

Duration: 00:51:24
Date: 01/07/2015
Typist: 702

- that one, and on that one. So, just ignore them.

Okay.

Right, so, yes, maybe if you could just tell me, on a day-to-day basis how you use the app.

Well, I don't use it on a day-to-day basis, that's the first thing. I think I've got it set up to remind me... I think it reminds me monthly, and then I just do ones in between when I remember. I usually use it on the metro when I'm coming home, because I just have time on my own then to write about the day, or the month, or whatever. We've been trying to buy a house – well, we have just bought a house recently, so there's been a lot of writing about that, the frustrations, on my way home.

I think I used to keep a paper journal when I was very young, but never very religiously, I was never someone who journaled a lot, but I do like using my phone, I like being on my phone, I make notes. So, before I got one- One Day? Day One? Day One. Before I got Day One I just used to use the notes feature on the phone to just write about similar things, so if I was on holiday I'd just summarise my trip, if I was buying a house I'd summarise my experience of that, so it's just a record keeping thing, but also, sometimes if I'm very frustrated I use it to vent before I shout at someone in real life.

So, is there anything in particular that you're trying to record, or is it just...?

Not really. I think it's quite useful to record how you feel about something at the moment, and then I do look back at them and think, "It wasn't that bad," or, "That was nice, I'd forgotten that that happened," or, "That person did that, and I'd completely forgotten they did such a nice thing." Yes, just to remind me sometimes if I'm... Yes, to look back at it, I think that's quite nice, quite therapeutic, it's like my own memory of what happened, and then also just, I don't know, like snap out of it if I'm in a bad mood, that sort of thing.

So, how long have you been using DayOne for?

I think I've been using it for just over a year, I can just check while ____ [0:02:15]. Yes, my first post was January 2014, so it was kind of a New Year's resolution in January 2014, to try and use it.

Yes, and when you talk about looking back, is it just DayOne- Are the notes and things that you had before, are they still there?

Yes, I've still got those. I haven't really moved them across to anything, so I've still got notes, pages of notes on my phone.

Yes, and do you still-

I still go back and look at them, yes. Mainly holidays, because some of it will be like recommendations, if someone else is going abroad I remembered that we did this stuff and it was really fun, or... Yes, my New Year's resolutions were always noted down at the beginning of the year, and then forgotten about for a bit, and then laughed at around the 25th of December when I realised I was going to make some more again. So yes, they're all still there. I think I'm probably a bit of a hoarder, even in digital stuff.

How much do you tend to write? Are there photographs in there as well? What other data is in there with it?

On Evernote I did use photographs, and I use things like Instagram in a similar way, to sort of document things, but for DayOne, because of where I usually do it - I'm usually sat on the metro, and it's usually just recounting what I did in the day - I haven't really put any photos in, I haven't really used imagery in that way, but I do like to document things with photos and I do take videos and I do all of that, but that's more public sphere rather than my own private collection stuff.

Yes, and do you record things like mood, or your location or anything like that with it?

I don't tend to. I have done with Evernote on and off, but it tends to just be a photograph just to post, or a video just to post, I don't really tend to photograph or video myself that much, I don't really like being in front of the camera in that way, so it's normally just my surroundings or something.

Then I suppose I would track my mood if I were posting on Instagram, because I would always put a caption.

So DayOne is mostly just [writing 0:04:32].

DayOne is just text, yes, and I use a lot of words, I've been told that before, so I do have quite long streams of-

What would be like an average length of a post, or something. Yes, sorry, I should have said, actually, the first few questions we're going to talk about practically how you actually do it, and then I'll ask you a bit about why and then I'll maybe get you to give me just a couple of examples as well. But yes, roughly how long would you say you...

One of them there looked like it was about 200 words, but some of the other ones. I mean, that – I won't necessarily let you read all of it – you can sort of see, it's fairly long.

Yes, yes. So, how long does that take you to write?

That probably only takes me about 10 to 15 minutes, and that's with interruptions, getting on and off metros. I can write; it's one thing that I can do, I can just write streams and streams, I've always enjoyed writing, creative writing or documenting things. If I ever make notes on anything at work, it's always reams and reams of paper.

Again, we'll sort of come to this as well, is what you're writing quite reflective, or would you say it's more, "I did this, and I did that"?

It's quite reflective, yes. I think when I started it I wanted to use it as a way of not just writing, "Today I did this." Certain posts will be like that, obviously, if I've been on holiday I'm not reflecting on everything I'm doing, I'm just saying, "Today we visited this place, this was amazing, we had this delicious meal in this place," but if it's day to day stuff, it's usually things that have bothered me, or something really nice that I want to remember. Maybe something great that happened at work, or something bad that happened at work, or something that really frustrated me.

I think with the process of buying the flat, it's things that I want to not forget about doing next time. So, I'm thinking next time we buy something, or next time someone else is going to do something... I think I use it a lot to remind myself, if someone asks me, "Oh, can you give me advice on this?" I can go, "Right, we did it wrong that time," so I can go back to it and then I can actually remember, because I'm terrible for half remembering stories and half remembering things, and saying, "Oh I've read this brilliant thing that would really help you," and then completely forgetting where I saw it. So referencing things and where I saw things, and people's names, is quite important in all of this as well.

So in terms of that looking back then, when and how often would you say that you look back at your entries, or what you've written before?

I probably look back at them maybe once every two months, not a religious thing, but just that probably gives you a better idea that it's not a continuous, I'm not like every week reviewing stuff I wrote the week before or anything like that, it's just as and when, and when I have time, sort of thing.

Is that like a particular mood, do you think, "I'm going to look back"?

Yes, probably, because usually when I open up DayOne it's when I've got something that I want to say, or I want to note down, rather than just opening it as a- It's not something that I go into that often, so yes, I would have to be in a kind of reflective mood, or trying to remember something, or maybe if something has triggered a certain feeling, and I want to remember that that same thing triggered a different feeling last month, or just balance things out a little bit.

Do you tend to just browse a few entries, or do you search for something specifically?

I wouldn't go too far back, because it tends to be something that's still kind of fresh in my mind that I'm looking back on, so it's probably more specific weeks or months that I'm going back to. So, I suppose, I'm going to use the example of the house again, if I'm really frustrated with something at this point I might go back to how excited I was about it when we first saw it, or if I get really angry in a few weeks about doing the bathroom up or something, I might look back at how excited I was when we actually got the keys, or something else that was frustrating about another experience. So yes, I kind of use it in that way.

Obviously when you got in touch, or when I saw the research that you were doing, that made me go back further and just laugh at some of the earlier posts and obviously look at all the wonderful New Year's resolutions that I had.

Yes. On that as well, do you ever share it, or do you talk about it with your partner, or anything like that? Or is it a...?

Yes, he always asks me, "What are you writing?" I usually say, "Just about this," or, "About that." I wouldn't keep it from him, but I wouldn't necessarily show him it, because I do write about us in it, and it's not that it's negative or positive, but it's just that's my interpretation of the situation, and then he might read it and be like, "Oh, that's awful."

He's quite intrigued, but he always says that I use too many words, that's his little phrase for me, so I think if he saw it he'd be like, "Argh."

But he doesn't do anything like that?

He doesn't do anything like that, no. I don't think David keeps any diaries or anything, no.

Do you find... I guess you've been doing it for a year or so, but do you find that he will ask you things because he knows you've got a record of it? Will he ever ask you, "Oh, can you look in your diary to see if...?"

He hasn't done, but I don't know if he- Because he's never seen what I actually record. Maybe if I actually read one out to him, then he'd be like, "Oh, I'll ask you about that again," but I think if he ever asks about

something and if I say, "I'll just check, I wrote something about that," then straight away he'd be like, "Oh, well have you written about this? Can you remember this? What [did you do 0:09:57] with this?" He knows with the notes feature I do write down specifics of things when we're in and out of places, so he will ask me about things like that, but he wouldn't necessarily think of DayOne, I'm not sure he would even know that the app is called DayOne, but he'd know that in things like Notes and Evernote that I'd keep records of stuff, so he would ask me to go back and look at those, like if we were framing up a load of pictures and he knew that I had all the dimensions written down, he would get in touch with me if he was in the shop to buy the frames.

Right, yes. So, now that you use DayOne then, can you maybe briefly as well describe how you use Notes, Evernote and DayOne? How are they playing together?

Altogether? Well, the Notes- So, DayOne is definitely my thoughts and my reflections on things, and also noting down the names of things within that, but it has got kind of a narrative, it's not just one lines, it's more a stream of my thoughts and my review of the day or whatever.

The Notes feature is really just one line... I don't know, one of the notes that I've got here is just a load of window glazers for the new flat, so it's just contact information, but I'm trying to think of other notes that would be... I've got passwords probably saved in here, which is not good.

Yes, it's just random stuff, but then, I did keep notes on some work events that I went to, like this [arts TV 0:11:27] forum from 2014, and that's just the keynote speakers' names, key topics, that sort of stuff, so it's slightly less reflective and more just descriptive in that sense.

Then, Evernote... Where's Evernote gone? I don't know where I've put Evernote, there it is. Evernote definitely has a bit more of a visual aspect to it, or it has done in the past.

Do you use Evernote on your phone, or mostly on the desktop?

I only really use it on my phone, I don't use it on my desktop. Yes, so again, I've got some photos from digital conferences and things that I've been to, Lonely Planet articles that friends have given me, my passwords. But then I also have, like, 'Paris 2013', all the places that we visited when we were there, I've got a list of lunchtime reading, that I never went back to read, and films to watch. So, Evernote is more similar to Notes, and DayOne is definitely more of a diary, journaling kind of thing.

Yes, yes, yes. So just on a couple ____ [0:12:39] questions and ask you about your motivations a bit. Do you ever go back and change things, or edit them at all?

I haven't actually. Yes, I haven't ever gone back in and changed it, but again, that's possibly because I've never shown them to anybody. If David was really interested in reading them then I would maybe go back and edit them. I don't know. I wouldn't change anything too much, because there's no point in that, I don't see the point in- That's not why I've got the app. But yes, if he did really want to see one, I might be tempted to maybe just change slightly how I described something, or how I said I felt, or something I don't know. But no, I've never edited them.

It being just text, do you ever wish it had photographs in it, or are you quite happy with it just being text like that?

I'm quite happy with it being text, yes. I don't think I need image to remind me how I felt about that, because it's not just- Certainly in One Day, because it's not just a very descriptive... Well, I'm trying to think how to describe it... It's not just saying exactly what I did, it's more about how I felt, so it would be difficult for me to necessarily have put in an image of exactly how I felt. It's easier for me, anyway, to write it, and describe it for myself.

Like I say, I use other tools to be more visual, so... Yes, that's slightly different.

I guess, as well, what sometimes the motivation to do it, you sort of said before it's a reflective thing and you'd done it a bit before, maybe with some earlier diaries, but what would you say motivates you to keep doing it? A year is quite a long time to be able to keep a diary, a lot of people try and ___[0:14:32].

I think I probably find it quite therapeutic to just write things down, but I do find it quite... I get quite stressed by having lots of paper around, even though I do at work, I'm constantly writing notes and filling diaries and all of that, but I need to do that for my work. So it's great to have something that's just on my phone, and it's out of sight until I go back into the app.

So yes, it's definitely a therapeutic thing, and it feel likes- Again, I'm saying a lot about being annoyed about things and frustrated about things, but if something has annoyed or frustrated me, it is better for me to just get it down and do it, and then by the time I get home, or by the time I get to the next situation, that's boxed away and it's done with.

Sometimes also, writing down and seeing how you feel about something, or what your thoughts are on it, on paper, it makes you realise it's a bit frivolous, or, "It wasn't as bad as that, you're just having a bit of a moment," plus it's nice to write nice things about occasions as well and remember- I think it's nice to remember the exact date as well, so the feature where obviously it tracks it on that date at that time, and you can have things like where you were at the time, that's quite nice as well, for special occasions or special moments and stuff.

Yes, yes. So, yes, and that would tend to be- You say you tend to write on the metro, but there would be other times you'd be writing it somewhere else?

Yes, so I do tend to write it on the metro on the way home from work, just because that's when I'd have a bit of time to just reflect or a bit of time on my own in between going from work back to my house. But yes, I do sit and do it in bed sometimes, I do write in bed, but I prefer to be using it when I'm on my own. So again, if my partner has come to bed, I'm not going to sit and write my journal entry and then have him like, "Oh, what are you doing?" Because it's just distracting and again it's about having my brain free to think about the day or the event, and just reflect on it that way.

How do you decide what to write about?

It's just whatever has had the biggest impact on me that day, I think, really. Obviously there are key moments, so my sister got married last year, that was a big deal and that would have been something that would have been a key theme for probably the lead up to the wedding, and then after the wedding, how the wedding had gone. But generally it's just how I felt about the day, just trying to reflect on what was good or bad, or what I really enjoyed or what was difficult, and then hope that next time when I come up against it I can go back to that, or even just think about it in my mind, "Oh, you wrote about that, it wasn't that bad. The next day it was much better, don't stress about that."

Do you find it easy to write, or do you ever sit there with a blank page and think, "I should write something about this, but I can't."

No, because I only ever go into the app when I want to write something, so even if it ends up being quite short, like, the first one I looked at was only, I think, probably about 200 words, if it ends up being quite a short post, a short piece of writing, it's only when I actually want to go in and have something to say. I have the reminder that comes up but I'm happy to ignore the reminder if I don't have anything to write. I don't know how I set it, but it seems to come up when I'm at work and I'm thinking, "I'm not going to write this at work, during the day."

So, I've never looked at it and thought, "Oh, I've got nothing to say," that's not really how I use it.

Yes, so you actually maybe tend to have something specific you know you want to write about, and then you go to the app.

Yes, something definitely inspired me that day to go in and write it.

If you're happy with it, it would be really great if you could maybe have a look at a couple of entries and just give me a feel of some of the kinds of things you write about, and the tone of them, and just some interesting examples that- Maybe you go back a bit and something stands out to you, something you've looked back on before, whatever you like really.

Okay, I'll go back to the start and see.

Feel free to take your time.

Well the first one was a New Year's resolution, so that's just fairly easy, that's just obviously me planning lots of New Year's resolutions for 2014, and I think I probably managed to do about 50% of them, which was good.

The next one is kind of interesting – I’m not going to read it out, because it is quite personal and it’s very long, but a few people passed away in the same month, so it was just me writing quite a lot about those three people, and the different experiences of that. So that one, it’s not sad, it’s just quite reflective on those three people, and the different experiences of them passing away. That’s probably quite a deep one.

Then the next one was a friend leaving Newcastle, moving out to Italy, so again, that one is quite reflective. I think I probably started off quite deep, and then- These ones probably weren’t written on the metro. Then it’s the World Cup, so that one is quite short, and it’s just basically, “The World Cup has started, and it makes my partner very happy. It means that I won’t have the TV for a month, but that’s not such a bad thing,” and then just that evening we had a cheeseboard instead of watching football. Yes, that’s not a very interesting one, quite a short one.

Then there’s the wedding, so obviously that one is about being excited about the wedding, quite a long one, all the stuff in the lead up to the wedding, and everything that we were getting ready to do, how I felt about my sister getting married, thoughts about their future.

Then another big life event in the summer, these ones are quite full on. Yes, so there was quite a big thing that happened for my mum, and there are probably about four posts over a two week period that were all about that experience for her, so that was me talking about what she was doing, how it made her feel, but also how it made me feel, what I was maybe worried about for my mum, or excited about for my mum. Is this useful?

Do you feel like you have a particular... When you’re writing, are you writing to someone?

No, not really. I’ve never really thought about who the audience would be, or if there is an audience. The way I write it, it’s definitely not- Definitely it could be read by someone else, but I’ve never thought myself about who that would be.

But the voice of it, are you writing it in the first person, or the third person?

First person, yes, definitely.

I’m going to ____ [0:21:33] through a couple more, and then I’ll ask a couple more questions about sort of...

A lot of it seems to be about family, which is normal I suppose. So visiting different family, different things that are happening with my brothers and sisters and my partner’s family as well.

There is one very short one about going on holiday the next day, being excited about that. A trip to Amsterdam for my partner’s 30th. Then when- There was a certain period where I was very busy at work, so there’s quite a lot about work frustrations there, and I think just tracking what was really frustrating me, but then also when it all turned out okay, making sure that I wrote that down, because that was important as well, to make sure that I can remind myself when I go back through it, that even though it was stressful it got better.

What sort of feelings do you have even now, when you look through your journal like that?

I don't know, I'm just surprised, some of the stuff is really just not very interesting, and really a very quick note that I've obviously made on the metro or something, and then some of them I've written an awful lot. Some of the ways that I've felt about things I have forgotten that I even felt like that about it, or I've forgotten that I recorded that someone had said that, so that's quite interesting, obviously I haven't looked back on those ones for a while.

Which kinds of entries would you say are the most interesting or meaningful to you now?

Probably the ones about my mum, earlier in the year, they're quite interesting. It was a big momentous thing, but I hadn't realised that I'd written about it over so many days, so I obviously hadn't recalled that.

I'm not sure about the other ones. I'm quite impressed that I've actually written that many posts, to be honest, because I do have a tendency to get into something and then drop it, so I'm quite pleased that over the year I've actually used it.

I mean, how many posts, roughly, would you say you've got in there?

I've got between one and seven a month, most months.

Okay. So it maybe about 50 or 60 or something for the year.

Yes, something like that.

Okay, cool. So when you're looking back there as well, what are you remembering, what's coming to mind when you're looking through them?

Well, nice holidays, obviously, and having lots of fun. Getting very stressed at work, but then looking back on it now and realising that actually it didn't matter that much, and got past it, and then also learned new things. How much I think about my family, probably, which isn't that big of a surprise. Yes, just, I suppose that I kind of want to go back in and read them all now.

Yes, would you say it's particular events that come back to you, or just a general feeling or time that you remember?

Probably particular events, because there have been very specific things happen in the last 12 months, but even just the way I've written about things when I've been excited about them, I don't know, it's quite sweet, which I never thought I'd read anything I'd written before and think, "Oh, that's quite sweet."

Yes, even though I was talking about my frustrations and stuff, most of them aren't that negative or that frustrated, it's just the way I remember using it in that way, I suppose.

Yes, so, two questions then from that. How clearly do you remember the writing of the entry when you were reading it, so ____ [0:25:30] remember writing, if that makes sense?

As in remember sitting down to write it, or what I wrote?

Well, both, I guess. So, how many of them do you read and go, "Oh yes, I remember when I wrote that one," or equally, are there quite a few you think, "Oh, God, I didn't know I wrote about that."

It's probably about 50:50; I think probably 50% of the ones I've just looked at there I've thought, "Oh yes, I remember where I was when I wrote about that," and my motivation for writing it, but there is definitely probably 50% of them there that I couldn't remember where I wrote it. Obviously when I read back over it I think, I remember writing it, but I don't remember where I was and I don't remember what prompted it, other than what I can see written down, so it's probably about 50:50.

Yes. The second bit as well, how much can you then- Does it really transport you back to what you were thinking and feeling then, or do you have to work that out now, if that makes sense?

It's probably about 50:50, so it's probably those ones that I remember very clearly where I was, it's probably easier to go back to that place, the other ones, I think if I was to sit down and read them, because of the amount of words that I use and the way I describe things, I probably would get prompted to how I felt, I wouldn't necessarily go back to that place, so I wouldn't be as clear as the other ones, they obviously left a bit more of a mark on my memory.

Yes, yes, but you find that the way that you write and the descriptions are quite compelling and-

Yes, I think the way, certainly for a lot of them, not the very short ones, which I've just got on the metro and I've had a couple of minutes to write something down, like the World Cup is happening, which I don't- You can tell the ones where I'm not really invested in the experience, I'm just writing it because, I don't know, I'm just marking that I'm bored, basically.

But yes, the ones about my family and the ones about things that are actually important to me, I can definitely go back to that place when I read them.

Are there things you feel are missing from it, or that you wish you'd written more about?

There probably are things that are missing, just because I haven't had the time to properly sit down and write about them, but I wouldn't really feel like something is missing, because I've only gone into the app and written about it when I've actually wanted to write about something or had the time and wanted to write about it, so it's not a missing thing, as far as I'm concerned, because I only use it when I have the time. It's not regimented, so I don't have any set out targets or anything.

But there's nothing there when you go back in, that you're thinking, "Oh, I maybe should have written more about that"?

Possibly, I think the ones where I have had a lot to say, I have written quite a lot about them, and they've been the ones where I've started, maybe on my way home, stopped when I've got off the metro, walked home and then got home and then written more. So yes, if I've wanted to get something down, I've found the time to do that. I've never gone back in on a separate day and updated an entry, but I have maybe stopped and then started again within the same day to do it, or followed up the next day with another post.

Yes, but it is always on the day that you write it, you don't go back and retrospectively put an entry in.

Yes, the one where I said there was about six or eight over two weeks, that was probably on the same thing, so some of it- I suppose that's updating, but it would always have its own date, so if my mood has changed or something else has happened that's altered how I look back on that, or how I'm experiencing it, then that would be seen as a separate date, I wouldn't go back into the original post and update that one.

How would you say it compares to other diaries or things, or reflective things that you've written before, how would you say it compares to them?

Well, this is definitely the longest that I've stuck with something, and when I've been reflecting and writing. But it's probably similar to- I mean, I was very young when I did anything paper journaling wise. But I use Twitter, and although that's a public sphere, that's kind of my thoughts and my reflections on things, but things that other people are welcome to see, and obviously in quite a limited capacity.

Yes, I used to write a lot of letters to my grandma, because we've moved from Ireland when I was young, so I suppose that was another way of reflecting on my day and on my week and my month, and she used to write back to me. So I've always been used to writing to tell other people about what I've been doing, or what I've experienced, or what I've enjoyed, or what I've progressed in, that sort of stuff. So it's probably not that different to that, except it's just for me, at the moment anyway.

So, how does it compare to obviously on Facebook and Twitter and things now, you've been using these services for quite a long time and you can look back quite a long way. How would you say it compares looking back at something like your diaries compared to maybe looking back through your Facebook timeline, or Instagram photos or something like that?

Yes, it's probably more cringey to look back at the public stuff. So I think maybe this is more genuine. It's not been as long as well. I mean, I started on Facebook and things when I was 18 or something, so obviously some of the stuff that's on there is just horrendous and quite embarrassing, a different time in my life. But it would be interesting to see, in say seven or eight years, whether some of the ways that I've described, some of those experiences are very different.

So I don't know really. It's definitely different; it's more honest I suppose. I don't put up a façade on the public stuff, but I certainly don't put up exactly how something made me feel, or anything like that. It's definitely a different voice in the journal.

Again, I don't know, do you do any sort of self-tracking, or record- Do you wear like an activity band or track your running or anything like that?

I used to use My Fitness Pal religiously, but I dropped off with that probably just through getting a little bit busy and then getting bored of it. But my partner has a [Jawbone 0:31:51], and I've been thinking about getting something like that recently.

With buying the flat we've had to get all sorts of health insurance and things alongside that, and one of the things that we've got is this [Pru Vitality], which you'll get extra points and your premium can come down if you track things, so we're both now looking at how we can do that. So actually I use Nike+ on my iPod, to track my steps to and from work, and I've been using that on and off for about probably four or five years, but I think now because there's an incentive I'm going to start using it more. So it's definitely something going forward that I'm going to be looking at doing a bit more, but my phone is on the blink and needs replacing. So all of these things, because I would just like them to link up to one device, they'll all happen once I've had chance to upgrade.

Yes, but those tracked apps, so Nike+ and My Fitness Pal, were those things you ever looked back on as well? Did you ever look back [with those 0:32:51]?

I don't really look back on them. I look at them obviously when I'm putting them on the computer or uploading them to something, I'll have a look, but I haven't really got into tracking all of that stuff. I think with the new Pru Vitality stuff, because it will be in my interest to actually know how far I've progressed with that and how close I am to getting my points and things, I think I'll start doing that more.

My partner has started running again this year, so he's been religiously tracking his routes and his best times. He's hoping to do 5k at some point, so he's been really tracking stuff, so we've been looking at his progress, and I suppose this year it's my turn to get into some of that.

Again, comparing it to photographs, or Instagram, how does it compare to look back at things you've written about compared to looking back at photographs from a particular time?

I look back at the photographs more often, and I use Instagram more often than I'd use this, probably. But I suppose the photographs would always tend to be quite positive, and the nice experiences and the nice things that I've had. I wouldn't really take a picture of something that was awful; I don't think I want to be reminded in that way. Whereas I might write about how it made me feel. I might even tweet about it, because it's annoying, but I wouldn't use visual records to record something really negative, that's not what I'd do.

Okay, so I guess from those questions then, just thinking generally, what we're interested in this research is all the different ways you can document people's lives, and obviously some of these tracking devices are more automatic and passive. My PhD generally is about, what are the consequences of that, of being able to look back at all the steps that you've done.

So I just think, the questions generally, you say there are a few different things you seem to do and they document your life, but do you ever think about it in a bigger way like that? That you're making a record of things?

So do you mean for in the future, what all that data coming together means?

Yes, have you got any thoughts that, by keeping a diary, by tracking your steps, by having Instagram, do you think about the future of them very much? Are you aware that you're trying to document your life in any purposeful way?

Yes, I think as I get older I probably think more about that, and that idea that when I'm gone there would be a record, but then I don't know how or I don't know who would be interested in looking back on that. The public ones certainly I would be very aware that I'm documenting my life, but it's also curated to how I want it to be, so I know for a fact that my use of Twitter and Instagram and things have helped to get jobs, or to get access to people that are quite influential in stuff that I'm doing.

So, yes, I think for the public facing stuff definitely, I'm very aware that that's a record, I'm very aware that that changes, and things like Facebook, I'm very aware that the early stuff is just horrendous, but it's there and it's on there.

But for the private stuff, I don't know really. I don't know how I'd feel about that being a record that people have, but then I suppose I have to think why am I doing it then? I suppose it will be nice when I'm older to look back at how I wrote about things, or the different things that I did and the different people that I knew when I was younger. That's the other thing, you see; things change and people drop in and out of your life, and things can seem very important at the time, but then with time they become less so.

So, a small question, with Facebook, have you gone back and edited, or curated things from the past? Like taken anything out?

No.

You've just left it.

No, I think I've left it. I've possibly untagged myself from things, so that would be things that other people have put on. But my own content, my own stuff, I haven't edited any of it, although I'd definitely like to edit some of the silly posts that I put when I was younger.

Yes, and then coming back to this, as something you imagine preserving in a way, do you ever imagine that you might, in a few years' time, lose interest in it and then delete it, or do you think you'll always kind of...?

I think I'll always keep it. Again, I think I'm a bit of a hoarder in that way, I don't know how I'd feel about just deleting it all. But then I suppose it depends on how long the app lasts, and how well those things do and all of that. It wouldn't upset me if one day I went in and everything had been deleted, but I don't think I would personally go in and delete it all, because it is a nice thing to go back and reminisce about when you wrote that. I'm sure over time it will become less regular, or other things will take some of the time, but certainly for now it's quite a nice little thing to have.

In terms of reminiscing, just again coming back to what you said before, you might be in a particularly reflective mood and you might want to look back on a couple of things, would you say that's the same with photographs?

Yes. Yes, definitely.

Okay, and would you do them together?

No, actually, it's probably quite separate, again, because the photographs are more about the nice experiences and the nice things, so it's maybe thinking about my time at my cousin's, or the wedding, or something like that, whereas this might be more when I'm in a reflective mood as to how I feel about something at the time. So it's different things to reminisce on.

So yes, then, thinking again about the future, do you think this is something that, in one way or another, whether it's this app or not, that you will now keep up for a long time?

Yes, definitely, it's something that I'll keep up. I think I get quite a lot from just having that reflective moment now and then, it doesn't matter how regular it is.

Again, do you imagine, in the future, sharing it with people, other family, or is it something that you imagine looking back on with other people, or do you think it will remain quite a private space?

I don't think I'll necessarily look back on it in the form of sitting and reading it out to people, but I think I can imagine maybe mentioning it in conversation. So, if I'm in a group of friends and we're chatting about something that happened last year, and I might say, "Oh, I was reading a diary entry that I wrote last year about it, and it was really funny that I'd said this." So I could see it coming into conversation that way, but it wouldn't be something that I'd offer people to read.

Yes, and in that kind of conversation do you think you'd bring out the app and see what you said?

It would depend on probably how funny it was, really. If it was a very deep thing, or a very sad thing, or something, I might not quote it, but if I felt like, "Oh, you sounded a bit of an idiot when you said that," then I might read it out word for word, because that would be quite humorous really.

Yes. Finally, is there anything else that you feel records your life? Are there things you hold on to? Are there important objects or anything else you feel you keep a record of, or document your life in any way?

Online, or [digital 0:40:35]?

Either online or physical.

Yes, well, having packed up a house to move recently I've realised that I still do keep a hold of a lot of things. I've got a lot of things from university still, like essays, and I've got all my books from university, which a lot of them are irrelevant now to what I'm doing – some of them are still relevant. So yes, I definitely do hold onto things as memories, but I've also got a little bit better at letting things go and realising it's just an object and that memory is not actually part of the object, it's just a reminder.

But I think writing down things, that's a more important way of remembering things, for me. I've kept all the letters – well, not all the letters, but the last few letters from my gran, so things like that are quite important to hold on to, and photographs are nice as well. It does seem to be that more often now my photographs are all kept digitally online, they're not in my house, on the wall, as much.

I think I'm nearly done. I have a couple of practical questions. Do you ever use any tags, or anything like that? Do you mark up the text in any way?

I don't use tags for DayOne, because tagging, for me, is about the public, and linking it to other people's things. I don't necessarily use it to join together themes for my own stuff.

I'd use tags for Evernote. Again, I think I see that more as like a filing system for things, and I use tags on, I suppose, Instagram photographs. Any of the public things I would use tags for, but not necessarily as much the private stuff.

Equally, do you ever use the search function on DayOne? Or do you tend to just find the entry quite...?

I've never used the search function, but I think if I go on for like three years I'll probably start using it then.

Yes, yes, okay. What have I written? Any... I don't know what I've written there.

Again, yes, was there a particular reason, when you decided to keep a diary, that you started using DayOne, rather than a paper journal, or something else?

Well, I wanted something that was on my phone and that I could carry with me and I could do anywhere. So that's why I went for something online, on my phone. I'm not sure how I heard of DayOne, or why that was the one that I picked. I presume it was someone spoke about it at an event I went to or something, I'm not sure why any of the event speakers would have been, but yes, it just seemed very straightforward and very easy to use, and I could just use it as a digital version of a paper diary.

Yes, and you feel that it's equivalent in that respect?

Yes, I just open it up and then I can just add a page, or I can add a photograph if I want to, but it's quite simple and I can see it in a time line, so as you go back through, flick through a paper book, I can go back, that's important to me as well, to show it like that.

I think I've probably asked you everything I had to ask. Have you got any questions, or anything else you want to add, or something I should have asked you?

I don't think so. I think it's a really interesting topic you're looking into, and I suppose I think it would be really interesting to see how at different points in different people's lives, how important these things are, and I suppose within your research you'll find that out.

Yes, there's so many- I should have said as well, I'm doing a bunch of interviews with people who keep digital diaries, and I've done a few with people who keep paper diaries, so I've interviewed a couple of- My mum plays bridge actually, and I've interviewed some of the pensioners she plays bridge with, and so they've got records of 30, 40 years. But interestingly, those ones were actually

[very short 0:44:30] in different periods of their life ____ [equally] they'd got more reflective as they'd got older.

So yes, I think I came into this a bit naively thinking that there would be 'a' way of keeping a diary, and there's obviously not, obviously people have completely different priorities of the types of things they record, and what they feel is important or not. Then, I guess the other thing, [what we're trying to] work out is, whereas maybe you'd have your diary, you'd have some objects, you might have some photographs and maybe a childhood video, online these things get all mixed up and then you can do multiple things. I mean, DayOne is one of the less automated ones, but there are other diaries that automatically grab your content from social media and other places and try and structure your diary keeping that way, which makes it easier.

But I suppose for something like what you're doing, it wouldn't work, but for other people who want to just document the every day, then that would work for them. So yes, we're trying to work out what- I guess as well what are the consequences of a memory, or a description like this, which is very personal and curated, versus one that's generated just by living, just by having written that email, just by having walked that way, and then [suddenly 0:45:44] there's a record of it, and then as a... I don't know. I guess, does it feel different to look back at something that you've written, as opposed to something that, maybe a photograph that's been taken of you, or something that you've written on Twitter? Do you know what I mean? You've said on Twitter things are quite curated and whatever.

Yes. Oh yes, definitely quite different. If it's just for me it's more honest about how I actually felt about something. I would use Twitter to say if I wasn't happy about something, or say something I didn't agree with, but it would be a very different way of describing it, and Facebook as well, to how I would write about it at home. I think if it had actually upset me, that wouldn't necessarily go on Twitter or Facebook, but it would go into DayOne.

Equally, things about my sister's wedding, I might have put, "I had a beautiful day at the wedding, it was wonderful," but I wouldn't write how I actually felt about my sister, or my new brother in law, and how my mum and dad felt, and how- I just wouldn't go into as much detail, it wouldn't be as personal, it wouldn't describe how we felt as much. It would just be how wonderful the day was, and how nice it was, or something funny that happened or something nice that happened. So it's definitely very different.

But do you feel that both of them are useful, or would you ultimately...?

Yes, yes, definitely both of them are useful in different ways. Yes, because I like sharing things with my friends and my family, and I like connecting with new people as well, so the public facing things are more about that.

It would prompt memories as well, because maybe I do it more regularly, because it's shorter and it doesn't take as much of my... I don't know, not even creativity, just my own personal thoughts, to do it, so it's quite easy to do it, and it also covers everything from my work life to my personal life, to other people's work, like I use it in different ways. Whereas this would be just about reflecting on how I felt about something, and how it affected me, or the people around me that I care about.

So it's definitely useful to use both of them to track things.

Yes, yes, I'm just wondering how it's all going to come together. Do you ever imagine having a- I mean you were talking about moving house and maybe getting a new phone and various things, but do you imagine having a more centralised record, or do you like having things in different places?

It would be great to have a centralised- Maybe something that looked after both, and I suppose maybe an easier way of comparing the two, so you could draw different comparisons on the public-facing you versus the private you, and yes, reflect even further on it, I suppose. I'm quite interested in stuff like that.

Yes, there's quite mixed- There's some research that says that some people would really not like it, because they have particular identities for particular places, and it can mix things up, and there are other things, people who suggest that actually there could be some use, and there's other- Yes, I think with all the fitness stuff, I think it's interesting how they're going to have to get towards some sort of standard so you can use a Jawbone for five years, change device to Fitbit and then you still have your data.

Yes, definitely.

There are still plenty of cases of people getting shafted by that and losing a year or two here and there.

Yes, and even like My Fitness Pal and things where you can scan different codes and do it very automated, but the database might still be American for that particular product, and then you've got the issue of different ways of describing ingredients, or different ways of buying, different bulk sizes and stuff.

So yes, a universal tracker, journal, record keeper would be fantastic.

Yes, but then there's also the other side of it I guess as well, people who track very specifically some things and not others, and there's, I think, a human desire to capture everything, but then actually, the way that we live our lives it's not really practical, and actually when we look back you then have too much. In some ways what you've got there is very nice because it seems very curated and specific, and it's quite- I guess you could read that in an hour or two.

Yes, definitely. I think there's that issue also of, what will we do with all of the data?

Yes, well it's like having 10,000 photographs, you can't look at them all.

So, those are all the questions that are up in the air, and we're trying to resolve. In terms of a research thing, there has been a fair bit of research about Facebook, and, do you know the Microsoft [SenseCam]? It's one of the original wearable cameras, you can wear it on a lanyard around your neck and there's a lot of research about, "Oh wow, this camera takes photos

automatically,” and how people react to that and what does that tell you about people’s memories and things.

But in terms of the sensing and data and [instrumented 0:50:55] rooms in homes and things, that’s all quite ____, quite new, so that’s kind of where we’re going with it.

Have you got any other questions at all, anything you want to add?

No, I think that’s probably it.

Well, thank you very, very much – 50 minutes, that’s okay. Stop ____.