , ke Allah ki marzi , sabr kro aur ye wo. Sabr nahi ata. Sabr nahi ata he.

Q: Wohi koi is tarah bhi aghr kahay ke ro lo tho aap ko bhi feel hota he mtlb they see me , aur wo meri pain understand kr saktay hain.

A: Yeah.

Q: Unhay pata he kitna mushkil he.

A: Exactly.

Q: Unhay apko genuinely care he tho wo bol Rahay Hain ke Acha ro lo.

A: Exactly.

Q: Likan jis ko itni care na ho , wo Shayd na bolay ye , wo yehi bolay ga ke Acha na ro , sabr kro.

A: Bilkul aisa hee he kyun ke Jo insaan Samajta he na wo , us ko pata hota he ke ye cheez Nahi bearable he.

Q: Wohi.

A: So it's better to you know us ko nikaal do rather than aap usko apnay andhr rakho.

Q: Wohi aur umm theek he , aik second. Acha jese pehle share Kia tha na ke you graduated recently tho udhr mother ki absence feel hui tho aur koi events hain Jin mein you feel your mothers absence.

A: Buhat time pe , chotay chotay events hotay Hain ke jab mera birthday hota he , aksar wo meri birthday ke lye buhat excited hoti thi. I usually don't celebrate my birthday tho wo unko hota tha ke ye Nahi krti tho is ke lye koi chota mota surprise plan krlo. Is Tarah se. Tho wo hamesha meri birthday ke lye bara excited hoti thi . Aur annual jab bhi mere results atay thay tho mujhe bara motivate Krti thi ke laiba bus thora SE Saal reh Gaye he bus jaldi se krlo phir tumhari degree complete hojaye gi. Ye karay ge wo kray ge. Tho buhat chotay chotay moments hotay he jab bhi mera result ata he , birthday Hoti he tho obviously miss krtay Hain. Koi bhi opportunity achi mil jaye.

Q: Wohi apko yaad ata he banda Jo nhi hota us time apkay saath.

A: Exactly

Q: Tho Jo Eid waghera he , Ramzan wagehra he in events mein bhi ofc buhat ziada feel hoti hogi.

A: Ramadan aur Eid waghera par tho you know apko aik second bhi nahi bhulta he. Ye events aisay hotay hain like aap ka dil krta he ke bus kahi se ley aao.

Q: Family bhi saari sath hoti he tab.

A: Haan bus buhat buhat buhat miss krtay Hain ye do events mein tho buhat ziada miss krtay Hain

Q: Theek he aur unki Jo birthday waghera he wo day kesa hota he phir. I'm assuming wo bhi buhat emotional day hota Hoga.

A: Yeah unki birthday, unki birthday SE ziada , unki anniversary ko hum bara celebrate krtay thay. Tho mama ki jab anniversary Hoti he tho Baba buhat down hotay Hain. Buhat buhat down hotay Hain so Hum try krtay he ke Kisi Tarah na unka , us din ke lye unka dhyaan idhr udhr ke unko yaad hee na aye ke unka anniversary tha ya is tarah unko bahir ley Jatay Hain kayi is Tarah se.

Q: Acha I'm sorry wedding anniversary ya unki Jis din death hoyi.

A: Wedding anniversary.

Q: Acha.

A: Because mama Baba meray as I told you earlier ke they were very close to each other.

Q: Acha tho celebrate waghera is tarah.

A: Yeah tho mujhe phir , Baba bara down hojatay hain.

Q: Acha theek he tho wo bhi obviously itna hard hota hoga dekhna aapke ke lye bhi.

A: Obviously because hum pehle hee prepared hotay hain ke Baba ko kahi ley ke jana he , Baba ka dhyaan idhr udhr krna he. Because unko yaad na aye ke aaj unki wedding anniversary he ya

is tarah se tho hum pehle hee wo cheezay plan kr rahay hotay hain tho obviously hamaray lye bara tough hota he ye cheez se guzarna , hamaray lye buhat mushkil hota he.

Q: Right. Aur unki birthday wala day kesa hota he.

A: Wo usually buhat quiet hota he. Unki birthday mein obviously Sara din wo dimag mein Hoti Hain, but I feel mein buhat ziada down ho jati Hun jab mein Ghar ati Hun I sit alone. I'm very extroverted likan us specific moment mein I prefer to sit alone aur mein aik space mein rehti Hun. Pata Nahi wo aik cheez , memory mujhe buhat down kr deti he.

Q: Hmm ofcouse wo event hee aisa he , mtlb aap us time apko us banday ke hee yaad ayegi. Aur Kuch a bhi Nahi sakta.

A: Yeah .

Q: Acha tho umm kya kehte Hain Jo unki , jis day death hoyi , wo date bhi aap logo ko ofcourse yaad Hoti hogi. Tho usmein bhi apkay yehi emotions hotay Hain ke u want to sit alone in your own space.

A: Uhh aisay nahi hota , we , hamari jab bhi mother ki death Hoti he tho jis date par death hoyi thi, unki jo uhh death anniversary hoti he us mein hum , we prefer to sit together.

Q: Acha.

A: Aur hum , wo din tho hum logo ko subha se yaad araha hota he ke is time mama so rahi thi is time mama uthi thi, is time hum hospital le ke ghay thay aur phir throughout mein unkay saath thi tho mujhe sara wo recall horaha hota he ke is time kia kar rahi thi aur phir mujhe Sara yaad araha hota he ke is time par death hoyi thi aur ye wo. Tho wo Sara din Mera you know ghari ko dekhtay we guzarta he.

Q: Acha.

A: Ke is is time pe ye ye hua tha.

Q: Theek, Acha jo apnay pehle bataya tha ke aap hospital mein unkay saath thi tho baki family members tho nahi thay na, aap hee thi sirf?

A: mein thi aur meray Baba thay , aur meri behn ghar par thi tho jab mama ki death hoyi he last moment pe meri behn bhi agayi thi.

Q: Acha theek he tho mtlb she witnessed that as well.

A: Yeah.

Q: Acha theek he Sahi. Acha mujhe ye batao ke what mtlb gives you strength jo he to go on with your life.

A: Umm ke Allah ki koi behteri he. I don't know kia he , mujhe Nahi pata ke is mein kia behteri he. Allah thallah kehtay he ke har kaam mein koi behteri he , I don't , I really don't know ke maa ke janay mein kia behteri he. Aisay nahi kehna chahye but I don't know is mein kia behteri he.

Q: Haan ofc thats understandable. Apkay Saath itna painful experience he tho aap kese Soch saktay Hain ke is mein koi behteri he.

A: Because abhi thak Kuch aisa Nahi hua ke mein kahin ohh Acha hua ke mama Nahi Hain thi, aghr wo Hoti tho kitna mushkil hota.

Q: Haan.

A: So mere lye Nahi he. Mujhe abhi thak samaj Nahi ayi ke Kia behteri he but is mein Allah ki koi tho behteri he. Allah thallah kehtay he ke behteri he tho hogi koi behteri. Is lye. Nothing gives strength , to be honest Kuch bhi strength Nahi deti bus tusali he aap apnay apko Kuch bhi keh ke dey do.

Q: Wohi temporarily apko thori.

A: Temporarily apko relax krnay ke lye. Acha yaar koi baat nahi sab ke saath hota he. Us ke tho Baba bhi nahi hain. Uski tho mama bhi Nahi Hain. Us ka behn Bhai bhi nahi he. Aik dusray ko dekh ke aap bus strength lene ki koshish krtay ho ke yaar koi baat nahi.

Q: Wohi aur wo ziada dehr thak, mtlb thoray arsay hee last Krti he Uske baad apko phir wohi emotions feel Hona shuru ho Jatay Hain

A: Aisa hee he.

Q: Acha theek he so would you say ke you isolated from your friends ya your family death ke baad.

A: Yeah I isolated from my family because uh mother ki jo side ki family hoti he I think jab thak uhh mother Hoti Hain tho wo log bhi hotay Hain. Tho I feel ke wo cheez bari mtlb , meri mother side ki jo family he us mein buhat ziada aik gap aya.

Q: Acha specifically koi events wagera Hain that you would like to share Jis mein explain aap kro sako ke Acha is Tarah gap Aya tha , ye hua tha.

A: It's very personal thing but recently mere Mamu and we used to live together.

Q: Acha.

A: Tho jab meri mother ki death hui tho humy phir wahan se move krna parha because he wanted us ke ab hum chalay jaye.

Q: Acha.

A: Tho it was very tough for us.

Q: That must have hurt as well.

A: Kyun ke apnay pura bachpan guzara he. Yeah obviously aik apnay pura bachpan guzara he. Sari zindagi wahan guzari he aur phir mother ki death ke baad apko aik dam keh rahay he ke aap bus yahan se chalay jaye.

Q: Wohi jese koi relative ho apka aur apnay bus out krnya ho ke bus jaye. Mtlb you're like ke puri aik relationship thi tho ab aik dam se. Mtlb apko koi wo nahi he connection ke hamaray saath hain aap hamay kese keh saktay hain aap ab jaye.

A: exactly aisa hee he tho wo phir aik buhat bara , meri mother ke baad aik jo mujhe buhat bura trauma mila tha wo ye tha. That was like a big big shock for us.

Q: Wohi kabhi bhi banda is tarah expect nahi kr sakta cause apkay relatives ke saath wese hee apko, beshak aap log close na ho tho apki interactions wagera hoti rehti he aur wo achi

interactions Hoti Hain. Aur apnay bilkul hee complete unki different side dekhi he Jo apnay Kabhi bhi expect Nahi ki hogi unsay.

A: Exactly never ever tho aik wo Jo tha time wo buhat tough tha because he was very good to us. Aisa Nahi he ke wo hamaray Saath buray thay. Wo buhat achay thay hamaray Saath. I don't know bus out of nowhere pata Nahi achak kya hua ke he said bus aap log chalay jaye aur ye wo. Tho Khair wo buhat aik buhat bara shock tha because us time pe humy buhat zarurat thi. Humy buhat ziada zarurat thi unki.

Q: Wohi aur like jese hota he na ke Kuch family members hotay Hain unke Saath apki wese koi tension ho ya Kuch bhi apka wese bhi jab relationship Acha na ho tho apko Bura buhat Lagta he but itna hurt Nahi kray ga jiska apkay Saath supposedly buhat acha relationship ho.

A: Exactly.

Q: Aur wo apko is tarah kahay.

A: Aisa hee he tho unkay Saath hamara buhat Acha relationship tha. un ke Saath , unke bacho ke Saath , unki family ke Saath hamara buhat buhat pyaar tha. Likan ye he ke phir achanak unki family wo khud , buhat change Hogaya tha unka behaviour phir hamaray Saath.

Q: Theek he tho aap logo abhi bhi miltay ho ya Kia he ab situation.

A: Nahi ab Nahi miltay. Ab unsay Nahi miltay bilkul bhi aur wese bui mere Mamu ki bhi death hogyi wi he. Recently unki bhi death hogyi he so hum Nahi miltay.

Q: Ohh Acha theek he tho apki mother ki death , obviously it was an unexpected death tho Ghar jakay jese hota he na ke unkay baad , unki cheezay Dekhna buhat mushkil hota he lets say ke almari mein kapray he ya un ke room mein Jana tho is Tarah Ka kuch hua tha , maybe room mein na ja Sakti ho aap is tarah krke kuch.

A: It's been four years. Meri mama Ka aik dress he. Tho mama ne apni death SE pehle us ko press krke hang krke Rakh dya tha. Kyun ke unki adaat thi wo set krke rakhti thi.

Q: Acha.

A: tho aik specific dress tha wo Nahi pehn rahi thi , Hum log unko keh rahay tha aap pehne Acha lagay ga tho unho ne usko bara press wagera Karwa ke aur unho ne mama ne Rakh dya tha usko hang krke. Aur 4 saal se wo dress wahin Pe hee para tha. Hum usko wahan se Nahi hilatay he. Har koi Jo ata tha kehta tha is suit ko uthar ke Rakh lo. Abhi bhi hum apni mama ke kapray Nahi dete. Na Hum khud pehntay Hain halan ke humy sab kehtay he ke gareeb ko dey do ye wo. Wo humy bhi pata he ke like ziada sawaab he Hum dey de ge tho. Likan hamari himat Nahi Hoti hamari memories he unkay saath.

Q: Wohi connection.

A: Hamara , Exactly , hamara khud bhi dil nahi krta wo kapray pehnany ka. Bus wo humy aik unki aik aisay feel hota he ke unki presence he.

Q: Wohi ke sambhaal ke rakho mtlb.

A: Haan sambhaal ke rakha wa he humny aur unkay kapray hain, unki cheezay hain ,shawl he tho wo kabhi shawl unki ley lete hain hum. Jab like I miss her alot tho mein unki shawl ley leti Hun, wo warmth feel hoti he.

Q: Wohi closeness feel hoti he.

A: Wohi aik closeness feel hoti he. Yeah.

Q: Acha tho jese unka kamra wagera he tho shuru mein room mein jana mushkil tha is tarah kuch krke.

A: It was very tough. Unki Jaga pe lehtna wo tho buhat mushkil tha. Wo tho buhat time guzar gaya tha , hum mein s koi bhi unki jaga par , jis side par lehthti thi bed par hum us side par bhi nahi lehthtay thay. Aur hum se nahi hota tha. Hum soch bhi nahi saktay thay ke unki jaga pe bhi hum leht jaye , beht jaye because humy accept nahi horaha tha hum buhat denial mein thay ke aisay kese hosakta he. Hum kese unki jaga mein beht saktay hain. Wo khud kyun nahi beht rahi. wo khud kyun nahi yahan par.

Q: Wohi aik tareekay se aap us space mein lehto, jo bhi he tho in a way wo accept krlye ke haan mtlb shes not here mtlb ab ye unki jaga Nahi he.

A: Yeah.

Q: Wohi hota he unki space he hum nahi behtay ge yahan par.

A: Exactly aisa tha ke hum is par , hum kehtay thay ke nahi ye mama ki jaga he aur kafi thak hum har cheez mein rakhtay thay ke mama ki , hum koi cheez ley ke aye we hain jese pehle koi cheez he , koi jewelry he kuch is tarah tho hum ne mama Ka aik portion set kya wa tha ke mama Ka he. Hum nikaltay thay ke ye mama ki cheez he.

Q: Acha.

A: Tho wo kafi time se wo hum Nikaltay thay aur side pe rakhtay thay ke ye mama ki cheez he , mama ki cheezo ko haath nahi lagana yaar. Mama dhantay gi , mama ki , meri mama ko lipsticks Buhat pasnd thi, wo baray shok se leti thi. Hum kafi time thak unki lipsticks Nahi use krtay thay ke because humy hota tha ke mama ko gusa ajaye ga , tho hum unki lipsticks ko chertay thay because humy hota tha ke unhay gusa ayega wo dhante gi.

Q: Acha.

A: Unki cheezay nahi use krtay thay ke wo gusa kray gi ye wo.

Q: Tho is Tarah unki.koi unho ne kabhi gift dya ho jo abhi thak aapnay apnay pass rakha ho ya is Tarah closeness aur connection feel hoti ho.

A: Yeah uhh Mera jab mdcat ka result Aya tha tho she gave me a ring unho ne mujhe aik ring di thi , jo over sized thi tho tab Mene unhay kaha tha ke ye mujhe nahi chahye , ye sahi nahi banwa ke di tho aap isko rakh le but now that ring is so close to me.

Q: Ab tho buhat precious hogi.

A: Yeah buhat precious for me. Mein isko buhat sambhaal ke rakhti Hun and she gave me a pen aik unho ne mujhe pen dya tha. Aur that was quite expensive tho mein unko kehti thi apnay mujhe pen kyoo dya aur ye itna mehnhga pen he aur pen hee kyun dya iski jagah mujhe Kuch aur ley ke dey deti.

Q: Hmm.

A: Ho wo pen ab mein sochti hun ke kabhi meri shaadi hogi ya is tarah tho mein us se hee sign krun gi kyun ke that pen is so so close to me.

Q: Wohi aur apnay pass important jese shaadi ka.

A: Haan tho mene usko apni Shaadi ke lye sambhaal ke rakha wa he ke mein wohi pen ko use krun gi.

Q: Chalo that's very touching.

A: Yeah.

Q: Acha

A: Kyun ke wo itna he ke mujhe he ke meri Shaadi mein meri mama nahi hongy pass tho unka pen wo mere lye buhat Hoga ke wo mere pass Hain wo unho ne mujhe dya he.

Q: Theek.

A: Tho wo aik bara special moment hoga.

Q: Acha theek he mujhe aap ye batao ke jese obviously death ke baad na banda us , buri state mein hota he emotionally tho kabhi aisa feel hua ke acha ye mein you know I can't handle this anymore ye buhat mere lye mushkil Hogaya he. Is tarah krke kuch.

A: Yeah there's so many times aap aisay feel krtay ho ke bus yaar hogyi he , ab mere se nahi ho sakta he. Kyun horaha he , mein kyun kr rahi Hun mein tho ye deserve nhi Kerti thi mene kya kia he ke mein ye deserve Kerti Hun . Insaan buhat ziada shikaytay krta he Allah se bhi krta he khud se bhi krta he ke yaar mein tho ye sab deserve nahi krti tho phir ye mere saath kyun horaha he. aur thak Jatay Hain obv insaan he thak jatay hain is feeling se , har time ka aik trauma , har time ki aik tension , aik depression le le ke. Ye feeling itself apkay lye buhat painful he ke wo ab apkay saath nahi hain. Tho you know what mein akele behti bhi nahi hun. I don't sit alone because mujhe pata he jab mein akele behti Hun , mein wo cheez sochti hun , wo recall, wo cheez buhat unbearable hoti he so I don't sit alone mein us cheez ke baray mein nahi sochti ke unki death kese hui , kab hui , kyun hui. So is lye ye interview mere lye it was too hard for me

Q: No I really appreciate it kyun ke buhat mushkil hota he is topic ke baray mein baat krna aur mujhe bhi shuru mein itnay log Nahi mil Rahay thay,pata tha ke mushkil hee Hoga because itna asaan Nahi hota in cheezo ke baray mein baatay krna openly.

A: Exactly.

Q: So I really appreciate it I hope Thora SA therapeutic bhi ho apke lye in a way , apko feel ho ke acha haan.

A: Yeah thankyou for listening to m.

Q: Nahi ofcourse ofcourse nahi mein bhi, mujhe bhi mtlb I haven't gone through such a tragedy but mein buhat passionate thi is ke baray mein. I wanted to understand ke log , logo k ye journey kesa hota he what do they feel , kis tarah ke emotional challenges hotay hain tho mujhe that ke mene thesis

A: Haan abhi aap kr rahay ho na tho people usually don't ask such questions.

Q: Hmmm.

A: Because hamaray andhr hotay Hain we want people to ask such questions from us likan wo Nahi poochtay Hain they just say sabr kro hosla kro, sab ke saath hota he.

Q: Wohi choti cheezay buhat matter krti Hain beshak koi chota sa sawal hi ho apko feel hota he banda understand kr sakta he.

A: Exactly aur apko lagata he ke nahi aap , you are precious to someone else as well because aap ko Acha lagta he log aap se pooch rahay hain.

Q: Wohi.

A: Wo aap ke baray mein concern show kr rahay hain.

Q: Wohi aur like ziada acha bhi tab hee laghta he , mtlb jab log pity ki taraf se dekho tho ziada maybe Bura feel hota ho ke bhai ke like I'm a normal person.

A: Tars kha rahay hain.

Q: Help krde beshak.

A: Bilkul bilkul.

Q: Is Tarah mujhe pity se na dekhay aap.

A: Exactly aisa hee he wo ziada Bura feel hota he ke yaar iski tho ma hee Nahi he mtlb wo bechara krke. Tars kha ke.

Q: Wohi

A: Aik empathetic Nahi hotay log sympathies dete hain. Buhat ziada.

Q: Exactly.

A: Tho.

Q: Aur like banda khud upset he , bands khu upset he tho you know like ye krna ke oh acha bechari , wo I'm pretty sure wo bhi ye feel kr raha hoga.

A: Right.

Q: Aap kisi aur tareekay se uski help kray.

A: Bilkul aisa hee he aap empathetic ho , sympathies na itni sympathies na de.sympathies itni chahye nahi hoti , aap already apko apna aap itna bechara lag Raha hota he na us situation mein ke apko lag Raha hota he ke mere saath kyun horaha aur log bhi upar se apko itni sympathies dey rahay hotay hain tho apko aur gusa araha hota he ke mujhe kyun kr rahay hain aisa.

Q: Wohi exactly acha mujhe ye batao ke how is life like for you today mtlb aap aisay kaho gi ke Acha Haan mein aik healthy stage mein Hun.

A: No

Q: Acha tho you would want ke apki situation aur aik Achi mtlb tareekay , achin ho.

A: I just want ke bus like khatam hojaye. Iam done with it

Q: Theek he.

A: I can't because mere se Nahi manage horaha . I can't umm imagine my life without my mother.mein jitni bhi koshish krlun . Jitni bhi usko healthy banany ki koshish krlun , one way or another way wo Kuch na Kuch Kisi na Kisi stage par mujhe Baar baar feel hota he ke nahi Nahi Nahi she's not here , shes not here , so I'm done with it

Q: Mtlb buhat tough , Kia kehte Hain, stage he abhi you're like ke Nahi mein bilkul bhi Achi stage mein Nahi Hun abhi I want ke mein behter feel krun Thora ye Jo he aik keh lo heaviness he ,ye khatam hojaye meri , mujhe itni pain feel horahi he , thori Kam ho, numb hojaye mtlb

A: Yeah aik , to be honest aik point hota he jahan insaan Ka Dil krta he ke cheezay behter hojaye.likan phir apko lagta he ke ye tho Nahi hosakti Kabhi bhi ,kyun ke wo yahan aa Nahi Sakti aur unkey baghair cheezay behter Nahi ho Sakti tho phir insaan kehta he ke Yaar hum hee unkey pass chalay Jaye. Ya ye cheezay bus khatam hojain. Ye sahi Nahi hogi because I , mein phir keh rahi Hun na , I don't know ke Kia reason he , Allah thallah kehtay Hain ke behteri he mujhe Nahi samaj ata , mujhe Nahi pata ke Kia behteri he. Har aik moment pe apko , Allah thallah ne ye itna, buhat like I don't know ye buhat annoying sa he ye sab , ye relationship.

Q: Ofcourse wohi ke aap us Tarah ,mtlb gilah Nahi krsaktay ,apko hota he ke kyun Bhai mere Saath kyun hua he like ye kia he.

A: Yeah

Q: Wohi aik tho Allah thallah , mtlb relationship unkey Saath Hoti he and then you struggle , wo bhi apko feel hota he ke me Saath kyun, mtlb i don't know buhat hee ajeeb lag Raha Hoga but apko hota he na ke Bhai god loves everyone tho ye kis Tarah Ka love he mtlb ke mein itni pain mein Hun tho how can god love me.

A: Wohi keh rahi Hun na ke Allah thallah kehte Hain ke ,mtlb Allah thallah kehte hain ke koi behteri he tho mujhe samaj Nahi ati ke behteri he chalo sahi he likan pata bhi tho chalay kia behteri he phir apko you know sabr ajaye.

Q: Peace ho.

A : Haan tho wo pata bhi Nahi chalta Kia behteri he . Obviously hogi koi na koi ,mein ye Nahi keh rahi ke Nahi hogi , humy Nahi pata na , Shayd hum us insaan ke itnay close hotay Hain ke

humy Nazar hee Nahi ata , koi behteri ho bhi tho humy Nazar aa Nahi rahi hoti. Hum kehte Hain ke Nahi Nahi Nahi. Shayd wo Hoti tho ye cheez tho Kuch bhi Nahi thi

Q: Hmm Nahi. Bilkul mujhe samaj araha he ke aap kya kehna chah rahi Hun kyun ke basically kabhi apki life mein kuch horaha ho tho normal banday ko bhi feel hota he na ke oh ye mere saath kyun horaha he , so is situation mein tho hundrend percent apko hoga ke bhai ye mere saath kyun horaha he , mere saath sirf kyun , tho nahi us tarah mujhe , us tarah i can see ke what you're trying to say.

A: Kyun ke mein, when my mother passed away tho mene Allah Thallah se, jis moment pe meri mother ki death hui tho mene, mene us moment pe socha ke Allah Thallah apko tho pata he ke mein tho , mujhe tho ye bhi nahi pata ke mere kapray kahan paray hain.

Q: Wohi tho aap ko aik dum se change hona parhta he.

A: Yeah, tho ye apnay kese krlya aap ko tho sab pata tha ke humy kitni zarurat he mama ki.

Q: Wohi.

A: Tho hamari family tho choti si he aur ye tho aap ne ye kyun kya he

Q: Exactly. Theek he acha tho haan hum discuss kr rahay thay ke wo aik aap us place mein hotay hain ke aap kehte he ye mere saath hee kyun hua aur pata nahi kia behteri he, wo understand nahi hota.

A: Yeah.

Q: Theek he tho acha phir apki mother ki passing ko time kitna hogaya he?

A: Uhh it's , more than four years.

Q: Theek he. More than four years.

A: 2018 mein unki , yeah, December 2018 mein unki death hoyi thi.

Q: Acha theek he , acha is tarah ki aur koi cheez that you would like to share.

A: Umm no there is no like such thing , sari cheezay aap ne pooch li hain, bus ye he ke umm I just want to say ke logo ko ye nahi kehna chahye because aap bhi hain , mein tho feel kr akti hun ye cheez mein nahi kahun gi kabhi bhi kisi ko sabr kro, I wouldn't say because recently meri friend ki mother ki death hui tho log us ko keh rahay thay ke sabr kro, nahi us ko nahi bolo, us se ye na batay kro , wo offend ho jaye gi is cheez he, aur pata he jo log aap ko kehte hain ke sabr kro us se baat krna chor dete ho. Beshak aap jitni marzi close ho because meri , mein apni dosto se buhat dhur hoyi is cheez se , jinsay mein buhat close thi, aur unho ne mujhe ye kehna shuru krnya ke sabr kro, sabr kro ,mein aik time agaya tha le mein un se dhur hona shuru hogyi thi because mujhe un ke pass beht ke acha nahi feel hota tha.

Q: Wohi aik tho ye bhi feel hota he ne ke understand krtay hain

A: Exactly

Q: Wohi , I know mein bhi koi banda, person I really care about aur wo is tarah ki situation se guzr raha ho , kabhi bhi nahi kahun gi sabr kro, I would never want wo apnay emotions is tarah hide kray, jo he bolo , jo feel kr rahi ho mltb batao , ke kia he

A: Exactly. Kisi bhi maamlay mein kyun ke mere lya itna bara loss he tho mein kisi bhi mamlay mein , mujhe koi kehta he ke ye buhat stupid baat he, mein is baray mein buhat touchy horahi hun, mein kehti hun nahi nahi ye stupid baat nahi he like its fine to be touchy about it. Aur tum sahi touchy horahi he tho hamesha zaruri nahi he ke aap logo ko koi buhat because people really call me meri puri family mein ke tum buhat strong ho , ab mein , mein kehna chahti hun ke I don't want to be strong anymore, mujhe bhi rona he. Mene bhi thootna he because strong hona, rona , rona rona, ye nahi hota ke aap strong ho

Q: Haan wohi.

A: Is se aap strong nahi bantay.

Q: Aur I think strong , aur ye jo pain buhat feel kr raha he, theek he.

A: Kar raha he

Q: Wo show kr raha he

A: Aur still usko tolerate kr raha he

Q: Wohi.

A: Phir itna pressure hota he ap ke upar ke aap ko strong keh keh ke, keh keh ke, aap ki feelings ko marna shuru kr dete hain, literally aik time aya tha ke mujhe aisay feel honay lag gaya tha ke mujhe ab batata he ke uski mother ki death hui tho mujhe tho itna zaiada feel bhi nhi hota

Q: Acha

A: Kyun ke mere upar itna pressure agaya tha ke strong, strong , strong, tho mein tho bilkul meri hard feelings hogayi thi har kisi ke lye.

Q: Wohi tho you didn't feel ke mtlb log kahany ke haan mtlb jese mene pehle bhi kahan na ke share your feelings, unhay he ke mtlb strong ho, apni taraf se unko bhi burden he ke hata de, they are like haan haan strong ho sabr kro.

A: Haan tum tho buhat strong ho, tum tho dekho , tumhe tho baki sab ko bhi sambhalna he , buhat strong ho , itni achi ho ye wo, no is tarah , is tarah na kaho kyun ke ho sakta he unko isi moment pe aap ki zarurat ho. Aur aap ne us ko ye baat keh ke hata dya dya he.

Q: Aur wohi , is tareekay se wo banday ko feel awkward ya fel hota he ke acha I don't know ye banda chahta bhi he ke mein share krun ya na karun because us ka advice tho ye he ke sabr kro.

A: Bilkul aisa hee he tho mere saath bhi log, mera dil krta tha ke mein ron , likan mujhe wo hi kehta tha ke tum tho buhat strong ho, tum ne apnay baba ko bhi dekhna he, behn , tum tho buhat hee strong ho. Tho mein chahti thi ke mein ron aur us waqt ye hua ke I didn't cry. Mujhe ab koi bhi kehta tha na ke tum strong ho , mujhe lagta tha ke yaar mujhe gali dey raha he.

Q: Wohi

A: Ye mujhe gaali dey raha he , ye chahta hee nahi he ke mein ron, koi insaan nahi chahta ke mein easy feel krun.

Q: Haan wohi mtlb , aik tareekay se not enemy tho nahi but your'e like aik aap ko, mujhe bhi is tarah koi banda kahay tho mujhe disgust feel hoga ke aap mujhe kese keh saktay hain ye. Ke nahi.

A: Exactly

Q: Mein kabhi bhi na manu job bhi kr lein uskay baad, because aap ne mujhe yahan show kr dya he ke bhai u r not there for me

A: Exactly exactly , tho ye cheezain, ye zaruri nahi he ke aap kisi ko kaho because nahi chahye hota ye sab , aapko nahi zurarat hoti ke aap ko koi ye kahay ke yaar theek he that's fine tum ro rahi ho tumhara rona banta he , har dafa strong nahi hona hota, mera bhi dil krta he ke mein , ke mein bhi, mera bhi dil krta he ke mein buhat ron. Kyun ke mein kisi ke samnay bhi nahi ro sakti kyun ke mein strong hun

Q: Exactly tho like would you say, Is tarah , jis tarah se kuch friends se isolate hogyi because they were like sabr kro.

A: Yeah.

Q: Tho koi is tarah ke friends hain that were really supportive and aap ki maybe friendship unsay strong hui ho ya strong hee tho maybe you really appreciated ke acha unho ne is tarah kia.

A: Yeah. My cousins ammara , afshan.

Q: Acha.

A: They were there for me because jis tarah ki support mujhe us waqt apni family ki puri, puri family mein se agr mujhe uh kisi se umeed nahi thi , ya mujhe tha ke wo nahi , because umm they were also, they are very close to their mother tho mujhe un se nahi tha, unko like kia wo mere baray mein itna emphathetic feel kray ge aur unko kia pata chalay ga but they were very very supportive towards me aur dusra ye ke unho ne jis tarah mujhe aur meri family ko sambhala tha aur aaj bhi mein wo cheez yaad krti hun na tho mere dil se duay nikalti hain and yes meri , meri do friends hain unki bhi mother nhi hain, so I knew already ke mujhe wohi samjay gi so jab meri mother ki death hui thi tho mene kaha sab se pehle, pata nahi kis ko kaha tha , I think ammara afshan mein se kisi ko kaha tha ke meri in dosto ko call krke kehdo ke bus ye ajaye because wo out of city rehti hain , wo nahi he yaan pe, mene unhay kaha tha ke bus unko call krke kehdo ke meri mother ki death hogyi he, unse poocho ke wo dono kab thak ayen gi because

mein un se baat krna chahti thi , unki bhi mother nahi thi. Tho mujhe pata tha ke wohi mujhe samjay gi aur mera unkey saath mera buhat buhat buhat close relationship he.

Q: Wohi us time par aapko wohi help kr saktay hain aur unhay bhi pata he , ye unki life mein bhi is tarah , unhay pata he ke acha wo is experience se ja chukay hain ke dusray ko bhi kесе support krna he.

A: Yeah but

Q: Baki logo ke pass tho tool nahi hongay.

A: Exactly likan jese ammara afshan and theres another friend, meri buhat achi friend he meri best friend he , shes In Australia right now , aur wo buhat meri taraf emphathetic thi, in logo se mujhe expected nahi tha becaue inki mothers hain already, inko nahi pata likan still inho ne buhat ziada emotional support dya tha mujhe , buhat buhat buhat ziada support dya tha. Un dono ko tho obviously pata tha , wo tho mujhe samaj saktay thay likan ye log bhi buhat ziada supportive thay.

Q: Wohi aik pleasant surprise hogaya in a way ke aap unse expect nahi kar saktay thay ke..

A: Exactly.

Q: Ke wo is tarah karay ge.

A: Exactly exactly.

Q: Chalo , nahi apnay mujhe buhat achi, kafi information di thi tho I really wanna thankyou cause I know buhat mushkil hota he , kafi lambhi baat hogyi he. Theek he and I am really happy because mujhe bhi tha ke mein learn krun , I wanted to see ke log kesa feel krtay hain, I don't know why like I said before meri life mein is tarah ka kuch nahi hua, is tarah ka experience tho pata nahi kyun mujhe buhat tha ke I wanted to see ke is tarah log jo experience se ja rahay hotay hain , un ke kia challeneges hotay hain.

A: Yeah.

Q: I think Mujhe kafi understanding hoi , mene aik do aur interviews abhi liyay hain aur aap ka bhi aaj lya he tho mujhe buhat , buhat us tarah understanding hoi he, I learnt a lot ke acha ye

challenges hotay hain and this is how you should help people , theek he aur maybe ye cheezay avoid that. Aap ki maybe intention bhi achi ho theek he but that doesn't help

A: Exactly.

Q: Tho wo ..

A: Exactly yehi baat he ke , ke mein apni dosto se bhi kehti hun ke mein ye nahi kehti ke aap logo galat intention se, jese aap bhi ho. Mashallah aap ki bhi mother han aur Allah thallah aap ko kabhi kabhi zindagi mein ye experience na face krwaye inshallah tho wo baat ye he ke zaruri nahi he ke aapki intention buri ho , likan apkay words aglay banday ko itna hurt kr dete hain because aap ko , I just want ke mein jitna logo ko educate kr sakti hun is maamlay mein , mein kr dhun because jab aap kisi ke paas jatay ho kehte ho sabr kro that is not enough

Q: Wohi go to dialogue.

A: Wo bilkul bhi answer nahi he

Q: wohi go to dialogue...

A: Exactly.

Q: Sabr kro

A: Exactly tho ye nahi he , ye kisi ko bhi mat bolay, ke sabr kro, nhi ata he sabr.

Q: Wohi nahi, ye tho bilkul he, I think ye tho bilkul bhi, mtlb I don't know ye logo ko kese realize nahi hota , aik tareekay se aap ko idea , ofcourse maybe tab wo exact apko na pata ho ke kia comforting words use krnay hain but definitely ye tho aap ko pata he ke acha ye cheezay humy avoid krni chahye.

A: Exactly.

Q: Warna log kis tarah keh dete hain ye baat , because jab apko koi kahay ga na tho apko bilkul bhi acha nahi lagay ga , ke sabr kro.

A: Exactly. What if ke aghr apko koi takleef

Q: Wohi

A: He aur apko mein kahun , ke mein ilaj na krun mein kahun bus tum sabr kro

Q: Wohi apka mtlb paper acha nahi hua apko koi kahay ke sabr kro , apko tho hoga.

A: Haan

Q: Mtlb sahi gusa ayega

A: Aghr apko koi physical pain bhi he tho mein apko kahun ilaj na kro , mein kahun haan tum sabr kro tho aap ko kese feel hoga ke mein apkay samnay beht ke keh rahi hun ke sabr kro.

Q: Wohi.

A: Tho aik , mere se aik apko ajeeb si feeling anay lag jayegi

Q: Wohi I think emotional pain ka maybe wohi he na ke maybe ye ho ke logo ko nazar nahi ata ke wo banda kitni pain mein he. Theek he tho us tarah understand nahi krtay, us tarah help nahi krtay. Physical pain mein tho you can see what that person is going through and you are like ke acha bhai i am willing to help you. Theek he , emotional tho aap ko nazar nahi araha tho you're like haan haan sabr kro. Aap us tarah help bhi nahi krtay banday ki.

A: Yeah.

Q: Jis tarah ki unko help chahye hoti he.

A: Chahye hoti he.

Q: Acha khair chalo I think phir interview end kr dete hain if you don't want to share anything else.

A: Yeah.

Q: Khair likan, khair last, I really really wanna thank you , wohi I know its not easy to talk about these things aur ap ne buhat information di he, mtlb ghanay ka interview he tho that is plenty of information theek he tho I learnt a lot as well , I really hope mein aghay future mein , meri kisi e

interaction ho tho mein bhi unko help kr sakun, comforting words hee dey dhun, buhat help tho nahi kar saktay but jitna aap try kar saktay ho.

A: Nahi your vibe was so comfortable ke even ammara knows ke mein kisi se bhi share nahi krti. Its been more than four years aur mene apni behn se bhi aaj thak ye discussions nahi ki. Tho your vibe was so comfortable ke mene buhat hee easy hokay interview dya he.

Q: Chalo that's good to hear.

A: Buhat smooth tha.

Q: Chalo theek he, mujhe, I am happy ke ammara ne bhi mujhe bataya, I am shocked ke you agreed ke aap ke lye easy nahi he us tarah baat krna so us tarah bhi thankyou,

A: Yeah no no that's fine,

Q: Chalo thankyou so much , huda hafiz

A: Huda hafiz.

Participant 03

Q: Aap mujhey ye bata sakti ho aap ke mother ke death kab hui?

A: Aesa hua tha ke meri mother ke kidneys me problem tha, kafi arse se. Un ka liver bhe fatty ho raha tha to doctor ne un ko medication aur sara kuch diya tha jab wo process chal raha tha. Phir aesa hua ke she was also a sugar patient to un ka sugar, blood pressure wagera normal rehna bhe thora sa, normal tha jab wo last time ghar pe theen wo bilkul theek thein normal tha lekin wo baht ziada pareshan ho gayen theen kyun ke kidney me pain start ho gaye the to aesa hua k hamara ghar blue area ke saath hai to wo ghar pe theen to unho ne kaha meine hospital jana hai ke meri sans ka problem ho rha hai, ghabrahat ke waja se shaid. To wo khud gari me meray jo bare bhai hain un ke saath wo kulsoom hospital gayen, kulsoom international. Wahan par jesay he wo pohncein to doctors ne un ko kaha ke ye aap ko painkiller dei rahein hain aur un ko aik injection lagaya un ke arm par, shoulder ke pass.to us ke baad se un ko itni sweating hui aur wo us ke baad wahan se wo hamary samne she lost her conscious, behosh ho gayen aur wo gir gayen zameen pay to us ke baad wo hosh me nahi ayen. Us ke do din baad doctor ne kaha ke she had died.

Q: To aap ye keh sakti ho ke aap matlab mentally prepared the, kyun ke ye aap expect kar rahe the ke aesa ho sakta hai. Obviously jesay aap ne describe kya to us se aesa to nahi lag raha ke aap expect karo ge ke ye bhe ho sakta hai.

A: Bilkul aesa meine,kisi ne bhe ghar me nahi socha tha . meri mother un ko khud bhe kabhi wo soch nahi sakti theen ke kabhi aesa ho ga aur sab kuch normal tha. Wo apni medicine wagera sab apne time par le rahee theen. Lekin jahan tak mujhey laga ke wo shaid injection ke waja se wo itna ziada react kar gayen. Un ke death certificate pe bhe unho ne likha she has died from a heart attack. Lekin heartattack to un ka heart bilkul normal tha. To kisi ne expect nahi kyat ha khas tor pe meine. Me un ke bahut close the. Me apne bhen bahiyon me sab se choti hun aur mujhey to aesa laga tha ke hospital ja rahy hain theek ho jayen ge, abhi wapis a jayen ge.

Q: Haan matlab aik aur hospital ka trip jsay hota hai.

A: Hmm, bilkul jesay normal.

Q: Acha, mujhey ye batao k us ke baad matlab in life kesay ,how did it feel to get on with your daily life? Ofc mushkil to hota hai na k aap bhoool to nahi sakty ho. Aik dam se agar aap ko life aesay start karni hai jesay wo hain he nahi, to wo kesa tha.

A: Bahut mushkil tha meray liyay shuru me. Pehle aik do haftay to mujhe tha k jab un ke dead body samn aye the to mujhey tha ke ye abhi zinda hain aur ab aesay so rahi hain. Aur meine apne family walo ko kehna shuru kar diya tha ke aap in ko dafn na karein,abhi ye theek ho jayen ge,uth jayen ge,aap ko nahi pata ke ye abhi sirf so rahi hain. She's alive. To wo halanke ,mujhey abhi bh dhuk hota hai ke shaid aesa he tha ke wo zinda he hain. Phir jab un ko dafn kya gaya to wahan par mei do din tak un ke saath he rahe thee, un ke qabr par. Jab wo us par miti dalte hain tab bhe mujhey tha ke shaid.

Q: Kuch ho jaye ga.

A: Haan,abhi uth jayn ge.wapis a jayen ge. Abhi wo zinda hai so rahi hain.

Q: Acha, to aap ye kh sakti ho ke is time pe sort of denial me the?

A: Denial me the.

Q: Acha wo aap kitna arsa denial me the ke ye nahi hua aur wo wapis a jayen ge. Is tarah kitna arsa tha?

A: Mujhey lagta hai ke taqreeban one to three, two months keh lein.

Q: To us ke baad aap ne aista aista wo reality me..

A: Reality me ho gaya hai ke wo ab wapis to nahi a saktin meri marzi se.

Q: To aap emotional state me,matlab wo depressing wala time tha.

A: Jee ,depression wala time tha .

Q: Acha koi aesi cheez the jis me aap ko jis me aap ko help kya ho ye accept karne me ke wo a nahi hain.

A: Yes, I started reading Quran aur meine quran ko samjhana bhe shuru kardiya aur kafi jagon par jab mujhey , mei ye parti the, reading various ayat ke allah jo hai wo after a person dies allah

un ke dubara rooh daalen gay. Everyone will die one day us ke baad phir un ke jo souls hain wo wapis un ke bodies me jayen ge aur wo qabro se uth kar zinda ho gein. To ye mujhey bahut ziada support aur hosla deti theen. And I would share an authentic baat in sureh waqiya ke jab aik insaan ,allah says when a person dies we are nearer to that person aur tum hame dekh nahi sakti, tumhare me agar itna capacity hai to tum us ko marne se rok kyu nahi sakti. This shows ke insaan kitna be bas hai kuch bhe baat karne me kuch karne me.

Q: Power nahi hai

A: Yes,bilkul powerless hai . har aik ka aur dosri ye baat jo mujhey bahut ziada khush jis ne kya ke agar jo marne wala,it is in the last ruqoo of surah waqiya.agar wo marne wala allah ke kareeb hai to us ke lyay janat ke baag aur this is what the last ruqoo of surah waqiya, this is what it says. Us ke lyay janat ke bag aur sukoon hai. Aur wo marne wala agar gunahgaro me se hai to us ke lyay azaab, to ye cheez mujhe achi lagti the ke my mother is ,me ye kehti hun ke she still is in a good place kyun ke wo achin insaan hain aur allah ke kareeb hain is lyay allah ne shaid un ko.

Q: Bula lya.

A: Save kar lya,apne pass khush rakha.

Q: Aur meine bhe ye suna wa hai meray baba ne mujhey ye bataya tha ke insaan ke meri khiyal se mot teen dafa hoti hai aik to pehli dafa jab wo sab ke ruh aati hain na to sa se pehle un ke ruh atti hai phir wo dunya me atay hain aur us ke baad aik aur mot aur phir akhirat me zinda hotay hain to teen dafa insaan ke mot hoti hai.

A: Bilkul.

Q: Dobara wo ayn gay,ofc aap ko dukh to hota hai lekin wahe jesay aap ne kaha ke aap ko peace se feel hoti hai

A: Bas aesa he hai je.

Q: Theek hai, acha mujhey ye batao ke kon se steps lyay koshish ke kuch karne ke lyay ke aap un ke death se move on thora sa kar sako ya thori se life easy ho jaye. Aap move on to nahi kar sakti definitely kabhi bhe,hota hai na ke thori se lif easy ho saky aap ne is tarah kuch kya ho. As in therapy wagera li ho kuch is tarah aap ne kya?

A: Therapy ke liye to me apne sab se ziada mei apne meray mamu hain, meri mother ke bhai hai aur aik chotay hain to mei un ke saath bhet jati thee aur ham quran aur us tarah tafseer suntay thei. Second my father meray baba he helped me bahut ziada, my teachers, mei meri friends mujhey le ke jati theen ke tum chalo thora sa grooming karlye, facials is tarah ke na salons me na, mujhey Riley salon le gaye hain.

Q: Acha

A: Jee, to ye phir mujhey thora sa karte theen ke me thora sa cheer up ho jaon me thora sa.

Q: Support bhe feel hota ho ga, baki logo ko bhe meri care hai matlab is tarah hai.

A: Meray bhen bhai bhe bahut ziada.

Q: Acha.

A: Aik meri bari bhen, she just got married last year.

Q: Oh Acha.

A: Yes, aur meray Jo sab se bary bhai hain, jab is tarah se death hui the kisi ke shadi bhe nahi hui the to phir ham Saray aik khatay bhet jatay the, un ke qabr per jana wahan par un se batay karna.. Ahh ham Saray bhen bhai quran bhe parhty the. To ye cheezein mujhey bahut ziada support karte theen aur lift up karte theen.

Q: Aur aik connection bhe feel ho rahe hoti hai baki siblings ke saath bhe.

A: Yes.

Q: Ke aap sab mil kar ja rahy ho matlab.

A: Bilkul.

Q:Acha aik hota hai na ke jesay meine pehle bhe kaha banda move on to nahi kar sakta but kabhi kuch phase me aap ko lagta hai ke Acha shaid progress ho raha hai. Shaid Meri emotional state behter ho rahe hai theek hai. Kabhi kabhi is tarah high level let's say ho jata hai magar kabhi kabhi aesay aik dam se aap bahut upset feel hona shuru kat detay hai , bahut depression ho jata hai. To is tarah ke waves let's say aati hai, kisi ke journey leniar journey to bilkul bhe nahi hai, theek hai

A: Nahi, ye definitely hota hai.

Q: To is tarah ke waves aati hai tab aap kesay cope karte hun.

A: Tab aesa hota hai kuch point par ke kabhi kabhi bilkul mushkil ho jata hai, sab kuch aesay jesay ke hatam ho gaya hai. Jis tarah se agar mei un ke mother ke janay ke baad me pehle dafa jab bemar hui, temperature hua, bukhar hua bahut tez to mera sar meri sari body me bahut takleef the to mujhey is cheez par rona nahi a raha tha ke me bemar hun aur mujhey bahut ziada pain hai mujhey un ko, mujhey yaad kar ke me bahut ro rahi the ke agar wo hotin to wo meray lyay kya kya kartin. To un ke bagair mujhey bas jab koi is tarah depression ho jaye, koi bhe injury ho jaye ya me bukhar me ho jaye, koi bhe problem ho jaye is tarah ke situation me wo mujhey bahut yaad aati hai. Aur meri kal friends ham baat kar rahy the to wo apni mothers ka bata rahe theen ke wo hame aaj bhe Roza nahi rakhne detin ke tum khana nahi khari to is time pe is tarah ke batae sun kar mujhey meri mother yaad aye ke agar aaj wo hoti to wo kya, wo kya karti.

Q:Haan aesay he karti.

Q: Acha jesay aap ne kaha ke is tarah ke moments me aap ko feel hota hai to is tarah ke aur kon se moments hai Jo aap ko apni mother ke absence bahut ziada feel hoti ho... Kyun ke har dafa to nahi koi aik specific moment ho jo aap ko aik dam se feel hota ho.

A: Is tarah ke bahut se moments hai for example me shopping pe jaon.

Q: Acha.

A: Meri jo bari bhen thee un ke jab shadi hui wo chalein gaye ab I'm the only one left apne baba ke saath.

Q: Theek hai.

A: To.. Me jab shopping pe jati thee, me un ke saath he jati the hamesha to abhi bhe me, me yaha pe dekhti hun to koi bhe cheez mujhey padang aati hai to mujhey bahut afsos hota hai, yaad ata hai ke agar wo abhi hotin.

Q: To aap dekhati un ko, haan ye letay hain.

A: Ye letay hain, jis tarah koi dress hai mujhey un ke lyay Acha laga, kitne mujey abhi bhe ache lagty hain to me kehti hun kash kuch aesa ho wapis a jayen. Me unhe ye khareed dun... Ye hota hai.

Q: Acha jo is tarah ke events hotay hain, let's say un ke birthday to wo to bahut tough hotay hon gay

A: Bahut tough hotay hain.

Q: To us me aap family Saray kesay cope karte ho.

A: Ham un ke lyay dua karwate, khud bhe dua karte quran parh kar aur me personally jo karti hun, ab ye thora shaid me kisi ko share nahi karte ye baat lekin aap ne ab.

Q: Acha.

A: Mei aik cake le kar jati hun un ke qabr par dua karti hun aur wahan bhet kar thora sa kha lya aur thora sa baant diya chotay bacho ke tarah.

Q: Ye to bahut moving cheez hai.

A: Yes haha.

Q: Ye bahut sweet cheez bhe hai matlab ofc bura bhe us tarah matlab bahut beautiful se cheez hai ke you know like aap is tarah cake le ke us event pe, hota hai na ke matlab aik tareeqay se ye bhe ho ga ke aap celebrate bhe kar rahe ho, matlab banda hamesha death ko yaad bhe kare ga aap un ke life ko bhe yaad karo un ke, un ke lyay bhe ye aik achi cheez hai ke aap ke ne sirf event nahi yaad rakha wa ke us din un ke death hui ke wo bhe aik not disservice ho gaye matlab apni puri life jee hai hamaray saath itni memories hain to birthday ke tarah use celebrate karien. Not ke buri cheez me dekhein jesay cake wali cheez ke un se batay keen, wo i think bahut beautiful baat hai.

A: Ye bahut personal rakhi the baat lekin cause you are asking to.

Q: Nahi nahi, bahut mujhey bhe acha laga aap ne is tarah share kya.

A: Acha.

Q: Haan.

A: Jee.

Q: Acha ye to birthday wala ho gaya, let's say is tarah ke events hotay hai jesay eid wagera ramzan wagera to ramzan wagera to kesa feel hota hai kyun ke usually mothers wagera he hota hai na ke sehri ke lyay sab ko uthati hon ya sehri banati hain to us tarah absence to waha bhe bahut ziada feel hoti ho ge.. To us me kya hai.

A: Un ke bagair ye second ramzan ja raha hai hamara.

Q: Acha.

A: Aur jab pehli dafa aesa hua tha to phle rozo me meray saath jo hua tha ke me sehri me uthi nahi the time se to me uth kar un ko yaad ,me dhund rahe the un ko aur me keh rahi the apne mind me soch rahe the ke abhi mama se ja ke kahun ge ke mei late ho gaye hun sehri ke lyay aur aap ne mujhey uthaya nahi. To me un ko dhund rahe the to wo mujhey mei bilkul bhoool gaye the ke wo ab hain nahi to aksar asa ho jata hai abhi Jis tarag aftari me mujhey wo cheezein batati theen,khanei banati theen mujhey us time par agar me kuch bana rahi hoti jesay for example wo.. wo chana chaat bahut achi bana leti theen.

Q: Acha.

A: To aksar jab me wo bana rahe hoti hun to mujhey un ke batay yaad ati hain,is me aesay karna hai,isme ye daalna hai is tarah k events pe wo, matlab aesa lagta hai ke wo saath saath he hain.jaati nahi hain.

Q: Haan kyun ke wahe na abhi do saal wesay bhe hoye matlab us tarah.

A: Haan aesa lagta hai.

Q: Wo to fresh feel aap ko hota bhi hai.

A: Haan aesa lagta hai wo saath hain meray,har kaam me.

Q: Aur in a way hoti bhe hon ge,

A: Haan bilkul.

Q: Matab insaan aap ke saath he feel hota hai.

A: Wo jesay soul and spirit hai insaan pehle he janta hai.

Q: Haan wo to.. Acha jab pehli eid jo the wo kitni difficult thee.

A: Pehli eid kafi mushkil the.. pehli eid to sach bataon mein celebrate nahi ke the,koi bhe kaprey wagera meri family walo ne mujhy le ke diyay,sab ne aik dosre ko lekin kisi ne us tarah se celebrate nahi ke.ham saray bahut bahut hamosh the aur bas saath simple sa khana khaya dua ke aur bas itna ..itna kuch bhe nahi na kisi,kahen par gaye na kisi se mile.

Q: Wahe tab.

A: Na koi eidi de, na eidi le.

Q: Mood bhe nahi,aap ko feel nahi hota ke kya celebrate karen.

A: Eid lage he nahi ke ye hamari hai..

Q: Wo lagi he nahi.. bilkul aesa he hai.

A: Bilkul.

Q: Acha aesa hota tha ke tab jesay hota hai na ke mother..me second question pe he wapis aon ge..ke what was life like after her death to me is me ye bhe ad karun chahun ge ke hota hai ne shuru shuru me aap ka dil na chahe kaheen janay ka ya outing matlab aap bilkul he wo ho jatay ho matlab bahir kaheen nahi jana to is tarah ka tha koi.

A: Bilkul. Aesa bahut hua meray saath..poora matlab me to 2 months tak mei bahir gaye he nahi bilkul aur na meine kisi se baat ke..meine university se bhe jana chor dia,meri classes me attendance bhe baht short ho gaye..lekin un logo ne university walo ne hamaray saath cooperate kya.

Q: Acha.

A: Aur teachers ne bhe attendance,wo un ko pata tha aur ye tha ke that was a time of covid to bhe thora sa mujhey tha, tab bhe mei bilkul.. ham ghar par he rahe saray aur aik tarah se meine ye bhe samjhna shuru kar diya ke blessing he hai kyun ke mujhy bahir nahi jana parhta kisi se milna nahi parhta..kyun ke logo ko sab ko pata tha family me,friends me class me teachers ko bhe na ke is tarah se in ke mother ke death hui hai aur to wo jo questions karty the is tarah k to phir me un ko kehti the ke ye naraz bhe nah on aur aesay questions meray se na poochein..to me tab bhe is lyay avoid karti the..to me bahir nahi jati the.. na mei kisi se baat.

Q: Haan kyun ke wo wala time aesa he hai ke log..matlab.

A: Aik baat ko bar bar bar.

Q: Wohe..Matlab un ko bhe feel hota ho ga ke na acha haan ham beh poochein kyun ke zahir hai me ab kisi ke pass jaon to itna odd lagay ga ke me wo bringup he na karun.

A: Hmm.

Q: Ke mujhey hai wo banda misinterpret na karlei ke acha koi fiqr he nahi hai..pooch he nahi raha but aap ko, wo poochna bhe mushkil hota hai aap jab us bandy ke lyay bahut mushkil hota hai kyun ke us k lyay constant reminder hai..aap to aik he banda ho jo aap un se pooch rahe ho.

A: Bilkul.

Q: Un ke pass hazar bande hain jo baar baar pocch rahe hai.

A: Aesa he hai.

Q: Wo to.. wo to tang he us tarah..aur wo he bar bar kon chahe ga bar bar batana ke kya aur kesay hua

A: Bilkul bilkul..yes.

Q: Acha mujhey ye batao ke aap ke friends aur family aap ne beech beech me bhe mention kya hai support.. To aap kaho ge ke kafi ziada support mila tha aap ke friends aur family se aap ko?

A: Yes, kafi ziada support mila.

Q: Acha koi specific friend ho ya koi family member ho jis ko aap thora grateful feel karti ho ke haan is bande ne meri bahut ziada help ke.. Ya is tarah ka koi specific ho banda.

A: Umm... My baba, my father bahut ziada help ke the aur meray bhai hain second bhai matlab dosre, chotay hain, meray se baray hain lekin wesay bhaiyon me chotay hain.

Q: Theek hai bhaiyon me chotay hain.

A: Jee.. To unho ne bahut ziada, me aur wo bas har waqt bate karte counselling karte rehtay they aur un ke saath bhet kar mujhey, unho ne bahut ziada support kya.

Q: To matlab aap log openly baat karte the.

A: Openly.

Q: Theek hai sahe, kuch families me hota hai na jesay.. Baki kuch me aesa hota hai ke wo nahi kar patay aapis me baat.. Itna difficult hota hai.. Acknowledge karna.

A: Ho jata hai.. hmmm.

Q: Acha mujhey ye batao ke aik hota hai na koi baat ho jo aap chahte ho ke log aap se bolein..theek hai.. Koi baat aap chahte ho log aap se ke matlab you know they wouldn't say this is tarah ke koi baat hai Jo aap chahte ho ke log bola karein ya na bola karein.. Koi bhe is tarah ke baat.

A: Aik baat ye hai ke people ask me har dafa ke how did she die even some of my friends they as well.. Poocha unho ne ke hua kya tha aap ke mother ko. To mujhey ye hota tha ke ye nahi ke me un se.. Ye kyun mujhey gusa ata tha key ye kyu pooch rahe hain me un ko bhe hurt nahi karna chahte the wo bhe apne aik sympathy ke tor pe poochtay the lekin mujhey wo batana wo bar bar wo scene repeat karna.

Q: Relive karna.

A: Haan mujhey, yes.. Relive is the right word.. Wo meray se nahi hota tha. Aur me kehti the kisi tarah kuch aesa ho ke ye question ye na poochein, koi aur baat karlein. Aur dosra ye ke mujhey aik meri bari khala hain.. Meri mother ke bari bhen.. Wo mujhey kehti theen ke consider me as if I'm your mother.. I'm shaheen to ye baat mujhey un ke achi lagti the ke aur bhe kafi Saray meri mother ke friends aur un ke doste wo mujhey kehti theen beta we are like shaheen aur haam aap ke mother ki tarah hain aur don't feel lonely aur thora sa khush raho.. To ye cheez mujhey achi lagti the un logo ke ye mujhey ye baat keh rahe hain.

Q: Wahe ke matlab aik tareeqay se un ko bhe itni hai ke aap ke lyay feel ho raha bhe hai ke un ko bhe kyun ke wo aap ke mother se bhe close hon ge zahir se baat hai.

A: Hojata hai.

Q: Theek hai to unhe bhe ho ga ke dosra un ka bacha is tarah na feel kare ke you know meri mother.

A: Bilkul.. Aur kuch un ke friends aesi hain ke jo abhi bhe meray pass aati hain. Aaj ke meri iftari un ke saath hai.

Q: Acha.. Acha theek hai.

A: To wo mujhey.

Q: Connected bhe aap ko.. Aap ko aik wo bhe feel hota hai ke Acha koi is tarah ka banda hai...family members se jo outside koi ho.. Ke wo bhe meri mother ko janta tha mei bhe janti thee... Ham us basis me jantay hain aik dosre ko.. Ham us basis par mil rahe hain.. Feel hota hai ke wo bhe un kee memory bhe alive hai.

A: Bilkul aesa he hai.. Aur aesay logo se mil kar khushi hoti hai.

Q: Acha closeness bhe feel hoti ho ge.. Ofcourse.

A: Haan closeness bhe aur us tarah se apne dil me jo grievance hai wo bhe thora kam lagta hai.

Q: Haan kyun ke.. bilkul mujhey samjh a rahe hai aap kya keh rahi ho..

A: Hmmm.

Q: Acha mujhey ye batao koi is tarah ke friends hon gay jin se aap isolate wagera ho gaye ho ya hota hai na ke kuch friends aik to wo time bhe shuru ka is tarah hota hai ke wo pooch rahe hotay hain to un me isolation hai he hai lekin ye bhe meine aap ko hota ke kuch log relate nahi kar saktay aur wo understand nahi kar saktay ke mei kis tarah go through kar rahe hun ya aap with time naturally aap ke un se isolation ho chuki ho.. Is tarah ke koi friends hon gay.

A: kuch hain but bahut thora jis tarah se haan aik do meri friends jinhe ne is tarah se.. Meri jab is tarah se mother ke death hui to us ke baad se meine wo mujh se bar bar aik he question poochti theen aur wo achi theen friends meri lekin phir mera un se apne aap ko meine un se isolate kar lya.

Q: Bar bar agar wo poochti hain to mushkil hota hai.

A: Haan Bilkul. Isolation is tarah se hai.

Q: Acha mujhey batao koi aesi cheez jis ne aap ko strength abhi tak deti ho to move on.. Koi strength aap koi cheez deti ho aap ko feel hota ho kyun ke hota hai na for example kuch logo ke chotay siblings hotay hain let's say un ko dekh kar ke mei in ke lyay thora mujhey strong hona hai.Wo strength un ko deti ho to live their life..Is tarah ke koi cheez hai Jo aap ko strength deti ho.

A: Mujhey meri mother ke jo bataein hain.

Q: Acha.

A: Un ke.. Wo hamesha mujey bahut, wo hamesha mujhey bahut motivate karti theen parhai karty we. Ham dono ik khatay he parte they.

Q: Acha.

A: To wo jab us tarah kehti theen ke strong and have in Allah,keep working hard jo bhe kaam hai even it is your study kuch bhe hai to ye bataein un ke abhi bhe meray mind me reflection aati hai aur ye mujhey bahut...it gives me.. It keeps giving me strength.

Q: Theek hai theek hai Acha koi baat the jo aap specific soch rahe ho koi baat jo aap un ko.. Aap ko yaad ati ho ke wo karti theen.. Aap ko yaad kar ke bhe Acha lagta ho koi is tarah ke un ke koi baat ho.

A: Umm is tarah keen kaafi sari hain bataein lekin ziada tar jo mujhey yaad ati hain aur meray mind me jo hamesha, it is always stuck in my mind.. wo ye hai ke always bhe strong aur have faith in Allah. I would want to add one more thing jo isolation wali baat hai meine jab meri mother ke, jo meri father ke jo side walay hain relatives jis tarah meri phupho.

Q: Daada daadi.

A: Meine un se apne aap ko i had to isolate.

Q: Acha.

A: Kyun ke they were they used to ask me such questions which i was not comfortable answering aur phir meine un ko, jab apne aap ko isolate kar diya from them to us ke baad se me mei..I started getting better and better.

Q: Theek hai

A: Yeah, their friends wo log bhe hain, my mother in laws, my mother's in laws.

Q: To un se aap ne tab he isolate jab kar lya tha us ke baad aap wapis un se hua kuch kya.

A: Wo atay hain to bas ziada I'm unable to talk un se ziada baat nahi ho sakti ya ziada closeness wesay nahi hai. Atay hain to theek hai i just say salam and they also say salam and us ke baad ziada closeness nahi.

Q: To aik factor us me ye he hoga na kyun ke aik to understand bhe us tarah se nahi kar sakti.

A: They were from in laws to wo thora sa shuru se he tha.

Q: Theek hai.

A: Jee.

Q: Acha sahe, Acha mujhey ye batao ke aap ne kaha aap ke family members aap isolate nahi hoye aap ye keh sakti ho ke aap log ziada close ho gaye pehle se.. Ya isolation a gaye, kuch bhe.

A: Family members se?

Q: Family members, siblings matlab Saray Jo hain.

A: Meri mother ke janay ke baad haam ziada close ho gaye.

Q: Theek hai.

A: Apni family.. Jo meri mother ke relatives hain jis tarah un ke, meray mother ke bhai.

Q: Blood relatives.

A: Jee, un ke blood relatives, un ke bari bhen, ham un se pehle itna ziada nahi close nahi they jab wo theen , lekin jab un ke death hui to ham ziada un ke close ho gaye, wo log ab hamaray pass atay aur ham.

Q: Theek hai.. Acha mujhey ye batao koi is tarah ke cheez hai jesay koi aap ko cheez foran trigger kar jati ho jesay for example aap pehle bata rahe the ke aap is tarah mall me jati ho aur aap is tarah cheezein dekhti ho to aap ko yaad ata hai ke wo bhe hotin me un ke saath share karti to us tarah ke koi cheez ho ya Jo aap jab bhe dekhti ho aap ko wo cheerz hamesha trigger karti ho.

A: Is tarah bahut hain me me last Saturday ko me aik liaquat gymnasium jinnah convention nahi liaquat gymnasium hai stadium me jo Islamabad me hai.

Q: Theek theek hai.

A: Wahan par me gaye to aik concert tha sufi night the, musical night, to meri mother aur mei wo sab ke saath heen theen lekin ham log bahut ziada wo enjoy karte bahut khush rehti theen.

Q: Acha.

A: To aik Qawali the, Qawali ya is tarah ke jo nights hoti hain, musical nights,sufi, to me jab is me jati hun.Mei last Saturday ko bhe bheti hui the, wo mujhey itna wo music sun kar wo Sara kuch mahol dekh kar lighting aur Sara enjoyment sab kar rahe the wo dekh kar wo mujey itni yaad ayen ke meray ansu a gaye, ruke nahi aur mei waha se uth kar, meray se nahi bheta gaya.. Kyun ke is tarah ke events par wo mujhey bahut yaad ati hain.

Q: Acha tab aap ke saath koi aur bhe tha yaa aap akeley thee.

A: Yes.. My father was with me aur un ko bhe thora wo bhe bahut ziada udaas ho gaye the, wo keh rahe the chalo ham chaltay hain.. Kyun ke I'm the only one living with here, meray saaray siblings bahir chalay gaye hain.

Q: Acha.

A: Shadi ho gaye.

Q: Acha Acha theek hai.. Aap phir apne father ke saath ho.. Acha to aap wesay USA me he parhti ho.

A: Yes me idhar pakistan Islamabad thoraay din ke lyay aye hun.

Q: Acha.

A: For eid.

Q: Acha sahee hai sahee hai.. Acha is tarah hota hai na ke aap ke mother ke jab death hui to ofc un ke almari me un ke kaprey wagera un kee cheezein Jo hain us tarah to wo dekhna kitna mushkil tha.

A: Wo abhi bhe meray pass hain, un ke shoes bhe pare we hain meray pass Saray aur un ke dresses, kuch meri bari khala ne le liyay baki meine kuch jo mujey bahut pasand they un ke lyay jo me kehti the aap ye pehne.

Q: Un pe suit karta ho bahut.

A: To meine abhi bhe rakha wa hai.

Q: Apna pass rakha wa hai, Acha theek theek.

A: Yes.

Q: Acha to is tarah ke kya kehtay hain un ke hota hai na unho ne kabhi aap ko koi cheez de ho kabhi gift diya ho ya koi bhe choti se cheez jo ab aap ke lyay bahut matlab precious wagera ho.

A: Jab in 2019 she came from England, un ka tour tha meray baba ke saath wo dono gaye the.

Q: Oh Acha.

A: To unho ne mujhey wallet diya tha.. I still have it.

Q: Oh Acha.

A: To mujey us time ye itna acha nahi laga tha ke bahut bari cheez nahi hai lekin ab wo mujhey itna pyara lagta hai ke me kehti hun bas.

Q: Ke ye meine rakhna hai.

A: Ye meray pass rahe aur ye kharab na ho kabhi bhe.

Q: Aur matlab beshak kharab let's say agar wo ho bhe jata hai to aap ko feel nahi ho ga aap ko ho ga ye unhe ke cheez hai, aap ko wo cheez hamesha pyari he lagi ge.

A: Yes.

Q: Acha umm un ke kamre me ab jana kafi mushkil hota ho ga jesay hota hai na ke un ke wo jaga jahan wo soti theen wagera the is tarah to wo to bahut mushkil hota ho ga aap jaati ho un ke room me is tarah ya nahi jaati.

A: Mei jaati hun un ke room me sirf namaz aur Quran parhne.

Q: Acha.

A: Aur jab is tarah bahut ziada ho ke.

Q: Feel ho raha ho.

A: Haan ke kabhi wo yahan is tarah se theen aur rehti theen, parhti theen, soti theen to me quran ko translation ke saath kuch aesi ayaten parh lun jis me zikr ho ke hamari afterlife us ke baray me pata chalay to ye cheez mujhey empower karti hai.

Q: Theek hai.

A: Ke ye aik bitter truth hai aur hamne meine bhe yahan nahi Rehna, aik din usi tarah jana hai jis tarah meri mama gayen theen.

Q: Acha jab aap ne mention kya ke aap usa bhe hoti hai aur abhi aap abhi sirf chution ke lyay aye we ho to jab bhe aap ne Ana hota hai is tarah chutiyon ke lyay ya kuch bhe to aap ke lyay mind me hota hai ke meine us ghar me enter hona hai, meine apne aap ko prepare karna hai ke mujhey na feel ho, kyun ke wo ghar wo usa wale life hai wo to bilkul different hoti ho ge yahan par phir aap ko un logo ke saath interaction karne hai Jo ke baaki log jo isi pain se guzre hain to wo kis tarah ka aap ke kis tarah ke feelings hoti hain jab aap ko yahan par aana hota hai.

A: Bahut ziada sadness bhe hoti hai lekin khushi bhe hoti hai kyun ke me jab aati hun to ziada tar mera jo time hota hai me un ke Qabar par jaati hun. Isi lyay khushi hoti hai ke mei un ke saath bhetun ge, wo meri baat sunein ge mei un se baatein bhe karun ge. Aur sadness is cheez ki ke udaasi hoti hai mujhey ke aesi jago par jab wo pehle theen to wo mujhey nazar nahi aati theen.

Q: Lekin ab wahe ho gaya ke milne ka aik tareeqa hai agar aap ko un se let's say feel bhe horaha hai to aik Qabar me bhe closeness.. Ke ye un ke hai.. Wo Yahan par hain.

Q: Chalo theek hai.. Mujhey aap ye batao ke ab aap ke life kis tarah, ab aap is tarah keh sakti ho ke aap aik healthy stage me ho..

A: Umm is tarah se abhi me keh nahi sakti ke me dubara se is tarah normal hun, meine depression ke tablets bhe le hain lekin abhi aik.. Last two months ho gayen hain ke abhi wo chor

de hain kyun ziada betterment, behtri ke taraf a rahi hun, anxiety aur depression ke tablets, to abhi mujhey personally aesa nahi lagta ke abhi itni stable hun ke.. Itni normal nahi hun ke jitna un ke honay se the.. Abhi wo stage nahi aye.

Q: Acha lekin aap ko ye feel hota hai ke chalo beshak thora he ho but aap ne thora sa progress achieve kya ho.

A: Ye he he feel hota hai, shaid mujhey jo lagta hai ke time is fhe best thing, kuch bataein aesi hoti hain jo shaid saath saath insaan ko.

Q: Less painful hon, kyun ke dukh to ho ga lekin maybe us ke saath peace ho saky.

A: haan, wo kehtay hain time ke saath Jo dukh hai wo kam nahi hota lekin dukh ke saath rehna a jata hai.

Q: Deal karna a jata hai.

A: Haan bilkul,meray saath bhe yahe hua.

Q: Acha mujhey aap ne bataya ke aap ab se choti ho.

A: Jee sab se choti bhen hun.

Q: Tho aap ke saath is tarah hua ho ga ke death ke baad aap ko laga ho ke aap ke maybe responsibilities wagera me kuch ho gaya ho add ya abhi add ho gaya ho kyun ke aap ne kaha na ke ye siblings wagera bahir chalen gaye hain to is tarah aap ko feel hua ke meri responsibilities me increase wo ho gaya hai.

A: Yes, is tarah mujhey abhi bhe lagta hai abhi bhe meine, jab me pakistan ayi hun to meri koshish hoti hai ke me sehri me kuch khana banaon aur aftaari me bhe koi sabzi wagera kuch aesa cooking ke taraf mei aoan apna baba ke lyay kyun ke hygienic food, mei un ka bhe khiyal rakhun aur mujhey apni limitations pata hon ke meine kya kaam karna hai aur kya nahi karna mein kis kis time apne ghar se bahir nikalna hai aur kab jaana hai, university kaab jana hai apne classes ke lyay kab ana jaana hai aur kis se kya baat karni hai.. Ye cheez mujhey, meri aesi jesay meri ye responsibility hai ke mujhey ye sab kuch seekhna chahiye khas tor par cooking aur etiquettes jo bhe general life ke hotay hain

Q: theek hai, to aap kesay kaho ge aap ke personality me kesay change aya tab kesi thee aur ab kesi hai,

A: Personality me meri bahut ziada change aya, pehle mei, sab se bara Jo mujhey khud bhe laga ke aur jab ne bhe bola ke pehle jab meri mother theen mei extra khush rehna aur bataein karty, hasty rehna, us tarah thee. Lekin jab un ke death hui to us ke baad se bilkul meine, meray se na he extra bola jata hai, na koi fazool baat ke jati hai na meray se hasa jaata hai

Q: Matlab jitna kehlo ke required hua matlab aap ne utni baat kar le, finish kar ke.

A: Yes.

Q: Acha aap he kaho ge ke aik hota hai na ke death ke baad ab aesay aap ka hai ya nahi hai ke log kehtay hain ke family jo hai wo toot jaati hai, to aap is tarah keh sakti ho ke family haan toot sakti hai, matlab do you agree with this ya disagree with this.

A: I agree, family toot jaati hai kyun ke jo, kuch aesay log jis tarah ke jesi un ke death hui to un ke Qabar par aana jaana lekin aista aista time ke saath saath wo bhe bahut kam kar detay hain umm kyun ke un ko shaid apne zindagi ke bhe kafi ziada problems aur maslay a jatay hain insaan ke life mein.

Q: Acha.

A: Ye ho ga ke, bhooltay nahi children aur parents agar un ke children, bache chalein jaye to wo maa baap kabhi nahi bhulte aur jo bachey hain wo apne parents ko nahi bhooltay.. To i would say ke kuch bhe, there are some people jo bhool jatay hain lekin kuch aesay hotay hain Jo in ke dil me hamesha zinda rehtay hain, hamesha yaad rakhty hain.

Q: Acha theek hai, Acha aur koi is tarah ke event hai ya koi aur be feelings ya thoughts jo aap wesay share karna chaho ge beshak meine poocha na ho ya aap ke mind me ho ke aap kaho haan ye wesay meine share karna, koi bhe is tarah ke cheez.

A: Umm... Is tarah se aik cheez hai meray mind me ke jo parents hotay hain wo shaid dunya me kuch bhe ho jaye jitne sincerity parents me hoti hai apne bacho ke lyay.

Q: Utني bakiyo me nahi hoti.

A: Utni kisi me nahi hoti.

Q: Aur beshak aap ke relatives bhe hon.

A: Relatives bhe hon even jo bhen bhai bhe hain theek hai dil se aap ke sincere hotay hain lekin jo level parents ka hai wo kabhi bhe nahi ho sakta.

Q: Wahe, kyun ke.

A: Shaid.

Q: Haan haan bolein.

A: Jitna meri mother mujh se pyar karti shaid mei us level tak mei bhe un ke lyay nahi kar sakti, ye cheez mujhey hota hai ke mei, mujhey, Sach bataon to mujhey hota hai ke shaid meine un ke lyay kuch bhe nahi kya aur ye cheez mujey bahut dukh deti hai.. Abhi wo wapis a jayen mei un ke lyay, mei kehti hun ke jo meray bas mei ho wo mei wo un ke lyay kar sakun, lekin mujhey aesa hota hai ke I'm not.. Itni ziada good enough ke me apni mother ke, kyun ke jo insaan chota hota hai us ko.. Us ke saath us ko paalna us ko parhana, us ke choti choti bataein puri karna, us ke nakhre uthana to ye sirf parents.

Q: Baki log nahi kar sakty.

A: Nahi kar sakty.

Q: Wahe hua na, aik to hai na ke aap ke siblings ke bhe life start ho jaye ge ke let's say for example koi is tarah ke sibling ho Jo kahe is ko is tarah he rehny do ham apna, lekin parents aap ke help karne ke hamesha koshish karte hain.. ke.

A: Har.. Har.

Q: Aur haan wo genuinely aap ke help karna chahte hain.

A: Genuinely, aur un ke koshish hoti hai ke un ko dunya me koi bhe parshani aur mushkil hai wo bacho par na aye..

Q: Bacho par na a jaye .

A: To ye cheez shaid dunya me kahen aur nahi mil sakti.

Q: Wahe kyun ke ye me bhe sochti hun na ke meri bhe aik choti bhen hai aur mujhey kabhi lagay ke kuch bura ho raha hai to mujhey ho ga ke acha nahi ye meray saath ho jaye matlab un ke saath na ho.

A: Hmm.

Q: Matlab i can't imagine ke parents ko kitni pain feel hoti ho ge jab wo apne is tarah apne bacho ko dekhtay hon gay.

A: Dekhtay hon gay.. Exactly bilkul aesa he hai, aur haas tor par meray jo bari bhen hain aur un se jo baray bhai hain un ke jab shadi hui to wo dono bahut ro rahy they bahut ziada to mujhey.. Meine kaha kya ho gaya aap ko itna ziada pareshani kya hai ye to khushi ke baat hai, matlab ache log hain jin me is tarah se marriage.. Shaadi ho rahi hai. To wo keh rahy they ke tumhe nahi pata ke shaid jab tum par jab time aye to tab tumhe aesas ho.. To Aaj jab meri engagement ke baat chalti hai to mujhey.

Q: Acha.. app ko feel hota ho ga..

A: Wo jo un ka level hai ronay ka aur un ka dukh jab meri...wo meri mother ko yaad kar rahy the mujhey ahsaas hota hai ke.

Q: Kyun kar rahy they.

A: Kyun ro rahy they.. kesay.. haan.

Q: Unhe bhe wohe feel ho rahe ho ge us time absence wagera.

A: Absence.

Q: Aur wohe ke ye bhe wahan par hotin.. Meine bhe kisi ka dekha tha ke kisi meri bhe aik friend the un ke bhe father ke death ho chuki hai to un ke bhe jab shadi hui the to unho ne aik picture rakhi we the apni father ke.. Wo hota hai na aap un moments me nahi bhool sakte.

A: Aik connection feel hoti.

Q: Connection feel hoti hai.

A: Hai aur aik kam hoti hai.. Jo puri nahi ho sakti.

Q: Acha aap ne itna matlab itni cheezein share ke hain meray saath to I'm very thankful because i know bahut mushkil hota hai. Acha.. to aap mujhey, i hope ke aap ke lyay bhe na thora therapeutic ho in a way ke aap ne.

A: It was.

Q: Itna share kya, kyun ke baki logo se bhe share kar letay ho but wo hai na ke aik he go me itni ziada cheezein share keen.

A: Bahut ziada..aur.

Q: To mujhey hai ke aap ko bhe feel ho raha ho ke koi hai.

A: I was mentally ready, kafi Dino se kyun ke ye aaj first April hai aur kafi arse se ye baat chal rahi the.

Q: Haan.

A: To meine kaha theek hai, shuru me mujhey thora sa bahut ho raha tha jab meime pehle dafa kaha ke Acha kia kia questions hon gay to.. Lekin aista aista phir meri tooba se bhe baat hui.

Q: Theek hai theek hai.

A: To when you texted meine kaha chalo.

Q: Chalo theek hai, i really wanna thankyou because i know bahut mushkil hota hai, aap ne kafi rich information de hai Jo mujhey na bahut ziada help kare ge apne thesis me.. To khair interview abhi wesay end kar detay hain.

A: Okay, good luck for your thesis.

Q: Thankyou so much.

Participant 04

Q: Acha umm theek he so can you tell me how did your mother pass away?

A: okay so , she was diagnosed with breast cancer, aur phir us ke I think 6-8 months ke baad she passed away.

Q: Theek he and how did you find out about her diagnosis?

A: So basically it was Ramadan chal raha tha and we were at our nanis place, we all were , we all were chatting aur ye sarah kuch and suddenly my mom talks about ke I feel like there's a lump in my chest aur un dino mein breast cancer awareness bhi buhat chal rahi thi.

Q: Right.

A: Tho everybody's first reaction was we need to get you checked asap and then umm mujhe tho initially nahi bataya ja raha tha ke asal masla kia he but also ke breast cancer awareness chal rahi thi and I was searching her symptoms tho mujhe idea hogaya tha ke ye kia chal raha he.

Q: Theek theek acha so unki umm would you say ke you were mentally prepared ke this might happen.

A: Umm initially jab unki bimari ziada hoti ja rahi thi , she was going through chemo sessions and she was falling really sick tho deep inside tho mujhe pata tha jis tarah deep inside koi feeling pata hoti he but you are denying it on the surface, deep inside I knew this would happen and I was denying it on the surface but jis din ye hua tha us din I wasn't mentally prepared ke haan aaj ye hojaye ga.

Q: Right.

A: Us se pehle jab bhi tabiyat buhat kharaab hoti thi tho dimag mein ata tha but jis din hua us din bilkul prepared nahi thay.

Q: Sahi theek , acha how did you find out about her death?

A: Umm I found out in a way ke us se mujhe waqi laga ke mere upar cheat kya gaya he, kyun ke so basically she was a cancer patient tho Shaukat Khanam initially unko ley nahi raha tha kyun ke Shaukat Khanam ki policy hoti he ke case ziada bigra wa tho they don't take it.

Q: Ohh acha.

A: Tho we were in Islamabad and my mom used to go for chemo sessions to Peshawar.

Q: Theek.

A: Aur wo koi aur hospital tha ya pata nahi kia saath , tho wo wahan par chemo sessions ke lye jati thi and then uhh one morning , balkay raat ko meri choti behn ki tabiyat kharab thi and I was in the hospital with her aur phir mein wapis ayi and my naani made me sleep and us ke baad aik dum mujhe meri mami akay jagati hain aur wo kehti hain ke we have to leave for Lahore and I was like why do we have to leave for Lahore and all of these questions and she goes like ke apki mama ki tabiyaat buhat kharab he , we need to go to Lahore but asal mein mama ki tab thak death ho chuki wi thi and they were like Shaukat Khanam has taken her , we'll tell you details rastay mein , abhi mama ki tabiyat buhat kharab he lets leave.

Q: Acha tho unho ne nahi bataya tha ke death ho chuki he.

A: No no , so the ambulance was outside and nobody was letting us go inside the ambulance because we were like aghr tabiyat kharab bhi he tho hum ne mama ko dekhna he, they were like no , you have to sit in the car aghar tum log ambulance mein gaye tho hum log Lahore nahi ja paye ge. So hum basically Lahore se belong krtay hain so umm basically we were taking her dead body to Lahore tho jab hum rastay mein he , my father started this conversation hes like ke bacho dekho har dunya mein har koi ata he aur har kisi ko jana hota he , at that moment , kyun ke pura rasta adha rasta tho mein dua krti rahi ke ab mama theek hojaye gi cause we are going to Shaukat Khanam tho aik hota he na ke aap buhat hopeful ho jatay hain , acha wow Shaukat Khanam ne ley lya inko aur ab hum ja rahay hain but usi moment jab mein ye dua kar rahi thi meray abbu ne ye conversation start ki and I was like shit she is gone , and like my dad didn't even say shes gone but we realized ke she's gone.

Q: Kyun ke wo like aik wohi hota he na jis tarah unho ne baat hee start ki , kyun ke jese ke you guys said initially unko Shaukat Khanam nahi ley raha tha.

A: Aur phir jab.

Q: Ya tho is stage mein belief, apko jese horaha tha ke oh finally maybe kuch acha hojaye theek he tho apkay mind mein tho is tarah chal raha he and when you're father says something totally opposite ke you know banday ko chalay jana chahye tho apkay mind mein ye bhi asakta he na ke you know why is he thinking that way, hum , because you were in that stage ke oh Shukr he mtlb.

A: No asal mein we all realized na ke , middle mein, we all realized ke they are lying.

Q: Acha

A: Ke hum Shaukat Khanam ley ke ja rahay hain, so actually they were lying.

Q: Your father didn't know either?

A: No my father knew. So asal mein , all the elders were lying aur mere behn bhai aur meri nani ko , wo chah rahay thay ke na pata chalay ke she has passed away. Tho wo chah rahay thay ke hum aik dafa ghari mein beht jaye aur hum log Lahore ke lye nikal jaye because aghr humy wahan bata dete tho humy Lahore ley ke jana buhat mushkil hojata.

Q: Right

A: Because we wouldv'e started crying there aur phir dead body wahan thak na pohncn paati. Phir hum , so we are from Lahore tho phir yehi hota he ke jahan jahan jis jis ki qabristan hotay hain, wahin dafantay hain. Tho phir they were like ke aghr ye yahan rona shuru hogaye tho asar se pehle hum nahi dafna paye ge inko so better we lie to them and take the dead body to Lahore.

Q: Theek acha us ke baad what was life like after her death?

A: So after her death it was very challenging and but then again I feel like aghr ye sab challenges na hoye hotay , ye kuch na hua hota so I wouldn't have been the person that I am today and it had a positive impact on me, buhat bura time tha, buhat negative time tha but it had a positive impact on me aur mere siblings I think abhi bhi , they are struggling so right after her death my khala moved in , my khalu and their one son, they moved on and we were really attached to khala and she took really good care of us tho humy us moment mein realize nahi hua tha ke abhi hamari mom chali gayi hain. Phir us ke baad thora sa problems create honay lag gaye. Meri baba aur mere khalu ke darmyaan , buhat ziada differences honay lag gaye so like my khala and my

khalu had to move out and aik saal jot ha wo buhat mushkil tha because we were just abandoned koi bhi bara nahi hota tha, baba used to go to office, I was the elder person tho like I was the eldest one aur phir mere theen chotay siblings hain so I couldn't analyze chal kia he and they were like, house helpers hotay thay and they were very exploiting tho mushkil tha , aur us ke aik saal baad my baba remarried wo bhi adjustment phase abhi thak hee chal raha he and it was difficult and is difficult but I think It all passes by making u learn something but I feel like my siblings are still struggling and I think jis tarah se mene apna path bana lya he , they'll also make it.

Q: So you can say ke you have made some progress.

A: Yeah and I think if I keep supporting my siblings tho wo bhi kr jaye ge.

Q: Eventually, acha so would u say ke there was an increase in responsibilities considering you are the eldest child.

A: Yes I feel like , sometimes I get really exhausted aur mein apnay baro se kehti bhi hun ke don't you feel like ke it's unfair , mere end pe, mere saath unfair bhi he aik tarah se like , I am willing to take all of the responsibilities likan sometimes it goes over the edge , ke koi behave well nahi kr raha tho that's my fault maybe but they don't realize ke I am not their mom, I equally lost my mom as well.

Q: Yeah exactly.

A: Tho hamara social aik buhat famous line he ke bari behn , maa ki jagah hoti he so that becomes challenging also where you don't have a mom tho buhat ziada logon ko specially auntyo ko shok hota he ke wo apki ammi banay aur phir kuch un mein se genuine hotay hain aur kuch genuine nahi hotay so you need to fight them out as well , you need to filter out , negative logo ko filter krna hota he so they don't impact your siblings. So there comes a lot of responsiblties that you have to protect your siblings, you have to make them realize what's right, you have to worry for them, so even now im studying in Lahore but I would be worrying ke meri behn ne iftari ki he ya nahi , mere bhai ne iftari ki he ke nahi. Meri choti behn , sab se choti wali, aghr rozay rakh rahi tho somebody is making sure ke wo pani sahi se pi rahi he ke nahi.

Q: Right.

A: Tho that becomes a challenge.

Q: Mtlb wohi ke you are yourself and you have to take on that role as well and you have to take care of your siblings so that becomes unbearable at times.

A: Yes and then also because now we have a step mom tho kuch cheezay jo hain wo unfair bhi ho jati hain ghar ke andhr, jis tarah, the way step moms are wo typical cindrella story hoti he.

Q: Right.

A: Kafi scenarios mein nahi bhi hoti but I think hamaray scenario mein it unfortunately just the way it is aur phir sometimes my dad doesn't even realize ke wo unfair ho rahin hain, phir unko realization dena ke you know , you need to be responsible for your own children and you don't have to rely on her to look after your children.

Q: Right aik wo challenge he and then this challenge he as well.

A: Yeah.

Q: Tho in dono ko manage krna.

A: Unki basic necessities aksar nahi hotay ghar mein and they are scared to tell because hamaray father thoray aggressive he unko gusa ajata he jaldi se, wo react buhat jaldi krtay hain , tho aik, jab aik aisay fatherly figure hotay hain tho us mein I feel like mothers bridge hoti hain, ke bachay phir baap se dartay hain aur phir wo maon ko jakay batate hain ke aap ye baba ko keh de wo krde, ab hamaray ghar se wo bridge chala gaya he , aur bridge ki jagah aik wall agaya he and that is our step mom tho wo buhat challenging ho jata he.

Q: Right usually that happens na ke fathers usually are the ones who are strict and mothers are usually the ones that are more nurturing and are more calm.

A: They are communicators basically.

Q: Right acha so what emotional state were u in after ur mothers passing.

A: Umm my emotional state, pehle tho denial tha.

Q: Okay.

A: Phir grief buhat ziada tha, rebel sab se ziada agaya mere andhr.

Q: Acha theek he, so grief, sorry denial, how long did that last?

A: Umm denial mere khiyaal mein 4-5 maheenay thak. Abhi bhi sometimes, this happened I think a month ago I was asleep and I woke up and like I was like dreaming about my mom and that my mom was in my dream and I , I had some achievement and then I woke up and I am like ohh I am gonna call my mom and I like I picked up my phone and I am like dialing her number and all of a sudden I realized ke it's been 5 years , your mom has passed away and then it was, it was really emotionally draining aur mein kafi phir royi ke I don't know why this happened because when I woke up mujhe unki aik khushbu arahi thi apnay ird gird se tho it made me feel like ke she's still alive wo pata nahi aik dimag ka.

Q: Tho at that time you realized ke shes not here tho apko aik dum se wo reality set in ki ke oh she's not.

A: Yeah I was deep asleep and I was like , like I saw my mom in my dream. So mein jakay chalo unko call krke batati hun ke aaj mere saath ye hua tha you know university mein. Aur suddenly I realized ke 5 saal hogaye hain , how can I even forget, jab mene unka number dial krna shuru kya aur phir mujhe realize hua ke.

Q: Hmm acha so that mustve been really upsetting ofcourse.

A: Yeah.

Q: Tho acha so isi tarah like, what steps did you take to try to move on or heal yourself?

A: Beech mein aik ye bhi faze aya tha jab kuch logo ki nature aisi hoti he, sometimes its, I don't know if it's a good thing or not but aap thora sa na , us jo cheez apnay lose kr deti hoti he aap us ke negatives dekhna shuru kr dete hain and pehle tho mein move on bilkul bhi nahi kar payi thi , phir beech mein mein sochna shuru hogyi , acha koi baat nahi wo buhat dhaanti thi, wo har waqt larti thi aur ye wo and like okay bus is lye shayd chali gayi. With the passage of time I started growing up and then I realized ke dunya mein buhat se log hain jin ke saath kuch na kuch hota he , like you have your own challenges aur wo challenges aghr mujhe dye jaye tho shayd mein unko survive hee na kar paun , is tarah se mere apnay challenges hain tho allah thallah har kisi ke upar

aik challenge dalta rehta he , this is not a fairy land or something like that. Dunya he ye tho. Tho har kisi ko apnay hisay ki azmaish tho sehni he.

Q: Hmm

A: So us tarah se I , us tarah se when I came closer to religion na then dil ko sakun aur hoslna milna shuru hogaya ke acha Allah Thallah ne ammi ley li na tho zarur Allah Thallah ne aghay kuch behter dena hoga. Behtreen dena hoga. So like when my mom passed away I always remember there was this aunty I don't even know who she was , she came upto me and she was like apki Allah Thallah ne ammi ley li hain na , Allah Thallah apko buhat acha dey ga agay and you know how I realized ke eventually chahy mujhe jitna larna parhay , I do get what I want.

Q: Acha acha, theek, so ye jab whoever this lady was tho when she said that , did that make you angry ya jese ke you just shared ke it made you think ohh acha mtlb you know like this was not for the best but like , like you were explaining ke acha theek he baki logo ke bhi aur challenges hotay hain tho when you first heard that tho how did that make you feel.

A: Okay when I first heard that mtlb usi waqt meri mom ki death hui wi thi aur wo jinazay mein ayi wi thi. Tab wo jab keh rahi thi tab thora buhat deep inside my heart it made sense but over the surface mere dil ke andhr ye reaction tha pata nahi kia behteri hogi , why does Allah mia hate me, why is this like this, ye bakwaas kar rahi hain, is tarah kuch bhi nhi hoga.

Q: Right right and who would want to hear that right because parents are, parents play such a big role in your life right and for someone to say ke oh god will give you something greater tho youre like no I don't think ke aisa bhi ho sakta he.

A: Us ko itni jaldi samaj nahi asakti thi.

Q: Haan ye tho he.

A: Also jis waqt mujhe ye news mili thi when my mom passed away when my father told me koi ke har koi ata he chala jata he tho us meri jo bilkul visual feeling thi , I was a visual arts student aur mene us ke upar aik art piece bhi banaya hua he.

Q: Ohh acha.

A: Yeah ill see, ill share that too. Tho us mein ye tha ke hum log, we were driving through Lahore wali, Islamabad aur jo Lahore ki motorway he, hum us par drive kr rahay thay, tho side par jo pahaar thay, I still remember the whole scene, side par pahaar , it was really cloudy and bluey aur jo baba ne bola I felt like ke jo gari ki zamin he wo nikl gayi he aur asmaan bhi upar se chala gaye he and I was there in a space that doesn't exist aur wo aik hota he na apko void aur hawa mein pata nahi , it was really weird

Q: You felt like the world just stopped.

A: Yeah tho when I was analyzing my emotions, tho mein visual arts students hun , kyun ke thi bhi aur ab mein architecture kar rahi hun. Tho wo Mario cart , wo Mario game khela he jo Mario bros ka game hota he

Q: Mhmm

A: Tho us mein aap buhat aghay walay level mein chalay jatay hain, buhat mega level par chalay jatay hain aur wahan par ja ke apki single life reh jati he and its like the point where aap jeet saktay hain ya haar saktay hain but wahan pe apka Mario mar jata he aur wo jo us instant pe takleef hoti he na, jitna gusa ata he apko

Q: Sahi sahi.

A: Mera wo wala tha but is mein Mario nahi thay it was all about my mom. Tho I made that piece about Mario and all of that tho wo instant pe apko takleef hoti he, aisa lagta he ke dunya hee khatam hogyi he. Tho wo aik normal banday ko aap relate krana chahy mere emotions se tho I would say ke Mario ke top level par ja ke jab aik instant mein apko pata lagta he ke apka Mario mar gaya he wo wali feeling ho sakti he.

Q: Theek acha did you take therapy?

A: Yes I did take therapy and umm jab meri mother ki death ke I think one and a half year ke baad aur mujhe kafi anxiety ka masla hogaya tha. Anxiety meri abhi bhi exist krti he aur abhi bhi beech beech mein mein kabhi medications par chali jati hun umm when im very aggressive aur hyper tho mujhe leni parhti hain. Relaxants. Aur therapy mein bhi, I went to a psychiatrist aur aik

point par wo psychiatrist bhi achi nahi thi, wo aik point pe kehti hain you know I cant deal with you anymore so you need to go to somebody else.

Q: Oh god.

A: I think therapy se ziada mere surroundings, meri friends , mere teachers ne mujhe ziada guide kia , help kia. Aur umm I don't know if its unfortunate or fortunate but mere saath hamesha ye buhat hua ke the person I get attached to in a way ke wo mujhe aik motherly wo detay thay u know aik motherly feel dete thay, they would just go somewhere like aik teacher hoti thi hamari , I got very attached to her phir pata lagay ga ke unki promotion hogyi he and she Is leaving the school aur isi tarah se ye cycles chaltay rahay, so I , once went to my art teacher crying ke like mere saath hee kyun aisa hota he ke jis mein mein jo he apni ammi dekhna shuru kr deti hun that person goes away and I was like so upset , I was like mere saath qismat mein hee nahi likha na, qismat hee nahi he ke maa ho, maa chali gayi he tho is lye u know ye void rahay ga meri zindagi mein , hamesha rahay gat tho mein ye kisi mein bhi kabhi find nahi ka sakti ye.

Q: Right aur jinsay close itna feel hota bhi tha like thora sa bhi close like you said ke something would happen and they would go away?

A: So now I do fear to catch feelings , I do fear to love, I do fear to like people. I do fear to have crushes as well.

Q: Acha and you think the reason behind that is ke they would go away.

A: Yeah ya shayd inko kuch hojaye. Shayd ye chor ke chalay jaye, shayd ye university ya school se chalay jaye. Tho is tarah ke fears chaltay rehte hain so like surface level pe I keep admiring them but deep inside im scared, im like nahi nahi nahi aisa nahi ho sakta, aisa nahi ho sakta.

Q: Theek he mtlb you as in admire them from afar and you don't want to mtlb develop like a deep or strong bond.

A: And also this , another very twisted part ke koi bhi meray saath thora acha hojaye ya would hear me out, somebody who would say ke you don't worry ill be there for you. Either if it's a teacher , somebody , or somebody who is from an opposite gender. Kyun ke ab mother tho missing thi but us time mein I feel like when I lost my mom , I lost my father too because jahan

pe mere father, when he remarried, I say this to my father as well I feel like ke I lost my mother but when my father remarried I automatically lost my father too. Tho I feel like ke children who lose their mother they automatically somehow lose their fathers as well. kuch fathers apni zindigayi qurban kr dete hain , they don't remarry , but in Pakistan I think mothers ko buhat pressurize kya jata he. Ke aulaad ka apnay dhiyaan rakhna he , ye krna he wo krna he but fathers par itna pressure nahi hota he , fathers ko bus hota he ab bus financially support kr len , emotionally beshak apka bacha jaye bhaar mein.

Q: Wohi I think they're also encouraged to remarry because people say na ke who will take care of the children so they're always encouraged to remarry.

A: Yeah.

Q: With mothers, wohi ke devote your life, theek he, to your children. Don't remarry.

A: So I wanna tell you is example se ke aksar meri step mother thi aksar wo gari nahi behjti thi, late behjti thi , I used to sit in the college alone , so there was this guy jo mere ghar ke buhat pass rehta tha tho wo mujhe aksar pick drop krta tha tho we always had the same subjects tho wo in cheezo mein bari help krta tha. Tho I got really attached to him, I developed feelings and all that. He ended up going as well tho isi tarah se. so ab jis tarah se there are few teachers who helped me out and then I started liking them.

Q: Sahi acha tho, how did your friends help you?

A: My, okay my friends were really supportive. Initally when my mom passed away and my friends are really nice and I always tell them ke aghr wo na hotay na tho mein us mental, us mein se bahir hee na ati.

Q: So my mom passed away aur us ke aik haftay ke baad hee koi trip thi and I was constantly telling them that I don't wanna go aur wo saray mere ghar agaye and uhh so even tho my mom passed away mera hamesha ye mind set hota he ab jo hogaya he us par beht ke ro tho nahi saktay. So even though ill be sad deep inside but aghr mein logo ko apnay ronay sunao gi , baat krun gi tho mein logo ko bother krun gi because maybe as a child mein kabhi suni nahi gayi thi.

Q: Acha theek he.

A: So now I feel like acha ye wali feeling kisi ko express krna mein kese feel kr rahi hun is like bothering them tho I was really happy and I was smiling and one of my friends mom told me, I still remember that. So it was shehrbanos mom.

Q: Ohhh

A: And she told me ke you are very strong mashallah and unki wo baat mujhe hamesha yaad rehti he aur jab kabhi mein fall apart kr rahi hoti hun phir unki hamesha mujhe baat yaad ati he ke us waqt par ye baat itni recent thi tho mein itna strong lag rahi thi sab ko , tho ab mein kese iskay saath deal nahi kr sakti.

Q: Rright just recalling that helps u to be strong, mtlb motivates u to be strong.

A: And my friends always make sure ke wo mujhe aik hastay envoinment mein rakhay aur hisatay we rakhay and they keep checking on me and also ab mere, when I did my ib from bmi tho us mein mere buhat achay friends ban gaye so any time they'll be there to listen to me but mein thori si is tarah ki insaan hun ke mein usko apnay andhr cluster krti jaun gi until and unless somebody asks me ke you know its okay we wont get bothered you can tell us whats wrong phir ill start telling kea cha ye ye ye hua tha.

Q: Mtlb ke you do struggle to express your emotions right away.

A: Yeah

Q: Acha so would you say ke your friends and your teachers helped you more than your family members.

A: Family members mein se I would say my khala and my younger mamu maybe were supportive maghr kuch jago mein wo bhi thoray se ho jatay thay. They were, obviously because they lost their sister as well tho wo mentally upset ho jatay thay phir mujhe hota tha ke mujhe unhay batana hee nahi chahye tha. But I feel like my teachers and my friends helped me a lot.

Q: Right aur wohi like you said ke they were grieving as well tho aik tareekay se u also hesitate to say stuff ke apko nahi pata maybe unko bhi wo baat trigger bhi krta.

A: Yeah

Q: And you don't want them to be upset either.

A: Yeah so sometimes I felt like us time pe buhat petty act bhi kr rahay thay mere ghar walay jo baray thay and I started to realize ke u know ye kitnay immature and I think ke unki immaturity ki wajah se I started to realize ke situations ko kese handle krtay hain aur mere andhr maturity ka element tho agaya but I didn't want that title ke mein buhat mature hogyi hun because obviously aik buhat choti age mein I lost my mom and everybody kept telling me ke you have to keep it all together , tum ne ro ro ke dusro bhai behno ko pareyshaan nahi krna. Tho us se mein apnay emotions ko hide krna seekh gayi thi. But also I still wanted to live as a child tho mein mature ho kay but I still had this personality cover I would say aur personality mask ke mein buhat chulbula act krti hun ke sab ko lagta he ke mein bachphanay mein hee hun abhi thak apnay but then when there comes a problem, im the first person who knows ke mtlb ye masla hal kese hoga.

Q: Acha nahi they made you grow up , kyun ke you were the eldest child and they said ke nahi bhai mtlb don't make your siblings cry and is tarah kr ke so u had to be strong tho aik tareekay se u had to grow up early.

A: Yeah I had to grow up early but I still wanted to live my you know wo teenage wala time.

Q: Ofcourse.

A: Now that I have , ab kyun ke ive moved far from away and now its my siblings turn ke wo grow out kray is cheez se tho phir mein kehti hun ab mera time he, mein bacho ke tarah sa thora time guzaar lu so mein thora sa apnay teachers ko bhi, apni personality se kabhi kabhi thora buhat tang bhi krleti hun but then my teachers laugh as well.

Q: No that is good, you should keep doing that.

A: Acha I believe is waja se na mein thori fun loving hogayi hun , I feel like jab mein us time mein thi na tho choti choti funny cheezay bhi mujhe buhat achi lagti thi tho mujhe lagta he jab kuch funny mein krlun, maybe kisi ka din buhat bura ja raha ho. Kisi ki zindagi buhat buri ja rahi ho. Kisi ka ghar par buhat bura envoinment chal raha ho. Like meri kisi choti si cheez se aghr wo has rahay hain tho shayd un ka din behter hojaye.

Q: Hmmm ye tho he.

A: And also I feel like ive become like a people pleaser but ab thora sa mene apnay boundaries banaye hain because one of my teachers made me sit and realize , so my teacher, my teacher told me this and this teacher is not , like people are not a fan of him in here wo mtlb itnay achay sab unhay consider nahi krtay but because he has given me so many good life advices and he has helped me a lot tho mujhe wo buhat achay lagtay hain aur unki batay mujhe buhat yaad rehti hain tho unho ne mujhe bola ke jab thak tum apni , mtlb aik jaan nahi bachaun gi , aur apni jaan nahi bachao gi aur tum wo do jaan bachanay ke peechay apni jaan dey behto gi tho tum sirf wo do janay bacha pao gi but if at that moment you let those two people die aur apni jaan bachao gi ho sakta he tum future mein eight janay bacha lo. So wo thora sa , wo baat mere dimaag mein reh gayi and then us wajah se mene thori boundaries bana shuru krdhi tho ke is point par mene help krni he aur is point par mene nahi help krni.

Q: Right aur wohi its important to establish boundaries because wohi ke you shouldn't lose yourself while trying to help other, others.

A: Yeah

Q: Acha so what would you say helps you most when you feel these waves of anger , despair ya grief.

A: Sometimes either I just come and sit in my room and cry, sometimes I try distracting. Sab se pehle tho mein apnay aap ko distract krni ki koshish krti hun mein apnay emotions ko kabhi bhi entertain pehle nahi krti hun. Ye shayd mein galat krti hun apnay saath kyun ke mujhe sikhaya hee gaya ne bachpan se ye tum ne apnay emotions ko entertain nahi krna kyun ke tumharay behn bhai bhi upset hojaye ge, sab upset hojaye ga, ghar ka mahol kharab hojaye ga. Tho ab kyun ke wo meri ab adat ban chuki he mein ab apnay emotions ko pehle entertain nahi krtun. Mein apnay aap ko distract krun gi phir so fazool harkatay krun gi, so bigaru gi, phir end mein jab wo buhat ziada cluster hojaye ga tho wo aik phir wave ki tarah niklta he bilkul bahir aur phir wo buhat tabaahi ley ke ata he.

Q: Acha how often do these waves last?

A: How often...these waves last?

Q: How long?

A: How long?

Q: Yeah yeah yeah.

A: It depends aghr tho kuch mujhe trigger kr gaya he tho ya kuch buhat bura phase jar aha he maybe my dad is acting bad, mere behn bhai buhat bura kar rahay hain tho jese my stepmother is acting like a witch tho phir mein buhat lambay phase mein bhi ja sakti hun ya kuch mujhe trigger kar gaya he ya maybe mein kisi se buhat ziada attach hona shuru hon jaun na tab bhi mein frustrate hona shuru ho jati hun ke you know why is this person acting good to me and why am I getting attached to them they'll leave eventually, they'll leave eventually, aur phir jab thak wo chor ke nahi jaye ge ya tho jab thak wo mujhe validate nahi kray ge ke hum kahi nahi ja rahay tab thak wave rahay gi.

Q: Acha, acha when do you feel your mothers absence the most?

A: Usually umm achievements mein hota he, ya phir jab , when I see other girls talk about their mom , u know ke hamari ammi ne tho ye kia , hamari ammi ne humy wo dya, mein sochti hun ke u know , kabhi kabhi mujhe aisay lagta he ke im used to this life na bara casual he mom ko lose krdena and all that but when people talk about that im like having a mom is so normal for them and its like a luxury for me.

Q: Right right. So can u share a specific story regarding this, anything that triggered you and you felt your mothers absence?

A: Umm bad yeah , acha usually aaj kal jis wajah se mujhe apni ammi ki yaad arahi he is because my mom always wanted to do architecture from NCA.

Q: Acha.

A: Aur wo har waqt kehti rehti thi mujhe architecture krna he, mujhe architecture krna tha ye wo. Us wajah se mere dimag mein beht gaya , ab kabhi kabhi jab architecture nahi hota mein sochti hun shayd wo meri ammi ki khawish meri khawish ban gayi he. Mein asal mein kya apni zindagi mein krna chahti thi. Tho but I like architecture, I love what im doing but then umm jab mere se drawings wagera nahi ho rahi hoti , jab wo instances yaad atay hain , jab meri ammi jo hain apnay cousins ki drawings krti thi buhat achi achi aur meri ammi buhat achi krti thi aur phir meri

class mein akay koi bachi kehti he na akay uhh mere se tho kaam nahi horaha tha , mene apni ammi ko dey dya unho ne draw krnya phir I realize ke mera kaam kitna top class ho sakta tha aghr meri ammi hoti yahan par, adha kaam mujhe wo sikha deti , adhi drawing mujhe wo sikha deti. Tho phir mujhe yaad ati he.

Q: Acha so what is one thing you long for people to ask u or say ya what is one thing that you wish they wouldn't ask or say?

A: So you know maybe they tell me ke they are there for me aur maybe like ive always been the strong person and carried my siblings ya jis tarah se mein people pleaser hun , mein dusro ko unkay buray time mein thora sa carry up kr leti hun so I like want people to tell me ke they are there for you and constant validation maybe. Aur maybe just tell me that they are there for me. So whenever now , pehle tho you know I used to be very immature so now obviously people talk about , kafi dosto ki shaadiyan hogayi hain and all and people talk about this so I was like I want somebody who treats me like a child because I wasn't treated that way.

Q: Right because you didn't get that and you had to grow up early us tarah.

A: Yeah.

Q: Sahi theek he and is there anything that maybe angers you , mtlb something that people say that angers you?

A: Hmmm something that people say, you know what angers me is like bari behn maa ki jaga hoti he, ab tho ye tumhari zimadari he, ab tho tumhe hee krna he and you know even when I am trying my level best and they tell me youre doing the bare minimum tho phir mujhe hota he you know this is not even my responsibility.

Q: Wohi.

A: Maybe shayd koi aur hota tho wo apnay teenage rebel mein akay sab kuch chor ke ja chukka hota.

Q: Wohi and like you do these things out of kindness right so its not your responsibility.

A: Yeah and obviously I think even now, ive come out of the house, I see many cases where im like ab mera masla nahi hain, wahan jo kuch bhi horaha he wo mera masla nahi he. Wese I consider mera masla he , sometimes mein thora sa kaam mein busy ho jati hun, I don't feel like dealing with them but I still try.

Q: Nahi that's totally understandable because wohi jese like you said na ke aap help kr lete ho unki theek he because u want to but the second that because your responsibility na then I think that's not right. Us ke baad wohi.

A: Yeah also like I get mad when my dad says, sometimes my dad does this na ke he goes like wahan beht ke is ghar ka system chalanay ki koshish na kro. I don't even wanna do that u do it yourself then

Q: Wohi and if you don't then im pretty sure ke..

A: Yeah and if I don't then theyre like this is your house too, these are your siblings too, so its just very complicated ke pata nahi ye chahty kia he mere se.

Q: Wohi. Youre like you cant win, theres always some issue

A: Yeah and then uhh if , what were ya what triggers me or triggers my trauma is tho jab breast cancer awareness horahay hotay he na , I would always want to give my part in , mein apnay koi savings dey dhun gi ya mein bata dhun gi ke kitna important he but ill never be a part of the campaign, mein kabhi bhi ja kay wo ribbons distribute nahi kr sakti. Posters mene aik do baar banaye thay but I can never be the front , so uhh pehle intially tho mene breast cancer awarenesses carry kye thay but like ive been the main person ke jis ne ye sara awareness ko put together kya tha , posters banwaye thay, ribbons banaye thay and all of that but ill never be the person jo logo ke samnay jakay unko bantay ga kyun ke whenever people start talking about it my hands start shivering ,my anxiety gets triggered aur mein kuch bhi nahi kar pati ya koi bhi is tarah ki baat kray na tho mere haath kampna shuru ho jaye ge so I , when people talk about casually ya kuch bhi , tho mein usko nahi , for instance mere sir us din baat kr rahay thay aise hee , we were reading a text and then he goes talking about longing and all of that and he goes like ke aksar aisa hota he ke hum duaon mein kisi ko, koi aisi bimaari lag jati he , jis ka koi ilaj nahi hota he, samjay cancer ho jata he kisi ko , hum pehle duaon mein , dwayaan hoti he un mein

yaqeen rakhtay hain, doctors par yaqeen rakhtay hain , jab kuch nahi hota tho hum spiritual ki taraf chalay jatay hain, religion ki taraf chalay jatay hain , hum phir duaon mein yaqeen rakhtay hain , hum har possible stupid harkat krnay ki koshish krtay hain ke ye banda bach jaye so it kind of just made me run through the whole scene in my mind aur mere haath se notebook bhi ghir rahi thi baar baar, pen bhi ghir raha tha, mera haath bhi khamp rahay thay and u know people around me could tell ke something is wrong , even the assistant professor figured out ke something is wrong but I was like no no no im fine, I didn't sleep well , I just drank a lot of coffee.

Q: Acha wohi na because u lost ur mother to that tho when people bring that up ya koi bhi is tarah ki cheez jo related ho to that tho wo aap ko aik tareekay se u have to relive that all over again.

A: Yes.

Q: Wo kafi ziada I can understand hota he. Acha what has given u or gives u strength to go on.

A: What gives me strength to go on... so when I think of me and all of that challenges and baba ki dhantay , at some point shayd baba ne mara bhi ho mujhe , us sab ko jab mein sochti hun now I think ke, now at this point my dad is scared of me sometimes that he will not say things in front of me just because I am standing there and he knows that ill react back so I like, if I have gone this strong, ive been doing a lot and I , my friends , people around me tell me ke u know tum lagti nahi ho mature but tum asal mein buhat mature ho tum ne apna aik get up aisa kia wa he ke tum buhat chulbali ho but deep inside u r very mature aur aghr hum tumhari jaga hotay hum na deal kr patay. Just things like these help me go on.

Q: Acha.

A: Ya if somebody tells me ke u know u can do this, we believe in you.

Q: Acha so basically.

A: Aur maybe when I look at my younger sister, when she tells me that u know u have done a lot for us , so meri younger sister, shes the youngest but she is really mature and then she always makes the rest of them realize ya jab mere behn bhai, jab mein buhat upset hoti hun tho mere

behn bhai kehte hain nahi apnay hee tho sab kuch hamaray lye kia , aap na hoti tho hum na kr patay so when they acknowledge it ke haan actually mein mene unkay lye kuch kya he,it just deep inside makes me happy as well aur maybe sometimes when my siblings do something really good, kisi behn bhai ke buhat achay marks agaye ya kisi behn bhai ne morally buhat achi baat bol di he ya morally buhat acha kaam kia he so just makes me feel really proud.

Q: Right aur wohi like aik tareekay se u feel ke acha mtlb what I have done mtlb that worked theek he ,jis tarah be like u r helping ur siblings.

A: Yeah.

Q: Tho wo aik tareekay se apko, like wohi ke u love ur siblings , u r trying to do, ur trying to help them and when u see ke acha haan it did help them , it has helped them tho motivation deta he to keep on going.

A: Yeah.

Q: Theek , acha so how old is ur sister?

A: So my youngest sister is ten, then I have a middle sister she is fifteen then my brother is eighteen.

Q: Sahi sahi , theek he acha so would u say ke u initially Isolated from ur family.

A: Initially I didn't isolate from my family, I gave them so many chances , I tried to fix things , I tried to make my father understand ke what I am going through, what my siblings are going through , ye mera last resort tha ke I leave the place kyun ke I couldn't do it anymore aur ab mere behn bhai mein mujhe call krtay hain ke ghar me ye hua wo hua tho mein kehti hun bachay realize ive accepted this fact, our father is never gonna change , he is this way , he will stay this way , his wife is this way, shell stay this way, the only way to put your lives together is grades achay lao, acha parho, go to a good university either abroad or outside the city , don't live in that house.

Q: Right wohi ke , family members, there are certain family members jin say relationship not ke like acha ho but thora behter aap keh le hon if there is some distance.

A: Sorry

Q: I am saying ke kabhi kabhi aisa hota he ke there are some family members jin ke saath relationship jo he na not ke wo behter ya improve hojaye ga but bearable ho jata he jab thora distance hota he.

A: Yes.

Q: Aur like un ke saath , usi ghar mein reh rahay ho tho wo worse he worse hee hota rahay ga.

A: You know sometimes they give u so much trauma, like now I wouldn't call my dad on my own mera dil nahi krta buhat baar. Aur even if hell call tho sometimes im like oh shit ye in se kia baat krun mein, phir , kyun ke jin logo ke saath phir traumatic memories may be jin logo ke saath hoti hain , u just don't uhh want to face them, so my mom, hum Islamabad mein rehte thay uhh my mom passed away in G6.

Q: Acha.

A: Wo sara kuch g6 mein hua tha and right after that we moved our house. Tho jab bhi us specific gali se gaari guzarti hai, mei apni ankhein phir band kar leti hun. I don't even asal me kya hua.. This was our old house. Sometimes i just had the urge to give it a glance that but wo mujhey bahut, jab me rona chah rahe hui hoti hun me kehti hun acha dekh he leti hun.. Warna mera dil nahi karta ke mei us gali ko bhe dekhun ya me us jagah par dubara jaon.

Q: Right.

A: And my mom was admitted in shifa hospital and cmh for the longest time aur meri therapist bhe shifa me the so whenever i go to shifa and us specific gali se me guzarti hun na meray dimakh me kuch ajeeb sa honay lagta hai.. Its just.. Everything kinda seems shaky aur mujhey aik dam se rona anay lagta hai so i just have to make sure ke koi tear drip down na kare ya koi banda mujhey na dekh lei.

Q:Acha.

A: So the last time i went to shifa i think it was for my eye appointment and i saw a woman that just kinda looked like my mom aur wo usi tarah unhe stretcher par le kar ja rahay they jesy meri mom ko le ke jatay they.. And it.. It did have a destructive impact on my mental stability.

Q: Acha wo aap ko aik dam se laga ke you relived all of that.. Aik dam se aap ne wo dekha us me aap ko laga ke haan mother bhe aap keen theen.. Us tarah theen.

A: Yeah

Q: Acha so is there anything of your mother that you keep with you that reminds you of her.

A: So i have.. So meri ammi ke bahut saaray new suits they jo unho ne pehne bhe nahi hoye they but then obviously moms ka sense of dressing aleda hota hai aur daughters ka aleda hota hai.. Kuch kaprey meine un ke rakh liyay. Mei hoarder....Like Matlab I'm a person who would keep things and not let them go.

Q: Acha.

A: To wo beech me kuch kaprey meray Abu ne bataye bagair dey diyay kuch meri step mom ne nikal diyay but i still keep things i.. Menay jis tarah se.. Jo suits mujhey pasand they meine un ke dupattay nikal liyay even though we were giving away the dresses meine un ke dupattay nikal liyay so I'm very protective about those dupattas aur kabhi koi dost bhe kahe ke meine ye dupatta lena hai to me kehti hun ke okay dehan se le sakti ho to le lo dehan se nahi le sakti to nahi lena. To me bahut kam wo dupatta kisi ko dun ge chahe wo lots of dupattas of my mom.. Phir my mom had this very nice ahh.. Jewellery piece hai wo like bracelet matlab thora sa Egyptian style ka bracelet nahi hota.

Q: Hmm.

A: Us tarah ka.

Q: Acha Acha.

A: Wo do hain un ke pass and when i used to go to college and university i used to wear it all the time.. So i have that and i wear that very carefully and also the last.. Mei hamesha se he ye wala bacha rahe hun jo letters likta tha apne ammi abbu ko.. Jab meray se koi baat nahi ho paati the na

to mei un ko letters ya cards banati the aur apni baat communicate karti the so i still remember it was my mom's birthday ya i think mothers day tha, ab me wo card dekhun ge dubara se to mujhey yaad aye ga becuase meine bahut arse se wo card dekha nahi hai bas us fear se ke mujhey rona a jaye ga but wo card abhi bhe meine rakha wa hai Jo last meine unhe likha tha even us par paani gir chuka hai wo bahut crumble ho chuka wa hai people who look at cover and be like is ko phenk do.. Mei nahi phenk sakti is ko.

Q: Wahe kyun ke itna pressure sa hai so you can't just.

A: I have her diaries as well us me unho ne bahir fazool hisab Kitab likha wa hai.. Its like ab to wo me se writing bhe un ke jana shuru ho gaye hai its making me sad.. Mujhey samjh nahi a raha mei us ko preserve kesay karun.. Because it has her writing.. Us me recipes likhe we hain, us ke andar bas dahe dud ye wo aur bas saath me prices likhi we hain.

Q: I see, to ye cheez hai.

A: Yeah.

Q: So you want to keep that with you.

A: yeah but now it's going blank it's sad.

Q: i wish ke kisi tareeqay se you find something.. You find a way to preserve that

A: Yeah.

Q: Acha so umm initially how hard was to go in her room and her space.

A: Oh my my yes.. This is a very architectural question actually wala to umm jab wo gaye theen na to dil bilkul bhe nahi kar raha tha you know kyun ke she was all the time on her bed aur un ke last stages chal rahy they.. Aik aesi feeling thee ke oh wo to kamre mei he hon ge un ka nurse un ka khiyal rakh rahe ho ge ya kuch when we came back from lahore aur phir you know aik instant par rona bhe aya ke baba ne aik dam se ham sab ko bulaya un ke kamre me aur kaha un ke bed pe bhet jao i don't know why my dad did that.

Q: Hmm.

A: But it was very very awkward it was very emotionally jabbing and awkward.. bahut ajeeb sa tha.

Q: Wahe like un ke jaga the aur aap wahan par jaon gay to ofc aap ko wohee yaad ayen ge.

A: And it was..it was really emptiness.. It felt like I'm a jar that's empty from inside but us ke andar aik piece reh gaya hai that's you know is constantly shaking. I think this has made me really philosophical and visual ke mei artistically ya jis tarah.. I give visual examples hain.

Q: Acha.

A: To is tarah.. Sab experience ne artistic side aur philosophical side kafi had tak unlock karde hai and my teachers really appreciate me being like that... But they don't know the trauma it has behind it.

Q: Right ofc.. Acha so umm how is life like for you today?

A: Sorry.

Q: How is life like for you today?

A: Today my life is umm if i talk Abhi ka experience to.. I'm just angry because you know how my dad doesn't realize,wahe mei bhen bahiyon wali cheezein to mujhey bahut bother karte hain because my siblings are having their final exams and i really feel like ke how they miss a motherly figure kyun ke meray jab exams hotay they ya kuch hota tha even meray itc ke final exams ke time my mom passed away to tab meri khala hoti theen meray pass but now i feel like meray bhai bhno ke pass koi bhe nahi us tarah se and that makes me sad.. Kyun ke you know mayen aksar aap ke saath ratay jaagte hain, aap ko kuch khane ko la deti hain fruit kaat ke la deti hain and that's a very motherly thing to do but nobody does that for them and it makes me sad but then on the other hand ahh i try ke i be there for my siblings agar siblings se aleda mei apni baat karun to i don't miss my mom and I just.. I'm avoiding my family right now.. I don't know why i just don't want to be around them anymore I've had enough but also my mom's buried in

lahore and i live in lahore.. Its kind of weird bas aik dafa meri choti bhen ne kaha aap to phir bhe mama ke pass rehti ho and it kind of felt weird ke maybe I'm at peace because now that.. That made me feel close.

Q: That could be a reason. Ho sakta hai maybe ho.

A: It's weird and now i ...ever since the last interview.. I think.. I think seeing her in my dreams maybe because i was talking about her maybe wo interview ne kafi cheezein meray dimakh me meray liyay resolve kardeein.

Q: Right.

A: And.. Ahh aur agar ab bhe meri recent.. ke I'm avoiding my family so i think I.. I'm getting attracted to this some particular person who just helped me out and its really bad that it's a teacher but wo ajeeb se baat hai but you know like even though all the students are not a fan of his but i really attracted to him because wo aik wahe na he told me you know if you ever have a problem, mera anxiety ka problem tha and then nobody understood none of the teachers understood and he suddenly understood. He's like it's natural it happens and we teachers are not inhuman and you should've told us before it's good to talk bahut achi baat hai ke aap ne baat ke hai kabhi kabhi ham teachers ko bhe nahi pata hota ke ham galat kar rahy hain aur ahh aap batana bahut achi baat hai unho ne.. These words meant a lot.

Q: You gravitate towards people who show that they care for you.

A: And then you know.Us time pe i was going through a bad time and other teacher was very brutal and mean to me aur wahe project meray se nahi ho raha tha end me sab ke final submissions ho gaye they and he was so strict unho ne mujhey side pe bula ke bola unho ne bola ke mei aap ko do din aur dey raha hun aap wo students hain jinho ne bahir progress dikhayi hai meray samjhane ke baad to aap aik kaam karo aap ne kisi ko nahi batana aap do din is par kaam kar ke bhej do.. And then later in the courtyard he calls me infront of everybody and mujhey side pe le ke ja ke kehtay hain don't mention this to anyone ke i gave you this favour that sounded really fishy to me but later wo meray saath kafi helpful hotay rahay and wo he goes very nicely

but then again i don't trust people who are nice to me as well.. Matlab aik tarah i gravitate towards them and aik taraf i also try to, i judge them.. Not judge them but like

Q: Apprehensive type.

A: Mei shaq karte hun un pe ye shaid ache na hon ye to aesay he hain because ab the thing with that teacher is ke. he's young.. he's twenty eight, twenty seven.

Q: Acha.

A: And people say ke ye banda to tharki hai to I'm like ohh ye to iski wo nature hai jis wajah se mujhey help kar raha hai so maybe intentions achi hoti hain kabhi kabar and i myself realise it but just do not gravitate towards that person maybe not feel attached to that person i keep telling myself ke ye to aesa he hai i think that's good that's healthy for me so i keep telling myself and you know not get too.

Q: Attached.

A: Attached to that idea.

Q: Theek, so would you say ke abhi wali jo stage hai is that healthy or would u like for it to get better, matlab jo emotional stage hai.

A: I think emotional stage behatr honay kee zaroorat hai, ahh pehle to, mujhey to is point par life me samjh he nahi raha that who should i talk to, who should i express.. Because my best friend is going through a bad phase and she's also far away.. I know i can tell her everything but also that now she's far away she's not seeing where i am she'll not understand and obviously in uni you cannot, abhi mujhey kitna he time ho gaya hai I think aik semester ho gaya hai dosra hatam honay wala hai. I just don't know who to trust and nobody knows my life totally like that to it's very hard to explain, mujhey pata he nahi hai mei kis ko express karun, then this teacher there's another therapist teacher with him, mam then aur sir.. Why would i go and talk to them even though they told me aap hamaray pass a sakti hain but why aur un ke pass to mei specially bhe nahi joan ge because i domt wanna get attached so now such a huge thing going on in my head ke meray bhen bahion ka bhe masla hai mein kis se baat karun, who'll understand me so i just kinda crave somebody ke me baat karun.

Q: Acha matlab you want someone who's there for you so you can express what you are feeling because.

A: Yeah and like dekhein i understand ke mujey kesa reaction chahiye ya meri kahan tak baat, kise mujhey kiya samjhana hai.

Q: Wahe jesay you said ke university me, Jo bhe log hain un ka matlab they don't know ke you know as in kia journey hai aap ka.

A: Yeah.

Q: Aap ko, aik to firstly how do you bring that up and theek hai.

A: yeah

Q: And aap un ko kia samjhayen ke this is how i cope aur us tarah tarah kar ke to wo bilkul kaafi difficult, ofc siblings say you can't express because aik to wo khud, un ke lyay bhe triggering ho jaye theek hai like you said your friend is really far away to wahe sometimes you think ke batana chahiye ya nahi.

A: Aur meri, haan aur meri friend ko ye bhe samjh nahi aye ge ke University me kya chal raha hai to now university will not understand my past but my friend will not understand my present.

Q: Present, right.

A: sSo I can talk to my khala about anything and everything. She's very cool and chill but right now umm my relies on me a lot to when she goes through a hard time to wo meri khala asal me meri aami se choti theen.

Q: Acha.

A: Tho jab meri khala pe jab koi hard time ata hai to meri khala mujhey meri ammi ke tarah dekhna shuru kardeti hain. So she calls me for very little things and she would be like mujhey is ka hal batao mujhey nahi pata so now when i have my siblings sometimes i feel like khala bhe meri aik choti bhen ban jaati hain.

Q: Hmm i see.

A: Ke ab meray miyan ne ye kardiya meray miyan ne wo kardiya, mei un ko kya bolun mei un ke saath kya karun and sometimes she's like you know you're very mature that's why i ask you and you give very mature solutions aur meri zindagi set ho jaati hain and this one thing that's weird, people tell me ke meri sixth sense bahut achi kaam karti hai magar they are adaptive skills shaid menay adapt kar lya hai acha. Wo sixth sense nahi hoti meray adaptive actions hotay hain ke oh ab ye karna chahiye wo ho ga, is ke baad ye ho jaye ga so it's like my overthinking skills and power so sometimes my friend aur khala would call me achanak se ke zindagi me ye raha hai aur what does your sixth sense say ke agay kya ho ga.

Q: Acha so they call and ask.

A: Haan mera bara aik casual sa ho ke aik jawaab dey dun ge ke mujhey pata nahi Wo ho jata hai Jo mei kehti hun.

Q: Acha how do you think you've changed as a person?

A: Ahh I've had many phases, so pehle to meray anger issues bahut ziada hotay they mei bahut chaotic bahut talkative hoti thee ab last time when i met home and i met my friend and my friends mom and all of them so they think you know you've become really calm you've become a bit quiet, you've become a bit mature so pehle everybody would call me so my title with my friends just..

Q: Theek theek hai.

A: And a very chaotic person jo kamre me he.. aandhi ke tarah jaati hai aandhi ke tarah sab kuch Barbad kar ke a jati hai like they agree they say you still have that quality but ab aandhi ke intensity ke kam ho gaye hai ab wo halki halki hawa ho gaye hai.

Q: Acha i see.

A: Nut yes I've worked with my anger issues a lot like ab hostel me to larkiyon ne mera purana phase to nahi dekha, they still say you get angry very quickly tum bahut jazbaati ho.

Q: Right, you made progress but they don't know that.

A: Yeah, like i feel like i can forgive anyone but right now i atleast have this in me ke mera thora apni tone ko control kar leti hun, mei aik dam angry nahi hun ge mei warnings dun ge pehle like meri baat suno ab mujhey bahut gusa a jaye ga meray se aesay baat na karo pehle I would be like mujhey gusa a gaya aur ye wo but now I give warning I'm like stop doing this or ill get really mad.. I'm damn serious ill get mad. Third time pe ill get mad.

Q: Acha matlab you can assess your feelings aur you give a warning aur isi tarah warna pehle you would just matlab immediately lose your temper.

A: Yeah.

Q: Theek, Acha so we have had a very detailed conversation so is there anything else you would like to share.

A: Anything else umm... Let me think..... Hmm.. Yeah i think uncertainty ka element bahut a jaata hai ke jis tarah suddenly banda attached bhe bahut ziada ho jata hai so abhi subah me he i lost this pencil so it was like my favourite pencil and I've thora sa aik do projects me meine us pencil se kaam, aik do projects par us se kaam kya ho ga.. To I just lost it, aik pencil he hai i can go again and buy it but i was like nahi mujhey yahe pencil chahiye and i roamed around the campus finding it and also phir ye aik uncertainty ka element ke agar meine kisi ko kuch kaha nahi hai phir meray dimakh mei ye chalta rahay ga ke pata nahi kal ho ge ya nahi, kal me zinda ho ge ya nahi wo zinda ho ge ya nahi to mujey keh dena chahiye tha karlena chahiye tha so is tarah ke thoughts atay rehtay hain.

Q: Acha so not like a fear wo but wohe this thought ke you never know what might happen so might as well say it now

A: Okay yes i forgot to tell this Jo sab se ziada meray lyay traumatic tha so i had my exams aur meray mocs chal rahy they so the day my mom went for chemo, wo Islamabad se peshawar jaati theen so i wasnt able to meet my mom aik to fear of my father aur wesay bhe meray exams they to me jaa nahi paye to meine na last exam me apne driver uncle ko kaha ke aik kaam karna mama ke hospital ke taraf turn kar lein.. He was like she's gone to peshawar and I'm like Acha wo kitnay Dino baad wapis a jayen ge and he was like koi baat nahi beta wo teen din baad wapis a jayen ge aap un se baat karna, Behtar ho kar a jayen ge so i was in this hope ke bhetar ho kar a

jayen ge but she never came back and i had so many questions i had so many things to say and like you know kaash exam ko chut kara ke mei hospital chali jaati.

Q: Right wohi tab, tab ke time par tho ofcourse exam , you never thought ke that would happen aur aik like u have an exam. Tho us mein now ab looking back you're like ke you know the exam doesn't matter mein kash chali jati.

A: Yeah ab isi Tarah se decision making aur prioritizing things mere lye buhat mushkil Hogaya he mujhe samaj hee Nahi mein ye krun ya mein ye kru. Mein assingment khatam krun ya mein Ghar walo se jakay mil aaun. Tho wo buhat mushkil ho jata he mere lye.

Q: Sahi Sahi theek he. Acha. So anything else that you feel like you want to share.

A: I think that's all I've shared alot.

Q: Haan you have , no thankyou , Acha really really thankyou , theek he for giving this interview cause I know it's really difficult so.

A: Tt was really nice and it's more of like because I , like I've told you that I don't know who to talk to aur kis se baat krun so it's like a ranting session for me. It's like letting it all out aur mujhe Acha laga ke Kisi ne Mera itna lamba suna so.

Q: No I'm glad to hear that.

A: You listened to me and now you know all my stories.

Q: Chalo alright Huda hafiz.

A: thankyou so much Allah hafiz.

Q: You're welcome huda hafiz.

Appendix D
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