

RCT sessions data

Control group

Participant C01

- "Just sort of a feeling of comfort."
- "It's just it's just it's like a slight comforting smile."
- "You know, just sort of like in the chest area."
- "It feels like it's moved more to my feet or toes."
- "It just feels like... there's some sort of a just like a fire burning like a fireplace or the fire. Hearing crackling sounds of the wood."
- "Just feels sort of like warm and relaxed. Warmth in the sense of like comfort or..."
- "Yeah, just sort of like around the the upper arm area."
- "Just very relaxed."
- "...my toes."

Keywords:

- Comfort
- Chest
- Feet
- Toes
- Fire
- Fireplace
- Crackling sounds
- Warmth
- Relaxed
- Upper arm
- Very relaxed

Participant C02

- "Cool, then, I guess happy or excited this particular door's from when I was on holiday, so it was an exciting time."
- "I think my chest."
- "I think it's sort of hard to stay focused on the image of the door, but I think it's definitely emotions that flow. So..."
- "I think it's moved a little bit, maybe down my hands."
- "Sure. So, um, a lot of the, well this particular door was a church door to and I loved visiting churches when we were in Paris. Um, but this one was in Dusseldorf."
- "Um, but it just reminded me of when we were in Paris and it brought up this memory of me and my friend running into a different church."
- "Yeah, it was exciting, but also stressful because we were a little late."
- "Yeah. And maybe my throat a little bit."
- "Um, it, it very, um, yeah, it kind of feels like, I don't know if you to explain it, but they're very, um, they're very close to that sort of not too intense anxiety, but that sort of slight anxiety. Um, but that's

very much..." "...more apprehension than anxiety?" "Yeah. Um, but that definitely feels like it's really tight, like in my chest and maybe a little in my back."

- "I was mostly thinking of, like, um, like talking to my mom or my boyfriend and rather just saying, you know, like, especially if it's in, if things are overwhelming."
- "I mean, positive stress release. If you talk to someone, then it's a little bit easier. Yeah."
- "Good. That's like a... *phew ...like releasing tension?"
- "Yeah I think that kind of feels like it flows out from the chest. But that definitely goes into my fingertips."
- "I think especially with with relief though, it's something that flows through you."
- "It definitely feels like it starts here, but it goes the whole way through, like even to your toes kind of thing. Um, yeah. And whereas like, like stressful anxiety kind of feels all very in the middle when everything gets really, really tight."

Keywords:

- Happy
- Excited
- Chest
- Emotions
- Hands
- Church
- Paris
- Memory
- Friend
- Running
- Late
- Throat
- Anxiety
- Apprehension
- Tight
- Back
- Talking
- Overwhelming
- Positive stress release
- Relief
- Tension
- Flow
- Fingertips
- Toes
- Stressful anxiety
- Middle
- Tight

Participant C03

- "I feel confused, curious..."
- "The confusion is in my head."
- "...curiosity I feel in the tips of my fingers."
- "I can hear loud traffic. Like a school bus. I can hear the children, on the school bus speaking."
- "Positive"
- "I feel joy."
- "I feel a wave of it from my head until my chest."

- “It feels as though... little me is on a playground. In the muscles. Go down a slide. Or going on a trampoline... *inaudible”
- “My body feels extremely relaxed. Feels as though my body is not the entity I am currently.”
- “Feels like flutters.”

Keywords:

- Confused
- Curious
- Head
- Fingers
- Loud traffic
- School bus
- Children
- Positive
- Joy
- Chest
- Playground
- Muscles
- Slide
- Trampoline
- Body
- Relaxed
- Entity
- Flutters

Participant C04

- “I kind of struggle to be honest.”
- “But I guess I'm just I'm just comfortable. I don't know if that's really an emotion.”
- “Yeah. Like I'm not upset by it or not. I'm not very happy by it. But I'm just. I'm comfortable with it.”
- “I'd say in my chest.”
- “Uhm...I just can think about my mom. I know I shouldn't only feel. It does. I feel kind of anxious about it.”
- “I still feel it in my chest. I want to say my heart, more.”
- “It feels a lot lighter in my chest area. I can sort of feel the tension going towards my shoulders, towards my neck.”
- “I can't really feel it anymore... Feels like it's dissipating.”
- “I feel like I'm leaning to one side...my body feels a bit off center.”
- “It's amplified. It's worse.”

Keywords

- Struggle
- Comfortable
- Emotion
- Upset
- Happy
- Chest
- Mom
- Anxious
- Heart
- Lighter

- Tension
- Shoulders
- Neck
- Dissipating
- Leaning
- Side
- Body
- Off center
- Amplified
- Worse

Participant C05

- "Overall, just calm..."
- "Uhm... it kind of flows from the back of my head, down my back, actually."
- "There's nothing. It's just calm."
- "It's almost like. Almost like a dream, but it's kind of flipping, not really focusing on anything specific."
- "Things I've seen like the Neverending story dragon flying through the clouds. Then..."
- "...like the never ending the dragon from Neverending Story, soaring through the clouds then disappears almost. And then it's basically just the clouds of the sky."
- "It's quite warm."
- "I think it would almost like emanate from the middle, the centre... and it's spreading up."
- "I can't say I'm feeling, anything specific. It's almost like, almost like I'm not really feeling anything."
- "It's almost like feeling content."
- "It's like, like happiness almost like... very calm..."
- "I feel it, in my heart, almost."

Keywords:

- Calm
- Flows
- Back of head
- Back
- Dream
- Focusing
- Neverending Story
- Dragon
- Flying
- Clouds
- Disappears
- Sky
- Warm
- Emanate
- Middle
- Centre
- Spreading
- Feeling
- Specific
- Content
- Happiness
- Heart

Participant C06

- "It's more of an uncertainty, because I'm not quite sure what's behind the door."
- "And it's kind of an empty'ish hallway, so it's kind of an effect of knowing that you're alone in a hallway."
- "Well as an autistic person, it's quite comfortable to be alone in the hallway. It's a long hallway and it's quite unfamiliar, there's also that unease, because... unfamiliar things make it quite difficult."
- "It's something of a curiosity, because I just like knowing things. So it's more of a curiosity and a little bit of trepidation because you never really know what's behind it, and if there's people you'll have to deal with them."
- "So the curiosity, I feel like right by my sternum. So top of my chest, but with the trepidation it's like at the top of my stomach, so it's not quite the pit of your stomach sort of dread."
- "So what I'm realising is that the feelings is turning more into a... I don't know, the joy of discovery sort of thing? Like the excitement of trying something new? But also that bit of adrenaline rush."
- "Yeah, the trepidation is more of that bit of adrenaline of "what if it goes horribly wrong?". So I think it's more of a nervousness than an actual trepidation."
- "But it like brings mind experiences of, for examples, of paragliding or bungee jump..."
- "So for me, it's still the top of my chest/sternum area and that sort of nervousness, adrenaline is still at the top of my stomach, but I can feel it a little back towards my kidneys, where the actual adrenal glands would be."
- "I heard to the carabiners and the harnesses, like you can smell that sort of fabric and you can smell the paraglider like the shoots and stuff. And as I gave over to the sounds and the smells, I just got this overwhelming sensation of..." "I assume you've been paragliding..." "...yes I have, but it was just that overwhelming sense of peace and inhalation."
- "It's just the sense of freedom and peace. And then with the peace: it's kind of like an upper body thing, it feels like tingling all over my arms and my chest."
- "It's the nice thing about the ilations/inhalation you can kind of feel it on the center of your forehead so you don't like float away. 'Cause it's like a light pressure. But with the peace, it's just all torso, and just really, really calm, sort of tingling. Very warm. And yeah it's got that purple color to it because of the vents."

Keywords:

- Uncertainty
- Door
- Empty
- Hallway
- Alone
- Unfamiliar
- Unease
- Curiosity
- Trepidation
- Sternum
- Top of chest
- Stomach
- Joy of discovery
- Excitement
- Adrenaline rush
- Nervousness
- Adrenal glands
- Carabiners
- Harnesses

- Fabric
- Paraglider
- Shoots
- Sounds
- Smells
- Overwhelming sensation
- Peace
- Freedom
- Upper body
- Tingling
- Arms
- Center of forehead
- Pressure
- Calm
- Warm
- Purple color
- Vents

Participant C07

- "So I'm thinking of the 'thinking emoji'." "Okay, so it's curious almost?" "Yeah, that's it, that's a good way of putting it."
- "So I think it starts in my chest and I link it to my eyes because that's usually how I explore things and then I guess..."
- "I guess it makes me feel like I want to go closer to the doorway, reach out with my hands and feel..."
- "So, when you said to put my name on the door, I thought of something that I wanted to do in the high school, which was to have a Chinese calligraphy of my Chinese name on my bedroom door. So I'm picturing that hanging on the door right now..."
- "...quite proud of my... I'm quite proud of my heritage and..."
- "I think a part of me feels like a lot I'm proud of proud of my heritage. I think it makes me feel a little bit inadequate because like I'm still learning to read and write and I always feel a little bit out of place when I'm back in China, because I think I identify more to my South African-ness."
- "Almost I feel it in my chest, but I have a bit of tingling feeling in my forearms."
- "I kind of feel like because I feel a bit inadequate, I always feel like I have to do something about it."
- "I think it also makes me feel... if I picture myself back in China, you know, I feel a bit vulnerable."
- "Yeah, maybe I clench up a bit more, less relaxed."
- "Um, I think when I feel stressed, I clench my jaw and my hands."
- "My mind is wandering off to the class that I just gave."
- "I think maybe, my ears."
- "I kind of feel, like there's a little bit of pressure on my chest from picturing these emotions."
- "I think it's mostly associated with the fact that I had an opportunity to learn to read and write when I was younger, but I never took it seriously."
- "I was... learning Chinese on my own, and because I told myself it's never too late or never too old to learn, but I guess a part of me to just pushed through with that without actually forgiving myself for what I did when I was young..."
- "It's uncomfortable."
- "I pictured myself going into it, so I feel like it's all around me."

Keywords:

- Thinking emoji

- Curious
- Chest
- Eyes
- Closer
- Doorway
- Hands
- Chinese calligraphy
- Heritage
- Inadequate
- South African-ness
- Tingling feeling
- Forearms
- Vulnerable
- Clench
- Jaw
- Hands
- Stress
- Class
- Ears
- Pressure
- Opportunity
- Learn
- Read and write
- Younger
- Never took it seriously
- Learning Chinese
- Uncomfortable
- Pictured
- All around me

Participant C08

- "I feel it my arms."
- "It's almost the feeling of curiosity. That's the best way to describe it."
- "Can I tell you what it's become? It's so I'm seeing my name on the door and then it's sort of... it's almost as if my eyes are zoomed in on it and then it becomes not ominous, but darker, more bold, almost hesitant, but curiosity is turning into hesitation. If that makes sense?"
- "Legs. My legs."
- "My hand started to tingle a little..."
- "And I'm seeing an assortment of clouds. Uhm... some of it is just normal white, fluffy clouds but then there are also... the picture, I imagine, is. Uhm... so when I drive home I drive to Joburg South I uhm... and the rain always comes from there so there's always these masses of clouds and and it's usually at sunset so it isn't a usual sunset. But you can see the orange in the orange, but yet it's raining, and you hear the thunderstorms. But it's, it's orange-y."
- "So within within the car, it feels like the air conditioning is on, but in my seat it's warm. It's like, a bubble of warmth but around me it's cold."
- "What is your your physical body feel like in that space? What emotion would you associate with that little bubble? It's freeing. Again, I'm so as I'm sitting there in the warmth, I'm I'm seeing the glorious view of the of the just large landscape, the clouds and."
- Comfort; familiarity
- "So that's I don't want to lead your emotions, but it sounds to me almost like an element of comfort or familiarity for you. It does. But again, I know there's there's something ominous in the clouds."

- “I think it’s that feeling of what if, what if it's come the clouds come over me and it starts pouring and it starts just getting dark... You know, what if things go wrong?”
- “My legs are tense now.”
- “Uhm, it's subsided a bit. It's almost more in their hands now.”
- “It's a feeling of I know I need to get home before the storm comes down. I'm already in it and there's no way of turning back. It's a highway. So it's your own, you can only go through it and then just hope it doesn't get worse.”
- “It's more relaxed. I'm trying to hold on to that. The feeling. It's as I’m getting onto the highway and I'm seeing this. There's always this moment of exhilaration that knowing you're going to go into it and there's no turning back now. It's almost exciting. Still a bit fearful, but exhilarating. Yeah.”

Keywords:

- Arms
- Curiosity
- Eyes
- Zoomed in
- Ominous
- Darker
- Bold
- Hesitation
- Legs
- Tingle
- Assortment of clouds
- White, fluffy clouds
- Rain
- Sunset
- Orange
- Thunderstorms
- Warmth
- Bubble of warmth
- Cold
- Freeing
- Landscape
- Comfort
- Familiarity
- What if
- Pouring
- Dark
- Tense
- Subsided
- Hands
- Get home
- Storm
- Highway
- Exhilaration
- Fearful
- Exciting

Participant C09

- “Probably, unsure.”

- “Uhm... in the chest area?”
- “Uhm... it like, dispersed. ... The concentration just went through the whole body, sort of like diluted itself, but, in the whole body.”
- “Well. I think one thought that comes to mind is like unsure and scared to open the door. Not like super scared, but just like half ignored it and...”
- Participant actually opened the door.
- “Well it's like a... just a dark room.”
- “I feel kind of sad seeing old stuff. So like dusty. Like the things I used to love doing, but I didn't get time to do anymore or just don't do anymore.”
- “I think, the fear of regret.”
- “I think it's over the whole body.”
- “It's feeling, calm, and at ease.”
- “It's there, but it's it's like it was heavy, but then it felt like to like water settling down. And it's just like a calm lake, but it's there.”
- “Yeah, I think like the room is now the lake and the little guy is sitting on like a boat.”
- Little guy is him
- Participant started getting teary
- Participant started crying
- “It feels cold.”
- “But uh... the lake is frozen over but, don't have to be stuck on the boat we can walk on ice to wherever we want, but we don't know where that is, but we'll figure it out.”
- “Over here... in my chest.”
- “I think like the chest feels heavy.”
- “It's kind of turned into a mixture of... like, knowing you have a duty, and an excitement for adventure, but it's still unsure, uncertain...”

Keywords

- Probably
- Unsure
- Chest area
- Dispersed
- Concentration
- Whole body
- Scared
- Open the door
- Dark room
- Sad
- Dusty
- Regret
- Fear
- Whole body
- Calm
- Ease
- Heavy
- Water
- Settling down
- Calm lake
- Room is lake
- Little guy
- Teary

- Crying
- Cold
- Frozen over
- Stuck
- Boat
- Ice
- Adventure
- Duty
- Excitement
- Uncertain

Participant C10

- “Uhm... I think that ashamed?”
- Shame
- “I think in my throat. Back of my throat.”
- “It definitely became stronger for a moment, for a few moments, and then kind of dissipated a little bit again. But it's definitely not gone”
- “Can’t say that there’s necessarily a specific thought or something that comes up, but the sensation definitely moved to my to my neck but left side of my neck at the back.”
- “The feeling is definitely becoming a little bit more but not stronger, it’s almost as if it's becoming bigger. It's going to my a little bit to my shoulder as well.”
- “I think my mind kind of wanders... tried to bring it back like meditation, but it definitely dwindles a bit.”
- “The nose, the nose part dissipated. It’s also not in my shoulder anymore. It's it's it's again in my neck a little bit closer almost want to say to my to the base of my skull. And it’s definitely more in the middle. Like it’s definitely both sides.”

Keywords:

- Ashamed
- Shame
- Throat
- Stronger
- Dissipated
- Neck
- Left side
- Back
- Shoulder
- Mind wanders
- Meditation
- Nose
- Base of skull
- Middle
- Both sides

VR group

V01

- "It's kind of like a peaceful calm."
- "In my chest mostly. Yeah, but then also, I don't know if it's just the relaxation, but my arms feel kind of like not tensed, but it's like they're just."
- "Yeah. Yeah, like they're relaxed and heavy, but not like, heavy. Like, I can feel them..."
- "The feeling is still on my chest, but it feels like when a cat is sleeping on your chest. And purring..."
- "I'm kind of comparing the door, that's on the screen like now to the one I imagined first."
- "My original door I imagined as a brighter red. And then a slightly different type of door. Yeah. That's the main difference. Everything else is..."
- Same feeling as original door.
- "It's like I do art and the picture in my head is never the same as the one that comes out on the paper."
- "So it's, it's, it's kind of similar to that. Like, I know, the thing in your head is never the same."
- "I get a similar feeling of like the comfort when I hug my boyfriend because he's taller than I am so like my face is like, slap dab between his chest."

Keywords

1. peaceful, calm
2. chest, relaxation, arms, tensed
3. relaxed, heavy
4. chest, cat, sleeping, purring
5. comparing, door, screen, imagined
6. original, brighter red, slightly different, main difference
7. feeling, original door
8. art, picture, head, paper
9. similar, thing, head
10. comfort, hug, boyfriend, taller, face, chest

Participant V02

- "Yes, I feel empowered and proud."
- "In my chest, and my upper arms."
- "...instead of it just being in my chest and arms, like it's more of a whole body feeling. So not specifically one part, but more general..."
- "But no, no memory specifically."
- "Except I can now, I don't know how to explain it, picture myself I guess just walking. And moving. I guess."
- "I really have a need to open this door in front of me..."
- "Well, if I think about what I pictured behind the door, it's like "Heidi kind of hills", beautiful hills somewhere, lots of green and just like beautiful nature."
- "I feel content, happy... Excited about..." "Almost motivated." "Yes"
- "...like I feel energized."
- "In my legs actually I can very clearly feel them."
- "What's also interesting is when I open my eyes and I see this picture, it's like such a boring door and like the white background and the floor is boring. But then when I close my eyes, it's like such a more like..." "Vibrant almost?" "...yes...sight, but like ... told me to keep my eyes open, but I'm like I'd much rather close them."

Keywords

1. empowered, proud
2. chest, upper arms
3. chest, arms, whole body, general
4. memory
5. picture, walking, moving
6. need, open, door
7. pictured, door, hills, green, beautiful nature
8. content, happy, excited, motivated
9. energized
10. legs
11. open eyes, picture, boring door, white background, floor, vibrant, sight, close eyes

Participant V03

- "I'm excited and happy."
- "In my chest."
- "The feeling of excitement comes down from the possibility of what's behind the door, and that being a space of reflection, to look back on things that I've accomplished, a place to be still and be present, and also see a way forward and where I'm going. And that's exciting. It's like a gallery of the past and the present and future as well."
- "It's a place to do some introspection as well. Which you struggle to do in your everyday life, when you're conscious and busy, sometimes it's nice to be still."
- "Absolutely. A place for dreaming and experiencing. More than anything now, with finishing my degree. It's left like an empty space where there's nothing to do now. There's nothing more to accomplish in the immediate future. Everything's long term goals from here on forward. And that kind of sucks. It's nice to have short term goals, but moving away from academia to more..."
- "In my body and my chest."
- "It's like at the breast bone. The chest area."
- "The space feels safe and secure. It's covered with bones and flesh, and it's connected to the entire body. So central space. It's also very, more neutral. That's a place to view everything else from objective, more neutral standpoint. And it's also an honest space."
- "The feeling that I'm welcome in my own space."

Keywords

1. excited, happy
2. chest
3. feeling, excitement, possibility, door, space, reflection, accomplished, still, present, forward, gallery, past, future
4. introspection, everyday life, conscious, busy, still
5. dreaming, experiencing, degree, empty space, accomplish, future, long term goals, academia
6. body, chest
7. breast bone, chest area
8. space, safe, secure, bones, flesh, connected, central, neutral, objective, standpoint, honest
9. feeling, welcome, own space

Participant V04

- “Initially I felt like kind of anxious, but now it's more like a not, I don't know how to describe it, but not anxious. But like “Okay now what?”. Like an unease.”
- “Yeah. Like, unsurety, like, what is...”
- “I feel it here like...” “By your chest area?” “Yeah”
- Loadshedding hit this session around the 5:54. That recording was deleted because it was deemed irrelevant. The facilitator tried to keep the participant with the image, but the restart took longer than expected so the session was essentially restarted.
- “Okay, that's very convenient. Okay, So I'm going to go back to you in a very nice, calm, relaxed state and you had to kind of wake up with the, with Eskom. So I want you to go back into that space, please.”
- “I'd say it's like, weird, my limbs feel kind of like just relaxed, just like...” “Someone used the word floating.” “Yeah, it feels like it.”
- “I think of, like, the garden, but like a specific spot where we usually, usually, like, sit and relax. Or when we did yoga there, like, I think of that spot that pops up.”
- “I think of like the sounds that you hear, like the birds, but also of the mosquitoes, I was thinking of the itching now.”
- “A calmness, like an extreme like just everything else is far away. Nothing is an issue at that spot.”
- “Relaxation, I would say. It's somewhere where I can calm. It's... I usually go there to calm my mind...”
- “It's more like I need to concentrate again to not lose the space. To not wander that my mind doesn't wander somewhere else.”
- “I first thought of where else I feel so calm. So it went to the ocean, where we usually go. And then I was thinking of how in the winter you know the sun, but like, here, 3:00 in the afternoon, it makes these beautiful rays across everything and it feels so everything quiets down for me at that point in winter.”
- “Calm like it's... it's just... and also like happy. It's the sense of happiness that gives me like a...” “Where do you feel happiness in your body?” “Well like this area, like my...” “Okay, your torso.” “Yeah”
- “It spread like to my face and definitely, to my hands. Yeah.”

Keywords

1. anxious, unease
2. unsurety
3. chest area
4. Loadshedding, 5:54, deleted, irrelevant, facilitator, image, restart, session
5. convenient, calm, relaxed, Eskom, space
6. weird, limbs, relaxed, floating
7. garden, specific spot, sit, relax, yoga
8. sounds, birds, mosquitoes, itching
9. calmness, extreme, issue, spot
10. relaxation, calm, mind
11. concentrate, space, wander, mind
12. ocean, sun, winter, rays, quiet
13. calm, happy, happiness, body, torso
14. spread, face, hands

Participant V05

- “I don't feel any side of the spectrum. I just feel really relaxed and at ease.”
- “I would say from my neck down into my legs.”

- “The only thing that really comes up is just the feeling, how relaxed I feel.”
- “With me imagining going down into my muscles it went from relaxation to actually focusing on an injury I received when playing rugby a couple years back in my shoulder.”
- “I would say disappointment.” “In the fact that, or, when I started feeling or thinking about it now, it almost feels like the muscle is still not a 100 percent.”
- “I would say I’m very hesitant when I do play and it’s been keeping me out of...”
- “I would say I... I only feel it when I think of my back shoulder blade area where I experience the pain.”
- “No yes, it’s in my shoulder blade area.”
- “For me, it’s almost more of a mind game because I’m aware of the discomfort that I feel. And then I just think of the factors leading up to it and also post of it. It’s not more, it doesn’t the disappointment doesn’t make me sad or really come from like my heart, but I feel like I’m hard on myself or I.”
- “I’m thinking it more than what I’m truly am feeling it.”
- “Fear, uncertainty. I’m too hesitant. Cautious, worried that it might make it worse.”
- “I always feel as if I get nerves or I’m tense.”
- “Almost the sense of restlessness...” “Where do you feel the restlessness?” “In my legs”
- “So it’s gone weaker and I feel it more shift towards my lower back or hamstrings.”
- “It’s still... I would say tense. But it’s almost painful, in my lower back.”
- “Subsides and then comes, comes and goes.”
- “I would say it’s gotten weaker. It’s more now a feeling of uncomfortability, the right side.”

Keywords

1. relaxed, at ease
2. neck, legs
3. feeling, relaxed
4. muscles, relaxation, injury, rugby, shoulder
5. disappointment, muscle, 100 percent
6. hesitant, play, keeping out
7. back, shoulder blade, pain
8. shoulder blade area
9. mind game, discomfort, factors, leading up, post, sad, heart, hard on myself
10. thinking, feeling
11. fear, uncertainty, hesitant, cautious, worried, worse
12. nerves, tense
13. restlessness, legs
14. weaker, lower back, hamstrings
15. tense, painful, lower back
16. subsides, comes and goes
17. weaker, uncomfortability, right side

Participant V06

- “It feels like a straight face like...” “A straight face emoji?” “Yeah”
- “I feel it in the middle of my body. I would say by the stomach almost to the heart.”
- “It’s mostly gone away, but I feel a pressure at my chest now.”
- “It almost feels as like the door got bigger... Like, almost started looming over me, but it is...” “Is it a pleasant feeling or an intimidating feeling?” “More of an intimidating feeling.”
- “It feels like it’s on the chest area. It started when, my chest about...”
- “It’s feeling... lighter.”

Keywords

1. straight face, emoji
2. middle, body, stomach, heart
3. pressure, chest
4. door, bigger, looming, pleasant, intimidating
5. chest area, started, chest
6. lighter

Participant V07

- "My dad is there."
- "Yeah. I mean, 'cause the door I was imagining was, was a house. That's when my parents were still together, we lived in. My dad passed away, like, two years ago... and yeah, we missed him at my sister's graduation yesterday. So that feeling is still a bit raw. So nostalgia is the main, the main feeling I'm feeling at the moment."
- "I feel that in my chest. My throat is tightening."
- "My dad's voice and a hug with him."
- "A lot of feelings. You know, obviously missing him."
- "Yeah, but it's not like a bad miss. It's not like I'm gonna break down and cry. It's just. I wish he was there to see his daughter graduate yesterday."
- "Yeah, but it's bringing back really happy memories, which I didn't have a lot with my dad, but..."
- "Happiness. His laugh could make anyone laugh even if they jerk wasn't funny."
- "In my stomach."
- "And where is your mind taking you to now?" "To my sister."
- "Makes me feel proud.."
- "she and my dad was like bound at the hip. She would walk like him. She talks like him, she smiles like him."
- "All over actually. Mainly in my torso."
- "So it's not closed the whole time, but also not open the whole time."
- Participant cried during their session.
- "So my sister isn't the most dedicated person, but I know she's going to be a great actress just like she's always wanted to be.""
- "I would say it brings up happiness because I've always wanted to be successful, but also a bit of fear and anxiety because I know it won't be easy."
- "My throat."
- "Like I will never succeed."
- "I feel it in my arms and my and my chest."
- "Yeah so in my session today, we spoke about like, how my job is trusting with all these, you know, all of these big, big projects that I'm leading and, you know, them telling me that I'm doing a great job. But, you know, there's still the looming thought that this will just go away next week. I'll just make more mistakes and lose my job and I won't be able to pay for my house."
- "Emotionally no, but don't imagine my name like that."
- "Yeah, it's feeling better now. Everything feels nice, relaxed. And like I've gotten a bit of a burden off."

Keywords

1. dad
2. door, house, parents, together, passed away, two years ago, sister's graduation, nostalgia, feeling, raw
3. chest, throat, tightening
4. dad's voice, hug

5. missing
6. break down, cry, daughter, graduate
7. happy memories, dad, laugh
8. happiness, laugh
9. stomach
10. mind, sister
11. proud
12. bound at the hip, walk, talk, smile
13. torso
14. closed, open
15. cried, session
16. sister, dedicated, great actress, successful, fear, anxiety, easy
17. throat
18. never succeed
19. arms, chest
20. job, trusting, big projects, great job, mistakes, lose job, pay, house
21. emotionally
22. feeling, better, relaxed, burden

Participant V08

- “Doesn't do anything to me.”
- “Yeah, No, I'm comfortable.”
- “I'm just getting more and more relaxed and thinking, thinking about less, you know?”
- “Eyes open. I'm looking at the door.”
- “Does the visual help you more compared to the last time or is there no difference?” “Yeah yeah it does.”
- “You know, I'm not searching for an image you have the image and you just focus on that, you know?”
- “Actually feels as if my hands and feet are getting numb. So relaxed it is, you know.”

Keywords

1. Doesn't do anything
2. comfortable
3. relaxed, thinking, less
4. Eyes open, looking, door
5. visual, help, last time, difference
6. searching, image, focus
7. hands, feet, numb, relaxed

Participant V09

- “Okay I'll go for eye-level. That's I'd say 1.7 meters. Two thirds up on the top panel.”
- “Proud”
- “My chest.”
- Participant started crying during their session.
- “Are there any thoughts or specific memories coming up?” “Yeah a lot. I, there's so many. Talking about the children and family...”
- “...give me one word to describe what you feel about your children.” “Joy”
- “Just love them so much.”

- “Honesty...that I taught my boys.”
- “If we’re lost in name, we can't get it back.”
- “Everything's just coming my way. It's just going my way. No, what's the right word? Everything's just looking for...”
- “The future...with all the trimmings.” “With grandchildren, yeah.”
- “I see them”
- “Humble”
- “Small, very small.”

Keywords

1. eye-level, 1.7 meters, two thirds, top panel
2. Proud
3. chest
4. crying, session
5. thoughts, memories, children, family
6. Joy
7. love
8. Honesty, boys
9. lost, name
10. coming, going
11. future, trimmings, grandchildren
12. see
13. Humble
14. Small

Participant V10

- “Uhm a little bit uneasy.”
- “I feel like I have to open the door.”
- “I think in my shoulders and in my chest.”
- “I think it's mostly the room rather than the door.”
- “Yeah it’s like, it’s a very, like, empty feeling. Even before I look around, it’s like I can feel the emptiness.”
- “It's kind of just like hovering there for me I don’t know how to explain.”
- “Yeah. I think it’s around like the throat or shoulders area here.”
- “I think I also feel it in my hands.”
- “I really want to know what's on the other side of the door.”
- “How do I open it?”
- “I see a lab, for some reason”
- “It's like lit red and I think it's because of the color of the door. It’s like a brownish, like a really dark room. There’s no one in though.”
- “Curiosity? It seems like a mysterious place.”
- “It's been used before. There's like those cups you pour chemicals in and stuff like that, so I wonder who is in here.”
- “There's also some like hesitation because like I don't want to touch stuff and break stuff inside.”
- “I think I feel it like the back of my chest.”
- “I actually went into the room, if I guessed, probably be very calm and just curious”
- “It seems to have a lot of stuff. There's like a shelf that has like buckets of like empty paint and then... And then also like there's a lot of like chemical stuff, but there might have also been plant life. When

you like go in like after walking a bit you can turn left and there's more rows of the tables and stuff. But then there's also like at the far end and there's like more light and like, I think it's door out? I'm not sure there's a lot of light coming from there."

- "I think intrigue and awe."
- "I think it's like spread from like the top of my head until like my hands."
- "I started thinking, more *inaudible* now because I was like this door feels like it might represent like great things in life. Like all the stuff inside is really cool and creative things that people have made and it's like, I feel like I should open the door and I should be going out there and doing great things."
- "I feel challenged like the door is asking me to like do more."
- "Between like my chest and my stomach."
- "I think it's more helpful. It's a lot clearer."
- "It's also very different. I don't think I would have imagined this story."
- "I'm also more aware of my heartbeat now."

Keywords

1. uneasy
2. open, door
3. shoulders, chest
4. room, door
5. empty feeling, emptiness
6. hovering, explain
7. throat, shoulders
8. hands
9. want, other side
10. open
11. lab
12. lit red, color, brownish, dark room
13. curiosity, mysterious place
14. used, chemicals, plant life
15. hesitation, touch, break
16. back, chest
17. calm, curious
18. stuff, buckets, paint, chemical, tables, light, door out
19. intrigue, awe
20. spread, top of head, hands
21. great things, open door, creative, doing great things
22. challenged
23. chest, stomach
24. helpful, clearer
25. different, story
26. aware, heartbeat