

Research Q1: Why did you go to your men's groups?

Concept 1: Causes of an 'Irish Cultural' Nature

Sub-concepts	Data
<div style="background-color: #00FF00; padding: 5px; display: inline-block; text-align: left;"> <p>Physical & Social Environment</p> </div>	<p>The only other time I sat with men was in school. I was in a boy's school. I didn't feel part of the class, I can tell ye. I didn't feel eh.. 'family feeling' or a yeknow, unity or a 'part of' em (Neil, p.11); I'm not blaming my parents in that, because they didn't (laughs), like a lot of Irish parents they didn't come from the greatest place either..ye know..this is generational..this is generational..yeknow..but it's time that we stopped it...ye know....it's time that the men and women of Ireland said 'enough, I'm not going to be my parents'..yeknow..even if it means....not having a a relationship with them (Neil, p.14); my father was a twin and his brother died..at six months..he had no connection with his father..like his father was an alcoholic..bet them up..em..lost his son [the bigger & stronger of the two]..his preferred son of the twins...my father was the other one..my father lived in a kindofa..lives by a..a philosophy of survival (John, p.7); I was exposed to lots..I learned huge amounts...like I was shootin rabbits at seven years of age, I was kinda ..I caught me first seven..salmon..when I was seven..I was kinda like..exposed to a lot..I had a lot of..at thirteen I was..I could unload an articulated lorry in thirteen minutes with a forklift..deyeeknowwhatlmean..I took..I had..I took on responsibility....my father it's..yeknow..he ran businesses and..we were sur..we needed to survive and..yeknow..we did whatever it took..whatever needed..whatever needed to be done, I was capable of doin it..so..and that carries me today, sure..in a lot of things but..again I ha...that's fear or survival instinct is..is embedded in me..an I'm afraid when I go back to work...that I'll..I'll get caught up in it again (John, p.8); when the building crash came, I was out of work..a short while after that I was going fucking mad at home (Eddie, p.1); he [his father] was a gunner..he was in France all the way through the war (WW1)..from start to finish..he would've seen a lot of..shite (Eddie, p.11); he came home and he..he worked in the British Legion club..so he was in the British army all his life..basically [in] Queens County or Kings County I can't remember..he was in France when we got (laughs) independence (laughs) (Eddie, p11);their dysfunction would go from when the parents were kids themselves in their own situation, yeknow....that's where it all..yeknow...spirals outa control..it's sam..same old, same old (Tony, p. 11); somebody knocked on the door..and my mam had us hiding..because she thought it was some sort of school inspector or something..right..and at the time I didn't understand what was going on..eh..and I remember..she was trying to keep me quiet..and she covered my mouth [with her hand] te shut me up..and I thought I was goin to die..yeah..em..so we were actually on the floor in the living room hiding behind the arm of a chair..of a big arm chair..and she had me and she was holding me there (Willie, p.14); B: well, the worst thing..as a family, the worst thing we had to deal with..was my sister..she..em..met a guy who was from Sligo and his family were a respected farming family with..yeknow..vet and a couple of teachers and a priest and a guard..that sort of yeknow</p> <p>A: yeah</p> <p>B: respectable upright family in rural Sligo. .and he was a teacher up in Dublin..and when it was revealed te his parents that they wanted to get married..and that..she was from a broken home or..whatever..that was a big deal..and..the..the only kindof..reluctant..blessing that they got was if the cousins weren't invited to the wedding..this had to be kept hush hush</p> <p>A: their cousins</p> <p>B: yeah</p> <p>A: in Sligo, like..that was the</p> <p>B: like they..they had to keep it as close knit as possible..they didn't want..eh..it getting</p> <p>A: (coughs) didn't want the big wedding</p> <p>B: they didn't want the..yeah..they didn't want it getting out</p> <p>A: yeah</p> <p>B: to..let's say..the less respected cousins..who held them in high esteem..that..eh..they had a crack in their..in their armour..whatever</p> <p>A: fuckin hell</p> <p>B: yeknow</p> <p>A: deyeknow</p> <p>B: and like..he never stood up for them at the time..and they..they left..they died..leaving him totally fucked up</p> <p>A: they kindef..kindef..didn't work..like..he kindef..was he like, the black sheep of the family or somethin then.. 'cause he done that</p> <p>B: no..no..not really..they..it kindef..they kept him..they didn't treat him fairly in..in the end..the wills..the wills didn't treat him kindef ok..so they punished him</p> <p>A: jasus</p> <p>B: twenty years later..yeknow (Willie, p.23); a lot of men but..well a lot of males..(his father & 4 brothers) but like, not a lot of positive role models..yeknow..they fulfilled a lot of what society..claimed was..was a good role model but I didn't buy it meself, yeknow..there was somethin missing..we just talked..surface talk, yeknow.. 'fuck off', 'how ye doin', 'grand' that was the extent of it..yeknow, they couldn't go where I needed te go (Michael, p.2); me Da..his mother left for the states when he was about twenty</p>

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one, or somethin..yeknow..his da had died like yeknow (Michael, p.7); she would've encouraged him to yeknow, te..te *not* let sectarianism influence your decisions around friends or business or work..yeknow protestants have fantastic work ethic (Martin, p.7); he (his father) was told one day during the kind of *disaster* that our lives was growing up, in so far as that, my mum wasn't there to look after us, so we had grannies, aunties, minders, au-pairs an everything else..but at one stage he was advised by somebody who said, "look, I think you're goin te need to put those ku..kids into a foster..into foster care or into a home" (Martin, p.8); the workplace, 'cause it was..it was a horrible place te be yeknowhaimean..it was..it was turnin into a horrible place te be..I wasn't the only one suffering there..eh, all the guys was sufferin there..so we were all becoming these isolated characters walkin around (Derek, p.4); I had a terrible time when I was young with the Christian Brothers..now, yesee, that's my pain in there yeknowhaimean..that's my..that was my harshness, if you..if you're lookin for the harsh side of my life that..that comes from there deknowhaimean..and the loss of a..loss of an education in there..because I wasn't educated by them..like, they spent most of their day verbally abusing ye..yeknow..that was my take on it yeknow..they just verbally abused ye..because ye weren't on the pick up..maybe..quickly..deknowhaimean..but..an I think..I've met an awful lot of men who suffer from that..from an early education wit the Christian Brothers deknowhaimean..some of them were physically abused..beaten, yeknow..the usual thing yeknow..wit my age group were yeknowhaimean..em but I'm suss..my anger comes from there..a lot of that yeknowhaimean..yeknow..I mean..you're..you're given responsibility te educate kids and..yeknow, kids are hard te educate sometimes..they can be little fuckers deknowhaimean..but..it's a huge responsibility..and you've got to do the best ye can wit..wit yeknow..but te just go straight in there and not even try yeknow..yeknow..it's..it's a fuckin crime like, it's.. well it was signed off..this cruelty was signed off by the church..yeknowhaimean..they knew it was going on..an..an they were running the education system at the time (Derek, p.20); the GAA was kindef..that..that's where I was gettin everythin..me sense of identity an me sense of community and everythin..involve with the GAA..and then..it..it wasn't kinda doin it for me anymore (Andrew, p.1); culturally in Ireland..yeknow..it's akindef 'shut up' and yeknow, 'put up and shut up and just get on with the fuckin thing'..yeknow (Andrew, p.7); it's hard to know what was it like in..between 1975 and 1990..what it was like..what was the average standard of parenting yeknowwhatmean (laughs)..I think..I think Ireland wasn't great..I think..eh..Dads didn't have a big role..in parenting..there was the mother was the ro..was the par..yeknow..and so I would sa..I would say not all the time but a lot of the time, in that time, the father's worked for a living..and came back and then..the mothers were housewives and the fathers were fe..yeknow they got..they were fed and they were whatever..they didn't really do much housework and they didn't..with that, they didn't do much parenting..I would think..I would think..that's their..that's actually the way my father was (Colin, p.5); I took him [his brother] out of the north..down [Dublin] here to get him a break, yesee, outa the troubles (Richard, p.12); I called the house and said come down an sit in the car for us..eh, because there was bombs goin off..somebody had te stay in the car, ye see..in case they would..eh, somebody was plantin a bomb on an untended vehicle (Richard, p.12); you couldn't..the whole big thing you've got to succeed and..he did..plus those the big thing going against the fact that you were a Catholic..and that stuff..succeeding..because we grew up in an environment where in fact we were..the community was discriminated against..so that there was no..you were excluded because of your religion or where ye came from..the schools and an all that kindef stuff..eh, so there's a big message (Richard, p.21); in terms of promotions..you'd have heard..yeknow, it was part of the whole culture that you..plus they weren't your police force..you didn't trust..ye didn't identify with them..ye didn't identify with any sense of Britishness..so in that sense within..if you like..inverted commas..the kinda suffering community..there was eh..the great sense of identity..being one of us..being a Falls Road man..so there'd be a kindef thing..is that..an that made it kindef solidarity..yeknow, between us an..but it was also a thing where they'd cut the head off you if you thought you were better than somebody else..yeah, there'd be that kinda stuff and I suppose for a lot of the stuff was..was that eh..because..this might seem strange to you..but when we travelled over the border..come down south..there was a sense of freedom..we're in our own environment..the tricolour, Catholicism..ye weren't havin te hide it..so there was a whole different..and yet..you were still very still very much a Northerner..but I..I suppose..we had the sense of..we're not really being wanted by the South..or by the Brits (Richard, p.22); but culturally, that..her family were..they were ruled by the church..everything was the church (Dessie, p.11); my Da was fuckin..was workin six days a week..he worked in a factory..he worked actually in..eh..Jacobs Biscuits..right..forty eight years..five an a half days..yeah, so he finished Saturday half..half day..whatever..right..he fuckin hated it..he hated *every day of it* right and I eh..he just..I guess he was fuckin miserable (Noel, p.7); [it] was very much like eh..ye get what you were given, an ye shut the fuck up (Noel, p.13); her mum was protestant..her moth..her..her grandfather was a church of Ireland minister..so, is that Irish (Larry, p.1); my folks would..would be mass goers and yeknow, all of our family would be..kindef..ok..it's almost part of being an Irish (Larry, p.1); I mean they're (Babitists) much different than..than the catholics (Larry, p.1); I mean the other thing about the communication an the language there is..definitely in terms of, like, the school system..whatever about our..our generation..I mean the previous generation'd..would be leathered inte..like, whatever..whatever..like whatever they came out of co..school..thinking about, what was normal, but like, yeknow..the fear of being out of..out of line..yeknow..back at or whatever ye want te call it..I mean, backchat..I remember getting..I *do* remember..in primary school..gettin..gettin a [slaps his hand] belt of a ruler, like yeknow..backchat..an backchat was just basically askin a fairly obvious question a lot of the time yeknow..but it was..if somebody was talkin, you don't talk..yeknow..and..conversation talk, generally speaking, was pretty..pretty..pretty fuckin..awkward, yeknow..an nobody really wanted it too much back in the day, yeknow (Larry, p.6); my parents both came from farming backgrounds in, yeknow..back in those days..like, yeknow..certainly a generation beforehand..like, unless you were physically fairly sturdy, there was a fair chance you'd come a cropper at some stage (Larry, p.10); I come from the same repressed catholic culture, as everybody else. I mightn't've experienced it, yeknow..in terms of a stick on me back..te the same extent but the same sense of repression and yeknow..not..don't..yeknow..don't express yourself..don't go against the grain..don't..yeknow..these are the rules and you must comply with the rules (Séan, p.12); we all come from a culture which..which yeknow, as..from before you're even conscious of it..as a male, you know..don't express your feelings..don't show how ye feel..don't reveal weakness..don't..yeknow..eh..yeknow, be a man..man up..yeknow, all that stuff is being absorbed from a really young age (Séan, p.12); you're the lowest of the low because you're from [the inner city]..that's what we used te be told (Jimmy, p.2); the principle of the school, for most years when we were there, came from Letterfrack..and he used te say, 'they have numbers on the buses in Dublin because everyone in Dublin is illiterate' (Jimmy, p.3); 'the only thing you'll ever do', he said, 'is sweep streets..ye'll never do anything else in youser lives (Jimmy, p.4); when I left school..I said I'll *never* play hurlin or gaelic again and I never did..because they bet us te play (Jimmy, p.6); [in] the sixties..the church ruled everythin (Jimmy, p.7); they built the new houses down by the church and that..instead of moving the people out of the flats into them..they brought a lot of outsiders in..and a lot of the people in Ceannt Street got Ballymun..some of them got Ballyfermot..Edenmore..they broke it up, yeah..they actually left the worst of the worst the..that's what happened and then they had the idea then..if ye put all the

bad fuckers from everywhere in, an we'll keep them all together..then Ceannt Street turned into a no-go area (Jimmy, p.11); Shocko's da committed suicide..Shocko was put into Letterfrack..Stevy was put into fuckin Dingle..ah, Jasus..a great family and that's what they done with them..the church put them in (Jimmy, p.12); ye could see it..the viciousness in them..when they were hittin ye..like they didn't hit ye..they bleedin walloped ye (Jimmy, p.14); 'look, boys', he says..'ye's'll get sent to Letterfrack or Dingle',...now, loads did (Jimmy, p.14); every day of the week ye were told you were stupid and you'd never amount to anything..ye were actually told that every day (Jimmy, p.17); if call someone a stupid fuckin cunt an it's a term of affection, it means ye love them (Jimmy, p.24); I came from a flats complex right and there was a..there was a wall around it..that separated it from the houses (Freddie, p.4); it would've been probably..probably a good seven or eight foot (Freddie, p.4); growin up in that, yeknow..there was always that level of..us and them, yeknow..there was always that level that, yeknow..people came from a house..they were more wealthier and..and they were in a better position than us in regards to jobs because they didn't come from flats..they came from a house..so..so, you're more likely to get a job because of that basis, so..so, I..I would think in that sense when..when these places were..were created, I would think they were created out of an oppression, em..model (Freddie, p.5); the old tenements where my parents came from, were like three, four stories and..horrific like..families like, probably ten and twelve in..in like, one big room, deyeknowhaimean..now, they were literally sectioned off (Freddie, p.5); I was in a flats and I just felt I was different than the outside (Freddie, p.7); name Poole is an English name (Freddie, p.9); but even before the..the heroin came about, it got bad with..with robbed cars..a lot of joy-riding yeknow em..cars being burned out and..and when the police came in, they were gettin stoned (Freddie, p.14); he [his father] had a couple of brothers em..that was livin in London an..a couple of his sisters went to Australia (Jimmy, p.3); they [his parents] got married in England..now, me mother would've been pregnant with me when she got married..she was only nineteen (Jimmy, p.4); me granny on me mother's side, heard about a room goin in Smithfield Market - which were tenement houses at that time - across from one of me Ma's aunties..so what..she was basically told, 'that's where ye've to go'..deyeknowhaimean..so we were in there for em..a certain amount of time..the procedure was, you'd be in one big room..and..and eh, ye'd squat in to it when ye knew it was empty an then ye'd hope that the landlord would take the rent off ye.. 'cause if the landlord didn't take the rent off ye, ye'd get trun out (Jimmy, p.4); so what happened then was..is..we were housed in Finglas West, an me mother didn't want to go up..that was like goin up into the country for her, yeknow (Jimmy, p.5); I done well, I got six honours an I wanted a trade.. 'cause a trade was like the be all and end all when ye were from Finglas like, deyeknowhaimean..an I just couldn't get an apprenticeship..I wanted to be a carpenter an I couldn't get into it..it was just..it was yet another recession in the seventies like (Jimmy, p.7);

Concept 2: Family Causes

Sub-concepts	Data
<p>Father</p>	<p>My father died when I was four (Franny, M, p.1); me father was a drunk, and a dangerous one..so there was chaos (Liam, p.7) me father at that stage had had been workin..and he'd been drinkin and eventually..I'm never quite sure..I'm as..I've always assumed he got fired..and eh..then he started workin, part time, for this hotel chain in Sligo by..owned by a fella called McGabhann was a Fianna Gael Senator..and..he used to be up there three weeks of the month and be'd be back in Dublin for a week..an we..the three weeks while he was coverin for his week here..he wasn't payin bills, there was no electricity..there was all tha (laughs) yeknow..we'd a big, four bed-roomed house in New Manor, no electricity (laughs) mad, yeknow (Liam, p.8); [we] left me father to it..where he was (Liam, p.9); he [father] crossed the road at this Bl..Blackheath Cross.. an walked into the front of a taxi and di..well.. wasn't killed outright..but took him ten days to die..and eh..I'm absolutely convinced that..it was no accident (Liam, p.9); my grandfather never gave any paren..yeknow..fathering..to his son and my father never gave any fathering to me (John, p.7); he [his father] instructed an I followed (John, p.7); my father died when I was seven..now..I remember nobody told me he died (Eddie, p.8); nobody..te..sat down to me and said, 'your dad has died'. It..it..it was in..it was the air..or atmosphere..or the (laughs), yeknow..it..it was in the room..but nobody actually spoke to me about it (Eddie, p.8); he [his father] was 62 when I was born..I have enormous anger about that (Eddie, p.10); my father woulda been..fuckin violent here..at this very house (Tony, p.9); we met me Da..I fuckin..I'm sure I pissed meself wit fright (Tony, p.12); me Da was over-generous..with everyone else, except us here..we starved while he drank..other people fuckin drank..on his money (Tony, p.13); I used to always say, 'aw, my Da always..put out his money', 'cause sometimes I'd remember seein him on a Friday..puttin out the money..but later in life, I dis..discovered tha, he put out what he felt like puttin out..and my Ma..my Ma had to go out an get a job..to fuckin subsidize..what he was fuckin puttin on the table..an she was earnin more than he was..an she was only part time..in chippers (Tony, p.13); My father was a very violent man, very..em..disturbed man, I'd call him, ye know (Padraig, p.15); when I was seven my dad pissed off..so the..the idea of men..em..and the attachment to men was something..to him in particular obviously..em..was..was a wound (Willie, p.12); he was forty-two and he ran off with a seventeen year old (Willie, p.14); a smile from him (his father) is..is a huge..yeknow..light..brightens up your whole day..so, his approval is everything..so when he pissed off and everybody was saying nasty things about him, I really couldn't handle that (Willie, p.14); I effectively made this blanket decision..at the age of seven I decided not to judge my father but what I actually did was I decided not to judge anybody and that was the effect..so I went through..it kinda set me up to be very naïve..to almost turn a blind eye (Willie, p.15); it wasn't just that</p>

he left..it was the fact that he was such a fucking bastard..about..yeknow..looking after..looking after his..eh..responsibilities (Willie, p.19); he was a bastard..he strung..he was ok te..te us if we were nice to him..sorta thing..em..but..he didn't fulfill his responsibilities..moneywise..he..got out of everything he could get out (Willie, p.19); the relationship wit me Da would be, yeknow, non-existent (Michael, p.2); I I hated the thought of growin into that man, yeknow that weak, fuckin..useless man yeknow or so the story I was given of him yeknow..I see him very differently now like..I see him very differently (Michael, p.3); he (his father) was a..ex-alcoholic as well so that was a..a big factor in..at least in the story we were given yeknow (Michael, p.4); non-existent..to be honest..just wasn't there..we were..eh..we were

A: physically wasn't there or...ye know

B: yeah..physically..I mean..he he..like he was in the security business aswell, so most of the time he was out..on duty, yeknow..at least..either that..like..a lot of night-shifts and that...so he'd be in bed, yeknow..an when ye'd get up, if ye made noise, it'd be 'shut the fuck up' an yeknow all tha kinda shit..so he was just..I was afraid of him..yeknow..for..for mosta growin up yeknow an didn't have any means of..like any connection with him, other than football..football was the only thing yeknow..and I..yeknow I'd..I'd wait for him to kinda come in te ask if we had a match on the weekend..that was the only..only point of reference I had with him, yeknow..other than that..he wouldn't talk te ye about anything..he'd wouldn't..he'd barely notice ye, yeknow (Michael, p.4); he had no..has no..concept of what it means te be a father like (Michael, p.5); he's (his father) passin on wha..wha..how he was..raised..by his Dad yeknow and again his Dad died kinda young (Michael, p.5); he's (his father) got a lot of mental problems at the moment, they think..and..this recurring theme that like..that separation has a lot to do wit yer problems..an he's completely..he won't have any..he's..that's bullshit, that has nothing te do wit it at all (Michael, p.7); my major issues are with my father and not my mother and still are (Eoin, p.12); there's a lot of shit there around me mother too (laughs) but it's the really..stuff that really gets me is around me father (Eoin, p.13); he [his father] was never about and he never showed me anything..he didn't really teach me how to be a man, as such..I was kinda left to me own devices..so I was very confused about..just very simple shit..about..how a man should behave in certain situations (Eoin, p.14); I remember him telling me that he felt all the same things I felt..I mean he had the same depressions an the same anxieties, the same fears..I don't think he remem..I don't think he realises I remember that conversation 'cause I was so drunk..but I do..I remember every word of it..an eh..I remember the conversation..I think about it quite often actually and I think, yeknow..if only my dad could realise that..to go to a group like that I go to or to go to speak to someone about how he feels, doesn't mean there's something wrong with him..he's not mental..he's not deficient in some way..he's just a man who's struggling..it's this fuckin whole male thing about yeknow..to ask for help, there's something wrong with ye (Eoin, p.28); my father (clears throat) is a bit..I'd say..insecure..or unsure of himself as a man (Andrew, p.13); I felt that my father, when he was that age between 40 and 50, that he had a bit of a crisis. When I was finishing school he..he you had depression for a couple weeks, he didn't get out of bed for about 3 or 4 weeks. I was doing me leaving cert that time (snuffles) and that just (clears throat) it was kindef..affecting me a bit, yeknow..I was goin lookin for a job then an I..my relationship wasn't great with me father yeknow because I felt he..he never acknowledged that he was depressed, yeknow he..he..he never acknowledged that he, yeknow, had that bout of depression or whatever..it was fairly serious when he didn't leave bed for like 3 weeks (Andrew, p.18); it really left me askin a lot of questions and..and not wanting te trust him (his father) or not yeknow..I went the complete opposite direction (laughs) be..because this man is not a man, I'll fuckin do it meself..I'll go an, yeknow..ha, yeknow..have te find these answers and I won't let that happen te me (Andrew, p.18); I seen that my fa..father went through some tough times (Andrew, p.28); my dad was old when..when I was born, he was 55..eh..I was the last of nine, but most..by the time I was 10 nearly everyone had moved out of the home because I was a good bit younger than everyone else, so it was like being an only child..in a way..even though you were one of 9 (Colin, p.3); dad was a very angry person..he was very angry..but..or he had the potential to be angry, it wasn't always angry but he had the potential to be angry..and he wasn't a kind of a (inhales then exhales)he wasn't a soft kind of a..approach..yeknow..te things (Colin, p.3); my dad was hard, he was tough and if..if somethin, yeknow if somethin wasn't right or whatever, he'd be very heavy-handed..yeknow..rather than a soft approach (Colin, p.4); I had difficulty with my mine [father] (Richard, p.3); my relationship with my father, yeknow..I could see it was competitive (Richard, p.19); my father would never..in any sense show that he was vulnerable..none (Richard, p.20); my Da had a nervous breakdown when..I'd say I was about fifteen or sixteen years of age and..I became the father of the house..as the eldest son (Dessie, p.8); he'll [his father] tell ye he's BiPolar and he's on medication for the rest of his life (Dessie, p.9); he switched jobs after being in a place for over twenty years..I don't know why that happened..as somebody..me mother let slip the bit of bullying or somthin was goin on..he was a bitofa..softish character..an then he went to another factory which was further away..and then I know..he was heading out to work an not goin in (Dessie, p.9); my father's mother died when my father was two or three years of age..and would..that was put down to em..that was a mental illness aswell (Dessie, p.9); there was always a lack of connection there..I don't think..from my father's upbringing..I wouldn't say lack of upbringing..he does not know how to connect 'cause he was not given..it's my belief that he was not nurtured as a child..so for him ca..does not know how to nurture..doesn't know how to love and cannot connect but is a very good natured man..but cannot connect with people (Dessie, p.11); my dad was em..an alcoholic (Noel, p.6); I was born my father started drinkin an he hasn't fuckin stopped (Noel, p.12); in terms of the relationship with my dad..like, my dad was non-communicative..and still is, yeknow..a nice guy, yeknow..no, well..ya..nice pleasant guy but I had no..an still have..no communication with him (Larry, p.3); we wouldn't say a single thing to each other from on end of the day to the other, like..yeknow..not out of anything other than my dad was a man of few words (Larry, p.4); it consciously bothered me..I felt very sad and lonely an everything..whenever I'd be spendin time with my dad, yeknow..not frustration..just kinda wei..a weird sense of kinda..la..loss and sadness (Larry, p.3); my dad is..like he's..he was a sportsman and he was eh..I'd say ye can put my dad on a sortava..an autism scale..he'd be up there somewhere, right..he's a hyper-disciplined..em..very, very able te focus..he's obsessed by things..very easily, ye know..not very interested in human things..very interested in..he..yeknow..times of s..runners and..yeknow..records..and..training sets..systems..and yeknow, weight-lifting and like, yeknow..he would've gone, yeknow, weight-lifting, like, every evening after he came home from work for three hours kinda stuff and he was competing like, at a high level in athletics into his forties, like..the whole way through my childhood, basically..am, he would also be really, really..like he'd put a person's physical attributes above any other aspect of the person..he's go, 'fuckin, Darach, the big, strong, he's be a great..a great high jumper', or something like that..he'd always map a person to an event (Larry, p.9); from a very young age, yeknow..sporting achievement and physical perfection was..was..the big value thing, up there for him..an..and with that actually, other things like..just achievement generally..so, like..academic achievement or..or things just being good, yeknow..and eh, yeknow..an that..there was alw..there was always a huge pressure on me (Larry, p.9); me Da took a stroke when I..when he was..forty-three..me Da was an alcoholic, ravin lunatic, yeknow..gentleman on the street an devil in the house, yeknow..yeknowhaimean, eleven kids..em drank mad..an

	<p>warped values, yeknow..his value would've been, like em..yeknow, not curse in his company..yeknowhaimean 'cause he was fairly..he had a kinda reputation for being a fighter on the streets (Freddie, p.7); he wouldn't let anybody curse in his company..he never liked people cursing but yet he could come home and be fuckin so violent (Freddie, p.8); not that he [his father] was at home much either, but in fact when he was, he was aggressive and yeknow..tried te discipline me older brothers..em..he didn't like anybody idle..everybody had te work..yeknow..there was nobody would..would be idle around him, type a thing..wanted his..his seven sons te be tradesmen (Freddie, p.8); he worked in Smyths at the end but before that he worked at everything, yeknow..skinning rabbits..and he always worked..he very rarely didn't work..I can't..I..from what I know, he'd always..find work..as..as his kinda..escape, I suppose, yeknow (Freddie, p.9); me Da's mother died early..when she was young..and his Da married again..and married a woman who had a couple of kids..and..and she had more kids then (Freddie, p.10); with the oppression, yeknow..then ye have the..the..the church that was involved in it aswell, yeknow..em..so, kinda, tryin te control people..that control over people (Freddie, p.12); me Da got taken inte hospital..me Ma couldn't look after him anymore..eh..she obviously, say's 'look, I've had enough of his drinkin as much as..when he..on his stroke..a couple a heart attacks after that..another stroke after that and she said, 'look, I can't look after him,' dyeknowhaimean..em..he was goin in a bucket beside him.. 'cause he was too drunk te go out te the toilet, deyeknowhaimean..couldn't walk..so she kinda had enough of that..inte hospital..eh, so he went into a care home then (Freddie, p.12); I'd a been two or three when me Da took a stroke (Freddie, p.12); me Da was over workin in Birmingham when he was fifteen (Jimmy, p.3); communication from me father consisted of "cut that out" or "shut the fuck up" (Michael, GO);</p>
<p>Mother</p>	<p>My mother died when I was 13 (Franny, M, p.1); I remember workin it out, somewhere along the way, well I adapted my task te be not te create any more stress for me mother..not te create any hassle for me mother..an..by doin...te act that out I just became invisible (Liam, p.7): at that stage me mother was comin an goin..yeknow..well she had left...she..went an stay wit me aunts..em..and..eh..she'd go for a week or so an then she'd be back..eh and then..eh..she went an she didn't come back..when I was..I think it was the year after tha..yeah Joseph, me younger brother was still at school..he was doin his leavin..and eh..she left..and didn't come back..and eh..I've a younger sister and she..she was..she was twelve and she..me..an aunt was a reverent mother in a convent and got her a place in a boarding school..that allowed me mother te go an stay away (Liam, p.8); here was a youngfella comin out of a chaotic household, where there was knives, there was..breakin glass..there was chaos...and little or no contact..I have no memory..no memory of ever being held by me mother..none...yeknow..and it took me a long time te be able te say that and not feel guilty..as if I was blaming her (Liam, p.10); [I learned te say that] as a child I was entitled te be cherished and nourished and cared for..te have te survive alone in isolation, was not what I deserved..and te do that without blaming...was a huge task..'cause I felt..for a lot of it, I felt I was blaming me mother..an I couldn't blame me mother 'cause she'd such..she was puttin up with such shite and..violence and all kinds of stuff..so how could I be blaming her (Liam, p.11); my mother was..was depressedso....I remember....deciding I wasn't goin te burden her with..with my..with my needs (Eddie, p.9); I had to..not burden her [his mother]with..with my stress...so I had te that within me and not talk about it. That's where I believe all..all my ideas..it..the same happens..my wife..I don't want te burden her with..with my stress..and I think that's where it all started from..with me..not wanting te burden the females with the stress because they're not able te deal with it (Eddie, p.9); she (his mother)was even tough on me (Tony, p.9); the reason I touched on me mother there was tha..she's been violent aswell..well, I wouldn't call it..'over-violent' (Tony, p.11); my mother was behind the door with a belt..and I got the belt..never forget it..I fuckin got it (Tony, p.12); my mam would've been quite an anxious sort of person..em..so..yeknow, I kindef..some of my earliest memories would've been about..eh..anxiety induced by her (Willie, p.13); she was trying te keep me quiet..and she covered my mouth [with] her hand..te shut me up..and I thought I was goin te die..em..so we were actually on the floor in the living room hiding behind the arm of a chair..of a big arm chair..and she had me and she was holding me there..so..her anxiety was kindef quite..over the top (Willie, p.14); my mother would talk te me but it would always wit a, yeknow, like..yer Da's a useless cunt, yeknow...he's great man, great man but he's a useless cunt yeknow (Michael, p.4); my mother was suffering from depression for years and years (Martin, p.8); one was very gentle growing up and the other was kinda violent and aggressive and that was my mum (Eoin, p.12); I'm able te say, now, she wasn't perfect because..eh..she..when she had me and I was number nine..I would say, te some extent she'd kinda done her parenting (Colin, p.7); my mother is fix..she had a <i>shame</i> about being poor (Noel, p.12); I remember my mother's <i>shame</i> about being poor and she said..she didn't like Cabra because it was very workin class, right..so it was an inverted snobbery (Noel, p.13); Me Ma had post natal depression when me and me twin brother were born (Michael, GO); what I got brought up in, was me Da batterin me Ma..me Ma batterin us and a lot of alcoholism and me Ma's fuckin fridge full of Valium an all this..I thought (laughs) this was normal (Jimmy, p.13)</p>
<p>Family Other</p>	<p>I'd walk home [from primary school]..and I'd walk in the door at about quarter te six..and they're be eight people sittin around the table and there'd be an empty chair and my dinner would be there and I would slide into th chair and start eatin an nobody would even..there wouldn't be a thing said..I would just..yeknow..an my task was te just get in without creatin..anything..an that was the..that was the..for me, that's the picture of..how I became..that person (Liam, p.8); I've an older brother who...lives in 'The Sanctuary' ..yeknow...the homeless hostel in South Prince Streeet and his.. I mean..his life is shattered..he's..yeknow..he's been hearing voices (laughs) for thirty years yeknow...if I want te find him, I'll find him on the boardwalk..yeknow...I eventually tracked him down there..'cause I didn't know if he was alive or not (Liam, p.11); Edward [his older brother]worked in Birmingham for a long time..but even then he was hearin voices..he was fairly..he was an solicitor..he was a very successful one..but he just..couldn't live..he..yeknow..and eh..came back te Ireland..tried te work in Ireland..he used work nights as..in big firms..where they do night work, keeping everything ..checking everything overnight..an..it's that isolation thing again..ye don't have te be in contact with other people when ye work nights..I recognise it now, I didn't recognise it then (Liam, p.12); there was a huge big family..row..and eh..the fam..the family thing stopped happening (Liam, p.12); when me father died I rang him [older brother] in Birmingham te say..tell him..he put down the phone and I'd an uncle James..me father's brother...and..eh..I rang him and I got the same response (Liam, p.13); I was with me mother the night..that the phone call came te say that they had somebody who they thought..who had me mother's contact details..in his wallet..and eh..I went te the hospital te identify him, he was still alive but he was unconscious..and in a bad way..he died ten days later..and I did that on me own...and eh I'm at the younger end of the family (Liam, p.13); I've very little te do with any of them now [his family]..I..I've a brother who's a year and a half younger than me..he's the only one that I have any regular contact with..I just don't have the energy..te be around them (Liam, p.13); Grainne refuses te come..me wife...she's say's I..say's I..I don't think I can do it..I can't stand around being polite...'cause I really want te tell them [Liam's sisters] te...go and shite (Liam, p.13); I'm lookin forward te seeing Helen [his</p>

neice], I'm looking forward to seeing her child..not really looking forward te seeing her mother or yeknow me sister (Liam, p.14); [I] mighta had a decent...eh..upbringing from an educational point of view...or from a financial point of view but unfortunately from an emotional point of view I was completely neglected....em....an some awful stuff went on (Neil, p.14); this is because..yeknow..of [big bad] stuff that happened when I was..was very small and very impressionable....ye know and didn't get what I needed..that's all..no mystery..but it takes a long time..[in] my experience to recover from that..em and I've completely changed my relationship with my mother and father, my family eh...I've had to..yeknow..it's it's not eh eh a well, healthy unit, no matter how much I wish it to be..eh..I've had to leave it, which is very difficult..but em I promised I'd go to any lengths to get better..I never thought that would be one of them (Neil, p.14) [I] don't see [my] sisters or [I] don't see [my] Mum and Dad very often..no I don't yeknow, but there's a bloody good reason for that..a bloody good reason..wouldn't be my choice..but..I have to deal with what's in front of me now (Neil, p.14); [it was] lack of love, I call it....doesn't that sound so corny...ye know...lack of love..wow..that..that has a..that has many decades of difficulties ahead of it if that's what ye start out in the first ten years...neglect..yeknow..or lack of love or lack of support or lack of parents (Neil, p.14); I lost some very early; experiences with my mother and father (John, p.7); my younger brother was kinda ostracized...he refu...he just didn't play the game..got out of it when he was seven...left home when he was seventeen..rarely came home..em...whereas I played..like..ye know where ye have the prodigal son...he did the prodigal son thing..I did the good son..and basically..sacrificed meself..lookin for somethin from me father that I was never goin ta get (John, p.8); my older brother now..he was em..he..yeknow, when we were young he used to cut his wrists an stuff like tha, yeknow..really bad yeknow..and he..he's fuckin ostracized now, yeknow..he's livin in the middle of Mayo, on his own, really bad conditions yeknow..I think his mind is half gone 'cause he just smokes ganja all day an..yeah he's really fucked up, I suppose, yeknow..so..I was kinda..I was kinda interested to know how your..your brother that didn't play the game got on..'cause my brother that didn't play the game got a fuckin, really hard time, yeknow, got the shit kicked out of him, yeknow (Pdraig in John, p.9); it musta been hard for my brother 'cause I was getting complemented at the kitchen table..deyeknowhalmean..or givin out te for stuff I did lo..did wrong...ye know ye could do ten things right and one thing wrong, an he'd zoom in on the one thing...em..but at least I got attention...the other brother was kinda...ignored (John, p.9); Stephen (Tony's son) died from a heroin overdose (Tony, p.9); my brother..there were just two boys....and I'd always feel tha James, being first..like..he always got..looked after, yeknow...which is not true (inaudible) 'cause he got hidings aswell yeknow..if he didn't know how to do his homework, he got fuckin..beaten to a pulp (Tony, p.11); when ye have conversations with your siblings..they'd..they'd know stuff that you don't (Tony, p.12); she didn't go in after James (to hit him)..who fuckin, was the oldest..so I was sure I was gettin picked on all the time..an it seemed..then later on when I think about it..it was kindf..me Da sorted James out..and me Ma sorted me out, te even it up (Tony, p.12); so because I'm the one from the fucked up family..any difficulties that we have are don..going to be down to me (Willie, p.13); [after his father had a stroke] he actually thought I was my brother..because as I got older I looked more and more like my brother...and em..my brother hadn't wanted anything to do with him..[he] resented the fact that when he'd actually had the stroke that my mother insisted that my brother come over from England an..see him in the hospital (Willie, p.19); the twin thing as well for me is a huge part of the dynamic that I've walked, yeknow, in..on my life journey (Michael, p.1) (also Eddie & John); my brothers, naw..I mean my..my next brother down..no..no concept of..he doesn't have an alcohol or addiction problem..no concept of..recovery..no..I wouldn't be able to have those conversations with those lads (Martin, p.3); my hurt is in my grief..of the loss of them..deyeknowhalmean..and that..that hurt and that loss that other men feel from violent fathers..I'm hurting from the loss of them..that grief was huge..em..an..an not only..not only me father and me mother, but the..me uncles..that I got on..I had great uncles and stuff like that..so I had this whole unit (Derek, p.19); I was just actually lookin at old photographs..em..recently and em..I'm only a kid in it..and me sister..an me brother, I don't think he's even born yet..me younger brother..an we're sittin around the table an it's Christmas Day yeknow..an I'd me two hands on the table, like tha..I think there's..fuckin table's full of food yeknow..and in them days that's the only time it would be full of food..deyeknow..but, behind me are all these people..all these people are all around the table..they're all relations..unfortunately, they're all dead now..and I was just lookin at an sayin..oh, fuckin hell..yeknow..fuckin, all this stuff..and em..an..an that's my thing now..men bring in their..their grief wit their fathers an they..like from whatever reason like yeknow..but I..my..my grief is from loss, yeknowhalmean..from loss of that..and it's just as painful (Derek, p.20); my mother and father, for different reasons they both carry a lot of fuckin sadness and pain I think an, and they still carry that like, yeknow..an I think it's..it's..it's eatin away at them yeknow (Andrew, p.22); what went on in our house was em..or..my experience growing up..w..was from an early age I didn't feel like the place was safe or and..and that it was right..like I..in the back in my head, like from a..and I can remember..like I..between two and three, I was..(snuffles) judging them an analysing them and em..and trying te fix things..trying te see why is this fuckin the way is (Andrew, p.24); this is not really trauma but in a kindf a way it's kindf psychological trauma I mean, yeknow it's not physical but, in a way, because I didn't really..like I'd say..it's fa..fair te say..I couldn't say I had an unhappy childhood but at the same time I wasn't..normal (laughs) like I didn't play, I couldn't play or yeknow as..I don't have..an I don't have memories of enjoying childhood, like I was an adult, I think, when I was 2 or 3..I think I..because I was..felt there was something wrong an I was trying te fix it..if..if that makes sense..like, I was the first child as well (inaudible) they say about the hero child (Andrew, p.25); one of the first things I remember was I said something about my mother and father..they were working down the yard and I said something, yeknow, that I..that I knew was wrong and me (laughs) me granny had a dish cloth in her hand and she gave me the (laughs) full force..she laced me across the face with..absolutely laced me across (laughs) the face..yeah, just it was in her hand..I said what I said..it was wrong and she just la..cut the face of (laughs) me with the dishcloth..an I just..I can remember being and..lookin at her..an..an I just froze an I just remember, I can remember it clear as day, the thoughts that went through me head, what she looked like an everything else..and I knew I was wrong te say what I said, but I knew that she was wrong..she was wronger..she shouldn't have done what she did..an I (clears throat) when I was gonin back through things I..I found that was kindf a key point, that, from then on I realised..I needed te kinda..I stopped..developing naturally and I started developing..tippy-toeing around.. I..I don't know, like..I was very small because (inhales) em..I..I was two or three, I suppose..maybe..maybe four but I doubt it (Andrew, p.26); there's an unus..like..an unusual relationship, almost, with the sisters because there's such a big gap, so when you're growing up around your siblings you kinda get to know them as siblings but I didn't really grow up around them really and so there is a relati..there's a good relationship between me and them..in a lot of cases..but..they're not em..the normal..it's not the normal sibling necessarily, doyeknowwhatlmean..where you'd.. yeah..that they're..yeknow..because the age gap I'm alm..I suppose, they're almost like..well, certainly some of them are on most like parent figures..yeknow (Colin, p.8); for ages I couldn't talk about my own children because of the destruction they were bringing to the fucking world, like yeknow..until I heard an elderly man talking about his daughter being a right little fucking bitch..well, I said, that's ok yeknow (laughs) you can call your children bitches or

bastards like yeknow..but up to that I had..had this (inhales) that I didn't want to show how dysfunctional I was (Donal, FG, p4); I saw my son throw a box at the Guard (Donal, FG, p.26); not to use the word *damaged* too often but, yeknow, it's a multigenerational thing as far as I'm concerned. It's more to do with the multigenerational influence of my grandfather and..the life experiences he had, yeknow, transferred into my father, transferred to me, transferred into my son, so, I see a multigenerational thing going on there..more so than me, personally being damaged directly by my family..although I would have been indirectly by virtue of whatever was going on in my family's life at the time (Martin, FG, p.28); my sister had left home a long time ago and she was probably the only woman I really let close to me..and I went over to England an..te tell my sister how it affected me..her leaving an..how much she meant to me and that I loved her (Richard, p.7); I wasn't brought in an emotionally expressive family (Richard, p.11); I was the only one that he could talk to..his deepest fears and everythin like this..an he was my kid brother 10 years ago..and if you were to ask me today who's the man I admire most in life, it's my kid brother..that's married with kids and everything..and the way he relates to them and everything..he..he..he's is the one..and it's only now that I realise, yeknow..Jez, yeknow..eh..I was a big brother to him (Richard, p.13); she [his mother]misses any type of connection [with his father] (Dessie, p.15); he'll sit there an he'll watch..he'll watch CSI from nine in the morning 'till eleven at night, yeknow..or..but he has his hobbies..he's into the aul radio station an he's..he'd have his own show over there in the community radio, and tha..on a Sunday morning..but once ye get into a conversation with him with music he'd go..he's a peculiar brain, now..he..computer like..a song'd come on..he'd tell ye..dates, times..what contry is that..went it was in the charts..how many years ago (Dessie, p.16); my mother and father would have fuckin raging rows, right..shoutin, fightin..fuckin terrified (Noel, p.6); I felt stuck in the house an I felt I was kinda..stuck in between my mother and my father..right, 'cause I was the eldest..an my Da would be out drinkin..this is my..the story my mother gave me..was drinkin all the money (Noel, p.6); my Da's out fuckin drinkin all our money..we can't afford to buy new shoes..right..so I completely bought into me mother's side.. 'cause me wouldn't say anything..he'd come home then..he'd had his few pints..he was all right..he was kinda quiet and stuff an he could be cranky but he wasn't giving me a counter story..like, your mother's a pain in the fuckin hole..I just can't wait te go te the pub te get away from her, right (Noel, p.6); [I have a] brother] eight years younger than me..yeah..am..so he's married..kids..that sorta stuff..yeknow..em, more like my dad in terms of..yeah..as a person he'd be a bit more like my dad..he was ver..quite good at sports earlier on..like..an actually ..that used te really torment me..especially when I was about..eh, he's eight years younger than me..but even when I was thirteen like, I knew that this guy had..had what it took like (Larry, p11); so..I was very jealous of my brother actually, growing up..an I..an I did actually..give him bit of eh..give him a tough time for..for a short number of years (Larry, p.12); I didn't necessarily feel I fitted in everywhere and yeknow..fitted in in the world of men..possibly something with growing up in a very female household (Séan, p.9); both my parents came from very dysfunctional backgrounds themselves like, yeknow..like, me mother's father..basically like, used te batter them and sexually abuse them..yeknow..and so that was hor..an he never spoke te any of us..he never spoke to his grandchildren, so he was fairly fucked up in the head (Jimmy, p.); on me Da's side, his mother had major psychiatric problems..had a good few breakdowns, an his Da was an alcoholic..that worked in Jameson's (Jimmy, p.3); Franny and Richie are two of me brothers..they're both in recovery aswell (Jimmy, p.13); what I got brought up in, was me Da batterin me Ma..me Ma batterin us and a lot of alcoholism and me Ma's fuckin fridge full of Valium an all this..I thought (laughs) this was normal (Jimmy, p.14); I've two brothers that are o..not takin heroin anymore (Jimmy, p.18);

Concept 3: Individual Causes

Sub-concepts	Data
<p>Relationships</p>	<p>I was struggling in my marriage..and I left the home (Franny, p.1); I'd left me marriage an I was in relationship with this woman (Liam, p.1); I was workin obsessively..there was basically no room in my life for her..em there was no room in my life for me..children..em..and it was just fallin ap..I was happily or..blindly workin; [working obsessively cost me in terms of] isolation, in terms of shite relationships, I fucked me relationship with Mary, my wife, I had really distant relationship with me children (Liam p.2);the relationship I had wit me son, who was then ten...em.. that I'd actually recreated everything I didn't want..te my I had recreated my relationship wit me father, with him (Liam, p.2); Bernie fucked me out of the relationship because I really wasn't there for it (Liam, p.2); I was in a relationship that was..on the rocks..that I was tying to fix it..or get out of it..didn't know what I was trying ta do..an was doin couples counselling. (John, p.3); I'd been in a relationship an it broke up. I was <i>devastated</i> by it, an I had broke it up (John, p.4); I could do a 'pros and cons' list till the cows came home, but I still couldn't make a decision..about a relationships..personal relationship..I'd met a lot of women..an..I'd have, like..all I was using them was for sex..I couldn't..couldn't have any connection them..with women...so em..an I couldn't make a decision and hence, I'm forty-four now..I'm out of another relationship, inte..an into another one...em..an I can't see this goin anywhere...its only two weeks old...and em..can't buy a house..ye know so there's not..I can't..forty-four years of age and I couldn't..I can turn on a dime..I have no attachments to anything (John, p.4); the bigger problem I have is..talking at home..I..the..the words I hate my wife te ask me is, 'we have to talk'..'what'll we talk about'.. I go blank (Eddie, p.3); I don't want to injure or damage..I want to protect my wife..so I won't..I..I want to boost her confidence...but..the opposite doesn't appear to..they don't want te..te..te boost ours or feel the need te...I..ye know..if..when I see her...I..I..always..up the...th..th...confidence level with her..an an ..yeknow..say,</p>

'you're doin we..you're doin great' or 'that didn't work out ye know, ye know, don't worry, yeknow..ye did..ye did very',.....but ye don't get the opposite..ye don't get the support (Eddie, p.4); there was domestic..domestic stress aswell..and..ye..I'd come home..I'd come home from work and I'd go straight to bed..I'd wake up..I'd go to bed at ten O'Clock, I'd wake up at two and not sleep afterwards..in the last year it became..like I went to me doc and he..he.. yeknow..he'd say..here's a prescription ye know, don't..stay off work for a couple of days..it was the..the blood pressure..bu.. I went a few times..and he'd say..and then one time I went to him..and the..picked up..the blood pressure was two hundred over something..and he says, "I'll tell you one thing now, a couple of times I advised you not to go back to work, now I'm ordering you..don't go back ta work". He says, "there was a 50/50 you'll have a stroke..you've used up one of those 50s"..don't go back to work (Eddie, p.6); I don't want to burden her [his wife] with..with my stress..and I think that's where it all started from..with me..not wanting to burden the females with the stress because they're not able to deal with it (Eddie, p.9); at home, [his wife says] "oh, this is an awful lot of pressure you're putting onto me" is what ye hear.. yeah.. "I don't want to hear about you're childhood. That's something you should've dealt with years ago" (Eddie, p.9); I was violent wit me wife..years ago..at the time..and..I was violent towards me kids....and she trun me out (Tony, p.7); I've went to the pub an come back..fuckin lashed out..just..simply..probably because the pub was closed..and I'm not happy anymore, yeknow...an yet I claim to love this..woman (Tony, p.9); when I was married, it was this thing..eh I'm just going out to the shops now and I'd come back four days later (Donal, p.3); myself and my wife happened to go to..for marriage counselling (Willie, p.3); my wife had been manipulating me, at that stage for a decade [she was having an affair with a married man](Willie, p.5); we split up (Willie, p.10); I've achieved a lot in reconnecting with my daughters..and..but occasionally frustration and anxiety and whatever would leak from me and they'd kinda recoil at the onset of this (Willie, p.11); there were problems with..within my relationship with my wife that I couldn't..get a handle on (Willie, p.13); there's still some damage between my daughters and myself that..lack of trust..eh..so, yeknow..I have to watch my tone..I have to keep calm..all that sort of stuff (Willie, p.17); family relat..relationships was being affected by it [his 'crisis'] (Andrew, p.2); [I was] having trouble with relationships and intimacy with women and em..developing an in..yeknow and intimate relationship..I..I had girlfriends an had relationships..they just didn't develop (Andrew, p.14); with women, I get inte relationships, I'm not myself (Phil, p.20); I was in a relationship and..it would've cropped up in the relationship where I became very insecure in the relationship..I kindof..(inhales & exhales) eh, yeknow..I didn't feel secure..like..basically, this is funny..I felt like..she wasn't with me..eh..she wasn't with me..unconditionally..it was only if I was doing well in life or if I was performing well..it was..everything was tied up to this..and not..an I..and ultimately, not having good self-esteem..yeknow..not being able to say..em, without the results..if I ever..if I never sat in an..an examine in my life or if I never..had this or yeknow..had this career or..not being able to say, 'I still have value as a person, like I still have..something, that's great and that..that..that's above all the others because without being able to say that then I felt very insecure in a relationship because it was like (inhales) yeknow..and then..and then it played out in where I would get very jealous (Colin, p.11); we met in college and..eh..we fell very quickly..I mean I fell very quickly..like..I'd never had a girlfriend before and then..the second date we ever had I told her I loved her..but I did..I did (laughs) love her..eh..and then we went out for..God, I'd say we went out for about 2 ½ years or something..but..very quickly I would've had a lot of eh..(inhales) insecurity in the relationship, yeknow..where I would think..em..yeknow..oh, she's..I wouldn't..an I'd hate if she was going out and I wasn't going out..I was a lot of jealousy, yeknow..and I'd be thinking, well, basically be thinking..aw, she'd go with someone else or she'd..she'll dump me or whatever..and there was a lot of that going on..and then that kinda creates problems then yeknow..it's not healthy at all so..em..I would say about a ye..yeknow..whatever time at the end (inaudible) maybe two years later..we'd been going out..but it was not without difficulties (inhales) she went to Australia to work for a year..whatever..and we just broke off then and we never really..she woulda rang actually twice from Australia..we'd broken up and I was kinda like.. 'what are ye ringin for', kinda thing, yeknow..em..that's the way it panned out..I wasn't ready for a relationship, like..then..I just..wasn't..I couldn't handle it and I suppose I had to have the relationship to learn that..I couldn't, yeknow..it..wasn't's goin to learn it outside of a relationship, yeknow..it had te..it made me kinda..it had te..whaa..it made me..have to have to re-dress..reassess myself, deyeknow..to get a..be..become a more balanced person because..it wasn't gonna happen in the relationship (Colin, p.21); I just didn't feel like she would want me for me, yeknow..and therefore you had to..if you, yeknow...ye had to keep achieving things (Colin, p.23); I haven't really had a serious relationship since..an I was thirty..twenty-three money when I broke up and I'm thirty-eight now..and I've had like, just fleeting dalliances since but there was just no one that..yeah, no one that I've really fallen for..eh..that we've..that it's been mutual..there's been girls that I've really liked..there's been a few girls that I've really really liked..but it wasn't reciprocated (Colin, p.23); I've a 5 year old, who say's to me on a regular basis, "Dad, I hate you, I wish you weren't here" (Martin, FG, p.30); that's the biggest challenge in me life and I've been doin it for..he's 28, probably since he was 10..when I hea..first heard that, "I hate ye, I wish I was dead" (Liam, FG, P.31); it's hard to hear, "I hate ye", especially from somebody this size, yeknow..I heard me grandson say it to me Daughter yesterday, yeknow..five-year-old (Liam, FG, p.32); I spend most of me time being afraid and being very afraid..on a personal level and personal relationships and all this kinda stuff (Eoin, FG, p.36); I was having marriage difficulties (Noel, p.5); when I grew up then and got married myself..I..all the money I had went to my wife to run the house..so I was like..a completely..te the opposite to me Da (Noel, p.6); I was always fuckin anxious and..with the result that when I got married I couldn't handle rowing..I couldn't handle arguments with my wife..I was..[would] back down completely..back down..because back in the day my Da'd fuckin scream..tell me mother to fuck off (Noel, p.7); I just kinda felt really anxious about that..so that set me up then, to be really..yeknow..eh..protective of fuckin..marriage..an a happy relationship..but too protective..holdin on too tight (Noel, p.8); a lot of my problems over the years have been related to..relationships (Larry, p.4); with girlfriends like, it has been a nightmare..because like yeknow, I always have this thing in my own head like yeknow..that yeknow..yeah, couldn't ever have my dad see me with a woman who isn't..yeknow..absolutely perfect or am..a woman who smokes cigarettes or a woman who drinks too much or yeknow..there's, ye just can't go there, like, yeknow (Larry, p.10); myself and my wife..were going through our difficulties (Séan, p.8); my relationship, at that stage was rocky, if not over (Séan, p.10); I just sorta drifted away from her [his wife] ..just stopped talkin to her (Jimmy, p.22); she [his wife] was always sayin, 'the sooner the better you leave',...and when ye get that enough..I just said to medelf one day..I had a fuckin enough..and I don't think she ever expected I'd leave but she came in one night and I said to her, I said, 'I'm after gettin a flat' (Jimmy, p.14); I'd go along with nearly everything (Jimmy, p.23); I split up from the..the wife (Jimmy, p.5); I carried on in me life until I was nearly thirty-eight an me life fell down around me, deyeknowhaimean..livin..like, usin drugs an..breakin up from me partner an..havin two kids an always lookin for somethin different an..being attracted to the madness and being..wantin to be with blokes that were fiddling doles an..takin drugs in London and then goin back to me wife an kids an..yeknow, all these traits are..traits of an addict, like..deyeknowhaimean (Jimmy, p.12); I was a very bad father and a very bad husband because I wasn't givin the tools (Jimmy, p.15); I actually used to have the attitude, I'm not gonna sacrifice my life

Addiction/ obsession

for me wife an kids..I've only got the one life (Jimmy, p.15); I haven't had a relationship since I had a bad breakup twenty years ago..to cope with that bad breakup I threw myself into drink, drugs and sex (Dessie, GO);

I was struggling around eh..addiction alcohol and drugs (Franny, p.1); I had..basically an addictive relationship with..work..something close to an addictive relationship with alcohol (Liam p.1); I was driving a hundred miles a day, I was basically killin meself (Liam, p.3); for twenty years..yknow..I lived that way and..yknow..at me desk 7.30 in the mornin, finish at 7 in the evenin..tha was me life..yknow...three pints at lunch time (laughs)..yknow maybe two pints at teatime (Liam, p.7); I was always second, third, fourth..that kinda place yknow..in the annual [school]..an that was part of not causing hassle (Liam, p.7); don't cause hassle and get your head down, work yer ass off, yknow an..I got ten honours in me Inter (Liam, p.8); I see myself as a wounded..eh..human being.. a wounded man..em.. mainly from my childhood..eh.. and I've been in..various groups for almost 20 years..eh dealing with various issues as diverse as alcoholism..to manic depression (Neil, p.1); [I am] a man...who struggles with life and who finds life difficult..and [I need not to]not run away from it like I probably did for years inte..inte..te drink and drugs (Neil, p.9); I needed somewhere to go with this pain..[instead of] eatin it, drinkin it, working it, relationship..relation- shipping it (Neil, p.9); anyone can drink their pain...anyone can hi..yknow..hit their pain off a wall..I did all those things (Neil, p.10); I wasn't chasing women, I was drinking..and drugging and..then I stopped all the drinking..about seven years ago..and I took up the drugs majorly then..cocaine (Donal, p.3); I was in fairly early recovery (from addiction) (Martin, p.4); I used to go to AA (Eoin, p.5); I was hooked on pills like really badly..sedatives..eh..benzo's..for year..yeah..fuckin worse than heroin te come off (Eoin, p.9); I was taking, like..a lot..really badly..so I would had a real issue..that woulda been me real problem..it wouldn' been alcohol..I was..using alcohol to medicate and stuff but em..the pills would've been me main one..so I don't..I don't consider meself an addictive personality and most people, even people around me who have been in AA with me an stuff..don't..but..I just don't drink anymore (Eoin, p.9); I could have a pint an probably walk away but..eh, it'd just cause me too much hassle in me personal life..it would..it'd upset my family..and..Kelly and a lot of people so..it's..I have nothing to gain from having a pint (Eoin, p.10); I went to a 12 step program rehab, I was in for..eh five weeks (Eoin, p.11); I'd been self-medicating for years, so I thought more pills will be the job (Eoin, p.24); my story goes back..I was goin to..I'm recovering addict (Phil, p.3); my story in regards to men's groups, I suppose would go back te that..which..and then that can go back te childhood..difficult childhood life, teenage life of..gambling, drinking and drugs..mostly gambling, drinking (Phil, p.3); I'd be dead if wasn't for gamblers anonymous (Phil, p.11);I haven't watched porn in five years..that was a big deal for me..I had a huge pornography problem (Phil, p.19); I was feeling..like a lotta eh, anxiety and eh..with it, I suppose depression but eh..I would say a lot of it caused really by (inhales) em (exhales) I don't know, was it..eh..initially kinda would've been big trauma around eh, I got very anxious around my leaving cert time (Colin, p.10); I'm a bit of a perfectionist aswell (Andrew, p.14); I can't drink, I'm a recovering alcoholic (Martin, FG, p.28); that led me..once..my very first..to go to an alcoholic group (Richard, p.1); at the time I was drinking very heavily myself (Dessie, p.8); I could just become hooked..on turnin up here [men's group] an spillin my guts..an usin it as a crutch (Noel, p.9); one of the things that I got hooked on was..being the eldest, being responsible and doing things for praise..right, so being seen as being competent..so I was the manager of the..captain of the football team (Noel, p.14); why the fuck am I don this..why isn't anyone else doin it..because I'm really nervous of the reason..my motives for doin it..is because I want..again to be seen te be competent..because it's like's like a fuckin drug (Noel, p.14); am I actually now, stuck in a rut again (Séan, p.10); I got lost in drugs from that..from twelve, thirteen up to twenty-eight (Freddie, p.13); drink, hash..em, at fourteen/fifteen, acid..em, pharmaceut, like the, pharmaceutical drugs like diepal em..benzos..dyke..they were like, for, em..cancer patients (Freddie, p.13); I was sellin drugs an people puttin knives up te me throat an..cutting me up (Freddie, p.14); I was struggling then with drug addiction meself..I was smokin hash an takin E's an..acid an drink (Jimmy, p.5);

Emotional/ Psychological health Issues

I tried te commit suicide yknowwhalmean, so..twice; (Franny, p.8); I know what it's like te be isolated..I know what it's like te be..sittin on a bridge goina commit suicide(Franny, p.12); I was utterly lonely..I was in me mid fortys..and I was goin absolutely nowhere (Liam, p.1); I end up isolated...I can..work meself into a state of isolation (Liam, p.5); the addictions I had were te not face pain..to push pain away or down..I was maskin loneliness..isolation and loneliness..absolute loneliness (Liam, p.7); that lack of contact and connection..is what I was hiding..what I was burying..and always has been...and it's when I struggle..when I get lost in depression that's where I go back te..that's why I could so easily retreat into isolation..ye know..an te push meself..oh Jesus the..the work te push meself outa that..into connection (Liam, p.11); I as a man probably unhealthily..eh..expressed or..didn't express..even worse..I didn't express pain...and after 10, 20 years of tha, you've got troubles (laughs) a lot bottled up and you eventually explode (laughs)..that was my experience..bottle it up over a decade or two an woo...watch the tur..watch the volcano pop (Neil, p.10); [I have had] suicidal thoughts over the whole of my life (Neil, p.11); [my] depression would tell [me], 'you're on your own..you're useless..you're own your own..you're nobody' (Neil, p.11); the reason I'm..I'm in a men's group..is because of my childhood..probably traumas that happened in childhood but em that were never dealt with..eh the trauma of neglect, the trauma of the vio of violence em the trauma of the abuse em and eh.....emotional and physical (Neil, p.13); I..didn't get what [I] needed as a child...ye know..not what [I] wanted just what [I] needed (Neil, p.13); I've been trying to recover from my childhood for decades..it's a long it's a long journey..and for me..it is the journey eh from self-hatred to self-love..which is a bloody hard journey..em..when ye hated yourself as I did as a kid..em..that's not a great start..it's goin to be tough to do jobs..relationships (Neil, p.13); some awful stuff went on...em and I'd love te say 'well that was in the 1970's..1960's..so it's behind me'...emotionally it's not (Neil, p.14); ultimately I think..I was just wounded em..and eh...not heard (Neil, p.14); I've been labelled with loads of eh..loads of stuff..like Bi-Polar, Depressive, eh Chemical Depression, eh Alcoholic, Psychotic (Neil, p.14); I thought I was some kinda freak (Neil, p.14); for years emotionally, I was child..very difficult to have an adult's body and a child's emotions....very difficult (Neil, p.14); I was in counselling back in 2005 (John, p.1); I have no soul..I am dead..I am dead from..just dead..dead on the inside. I'm completely manipulative, I am..all up there, in my head..an I am, sterile..I am dead, inside (John, p.1); I had a disconnection..100%..there might have been a strand, th..the thickness of a..of a spiders..web holding me..d'ye know what I mean..is that..that's all I had to my soul (John, p.2); I couldn't make a decision..I couldn't make a decision on anything..anything big..I'd make a hundred decisions a day in business...but when it comes te..when it came to makin a decision that required a feeling...I'd no feelings..I had no..depth, I had no..nothing from the nose down (John, p.6); at some stage I had..at some stage I just cut off from feelings...or from my body (John, p.6); I'm quite good at articulating things..ye know at.....I have a good vocabulary for....stuff..maybe..that's how I got the computer analyst job..I'm able to understand things..but it doesn't make me..I can understand them..bu can't do anything with them. I can observe..yknow...I..bu there's a disconnect..ct..I can..I can look at myself, and observe, and describe an everything, and have it right...so what..I'm looking at everything through a sh..pane..pane of glass..disconnected from it.....an that sounds like..I don't want ta live my life like that, but I'm trying to..get back in an..an I am *feeling* a lot more but with feelings I get overwhelmed with them then....like I went to bed the other..like I don't

think I get depressed...but I ended up..like the other day..I haven't worked in nearly four months..the other day I went to bed at half eleven in the morning..for a half an hour..I..just..I felt wrecked..an now I get a tightness in me neck, or, yeknow (breaths out strongly), jez, I..fuckin hell..what's goin on here like, I donno, maybe that's part of the defrosting process (John, p.6); it's all about body for me...gettin back into the body (John, p.7); I'm not very gentle on myself or other people (John, p.7); I'm still not my own man..I'm still not doin what I want..I'm still not livin my own life...so may...maybe all of this is about trying to get to a point where I can me own life..so that's the consequence of not getting what..that father thing..I didn't get something..now...for along time I didn't know whose life I was leadin..I didn't even know I was alive..I didn't even know I had a life (John, p.9); when the building crash came, I was out of work..a short while after that I was going fuckin mad at home (Eddie, p.1); I can't say committing suicide ever entered me head but I can't say it didn't (Eddie, p.1); [as the result of unemployment] all my problems were there..and when they're there, in your face, ye can't see..you can't see round the problem (Eddie, p.1); [I] knew I needed to talk to somebody (Eddie, p.2); I was..in..in the shit with..coming close te the end of the job (Eddie, p.2); I suffered from overactive thyroid, totally [psychological] stress related..I suffered from em, colon problems, also stress, high blood pressure, stress related (Eddie, p.4); for me there's two strands of stress...one is the domestic stress..the second was the..the work stress..and the work stress was..was horrendous..yer expected ta produce more with less (Eddie, p.5); I end up..wi all the stress in here and I don't talk about it..because I don't want to burden someone else with my stress (Eddie, p.9); it was eatin me up te do something ye know..I always wanted te..look after meself tha way, yeknow..an I didn't want te be like tha...but I..I..I've been..in scrapes all the bleedin time..through drink mostly (Tony, p.8); I had been in therapy..I suppose for a year before it (Donal, p.2); I was in a..depression..I hadn't gone outside me house (Donal, p.2); I had lived a hell-raising life (Donal, p.3); I stopped that..instantly (cocaine)..and it was like all my hell-raising days came flashing up in front of me..and all the damage that I had caused..and I was in such a state of shock..I was shocked so much that I don't think I came out of the house for about two years..I was ashamed..I grew fat..eh..legs wouldn't walk..I thought I was going to die..an I was dying..I wasn't interacting with anybody..I was so ashamed of me..carry on (Donal, p.3); [I experienced] a corruption around the age of 10..in me development..eh..meeting..having encounters with a wobbly Christian Brother...there was a definite switch in my behaviour..from being a model pupil..to...just not giving one flying fuck..since that..until I stopped all drugging..it was that I don't give two flying fucks..no one will tell me anything ever again..there I see a massive corruption in..how I (inaudible) (Donal, p.5); I would have huge terror around emotions (Padraig, p.2); I get uncomfortable when there's people people..if there's people not from the same background..as me (Padraig, p.2); I used to carry a big thing about being Irish..so when I was away I was like..I'll be better than these fuckers now just to show them tha I'm not a stupid paddy yeknow (Padraig, p.3); I woulda been..very self conscious about being Irish..I was..I had red hair and freckles ye know..when I was younger..real Irish name..yeknow..so I couldn't fuckin get away from it (Padraig, p.3); I would've been uncomfortable with women (Padraig, p.3); I have huge..I have terror around emotions yeknow..I mean what you're talking about..what you talked about earlier around 'shaking', I have all that 'shaking' in me and it's yet te shake out..ye know. I know I have all that stuff embodied in me, ye know..em...huge fear, yeknow, fear is, yeknow, that's where..I live me life in fear, yeknow, trauma, I would say, ye know (Padraig, p.5); even though I live me life in terror, ye know, there's also an awful lot of times when I feel like I can fuckin, yeknow, walk through walls, I can do fuckin anything, yeknow, it's like..there's no balance with me, yeknow..I can fuckin change the world and then I'm fuckin right down here like like I feel like I've been rolled over by a steam roller (Padraig, p.6); I think I was always hiding..yeknow (Padraig, 10); my way of operating in the world was..to deny..ye know..to ignore everything from the head down, ye know (Padraig, p.10); I'm always sussing people out, like yeknow..where..where's this guy coming from, yeknow.. that would be a huge..part of my pattern (Padraig, p.11); I had a..a nervous breakdown (Willie, p.5); I had no belief in my own intuition (Willie, p.6); I was willing to sign myself in somewhere to get (psychological) treatment (Willie, p.8); I kindof went over..off the edge and..and thought that I might kill myself. Because of some stuff that just seemed so crazy. And, so therefore, I..kindef..already the word suicide was attached to me. So the sense of mental health issues was attached to me (Willie, p.8); years just drifted by..rapidly..until I got to a point where I..I kinda felt, 'hang on a minute, I feel really isolated here', yeknowhaimean..an I wasn't gettin on in the job (Derek, p.2); everythin seemed te be sorte shrinkin down..yeknowhaimean..without me actually even noticing it (Derek, p.3); I had te do somethin about this feeling I was having..yeknowhaimean..this isolation..feelin of isolation (Derek, p.4); I'd been in recovery about 3 ½ years and I had a relapse and..nothing major but I was pretty depressed at the time..in a pretty dire spot (Eoin, p.1); I was in the psychiatric unit and eh..I was in for about six weeks (Eoin, p.22); I was shaking..[with] anxiety, nerves, depression just the whole fuckin..the whole..the hulabaloo (Eoin, p.23); I remember my father talking one night..I was very drunk that night and..he was trying to console..it was New Year's Eve..I was fuckin hammered an I was very (laughs) depressed (Eoin 27); I was a bit lost..an I was lookin (coughs) lookin for something (Andrew, p.1); it kinda would be fair te say I was havin a bit of a crisis (Andrew, p.2); psychologically, I was (laughs) a bit of a mess..I'm only understanding this now..but like I put way too much involvement into the football (clears throat) like psychologically, yeknow..me identity was there an me..me whole life was invested in this (Andrew, p.7); I think too much..like way too (laughs) much..it drives me fuckin nuts..yeknow but (clears throat) an then when we'd be havin a conversation around the kitchen table and I'm..be just watchin different people and thinkin stuff in me head an yeknow, what's goin on for them (Andrew, p.22); I just was in a..in a real anxiety state for that time and then I sort of, if you like, I kinda got back on top of things..at different times..but it would crop up again..like a performance anxiety..with eh..I would've had it around exams, certainly (Colin, p.10); there was a performance anxiety there but..see it was just..it had a terrible effect because I valued myself from..from the results because that.. 'cause that was my thing, yeknow..all of my identity was caught up in this exam thing..an then I really felt too much pressure and I underperformed and then..it was like my identity was lost (Colin, p.11); I've a very delicate psyche like..I know that I have to look after my mental health, like I have to..eh..like there's lots of things I do now I have to..keep doing because..it's..it has be protected, yeknow..there's a lot of stress in my job now so..I just have to..really mind it (Colin, p.11); I would've done one-on-one counselling..a fair bit of it before doing the men's group and then..I had gone to Aware meetings..which is where people go to talk about depression and I..so I had been use to that atmosphere (Colin, p.12); I keep drifting back into maybe, childish ways (Andrew, FG, p.15); I spend a lot of time on my own (Willie, FG, p.16); when I'm outside (men's groups) I'm wearing masks all the time..I'm lying..I'm presenting this and presenting that (Eoin, FG, p.39); I was always somebody who was searching and I had to discover things were true for myself..an when I look back on it now, I was experiencing within myself disconnection..on the outside, yeknow, I had a role..I was working..but in the inside, I realised that there was something missin (Richard, p.1); there's a hole in me'..there's something kinda missing (Richard, p.2); in about just three months, I lost about a stone and a half te fuckin stress (Noel, p.9); feeling a fraud..that's my overridin thing (Noel, p.24); I hadn't got yoga, meditation and a programme, I would..I would nearly be committing murder..that's like..I know there's a rage in me, right..that, I can understand why people do it..yeknowhaimean (Freddie, p.14); I know the intensity that I feel me pain (Freddie,

p.20); when I was nineteen..em I had a nervous breakdown (Jimmy, p.5); I'd be about a year in a job an I'd talk meself into a depression..I'd say, 'I have te fuckin get outa this job, it's doin me head in'..even though I was on great money an all (Jimmy, p.6); when I was nineteen and gettin electrick shock treatment and em being an inpatient in.. in St. Brendan's (Jimmy, p.11); I believe that I do suffer from manic depression even today, deyeknowhaimean.. 'cause I know meself that I do get very high an I know that I can get low aswell, deyeknowhaimean..but I'm in recovery eighteen an a half years now..and I'm a drug addict, deyeknowhaimean..I have the disease of addiction..so the disease of addiction in itself..part of that..involves bein very depressed like..at times like, deyeknowhaimean..so like..but manic depression is somethin else..deyeknowhaimean..that's a..that's a..out on its own..like, separate..to, like the depression you'd suffer because ye have the disease of addiction..I think now..now, I don't know that for sure but em (Jimmy, p.12); I remember one Christmas goin up te me Ma's an Da's for em..me dinner and suddenly havin this overwhelming anger at me Da..an like, just bein real..feelin real angry with me Da because he fuckin didn't love me enough or he didn't affirm me enough an all that sorta..an why didn't he..an like really..an I really wanted te batter him like, deyeknowhaimean..like, I wanted te hurt him for this (Jimmy, p.13); I'm feelin real angry with me Da an I'm wantin te kill me Da (Jimmy, p.14); before I got into recovery, I ended up in Brendan's overnight..I start gettin real erratic again, like the way I was goin on an all, like it was..I was..like I was goin through manic episodes like, deknowhaimean..and em..yeknow I'm..I'm..now, lookin back on it, I know I was fuckin wasn't right for a long time, deyeknowhaimean..like, but I didn't realise it at the time..but ye see now, I know like, I go through phases of being quite manic..probably on a (laughs) daily basis (Jimmy, p.15); I thought I hadn't a problem with alcohol but yet I used te be in the pub in London right through the night an that's where I got glass..a glass trun at me an I..I lost the sight of me right eye but I didn't think that that was a major..like nothin was a problem in itself deyeknowhaimean..but the combination of everythin (laughs) was a problem (Jimmy, p.16); I'm not suicidal anymore..my world is not like black and depressin and I'm not on medication for it (Jimmy, p.19);