**P2:** **[00:00:00]** Hey, Alexa.

**P1:** Hi Darshana, how are you?

**P2:** Good and yourself?

**P1:** Okay, I think. Sorry about that.

**P2:** Sorry about -- no -- no. No worries.

**P1:** I feel like after all this time it should like all become really easy, but somehow it's just not. [laughter]. Um…

**P2:** How are you doing?

**P1:** Yeah, just, you know, carrying on.

**P2:** Yeah. Same here.

**P1:** I was going to ask you, how it's been?

**P2:** It's been fine. I think, I guess, when we last spoke I don’t think my nanny was back. Um…

**P1:** No, it was like beginning of or middle lockdown, I think, so okay.

**P2:** Yeah, so she started back in at the sort of beginning of June. So, that's been, uh, a huge relief. Um…

**P1:** Was she a living nanny or did she just come for the day?

**P2:** She just comes for the day.

**P1:** Okay.

**P2:** So, she's been ubering back and forth as opposed to using taxis.

**P1:** Yes.

**P2:** And we're just kind of seeing how long we can continue [laughter] to work that.

**P1:** Yeah -- yeah.

**P2:** Yeah.

**P1:** Okay. And how has it been having her?

**P2:** Much -- much -- much easier because it just means, she can give, you know, solid attention. Um, we can continue doing work which has been, like you know, not having to kind of jump between the two and kind of focus on work. So that's been helpful. So, a little bit more kind of a -- a little bit more structure, a little bit more of a normal balance, um.

**P1:** Yeah -- yeah.

**P2:** So, now it's -- yeah, now lockdown is -- like, you know, there was times where everybody without kids were like, "This is so good. This is amazing." And I'm like, okay now I'm feeling a little bit of that, right? It's not quite the same. Uh, I don’t have as much Netflix and chill time, but, um -- but it's starting to feel like, okay this I can do. It's fine.

**P1:** Yes -- yes.

**P2:** Yeah.

**P1:** Are you still working from home?

**P2:** Yeah, so we're both still working from home. Um, and I think I will be for a while actually.

**P1:** Okay. Yeah.

**P2:** I can't see things changing, yeah.

**P1:** Um, did I ask you what you do Darshana? Sorry I can't remember from the first interview.

**P2:** I don’t know if we came up, but I'm a management consultant.

**P1:** Okay. So is there -- there's no really need for you to go in to the office for anything?

**P2:** No, and we're pretty much set up for working -- like you know, to work from anywhere. And so I think we kind of adapted quite well.

**P1:** Okay.

**P2:** Um, I mean, obviously you want to go in to see a team and there's some things you want to do kind of face to face, but I think given all the risks and what would be required in terms of like deep cleaning offices and things like that, I can't see us doing that anytime soon.

**P1:** Yeah. Not worth it, yeah.

**P2:** Especially over winter, right? Because we're all like open plan offices and once one person even gets the flu it used just kind of spreads like wild fire.

**P1:** Yeah.

**P2:** So, we wouldn't take the risk.

**P1:** Yeah, absolutely. And your husband, what does he do?

**P2:** He's a [Trajan 00:03:29] accountant. So he's in auditing.

**P1:** Okay. Okay -- okay. So, does he -- is he going back?

**P2:** No, so he's also working from home. So, he's, um -- yeah we managed to create a sort of a -- a separate office. So, he's got a little bit more, um, space at the moment.

**P1:** Okay.

**P2:** Um, I foresee -- yeah, so for the moment he's here.

**P1:** Mm-hmm.

**P2:** Um, but I foresee them again slowly starting to -- start doing some kind of rotational or whatever, yeah.

**P1:** Okay. All right. So, tell me, I mean, what does your day looking like now that you've got your nanny? How have you broken it down? Um…

**P2:** Yeah, so I still -- I mean, I start -- I start -- probably started my day about 9:00, um, try to do kind of a couple of hours, then take a bit of a break to have lunch or like, you know, sort of be around while she's -- while all the kids are having lunch et cetera.

**P1:** Yeah.

**P2:** Um, and then afternoon shift from about kind of 1:00 until 4:35. So, my nanny knocks off at 5:00.

**P1:** Okay.

**P2:** Um, and then -- and then, yeah, then we'll cook dinner together. Um, sort of the dinner, bath routine and then she's down kind of -- or she's having a bath with my husband at about 8:00 and then going down at about 9:00. So, then I've now got like, you know, that either that sort of 9:00 to 11:00 slot at the evenings where I was trying to push work while she was down, I now can like, actually just take a break and say, okay, well if there's no work that needs doing, or if I feel like I've had a long day, I can just like read a book or catch up on, you know, kind of -- you just randomly scroll and waste a lot of time. But, [laughter] it's welcome.

So, that's kind of nice. And now it feels like a little bit a normal workday, right? Because I would normally have gone to the office, come back at 4:00, um, and then also it's like nice because now when my nanny knocks off and, you know, because I haven't been running around the whole day, like a headless chicken, I can actually focus on her. And it's a much calmer environment as opposed to being like, "Okay I need to just still, you know, um, manage this or I'm running behind on this, or you know."

**P1:** Do you find…

**P2:** There's been a few…

**P1:** Yes, sorry. No, carry on.

**P2:** I was just going to say, there's been a few, I guess, what becomes harder to manage now is the time, because there's been a few instances where calls have run over beyond 5:00.

**P1:** Right.

**P2:** Like and I think about it that probably I have something late in my calendar tomorrow. But then like -- because now -- but then it allows me to like then just focus on whatever I would be doing like in the morning, right? So, then between 9:00 and 10:00 I may be do some dinner prep to take it off the -- off the stress from the evening and that sort of thing, yeah.

**P1:** Got it. I was going to say, is it calmer for you? Do you feel calmer or is it calmer for, it's Amara, isn't it?

**P2:** Yeah.

**P1:** Yes.

**P2:** So, she's -- so there's two things, one I'm a [locius 00:06:21] anxious, right?

**P1:** Okay.

**P2:** Because now I'm not balancing or trying to juggle a million balls, right? So there's a -- I mean, there's still the normal anxiety because we're still within a global pandemic and people aren't wearing masks or like random stuff like that.[laughter] Um, but -- but the anxiety about like, am I actually doing okay at work?

**P1:** Yeah.

**P2:** And am I giving my child enough attention? Like that's kind of lessened. Um, she's also much less needy because she has…

**P1:** Okay.

**P2:** …attention. Like, you know, between 9:00 and 5:00 she has someone's attention 100%. So, she's not having to fight for it, or get irritable because we're looking at a phone and not talking to her or she doesn't have to scream, "Mum, mum, mum," a million times.

**P1:** Yeah -- yeah.

**P2:** Et cetera. So, she's a lot less -- I mean, she still, when she sees me, it's still like, "Mom come. Mom sit down. Mom come play." Like she still wants that, because now she sees us around the house, but it's a lot less. Like if I say, no, if I spend two minutes and then I jump up to go back to work, she's okay with it, right? She's not bawling her eyes out, kind of thing yeah.

**P1:** Yeah -- yeah -- yeah. Has, um -- has your nanny -- have you had your nanny since Amara was born?

**P2:** Yeah, so she started with us when Amara was about three or four months.

**P1:** Okay.

**P2:** And then when I -- so then when I started back at work, she was with her fulltime, right? I mean, like they would do all the activities together and stuff.

**P1:** Yeah. I was going to ask if they're quite close.

**P2:** Yeah, no -- no they are. And we were -- I was a bit worried that that transition would be a bit difficult, but like they seemed to pick up where they left off kind of thing, right?

**P1:** Oh, good.

**P2:** There were no -- there were tears when -- when [Duru 00:08:01] had to leave at the end of the day as opposed to…

**P1:** Okay.

**P2:** …when mom disappeared to go and do work. [laughter]. Yeah.

**P1:** Okay. And what kind of things do they do in the day?

**P2:** So, we've been a bit more -- because now like, you know, previously we could, um -- we could rely on external activities, right? Like clamber and reading circle and stuff like that.

**P1:** Mm-hmm.

**P2:** So, now we've tried to be a bit more diligent about kind of, you know, having one activity prepped or planned for the day.

**P1:** Okay.

**P2:** It's like, today they did some shape and colour matching.

**P1:** Okay.

**P2:** Tomorrow they'll do like an online clamber club class.

**P1:** Right.

**P2:** And painting. Um, we have a little sand pit. Yeah, and reading circle. So, they're in the room now reading. So, it's the -- it's the usual activities, but like nowadays, at least, there's someone who is just doing that and paying the full attention, right?

**P1:** Right.

**P2:** Yeah.

**P1:** Okay. So, you're finding that, um, she's less clingy as well. Um…

**P2:** Mm-hmm.

**P1:** …to you. Yeah -- yeah, um okay. Interesting, and tell me there was a bit of a -- you had noticed a bit of a regression in breastfeeding as well. I was thinking about -- you -- you were saying she used to only have in the morning and night, and then suddenly she was like wanting it all the time. Is that still happening…

**P2:** Yeah.

**P1:** …or you've gone back to normal?

**P2:** So, now we've actually -- because -- becuase she -- I was always planning on -- on weaning or stopping the breastfeeding when she hits two.

**P1:** Yeah.

**P2:** And that's two months away.

**P1:** Okay.

**P2:** Um, and so now we've started a slow gradual weaning process. And so we've actually dropped the morning feed.

**P1:** Okay.

**P2:** Um, and so it just meant when she wakes up, she goes straight downstairs for breakfast.

**P1:** Okay.

**P2:** Um, she has -- and now she also knows, she can differentiate between bottle milk and mom's milk.

**P1:** Yes.

**P2:** Um, so she has words for it, and she can ask for it et cetera. And then she'll have a bottle of milk, so like normal cow's milk in the mid-morning before her nap. And then we still more for, I guess, for my own [laughter] -- my own anxiety and sanity, we've maintained **[00:10:00]** the evening feed. Because I've not -- I don’t think I am ready to let go of that as well, you know what I mean?

**P1:** Yeah.

**P2:** So, we do kind of like, we read together in bed and she'll feed. Um, I have noticed that she is -- the moment she gets excited by the book or the moment she gets distracted by something or decide that she wants to read to me, she'll forget to drink, right? Or she'll know it's there, but she's very comfortable to just sit and -- and read a book as opposed to kind of trying to do both.

**P1:** Okay.

**P2:** Um, there have been a couple of moments where she's been, slightly for whatever reason, a little bit inconsolable, right? So, like she wake up and she's just bad mood, doesn't want to stop crying. Can't tell us what's wrong. Just not happy.

**P1:** Yeah.

**P2:** Um, and then the only thing that does calm her down is to feed her. And so there have been, I think, two occasions where she -- she was slightly inconsolable and didn’t want to stop, and I said, "Do you want to feed?" And she said, "Yes." And so we sat on the couch and she fed for a few minutes. But it wasn't like, you know, she fed, she calm down and then she was okay to let go.

**P1:** Okay.   
**P2:** In previous instances, she would have just fed fed fed, and then it would have been a fight to get her off.

**P1:** Yeah. Yeah.

**P2:** Whereas now she kind of like, she fed, she calms down and then I very gently say, "Should we go cook or do you want to go read a book? Do you want to go do this?" And she was fine to just let go and do it.

**P1:** Mm-hmm.

**P2:** So, I think slowly she is -- and it may also just be age.

**P1:** Mm-hmm.

**P2:** Um, she knows that it's like a transition.

**P1:** Yeah.

**P2:** Um, yeah.

**P1:** So, for you saying that this was for your own benefit and you're not ready -- maybe you could say a bit more about that letting go of like the weaning process and what that's like for you.

**P2:** Yeah, I mean, so I never -- I -- I always intended to breastfeed. And I said, I never put goals in place. I said, I mean, we have to do it for the first six months.

**P1:** Yeah.

**P2:** Um, so let's -- like, so, you know, definitely committing to that was okay. Like if someone had -- if something had not worked out and we had to mix feed with a bit of formula, I think I would have been fine with that. And then six months became a year. So, then we're like, six months was fine. It was fairly easy. Then I thought, okay I'm going to continue -- I'm going to continue until we can.

**P1:** Okay.

**P2:** And then there were -- like was one work trip where I was going to be away for like a week, and I remember thinking, "I'm probably going to come back from this work trip and not be able to feed," and I was fine -- I was like fine with that. Um, and then it was just that it was -- it was easy. Like it was never -- there was never the stress about it and it was something we could easily do, and we were able to continue and so we just continued and now here we are 20 months in and I'm like -- or 22 months in and I'm like, "Jesus." The only thing that was like really difficult for me was in that first year, so because we -- because I was at work, I would pump twice a day at work.

**P1:** Mm-hmm.

**P2:** To be able to leave enough milk for her, um, during the day and that I found very stressful.

**P1:** Yeah.

**P2:** So, I found because I would get into work, I would have to go straight to the pumping -- mommy room to pump. I would come out of that. I would have one or two calls, speak to people. I feel like I have to go back into the -- like you know, for the second session and so it would -- it was too much of a -- too many breaks in my day that I didn't feel I had like, you know, good chunks. Um, and so that was like when I hit -- when -- when she hit the year mark, I was like, that's it I am done. I'm not pumping at work anymore. And that's when we went to morning and evening because that was stressful.

**P1:** Mm-hmm.

**P2:** And then since then it's been easy. Because it's like the morning, first thing we wake up, um, you know, it was -- it was fine. The one thing like I said, is that, it tended to be especially as winter set in and -- and the lockdown laziness set in…

**P1:** Yeah.

**P2:** …there were times where we would like spend a whole hour in bed in the morning. And I would be like, wait where has this morning gone? And she was just comfortable to just continue feeding. And I would like fall asleep or something would happen and then I would feel like, "Oh, man." So then we started to set an alarm. So, that we knew it was just a 30 minutes and she knew when the alarm went up, she wouldn't be happy. And she would say, "No alarm. No alarm." But she knew that that was like time was up. Um…

**P1:** When -- what worried you about that? Sorry, if I could interrupt. What -- what -- what - yeah?

**P2:** Of, um…

**P1:** For an hour and you were dozing…

**P2:** It's just the -- it's just the time suck, because, you know, if it's like a weekday morning and she's only woken up at 8:00…

**P1:** Yeah.

**P2:** …and I've lost that first hour.

**P1:** Okay.

**P2:** Uh, and then you start your day late. You're running around, you know, so it was just the -- it was just the time and the -- and the knock on effect it would have on the rest of the day.

**P1:** Yes.

**P2:** Um, and I'm -- and I'm not a morning person. So, I was very comfortable just sitting in bed and falling off to sleep. [laughter] And then you're like, "Oh, shoot I have a call." Or something.

**P1:** Right.

**P2:** Um, so that was it. And then now with the -- so now what I think it is, is that since lockdown started, and we didn't -- we didn't do this before lockdown, and I don’t know why.

**P1:** Mm-hmm.

**P2:** I guess, because before lockdown, and I guess, I don’t know if it was just a little bit like you come home, you need to cook dinner, you need to eat dinner, bath her. So, we never had like a time where the two of us were just alone and it was just our time.

**P1:** Yeah.

**P2:** And so, then in lockdown we started doing that. Where I'd like I'd come into -- come back into bed, and we'd get four five books and I would read to her and she would feed and so now that has become like our bonding time, and our connection time at the end of the day.

**P1:** Okay.

**P2:** So, like no matter what's happened during the day, we can just take a step back and kind of regroup, right?

**P1:** Yes.

**P2:** Um, and so I know we can continue doing that and just read.

**P1:** Sure.

**P2:** But, um, that's kind of what I don’t want to let go of. I don’t want to let go of that time with her where it's just the two of us, no excuses. No matter what's happening, I make sure I do that.

**P1:** Yeah.

**P2:** Um, and then it's also the -- there's the -- you know, there's been -- there's a lot of information around about breastfeeding and the importance of breastfeeding and how it builds immune systems. So, then part of me that's like well, in the middle of a global pandemic, when all this other stuff is going on, do you want to stop breastfeeding [laughter] or is it some kind of like, you know, last line of defence, last line of resistance that you're able to provide? Um, and should you just, you know what I mean? Continue?

**P1:** Yeah.

**P2:** Um, so it's kind of balancing that with like okay, I don’t want to just like go cold turkey.

**P1:** Yes.

**P2:** Um, so, like can we just like slowly either kind of now we're down to one feed, so that's good, and then over time maybe reduce the time. But I can see her -- like because she's not like -- like the moment she gets distracted by a book she forgets, right? So, I can see her very quickly just being like, "No, I don't want it," or whatever the case is.

**P1:** Mm-hmm.

**P2:** Yeah.

**P1:** So, do you think that it won't be very difficult for her, the weaning?

**P2:** I don’t -- I think as long as we maintain the -- the reading time, I think it will be easy. It will be easier. But I mean, time will tell. So, I think for her it's more about the time we get to spend together.

**P1:** Okay.

**P2:** Than the -- than the feeding yeah.

**P1:** Yeah -- yeah. Um, because I realised -- I mean, one of the things you were speaking about in your first, um, interview, was how you had set aside time to spend with her in the morning…

**P2:** Yeah.

**P1:** …before you go off to work. Um, and then she -- then you would do whatever and then she would go and nap and then you would work in the afternoon. Um, but obviously now that the nanny is here, um, you don’t have to do that.

**P2:** Yeah, but it was also that time like even though like -- you know, you have the best intentions to say, I'm going to focus, but the phone is always there. So, like if a message came through, I would still be answering it or I would be randomly responding to e-mails. You know, it wasn't 100% focused, but it was kind of like, I'm going to -- I'm going to -- I'm going to free up as much of my morning as I can…

**P1:** Yeah.

**P2:** …and we're going to do something together, right? Um, whereas the reading time is like it's a no phone zone. Like -- so it is like, you know, the most focused I would probably be…

**P1:** Yes.

**P2:** …or not trying to multitask, right?

**P1:** Okay -- okay.

**P2:** Yeah.

**P1:** Yeah, I've got it. And is this how it would look normally if you were going off to work this kind of…

**P2:** So that's why I was saying, like I don’t -- I don’t know what -- it's so funny now. Because there like -- like it was before lockdown and I'm like, I don’t actually know -- so obviously before lockdown I would come back from work. We'd cook and we'd have dinner.

**P1:** Yeah.

**P2:** Um, I would then feed her but I think because of where we were and -- and age, we would just feed.

**P1:** Okay.

**P2:** And I think I would just like randomly do it wherever we were. Like there wasn't like a set space, um. I don’t remember -- I don’t -- I must actually check with my husband if I actually used to read during that time, because I can only remember it as -- as me feeding her.

**P1:** Yes.

**P2:** Um, and then too sometimes it might be a bit rushed or -- or whatever the case is.

**P1:** Yeah.

**P2:** Um, whereas now, and I mean, you know, we -- we each have our own way of remembering things. Now I feel it's a little bit more calm in the sense that I'm not rushing her to feed. I'm not -- you know, I'm not -- I'm not, um -- I'm not anxious about it but I'm also not like -- because -- because breastfeeding is such a time commitment and it's something only the mother can do.

**P1:** Yeah.

**P2:** I did have at times, um -- what's the word? Like you despise it somehow. Like there was a little bit of like a negative…

**P1:** Resentful.

**P1:** …in the sense of like -- especially -- sorry, what did you say?

**P1:** Resentful, maybe?

**P2:** Yeah. Like -- yes, that's exactly. Slight resentment, especially like when you're out, right? Like you're on the weekend and you're out and now, "Oh, it's feeding time." So, now in the middle of a restaurant or in the middle of an activity, we have to find a quiet spot and feed, like you know.

**P1:** Yeah.

**P2:** So, there is that resentment because of the -- the burden it is on the mother and nobody else can take that. Whereas, now it's like there's way less resentment, there's way less anxiety about it. It's just like something we do -- and maybe it's a bit more comfortable because we're sitting in bed, we're surrounded by books, we're, you know, **[00:20:00]** reading. He's developing a vocab and a memory then I'm like quite astounded and I'm like, "Oh, she can point to the page of this nursery rhyme." And I'm like, "Oh, God, that's a bit weird." Like, you know, so I think that's the difference as well between sort of pre and -- and then during lockdown.

**P1:** Yeah -- yeah. And, I mean, in terms of your -- your -- your schedule of the day, would it look -- would you normally say, "Get to work by 9:00 and then be home by 5:00 and then do cooking?"

**P2:** Mm-hmm. Yeah -- yeah, that's pretty much the same now, yeah.

**P1:** Yeah -- yeah. So -- so you feel as if she settled quite a bit…

**P2:** She does seem…

**P1:** …with your new routine?

**P2:** Yeah. Yeah -- yeah, she does. Like she's not like, I mean, I expected that first week when the nanny came back to be a little bit of a transition where she wouldn't want to like spend time alone -- like, you know, like she'd still wants us there and she very quickly just kind of was like, "No, I'm good."

**P1:** Okay.

**P2:** "I'm going to go do this." You know, so there was less kind of like -- like I said, less neediness, less needing us around. She's cool when she sees us.

**P1:** Yeah.

**P2:** Um, but she's not like crying to be with us versus the nanny kind of thing. So, I think she is kind of settled into this new routine. Um, it's obviously a little -- you know, the -- it's a lot more structured in a sense than it was during lockdown when we were trying to do it on our own. Um, and so I think that's also helpful, like she knows what to expect and…

**P1:** Yeah.

**P2:** …that sort of thing. Yeah.

**P1:** Yeah -- yeah -- yeah. Okay. Um, all right. It sounds much more relaxed.

**P2:** Yeah, I know it is. [laughter]

**P1:** Okay. And, um, so I was obviously, I -- I mean before I go into any of that, let me just check if there was anything that stuck with you from the previous interview, any thoughts that you had that you were mulling over or…

**P2:** Not really.

**P1:** Okay.

**P2:** Uh, no -- no not really. I mean, I think I did -- I -- I was thinking about the -- the differences to your last question about the differences between my sister and I and how we have approached motherhood. So, that -- I mean, that's something I was like, "Oh, yeah like I guess, there have been a lot of differences." Um, but yeah nothing else really.

**P1:** What, um -- I mean, what were you thinking about in terms of the main differences? I know she's has got a lot more support and…

**P2:** Yeah, so she's just got like a super -- like big sort of extended family support network.

**P1:** Yeah.

**P2:** Um, but -- but then like I said, it's probably, you know, that comes with its good and bad, right? So, like she deals with a lot more things than I just don’t have to -- like, you know, I don’t live with my in-laws or an extended family or not having to deal with elderly, uh, grandparents and those kind of things, which I know adds a layer of stress to her life, but then also the kids life, right? Because now the one grandfather is actually a bit sick at the moment and so every time he has an episode, the kids have like these anxiety attacks because now they're like, "What's happening?" Or it's things they can't control et cetera.

**P1:** Okay.

**P2:** You know.

**P1:** Because, I mean, I guess, it feeds into what I was about to say, which is that I transcribed the interview and I was reading through it and everything and, um, and I guess, one of the things that really struck me was that you are quite an independent person, um, and that you like and value your independence.

**P2:** Yeah.

**P1:** Um, so I guess, that really feeds into what you're saying now.

**P2:** Yeah.

**P1:** Um, and I had wondered, I don’t know if I asked you about your mom. I mean, was she quite an independent person as well? Was she like someone who would be likely to ask for help or did she do it all on her own?

**P2:** No, she's probably -- yeah, no she's probably where the independence comes from. She's the type of person who doesn't easily ask for help or not -- not even ask for help, but she's just like if I'm going to -- if it needs to be done, I'm going to do it, right?

**P1:** Okay.

**P2:** So, she'll go ahead and do it. Find a way, um, to make things work. Um, so -- so in that sense probably more like that. She's also -- I guess, if I look at it, um, she is the oldest of six…

**P1:** Wow.

**P2:** …children or five. Yeah, oldest of six.

**P1:** Okay.

**P2:** Um, and grew up…

**P1:** Sorry, go ahead.

**P2:** Yeah, so grew up in a -- in a -- so for whatever reason, she from a very young age, lived with her uncle and aunt who didn't have kids of their own and away from her own parents.

**P1:** Okay.

**P2:** Um, and I know that -- I mean, and she -- I mean, she talks very fondly of that time. She had a really good relationship with her uncle, but I do know that it has -- it did have an impact and an effect in her own relationship with her mother, and her own relationship with her siblings, right? Whereas like she's got three sisters, who are very very close. And she, I think, tends to feel a little bit like the outsider…

**P1:** Right.

**P2:** …uh, because she never actually grew up with them. And then there's also the age difference with the really -- with the younger ones.

**P1:** Right.

**P2:** Um, but then she also -- I mean, my mom got married really young and my parents relocated -- all our extended family was in Joburg and my parents relocated to Durban.

**P1:** Mm-hmm.

**P2:** Which is where she spent, uh, about 15 years, um, so away from any family, away from any support network. Um, obviously they created their own support network, um, and we had a very, you know, strong group of friends and stuff like that but it's very different to having -- I guess, it's a situation like my own now right? It's very different to having your -- your family. Um, and then -- then we ended up moving back to Joburg as a family, but we never lived because at the time we moved back, we -- we lived, um, here in like the northern suburbs and all our family were like in the Laudiums and the Benoni and, you know, the outlying area. So, she's always had to figure things out for herself. Um, because for whatever reason, there was a distance between, um, her and family.

**P1:** Yeah, it's interesting, I was going to ask did she have a lot of support? Um, but obviously from what you're saying not really, she didn't have her parents.

**P2:** So -- so -- so she didn't have her parents and she didn't have her siblings, but we did -- I mean, she's a type of person who creates -- who very easily forms sort of meaningful and supportive relationships. So, like I think growing up in Durban, we never felt it as much, because we had like our -- our fill-in grandparents and we had a strong group of friends and neighbours and things like that that would, um, pitch in. Um, but it's very different, right? You don’t have -- you don't have your mother, um, yeah in that sense.

**P1:** Was she close with her mother at any point?

**P2:** She -- yes, she was. She was close. Um, and I think it helped -- it did improve once we moved back to Joburg because then we just were able to see people more often.

**P1:** Okay.

**P2:** Um, but it wasn't -- I think my grand was also not like a super -- like she was not a [laughter] -- I mean, they were as close as close can be but it wasn't one of those relationships where they would like spend hours on the phone, right? My grand would probably say, "I'm too busy to do those.} [laughter] Like you know what I mean, that kind of thing?

**P1:** Yeah.

**P2:** Um, but then -- but then she was able to like when my grand got really sick, um, so she got sick, and then it was a very short illness. My mother was very easily able to just like drop everything and take care of her in those last two weeks.

**P1:** Okay.

**P2:** Um, and I think that also brought them much closer together, right? So she's able to kind of when -- when -- when it really is necessary to just kind of be like, "I can -- I can be here. I can provide that support. I'm going to get you through this kind of thing."

**P1:** Yeah. Um, sorry this is a bit of a -- I know it's a complicated question, but do you think, for your mom, living with your aunt and her uncle had any effect on her as a parent in the way that she parented you?

**P2:** Hmm, interesting question. I don’t know. I don’t know. Um, I obviously I never met the uncle. Um, I knew the aunt.

**P1:** Yeah. Did they…

**P2:** Yeah, they didn't -- they -- so my aunt had -- my aunt had a step-daughter, so my uncles daughter from a previous marriage then my mom. And what had happened was, I think, there was a bit of a, uh, tense relationship between her and the step daughter…

**P1:** Okay.

**P2:** …as a result of the dynamics. And so the step daughter actually went to go to live with my granny, and my mom ended up with my uncle. And then there were periods where they would be together, but that was also part of it, right? Um, but if I think about it, it definitely impacted who she is as a person that time that she spent with her aunt, just in terms of like -- like the aunt was very resourceful, right? Um, I guess, like many women and women with big families are, but, you know, you kind of have to find creative ways to make ends meet, because you don’t always have the resources, you don’t always have the money. So in those kind of things, she's -- she is very resourceful, right? And she'll like -- she'll do the most with the least amount of things or she'll make a plan if something is missing, that kind of thing. Um, she was also very, um, as a result, I think of living with her aunt, um, you know, very good with the -- with the kind of -- on the crafty side, right? So, like the embroidery and the quilting and the sewing and all those kind of things. So, we were actually looking at old pictures and my brother was laughing and he is like, "Oh, my God the outfits you wore," because my mother would just like, she was a dress maker and then there would be like random off cuts of material from like previous jobs that she like put together a t-shirt and a pair of shorts and you look back now and you're like, "Why? Why? Why?" [laughter] You know, but like and my mother she's like, "Yeah, but then you had new clothes." And I'm like, "Yes, but I look like **[00:30:00]"** [laughter] Like, "Those buttons don't quite match." And she's like, "It looked great." People loved it. She would get comments. [laughter] I was like, "Okay, whatever." Um, so in that sense, I think that sort of resourcefulness, um, that kind of like -- it's a little bit of like recycling mentality, right? When it comes to everything. Um, that definitely impacted her and when I think about the two women, like my mother and her aunt, she definitely got that from her aunt.

**P1:** Okay. Yeah, I mean, I was just thinking about how different it would have been for your mom if she had grown up in her parent's house, she probably would have taken on a far more caretaking role because of the five other siblings.

**P2:** Because of the siblings, yeah.

**P1:** Yeah.

**P2:** When she was…

**P1:** Yeah.

**P2:** Yeah, and maybe that's true. I mean, that's true, because if I compare her, my mom and her sister…

**P1:** Yeah.

**P2:** …um, like my mom is a type of person -- but she doesn’t -- she doesn't like the household stuff. Like she doesn’t like cooking. She doesn’t like cleaning, but she'll do it because she knows she has to do it. Um, she'll enjoy like -- like obviously like now, like she'll enjoy baking if it means she's making cupcakes for the grandchild or something. Like you know what I mean? Or like when she comes here, she's like, "What can I make for you?" Because that's how she can also show love, right?

**P1:** Yes.

**P2:** Um, but she's not like -- she would much rather be pottering around in her garden or putting together -- like doing some craft thing or whatever the case is that's kind of when she's in her element. Um, so -- so, you know that maternal side is very different, right? Um, and that's also maybe a little bit of the independence like she can -- she has -- you know, it can play out in her garden the way she plants things et cetera. Whereas her sister, my aunt, who then obviously grew up in this big household, um, had siblings who were, you know, much younger than her and she obviously had to step in to take on that caretaker role. Um, because my grand, you know, was working. Like, you know, they had a shop and would go to the shop or whatever the case is.

**P1:** Yeah.

**P2:** Um, and now my younger aunts looked to her as that mother figure.

**P1:** Okay.

**P2:** And not necessarily my mom, right? So, like because my aunt played that role growing up, she continues to play that role, you know what I mean?

**P1:** Yeah.

**P2:** Um, so that's who they've like now that my grand has passed on, she has become that for them. Um, and -- and my mom is still the big sister, but she's -- they're -- they're not as like, um, beholden to her to kind of fill in those gaps, I think.

**P1:** Is she…

**P2:** If that makes sense.

**P1:** Yeah, no, it makes a lot of sense. Is she close with them? Her siblings, your mom?

**P2:** She -- she is. Um, like -- like I mean, there's still -- there's still a very strong relationship. We still do spend a lot of time, but I think my mom and -- and in various things that she said and the way she's communicated, she's always felt a little bit like an outsider right? Because they've got -- like there's this -- like there's this sort of tight, um, net and then we become -- because we've always been the cousins that were in Durban. Or the cousins that, you know what I mean? We've always like grown up in a different…

**P1:** Yeah.

**P2:** …either there was like massive distance when we were in Durban and they were in Joburg and we'd only see them on like main holidays. Then when we move to Joburg, um, we -- you know, they -- my aunts and their mother type of family is that they'll spend all their time together, right? So, like every holiday, they're doing a trip together, whereas we are like, oh no this time we want to do this or we don’t necessarily want to go here, or you know what I mean?

**P1:** Yeah.

**P2:** So, we have always been a little bit on the periphery, but I mean, we're still family. We'll still spend time together. If something happens, we'll be there, but I don't think we're in like -- there's like an inner circle in some ways. [laughter]

**P1:** Yeah. Do you feel like an outsider?

**P2:** Um, a little bit. Um, because I think, and -- and here it's -- it's -- it's partly just also South African history playing into things. Um, I mean, we were the outsiders because we grew up in Durban. Like, you know, I only moved out to Joburg when I was like 10 or 11.

**P1:** Mm-hmm.

**P2:** So, there was a large part of my life that was just in another space. Um, we would see family on holidays but we had our own life and world, um, you know. Um, and then -- and then when we -- when we moved to Joburg because we moved around '95, um, we ended up moving into one of the -- the white suburbs.

**P1:** Right.

**P2:** Um, and we were like the only brown faces. And we moved into very -- I don’t know if you know Linden, but Linden in '95 was very conservative and it's very different now.

**P1:** Yeah -- yeah.

**P2:** But in '95, it was -- it was a slightly different picture. Um, and all my cousins still lived in very Indian areas. So they still lived in Laudium, in -- my mom's family in particular they all lived in Benoni.

**P1:** Okay.

**P2:** Um, in the Indian community in Benoni.

**P1:** Yeah.

**P2:** And so our worlds were very different, whereas we were going to integrated schools…

**P1:** Yeah.

**P2:** …um, you know, the former sort of model C schools. They were still going to all-Indian schools. All their friends were Indian.

**P1:** Yeah.

**P2:** Um, and so -- like I even remember, I have a cousin who is my age, um, and I mean, this is like now I'm talking matric, right? So, this is like my 2002, I matriculated or whatever. And we were going -- we had -- because you get your results in December. So, we must be spending like Christmas or something together and I said, "Oh, you're going to go pick up your results from school?" And -- and by this stage now high school she had transitioned to a former model C school. And she says, "Yeah, I will go, because, you know, that's like the last time you'll see all the white kids."

**P1:** [laughter]

**P2:** I was like, "I think we all go to the same universities. [laughter] It's not like --" And I still remember looking -- and that like memory like sticks in my head because I looked at it, and I was like, "That is a very weird response." [laughter] But like you know, that’s their world, right? Like they grow -- like they -- they and also because all the family lives there. They see each other much more often. Their -- their -- you know, their lives are much more integrated into this community whereas we didn’t have that moving back to Joburg, because we didn't move to any of these areas. Um, and even though we would still go back for religious and cultural things, we would like we didn't -- we didn't grow up with these kids and stuff like that, right? So, we weren’t as integrated and we lived a much more sort of just our realities were very different, right? And our experience, even though we were in the same city, our experiences were different. So, I do feel like it is sometimes -- my brother and I feel this in similar ways it's just sometimes, you know, you just don’t have as much to talk about or there's like things you just don’t understand because you're not as kind of, you know, um, in that same thing yeah.

**P1:** Mm-hmm. Okay, and then and do you feel like an outsider in your own family sometimes because your life is so different from say your sister's?

**P2:** Um, not so much an -- not so much an outsider, but I do -- I do have a, uh, you know, it's something I do think about a lot, it's just how each of our experiences even though we're in the same family, our experiences just because of when were born, um, is vastly -- all right. So, my sister did -- because she matriculated by '94, given the age gap, right? There's a nine year age gap between us.

**P1:** Okay.

**P2:** Um, so by the time she matriculated, she had done all her education under the then Indian Education Board. And all in Durban, all in Indian schools. Um, whereas when I started school, schools were already desegregated. And so, I did -- I did two, three years in an Indian school, and then I -- and then I changed to a model C. And then my schooling career has been in these integrated diverse settings. Um, and so very different experiences.

**P1:** Yeah.

**P2:** So, and then like my sister would have been come from Durban, um, and -- and from an all-Indian school, and then she actually went to go and study in the University of Pretoria, and I was like, "What must that had been like, right?" Because you go from that to a kind of a complete Afrikaans setting.

**P1:** Yeah.

**P2:** Because lectures would have still be in -- I think they were trying to introduce the dual medium, but I'm still sure like majority of it would have been in Afrikaans.

**P1:** Absolutely.

**P2:** And people in Durban don't learn Afrikaans. Like I don’t think that's like. Yeah, um, so I do have like, you know, a lot of what's -- a lot of what's shaped -- like we -- we each are very different because of those different experiences and what has shaped us, right?

**P1:** Yeah. And sorry, someone is ringing my door bell and I can hear that my nanny is outside. Could I just quickly check…

**P2:** Sure go ahead.

**P1:** I'm sorry.

**P2:** Everything okay?

**P1:** Sorry, I can just hear everyone is outside and the doorbell is ringing. Sorry.

**P2:** That's fine.

**P1:** So, I mean, sorry, I interrupted you, but it's crazy how different -- and do you think it's shaped you differently? What -- what has made -- what has been different personality wise if anything?

**P2:** Um, I mean, it definitely has. It's hard to say how much of it is her own personality, right? Like if I -- if I think of my sister's, um, she the type of person that doesn't want to rock the boat, right? And so she'll do what's expected. And I think that's a lot like the eldest child syndrome, right? Like, um, so we'll do what is expected. Um, I tend to **[00:40:00]** -- and I guess, a little bit -- I'm a little bit more -- I mean not to say that she's not independent, but I think I -- I value that much more, so I want to feel like I'm making my own decisions. I'm, you know, kind of doing things in my own way.

**P1:** Yeah.

**P2:** Um, but that could also be, I mean, a large part of what that's shaped is also having a brother in between, who was the complete opposite, who didn't want to conform. Who wanted to question every boundary, who then just made it easier for me coming along afterward to be like, "Yeah, well he did that. So, I'm going to do this." Kind of like. You know, if I come straight after to my sister, it would have been a very different, um, experience.

**P1:** Yeah, okay.

**P2:** Um, but then I think -- I think the main difference is just opportunity, right?

**P1:** Yeah.

**P2:** Um having grown up in -- in the -- in -- having grown up to a large extent in the -- the post-apartheid era it's just more opportunity, more choice, uh, more options, right? But she didn't have or wouldn't have had it, right?

**P1:** Were you feeling more comfortable in some places where she may feel less comfortable to…

**P2:** Yeah.

**P1:** …to just take ownership maybe?

**P2:** And just to navigate, right like in that sense, yeah. Um, so yeah, so I don’t think -- I mean, it doesn’t make me feel like an outsider and we definitely it doesn't mean that we can't -- I think the -- the areas that we don’t relate are more as a result of the age, as opposed to experience, um, just because there is that age gap. Um, but -- but -- but we still -- we were still able to connect, right? Like it hasn't changed each of us drastically in that sense, yeah.

**P1:** I mean, one of the things that I was wondering while I was reading past your interview was, um, we, um, sorry I'm trying to remember exactly where I saw it now. But I wondered if you often feel understood by people in general and specifically in your family? Like do they get you, um, do you feel often like your husband gets you or do you sometimes feel like it's hard for people to really understand your experiences and what's going on inside?

**P2:** Now, my gate is calling me. Just one second.

Hello.

Um, it's a good question, um, I think sometimes my -- my -- I think maybe my parents, um, and maybe to a certain extent my sister, um, doesn't always understand, doesn't always get. Because my experience has been so different to their own.

**P1:** Yeah.

**P2:** Um, I was going to say in some ways, I feel like sometimes my sister is -- is reliving my experience through her kids in a slightly deferent way. I mean, obviously the time but like, you know what I mean? Their schooling is a lot more like my schooling than it was her own. Um, yeah, so the questions I think sometimes there is a little bit of a generational gap or whatever you want to call it between my parent and my siblings -- uh, I mean, and my sister. Um, my brother less so because he was kind of the hybrid between the two having done -- had a foot in both, um, just given age. He's also, if I look at our experiences, we're probably very similar in a sense of like, you know, we've both travelled quite a bit. We've had really diverse kind of networks, um, in that sense. Um, do I think people get me? Um, probably not as well as I would like them to. Um, but then I wonder if it's really -- if it's really as a result of them not getting me or me not sharing.

**P1:** Mm-hmm. I think, I wonder there were a few things you had said maybe a couple of times in the interview, something about does he -- oh, I'm sorry. I can't remember but like do they really understand what I'm saying? And I go the idea that sometimes you feel like people don’t really understand. Um, but it is a good question…

**P2:** Yeah.

**P1:** …are you communicating or is it just them.

**P2:** Yeah, or maybe -- maybe they are -- maybe they -- maybe they are seeing and understanding a part of me that I don’t want to believe, right? Like I think -- like when I think when it comes to my husband, there's obviously, you know, there's an added -- now there's an added layer because he grew up in Zimbabwe so he doesn't necessarily understand the full dynamics of like South Africa and -- and -- and -- and our history. I mean, in some ways it's similar. They'll just not admit it, um, but, um -- but like that's an added layer, right? Because he's not grown up -- he's not experienced. And funny enough you talk about me feeling like an outsider with my extended family, my husband is able to bridge that divide in a way I've never -- like he sometimes finds it easier…

**P1:** Okay.

**P2:** …um, to communicate, to just like hung out than my brother and I do.

**P1:** Amazing. Okay, interesting.

**P2:** And I'm like -- I mean, there is a little bit of a history in the sense that we -- we -- there's -- he's -- he's -- he has known my extended family or parts of my extended family for a -- a longer time. Um, it's just, you know, we had really…

**P1:** Right.

**P2:** Um, but yeah, so what I was saying about him is that maybe he does -- he doesn't get everything but there are bits and bits that he is easily able to pick up on that I'm not always ready to admit it, right? Like he does know when I'm -- when I'm particularly stressed out or, um, you know, when he needs to kind of just give me my space, that sort of thing. He's able to pick up on those cues. Um, but like he definitely doesn’t still quite understand like if I think of it from a professional context, I think -- and maybe, I mean, partly I always think I'm trying to figure this out for myself, but there is this element of like the people just don’t get what I do or, um, fully understand what I'm trying to do, that sort of thing.

**P1:** Mm-hmm. And then on the other hand, do you feel like you always communicate what you are feeling very clearly? Or do you feel like you hold back on that?

**P2:** I do hold back quite a bit. I'm not -- when it comes to -- when it comes to communicating about my feelings and where I am I do -- I do tend to bottle.

**P1:** Okay.

**P2:** That is what we spoke about in that first interview. I'm much -- I am that person that kind of bottles and then -- and then the cap will very -- the pressure will build and the cap will break. So, that's yeah. So, I'm not, um…

**P1:** I wanted to ask you where you think that came from? Is anyone in your family like that?

**P2:** Probably my mother.

**P1:** Okay. Does she hold on and you don’t know that something is bothering her but…?

**P2:** Yeah, she'll -- and it's like -- it's both of us hate confrontation. We're also -- we're born on the same day, so I don’t know if you read into the star sign [laughter]. But maybe the star sign thing. [laughter]

**P1:** Okay.

**P2:** Yeah, um, but we -- but we both hate, um, confrontation.

**P1:** Okay.

**P2:** And so if something is bothering us, and I do this, um, with both -- with both friends, with both family -- like I do this in all aspects. If something is bothering me, I will just take it in.

**P1:** Mm-hmm.

**P2:** I will let time pass so it doesn't feel as kind of raw and harsh, um, or figure out how I'm going to, you know, deal with it, but I will never like confront a person. Like so even if a friendship if someone -- if a friend pisses me off, I'll just stop talking to them for two or three weeks.

**P1:** Okay.

**P2:** And then I'm like ready to move on, right? Um, and my mom does the same. Um, it's a bit harder in a -- in a -- in a sort of a relationship like with my husband because I tend to then bottle, bottle, bottle and then it comes a point where I'm like, "Okay, wait. We have to deal with this." And so I'm going to -- I'm going to have the confrontation, but then I'm probably not in a good space to have that confrontation. [laughter]Yeah.

**P1:** [**inaudible 00:48:43**] want it.

**P2:** Yeah.

**P1:** And, I mean, growing up was that your mom as well, would she hold on to something like hold on and then like meltdown like you were describing?

**P2:** So, there's one or two instances, um, that I can remember. Um, but she's also -- the -- the -- so there's one or two instances where I can remember an outburst, right? Um, but I think more often it was like I just don’t remember my mom being upset about things or getting -- like, you know, flustered about things and things like that. It was much more like, she was just always there and always -- like you know what I mean?

**P1:** Mm-hmm.

**P2:** Um…

**P1:** Was it because she was calm, or was it because she just didn't show emotions?

**P2:** She just didn't show it. Like if she was particularly stressed, she just didn't show it. So, if there was something that was stressing her out, which I'm sure there was…

**P1:** Yeah.

**P2:** …we just never got wind of it, right? Whereas my father is -- he's you know, a little bit wear your heart on your sleeve kind of like so when he's angry it's visible. When he's happy it's visible, right? Um, so you -- you could see it. Um, whereas with my mother it was just, yeah, always…

**P1:** Okay. Hidden.

**P2:** …hidden. **[00:50:00]**

**P1:** And how did she deal with you guys when you were upset? Was that easier for her or not so much?

**P2:** I don’t -- I don’t -- I mean, I don’t know.

**P1:** Okay.

**P2:** I'm trying to think. I mean, we always laugh at her and we would tell her that she wasn't…

**P1:** Okay.

**P2:** …she didn't -- we always -- we always have a good laugh because my mother never thought she would need to take us to the doctor.

**P1:** Okay.

**P2:** Or like -- so like my brother had, uh, a really bad cut and she just like was like, "No, it will heal. Don’t worry put some turmeric powder on it. It's an antibiotic. It's an anti-whatever whatever." [laughter] And we are like, when we look back now and we're like, "You know, that probably -- he probably needed stitches." Like it was so deep. [laughter] And my mother would be like, "It will be fine." Very laissez-faire like in that sense. Like you know what I mean? Um, and so now with the grand children like now when things happen, we're like, "No -- no -- no this is when you go to the doctor mother. This is not when you just like put a band aid and it will be fine." [laughter] Um, so she was much more laissez-faire in that sense. But I can't think of a moment where we were like -- where it was like emotionally, um, and we needed comforting and consoling.

**P1:** Yeah -- yeah. Okay. Um, all right. I was wondering if she would get upset with you guys in the same way that you might get upset with your little one, um, but what you're saying it's hard to remember exactly.

**P2:** Yeah, and I don’t -- like I have one distinct memory of my mother like snapping at me.

**P1:** Okay.

**P2:** Um, it was like, I was -- I was -- it was before school and I was being paddy about having my breakfast and someone had come to pick us up. I don’t know. I think I chucked or something and she like, um, smacked me or something. But, like I don’t -- yeah, I don’t -- I don’t remember her -- I don't remember her like being short. Like she doesn't have a short fuse or temper. Like and I -- and I guess, maybe why it's also hard is that she and my dad were completely opposites in that sense. So, like he did have the short temper and the short fuse. And so if we were in trouble it was always coming from his end, right? With him shouting us or disciplining us. Whereas my mother was probably where we went to seek refuge.

**P1:** Right.

**P2:** Um, and was like the…

**P1:** Is she [**inaudible 00:52:17**] or?

**P2:** Not like -- she is in her own way. Like not super, I mean, but -- but -- but like the way she calms things down is either through food or laughter, right? So, it's either like I'm going to feed you and you'll feel better or she's the type of mother who lives for April fools because she thinks she's going to -- she does get us every year. Like [laughter] so, like one year it was like, "Why didn't you come home with your car? Where is your car?" And then you're like wake up thinking you went out partying and you lost your car or something stupid. [laughter] Um, so, like that's the type of parent she is. She's much more like the jokester, the prankster. Like that's what she lives for, it's kind of pranking.

**P1:** And playful as well?

**P2:** Yeah.

**P1:** Because I wonder the way you were describing her, I imagined that she had like stuff and she got on with it, and like…

**P2:** But still -- but still very playful. Like so the stuff is just like, I'm like -- like she's the type of parent who doesn’t -- like if I compare her to like I have an aunt who would like live in the kitchen if she could. She's like just constantly cooking. My mother is like, I'm going to wake up early. I'm going to cook one pot of food and that's it, I'm done. Like you know what I mean? Like I want to be -- get up early and get it done early so it's done and out of the way.

**P1:** Yeah.

**P2:** Um, because I don’t want to have to like now bother with this the whole thing. And then I'm going to go do something I enjoy like go pottering around my garden and that sort of stuff, you know yeah.

**P1:** Okay. Um, I think that that was it for me. I mean, is there anything that you wanted to ask me Darshana before I flip through my notes to see if there's anything I've forgotten.

**P2:** No, nothing else. I don’t think -- I mean, no other -- nothing else from my side.

**P1:** Yeah.

**P2:** I mean, it's been interesting just to -- to have this conversation and to think about these things, yeah.

**P1:** I'm sorry. Let me just -- I just want to see because I'd hate to like go back and think, "Ah, I didn't ask you about that like one specific whatever." Um, okay, no I mean I think there was something here, sorry but it feels a bit out of -- sorry it's quite out of text of what we've just been talking about.

**P2:** Mm-hmm.

**P1:** Um, maybe it was -- in our first conversation we spoke a lot about mom guilt, um, and feeling like it was so hard to balance doing everything and not being there enough and I had wondered if there was also resentment on the other end around being the one, you know, we're talking about like breastfeeding as well and being the only one who can do that. Um, and it does kind of fit in there as well, because I guess, if we -- if people struggle to express their needs sometimes they can feel as if their needs are unmet and then that can lead to resentment. I don’t know if you have ever been around parenting?

**P2:** Yeah, a little bit. Um, so and I think it boils down to what you just said, right? So, um, it's like I don’t necessarily communicate my own wants and needs. Um, and I am more willing -- and so then I see it as like because I'm not communicating, nobody is able to step up and say, let me do that or let me help you. And then I feel like I'm sacrificing on my own time, um, in order to do what I want done. Like you know, do what I think needs done or -- or whatever the case is. Um, and so then it does lead to me feeling resentment towards my partner, right? Because I'm like, but you just don't do that. And he's like, but I don’t -- it's that cartoon, right? Like I don’t know if you've seen it. It's like but why didn't you ask for help? And I'm like, "Aaaah." Exactly, yeah. So, it's exactly that, right. Is that I have resentment for him not picking up the pieces or not doing that but he actually just doesn’t know. [laughter] Um, and I don’t -- I mean, in some ways I feel like he -- he should be able to pick this up. And then sometimes he does, but there's always those little things where it's like I think someone needs to just be told.

**P1:** Yeah.

**P2:** Um, yeah.

**P1:** Okay, perfect. Thank you. Thank you so much. This was such an interesting interview. I really appreciate it. Um…

**P2:** My pleasure. Hopefully helpful.

**P1:** Thank you, yes, very helpful. And yeah I guess, that's it for me. Um, yeah, if there's anything else that you -- if anything, you know, [inaudible 00:56:50] you want to like get up and get in contact with me further down the line, please feel free. Um…

**P2:** I will.

**P1:** Yeah, thank you. And look after yourself and all the best.

**P2:** Yeah, same to you, okay? Good luck.

**P1:** Thank you.

**P2:** Bye.

**P1:** Bye.