

Resource 1

Six vignettes

Andy is a regular visitor to the gym. He trains six days a week and has been known to work out before injuries are properly healed. He is incredibly efficient at work. His colleagues say that when he is going to the gym he is a pleasure to work with, and that when he is not he is miserable.

Yasmin is a student who says she loves her college work. She devotes over 60 hours a week to it. She does not have a social life apart from her studies and does not take holidays. Without work, she says, she becomes depressed.

Tom is a musician. He is sociable and likes to drink. He generally drinks about five pints most nights. He lives alone, having recently divorced. His fellow band members tease him about his seemingly all-consuming passions for music and beer.

Theresa is a full-time mother of five children. She devotes her life to her family and does not engage in activities outside the home. Her husband appears to be domineering, and he manages the household budget. He gives Theresa her 'housekeeping' money. She says she is happy with her life and has no need of interests outside the home.

Gerry has been diagnosed as 'schizophrenic' and takes regular medication. He is unemployed and spends his time painting and attending drop-in centres where he meets his friends. He says he is happy with his life.

Sadik is 75, a writer, and considers himself to be reclusive. He says he has no need of company and is happy in his work.

(Written for KYN293 by Ann Gallagher)