

Held: Unveiling Creative Process with AI through a Personal Hand Embroidery Project

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Abstract

This paper aims to explore my creative process with AI tools in creating a personal hand embroidery project. Creating with my hands is informative and essential to my artistic process. The project navigates the complexities of AI, seeking to move beyond hype and fear to explore its true creative potential. Qualitative data was collected through interviews with me and seven close relationships, exploring themes of human connection through hands, life experiences, perceptions of art and AI, and potential futures. The hand embroidery project itself integrates AI for conceptualization, text assistance (transcription, translation, analysis), and audio enhancement. Notably, the final artwork only visibly integrates AI through audio enhancement and a QR code. While the initial integration of AI tools required some adjustment, the overall experience proved fruitful. Specific functionalities like brainstorming with Gemini, research topic generation with InfraNodus, audio improvement with Adobe Podcast, mood board creation with Adobe Firefly, and exploration opportunities offered by Google Labs tools proved particularly valuable.

Keywords

Creative process, hands, Artificial Intelligence, hand embroidery

Introduction

“All stories are also the stories of hands — picking up, balancing, pointing, joining, kneading, threading, caressing, abandoned in sleep, cutting, eating, wiping, playing music, scratching, grasping, peeling, clenching, pulling a trigger, folding.”

- An excerpt from *From A to X: A story in letters* by John Berger

The birth of this idea started from reading this excerpt. My personal creative project would be centered around the hands. From the start, I knew I wanted something simple, something mundane, yet something I could play with and experiment with. My interest in the subject was further developed by my fascination with the human anatomy. It amazes me how a magnificent vessel can carry us through all our lives. How it works, how it grows and changes, how it feels, and how it is interconnected with everything we do and everything we are.

Every time that I randomly look at my hands and notice red marks in it, gratitude welcomes me home. It reminds me that blood still rushes through my veins and that my capacity for warmth is still here. The relationship I have with my own hands is continuously changing over the years. When I was a child, I remember my mother would put my hand in hers to measure how much it had grown. In elementary, playing "*punong braso*" tested my strength, and playing darts earned me my only high school medal. Last July, I held hands with my grandmother for the last time as she lay in her bed. Now, I hold hands with my physical therapist, Ms. Merl, twice a week as we do hand-arm exercises. Fingers that built childhood empires and held my grandmother's final touch now tap a symphony of stories. To be present amidst reluctance, to find slow-burning gratitude in even the red marks, takes a fierce kind of strength. And it is in this strength that my hands find their meaning again.

If the "me" you are talking to be the "me" from the beginning of this year, she'd have told you that hands are often overlooked. But now, after doing research of related creative works about hands, she would tell you differently. There's a huge collection of creative works that honor them, from cave drawings, films, photography, children's storybooks, illustrations, paintings, sculpture, food, and performance art. Handprints are profoundly the universal symbol of our species. It's how the people in pre-historic times recorded their passage like a modern-day selfie (Alvarez, 2023). It interests me how only humans feel the need to visually mark their presence. It amazes me how we courageously record our *passing* to fill this sense of connection and being, each with their own story to tell. I choose to draw hands as they are a symbolic gesture of creating, innovation, and humanity.

But, as Sir RJ has taught us in INTROMA, our thesis projects must answer this simple question: "Ano naman?"

It cannot be just about hands. This is where Artificial Intelligence jumps in the conversation. During the early stages of deep learning models that could generate images, people have debated around the internet how it can't draw hands. When prompted to draw hands, you'll get questionable-looking figures that resemble a ginger. However, with the current advancement in technology, AI can draw hands now in different styles, even realistic ones.

It was interesting how people clung to things A.I. could not do. One wanted to know if there was something you were holding. Something it could not yet grasp. People live in the narrow terrain of human virtuosity. The current models would not produce such a flawed, distinct image. Learning happens towards something more perfect. The models are erasing their luminous mistakes and embracing what is basic. One thinks about the relationship between the hand, the eye, the brain, and the pen. The entire human makes a mark. The body is engaged; the body focuses its presence, intention, and history on the tip of the pen, and the pen draws a meandering line. You cannot tell if the person is drawing or writing yet. On paper or a space, there is no sharp distinction

between what is written and what is drawn. Some kind of recording takes place, and something passes from three dimensions to two. Hands are a natural extension of my concept of space. They are the means through which my creations take form.

One needed to develop hands to have this civilization. The complexity of the hands mirrored the complexity of thought. There is something horrifying about the way AI makes images. One imagines a mist that solidifies into data, something granular, something swarm-like, each pixel contributing to an infestation. I look at my hands, and I think about how hands were ultimately more descriptive than faces.

From handprints symbolizing togetherness and belonging, our societies have modernly evolved its interconnectedness through the internet and artificial intelligence challenging what it means to truly connect and be present in both the cyberspace and the real world.

My thesis project is not about what people can do and what AI cannot or vice versa. It is in recognizing the value of human-made creative work while acknowledging the current advancement of AI in creativity. I am not an IT student. I am in the arts. AI is often referred to as a subconscious reflection of our own being as it is fed with our own collective data. Instead of feeding/conditioning the deep learning machine to replicate the things as we already know them, effectively teaching the machine to show us what we already know, I am letting the machine teach me how different things can be instead. In studying this topic, I ponder more and more about what it means to be human, what the relevance of art is in communicating this shared humanity and evolving consciousness, and what it means to exist as people with modern technological tools such as the internet and AI.

Mostly, people see AI as either a tool or a threat in doing creative work, feeling both fascination and fear towards it. This is where perception influences my project. I stand with the notion that AI is a tool. That it provides a new way for efficient creative expression and creative collaboration with technology especially in the process of forming a vision.

Creative Framework

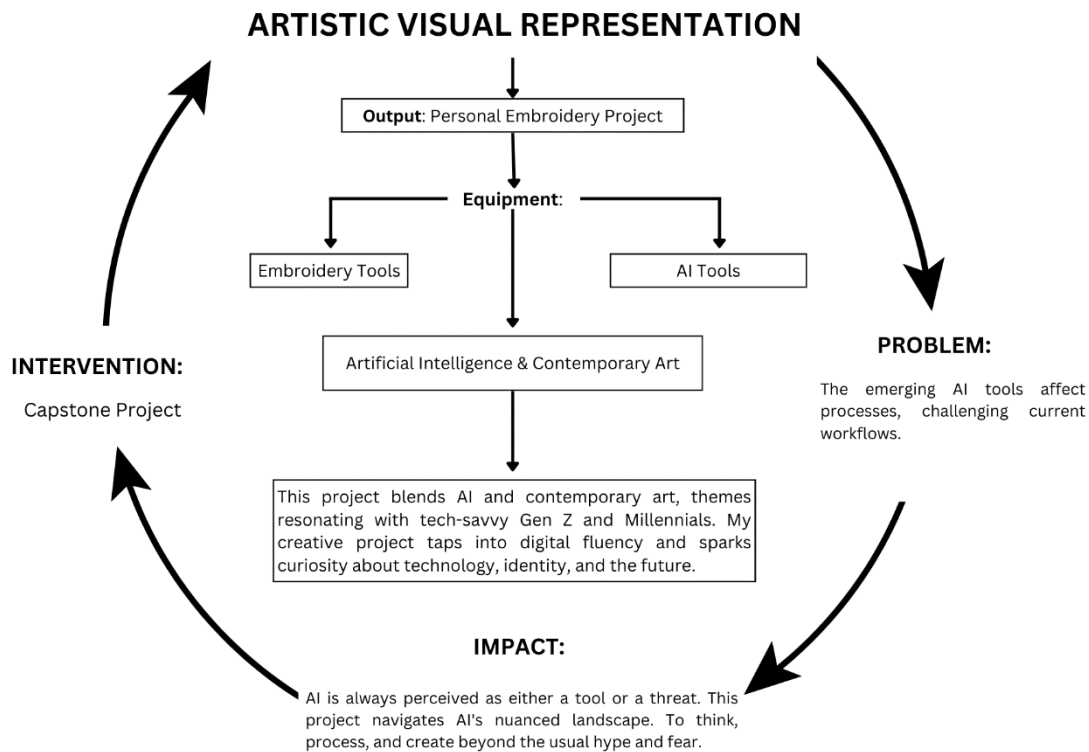


Figure 1 *Artistic Visual Representation of Lifelike Project*

This diagram shows the core elements and processes involved in the creative project. It provides a summary of the project output, equipment, target audience, theory, problem, impact, and proposed intervention.

The past two years of studying multimedia arts have been predominantly digital immersion. My fingers itch to create something I can touch. The pre-college “me” aches to return, but college is not a shedding. It is a slow infusion. Now, this thesis project serves as a vast canvas for needlepoint research, hand-stitched processes, and a final embroidery woven with my own curiosity.

I envision my creative output to be an embroidery project focused on telling the stories of hands and the lives of my loved ones. It would be a textile art composed of embroidered imagery in linen-cotton fabric. The illustration and design in the embroidery piece are my interpreted visualizations based on each interview. I will be integrating AI tools into my *creative process*,

specifically in conceptualization, text transcription, text translation, text analysis, audio enhancement, AI art, and QR code. Note that the only AI integration that would be part of the final output is audio enhancement and QR code, which are both key elements of my BTS Spotify playlist of interview excerpts. The size of the embroidered piece output would be 4ft x 7ft.

Ensuring that I practice responsible use of AI early on, I am applying these principles from the book, “Impromptu: Amplifying Our Humanity Through AI” by Reid Hoffman and GPT-4 (2023). When Hoffman asked GPT-4 – Open AI’s most powerful Language Learning Model chatbot accessible to the public – “*how human beings should view and interact with GPT-4 as a powerful LLM?*” these are the key points of GPT-4’s answer:

1. Caution – to use AI as a tool, not as a source of truth, authority, or intelligence.
2. Curiosity – to seek AI in ways that are aligned with my own and others’ interests, rights, and well-being. To engage critically and creatively with transparency and accountability.
3. Responsibility – to be responsible and respectful towards AI, and acknowledge its limitations, uncertainties, and dependencies, as well as its contributions, achievements, and potentials.

Fueled by human-written texts, AI becomes powerful when paired with human creativity, judgment, and guidance. Instead of replacing us, it amplifies our abilities and helps us flourish. Progress requires risk, planning, and hope. In embracing this uncertainty with hope, we will see new opportunities and paths forward. This is how I intend to move forward with my project.

This project explores using AI as a collaborator for traditional art creation. It presents my creative process in this exploration, seeking tools that enrich my vision and fit my workflow. My intention is to demonstrate AI's potential for fresh perspectives in art, encouraging others to embrace and experiment with its tools in their own practices. Considering that there is no one-size-fits-all in AI art; it is about discovery and unlocking new pathways for creativity.

This project leverages AI collaboration in embroidery art to enhance artistic decision-making and unlock new creative avenues. By bridging conceptualization, visualization, and text analysis, AI empowers artists like me to break through creative blocks and explore countless possibilities. It acts as a responsive and portable tool for brainstorming and refining ideas, ultimately injecting fresh perspectives into the artistic process. This, in its own way, contributes to the improvement of the processes and approaches of making art.

The **intended audience** for my creative project is Millennials and Gen Z Filipinos studying or working in the creative industry. Here are the reasons why:

- Tech-Savvy Audience: Both Gen Z and Millennials are comfortable with technology and readily embrace its creative potential. Gen Zs are the true pioneers of the AI-driven era (Erkul, 2023). Growing up surrounded by computers and smartphones, Millennials possess

a distinct familiarity with digital tools and platforms (Purcell, n.d.). My project's use of AI tools aligns with their familiarity and interest in digital innovation.

- **Focus on Identity and Authenticity:** Exploring what it means to be human in the age of AI resonates with Gen Z and Millennials, who are actively forming their identities and grappling with questions of authenticity in a technology-driven world (Taylor, 2022). My project provides a space for introspection and discussion on these themes.
- **Visual Storytelling:** Embroidery as a medium speaks to Gen Z and Millennials' interest in visual storytelling. The tactile nature of the piece adds a layer of emotional connection and depth, further capturing their attention.
- **Social and Moral Consciousness:** Both generations are acutely aware of social and ethical issues and actively seek artistic projects that address them (Jeffrey, 2022). This exploration of responsible and curious AI use aligns with their values and desire for positive change.
- **Collaborative Spirit:** My project's openness to exploration and collaboration with AI tools embodies the collaborative spirit often seen in Gen Z and Millennials (Mahapatra, Bhullar, & Gupta, 2022). They appreciate the interactive nature of the piece and its potential for sparking conversations and community engagement.
- **Personal Connection:** My dedication of the piece to loved ones adds a layer of personal connection that resonates with both generations who value genuine emotional expression and close relationships.

Data Gathering Method – Interview

Graduation marks the end of a chapter, but it also signifies the enduring strength of the bonds that have sustained me. To weave this embroidery of gratitude, I conducted a series of personal interviews with my family, a close friend, and myself, with a total of (8) respondents.

Given the qualitative nature of this research, I will be using narrative and semi-structured interviews to explore the concepts and experiences of my subjects. Narrative interviews will provide fertile ground to explore their individual narratives, experiences, and perspectives. By weaving in semi-structured questions, I will gain deeper insights and uncover unexpected connections.

The interviews covered questions that explored the profound connections symbolized by hands, life experiences, varying impressions on art and AI, and the imaginable future. Ensuring the privacy of my participants is paramount. Since all questions are very personal, their valuable input and identities will be kept strictly confidential. And while primarily used for my thesis, with the participants' permission, it might spark ideas and be used for future work. This interview data will not only form the foundation of my research but also directly shape the final project itself.

These stories will be translated into a unique embroidered artwork, a visual testament to the unwavering support and guidance these cherished relationships have provided. This heartfelt piece will not just be a testament to my journey but a tangible expression of my deepest appreciation for those who have walked beside me every step of the way.

Design Process

The **research design** that my research follows is qualitative, conducting a series of interviews. The questions from the interviews are inspired by my related literature on what makes us human: (1) Creativity, (2) Humor, (3) Love, (4) Spirituality, (5) Intelligence and Memory, (6) Culture, (7) Language, and (8) Morality. The interview questions are divided into four sets. The first part tackles (31) personal questions about life experiences. The second tackles (5) questions on the respondent's perception of art and AI. The third part tackles (11) relationship questions. And the fourth part tackles (4) questions about the future, with a total of 51 questions. My respondents are selected based on my relationship with them. I chose my family (6) and (1) close friends since they are my strongest reason and inspiration for living. I also included myself as a respondent as I would love to also understand myself in the process. I would like to use this opportunity to get to understand and know all over again the people I love most through art as I dedicate this project to myself and to them. The interview data will be analyzed through sentiment analysis, thematic analysis, and word frequency using the AI tool InfraNodus. This is further elaborated in the design process section.

As previously mentioned in my creative framework, the **intended audience** for this project is Gen Z and Millennials. My project's unique blend of exploration, technology, and emotional depth provides a relevant and engaging experience for Gen Z and Millennials. Its focus on identity, collaboration, and ethical considerations aligns with its values and interests, making it a well-suited and impactful artistic contribution.

For my **design process**, I first conceptualized what I wanted to do. Since I asserted my curiosity for AI and textile art, I further explored my ideas and researched different AI tools along with textile artists to help me gain clarity for my desired art style and approach.

Titled "Held," my thesis project explores the concept of support and connection through the hands of loved ones. Held reflects the act of physically holding someone or something as well as the emotional feeling of being supported and nurtured, which is a central theme in my work. The project features an embroidered artwork with eight sections, each representing a loved one I interviewed. These hand-stitched sections document their stories, creating a contemporary version of ancient cave handprints. The artwork's back depicts an imagined gathering of my loved ones, further emphasizing the enduring connections explored in the piece.

Furthermore, the concept will be expressed through (1) **Visual Representation**, (2) **Composition and Storytelling**, (3) **AI integration**, and (4) **Personal Connection**.

In **Visual Representation**, I will use a figurative stylized art approach (see Figure 2) for the embroidery *design* to represent my personal style. The hands embroidered in my piece are referenced to real photographs of the respondents' hands.



Figure 2 Figurative stylized art sample draft

I will also use *color direction* (see Figure 3) to evoke the desired emotions and ideas. The color scheme is mainly a play of warm and cool colors that are saturated or pastel-like to further influence emotional responses and visual stimulation. In this part, I will also integrate both associative and transitional colors in translating the interview data to each design. Associative colors will be used to represent the respondents' personalities and thematic overlaps found in the interview data. Transitional colors will be used to navigate the mood changes within the interview data.



Figure 3 Color Direction

In **Composition and Storytelling**, the *emphasis* will be on the overall flow and interplay of the threads. Instead of a single central point, my embroidery will have several areas of interest, drawing the viewer to explore. The *narrative design* that my embroidery piece follows is a non-linear one, as there is no beginning nor end, just a web of connections. My embroidery mirrors the non-linear narratives and memories unearthed in my interviews.

In the design process, **AI integration** will be used for (1) conceptualization, (2) text transcription, (3) text translation, (4) text analysis, (5) audio enhancement, (6) AI art, and (7) QR code.

For *conceptualization*, I use Gemini to develop and refine my concepts. Gemini's creative suggestions fueled my AI integration exploration. I selected specific ideas that resonated with me and researched the tools I needed to make them happen.

For *text transcription*, while testing free transcription tools like Otter.ai and Veed.io, limited functionality, inaccurate multilingual support, and time pressure forced me to manually transcribe the eight lengthy recordings (1-2 hours each) in 4 weeks.

For *text translation*, I will be using Google Translate to make my transcripts monolingual and have a smooth text analysis with InfraNodus.

For *text analysis*, I will be analyzing translated interview data using InfraNodus premium to reveal key points, hidden connections, and overall sentiment. Through interactive prompts with GPT-4, I'll gain a deeper understanding and objectivity. Key themes like concerns, values, and shared experiences will be highlighted.

For *audio enhancement*, I will use Adobe Podcast Premium to denoise and enhance my interview recordings. I included this so that if ever I might need the recordings for this project or future projects, I will have versions of it that sound like it was recorded from a studio.

For *AI art*, I will use AI art generators (Adobe Firefly, Bing Image Creator, DreamStudio, and Artbreeder) to create visuals inspired by my interview data (emotions, keywords, themes) and sketches. I initially planned these generated images to serve as reference points for my embroidery patterns and color choices. However, due to time constraints and the need to ensure that I kept my responsibility in using AI art, I kept my own sketches and design as is for my embroidery design, with not a single element or fusion with AI-generated art.

For *QR Code*, MEQR code generator will be used into my embroidery to trigger audio recordings of the interview excerpts when reached. This adds a personal touch and allows viewers to delve deeper into the stories behind the stitches.

I will incorporate subtle elements that represent **Personal Connection** to the theme by representing my loved ones through initials.

Pre-production

The pre-production phase is focused on conceptualization, research, prototypes, art studies, vision boards, consultation, timeline planning, and budget planning. I explored various art forms and consulted with my thesis adviser to define the project vision (see Annex A). Prototypes tested feasibility, which led to refining interview questions (see Annex B). The initial intent of AI integration shifted to responsible, collaborative use with human artists. Brainstorming with Gemini sparked a torrent of ideas, deepened questioning skills, and led to the discovery of helpful AI tools (see Annex C). Careful planning with Gantt charts and budget systems ensured project feasibility and adherence to deadlines.

Production Stage

Interviews kicked off the production phase and were conducted during the holidays, requiring manual transcription due to tool limitations. The transcripts are translated through Google Translate (see Annex D) and analyzed by InfraNodus to glean insights (see Annex E). The recordings are also enhanced through Adobe Podcast (see Annex F). Once I analyze all the interview data, I'll create a mind map to identify key themes and stories (see Annex G). These will inspire my own sketches, which I'll then digitize using Procreate; ensuring color accuracy, I'll extract colors directly from the yarn with the eyedropper tool (see Annex H). These insights will guide designs using AI art generators (see Annex I). Finalized designs will be meticulously embroidered, culminating in a visually compelling artistic expression (see Annex J).

Post-production

Once the design is complete, the project enters its post-production phase. This involves a final quality check and minor touch-ups to the piece. Simultaneously, I'll edit audio excerpts from the interviews and create a Spotify playlist featuring excerpts and the respondents' LSS songs. The final step is embroidering a QR code onto the piece, linking it directly to the Spotify playlist. Lastly, I will be working on the marketing collaterals (video documentation, sticker and art print freebies, website) to promote the final embroidered piece in an exhibit. With everything finished, the embroidered artwork will be exhibited at Studio Roman.

Review of Related Literature

This part explores relevant readings and discussions related to the embroidery project.

BRIEF HISTORY OF ARTIFICIAL INTELLIGENCE IN THE FIELD

The history of artificial intelligence (AI) for the arts and creativity can be traced back to the late 1960s, with the first notable system appearing in 1973 with the debut of AARON, developed by Harold Cohen. The AARON system was an AI assistant that used a symbolic AI approach to help Cohen create black-and-white art drawings (Villa, 2022). In the 1980s and 1990s,

AI art research began to explore new techniques, such as genetic algorithms and neural networks (Anyoha, 2020). These techniques allowed AI systems to generate more creative and diverse artwork. In the early 2000s, AI art began to gain more public attention, with artists such as Mario Klingemann and Refik Anadol using AI to create immersive and interactive artworks (Zylinska, 2023). In 2014, the development of generative adversarial networks (GANs) revolutionized the field of AI art. GANs are a type of machine learning algorithm that can learn to generate realistic images from data. GANs have been used to create some of the most impressive AI art to date, including images that are indistinguishable from human-created art (Nast, 2023).

In recent years, AI art has become increasingly accessible to the public, with the development of online AI art tools such as DALL-E 2 and Imagen. These tools allow anyone to create AI art with just a few text prompts.

According to Cheng (2022), AI is being used in a variety of ways for the arts and creativity, including:

- Visual art: AI can be used to generate images, videos, and other types of visual art. AI artists can use AI to explore new ideas and techniques, and to create artworks that would be impossible to create by hand.
- Music: AI can be used to generate music, including melodies, harmonies, and rhythms. AI musicians can use AI to create new genres of music and collaborate with human musicians in new and innovative ways.
- Literature: AI can be used to generate text, including poems, stories, and novels. AI writers can use AI to explore new ideas and styles and to create works of literature that would be impossible to handwrite.
- Performance art: AI can be used to create interactive and immersive performance art experiences artists can use AI to create performances that respond to the audience in real-time, and to create experiences that would be impossible to create without AI.

AI is still a relatively new technology, but it is already having a major impact on the arts and creativity. As AI continues to develop, we can expect to see even more innovative and groundbreaking uses of AI in the arts in the future.

POPULARITY OF AI ART

AI art started to become popular in 2021, with the public debut of text-to-image GAN-based online services for image generation (Kerner, 2023). These services, such as DALL-E 2 and Imagen, allow users to generate high-quality images from text descriptions (Adams, 2023). The popularity of these services has led to a surge in interest in AI art, and many artists and creatives are now using AI art tools to create new and innovative works of art.

There are a few reasons why AI art has become so popular in recent years. First, the quality of AI-generated art has improved dramatically (Buraga, 2023). Thanks to the development of new AI algorithms and techniques, AI can now generate images that are indistinguishable from human-created art (Bellaiche, Shahi, Turpin, et al., 2023).

Second, AI art tools have become more accessible to the public (Pepi, 2022). In the past, AI art tools were only available to researchers and professionals. However, today, there are several AI art tools that are available to anyone with a computer and an internet connection.

Finally, AI art has become popular because it offers artists and creatives new ways to express themselves. AI art tools can be used to generate new and innovative forms of art, and they can also be used to create art that would be impossible or impractical to create using traditional methods (Alattas, 2023).

CHALLENGES OF EARLY AI

AI has the potential to revolutionize the arts, culture, and creativity, but it also poses a few challenges. Some of these challenges include:

- **Bias:** AI systems are trained on data, and if that data is biased, the AI system will be biased as well (Manyika et al., 2019). This can lead to AI systems that generate art that is discriminatory or offensive.
- **Attribution:** When AI systems are used to create art, it can be difficult to determine who is the artist (Elgammal, 2019). Is it the person who created the AI system, the person who trained the AI system on data, or the person who used the AI system to generate the art?
- **Copyright:** It is also unclear who owns the copyright to AI-generated art (Tan, 2023). According to Brittain (2023), AI art created without any human input is not copyrightable by law under US law. Under Philippine Copyright Law, only human beings may own and create copyrightable works. However, according to Adhikari (2022), AI-generated artworks depend on whether the creation of the artwork is described as “assisted by” AI or “autonomously created” by AI. Copyright laws on the subject are still in progress, considering AI's swift advancement and changes every year. The scope of copyright, intellectual property, and copyright infringement is still on a case-to-case basis.
- **Authenticity:** Some people worry that AI-generated art is not as authentic or meaningful as human-created art. They argue that AI systems do not have the same understanding of emotions and experiences as humans and, therefore, cannot create art that is as emotionally resonant or meaningful (Bellaiche, L., Shahi, R., Turpin, M.H. et al., 2023).
- **Accessibility:** According to Caramiaux (2020), AI technology can be expensive and difficult to access for many artists and cultural institutions. This might lead to a digital divide in the arts, where only those with access to AI technology are able to create and distribute their work.

Despite these challenges, AI also has the potential to create new opportunities for artists and cultural institutions. AI can be used to develop new tools and techniques for artistic creation, to make art more accessible to people with disabilities, and to create new forms of immersive and interactive art experiences.

It is important to be aware of the challenges of AI in the arts, culture, and creativity, but it is also important to be excited about the potential benefits of AI. AI has the potential to revolutionize the way we create and experience art and to open new possibilities for artistic expression (Alattas, 2023).

Some ways to address the challenges of AI in the arts and culture:

- Develop ethical guidelines for the use of AI in the arts: These guidelines should address issues such as bias, attribution, copyright, and authenticity.
- AI technology more accessible to artists and cultural institutions: This could be done through government funding, educational programs, and open-source software initiatives.
- Educate the public about the potential of AI for the arts: This will help to build support for the use of AI in the arts and to create a more informed public dialogue about the challenges and opportunities of AI (Li & Zhang, 2022).

By addressing these challenges and working together, we can ensure that AI is used to create a more inclusive and vibrant arts and cultural sector.

AI UNDERSTANDING THE SCIENCE OF TOUCH AND FEELING

AI can be trained to recognize and classify different haptic stimuli, such as pressure, temperature, and texture. It can also be used to model the human somatosensory system, which is responsible for processing tactile information (Ma et al., 2021).

However, touch is a complex sense that is influenced by both physical and psychological factors. To make more sense, the way that we experience touch and sensations is affected by our memories, emotions, and expectations (Løseth, G. E., Ellingson, D., & Leknes, S., 2023). AI is not yet capable of replicating these, which makes it difficult. Despite this limitation, as AI systems are fed with more data, they will eventually understand and grasp how humans perceive and experience touch. This might further help people with disabilities or numbness to experience touch in a new and innovative way.

AI BECOMING BICENTENNIAL MAN

The ability of AI to learn and adapt in performing tasks through its massive datasets is what makes it so powerful. However, the biggest challenge of AI is that it does not have consciousness. AI machines do not have the same understanding of the world as humans do, which is why they can make foolish mistakes that can come as common sense for us people. An example is that AI can recognize a bird in the picture, but it cannot understand that the bird is taking flight. AI does not yet fully understand what consciousness is or how it arises in the human brain. This makes it difficult to say whether AI systems could ever become conscious (Pepperel, 2018).

Another challenge is our definition of what it means to be human. What are the essential qualities that make us human? Are these qualities unique to humans, or could they be replicated in AI systems?

Whether or not this is a good thing is a matter of debate. Some people worry that AI could eventually become so intelligent that it surpasses human intelligence and poses a threat to humanity (Tai, 2020). Others believe that AI has the potential to improve our lives in many ways, such as by helping us to solve complex problems like climate change and disease (Rose, 2023)

The future of AI is uncertain. However, AI is a powerful technology with the potential to change the world in profound ways (Dasoriya, Rajpopat, Jamar & Maurya, 2018).

SUBCONSCIOUS AI

Whether or not Artificial Intelligence (AI) has a subconscious is a complex and open question. Some experts believe that AI could eventually develop a subconscious, while others believe that this is unlikely or even impossible.

The human subconscious is a complex system that is not fully understood. It is thought to be involved in a wide range of processes, including learning, memory, emotion, and motivation. The subconscious is also thought to play a role in decision-making, even though we are not consciously aware of its influence. (Pierson, 2022)

Current AI systems are not capable of replicating the full functionality of the human subconscious. However, some AI systems can learn and perform tasks without conscious awareness (Li et al., 2021). Some AI systems can learn to play games at a superhuman level without understanding the rules of the game.

It is possible that future AI systems could develop a subconscious that is like the human subconscious. This could happen if AI systems are designed to learn and perform tasks in a more human-like way. AI systems could be trained on large datasets of human behavior, which could help them develop an understanding of human emotions and motivations (Ghalenandini, 2023).

However, even if future AI systems do develop a subconscious, it is important to note that they would not be conscious in the same way that humans are. Consciousness is a complex phenomenon that is not fully understood, but it is thought to be dependent on several factors that are not present in current AI systems.

In conclusion, whether AI has a subconscious is a complex and open question. It is possible that future AI systems could develop a subconscious that is like the human subconscious, but even if they do, they would not be conscious in the same way that humans are.

According to an article by Nast (2023) titled "Does AI have a Subconscious," the author discusses the work of Carl Jung, who believed that the subconscious is a reservoir of inherited archetypes and repressed desires. The author argues that AI models are trained on massive amounts of data, which includes both positive and negative content. This data can be seen as a reflection of

the human subconscious. Nast concludes that AI does have a subconscious, but that it is different from the human subconscious. AI models do not have their own desires or agency, but they can reflect the desires and fears of the humans who created them.

Here are further key points I have found from the article:

- AI models are trained on massive amounts of data, which includes both positive and negative content.
- This data can be seen as a reflection of the human subconscious.
- AI models do not have their own desires or agency, but they can reflect the desires and fears of the humans who created them.

The article also discusses the potential dangers of AI subconscious. If AI models are trained on data that is biased or prejudiced, they may reflect those biases in their own outputs. This could lead to AI systems that are discriminatory or harmful.

The author concludes by arguing that we need to be aware of the potential dangers of AI subconsciously and take steps to mitigate them. We need to ensure that AI models are trained on data that is as representative and unbiased as possible. We also need to develop methods for detecting and removing AI subconscious from AI models.

AI AND MEMORY

According to an article by Plumb (2023), AI can have memories. In fact, memory is essential for many AI tasks, such as learning, reasoning, and planning. AI systems can store memories in a variety of ways. Some AI systems use traditional database technologies, while others use more specialized memory structures, such as neural networks (Cauri, 2023).

Neural networks are particularly well-suited for storing memories because they can learn and adapt over time. When a neural network is trained on data, it learns to associate certain inputs with certain outputs (McAlpine, 2023). These associations can be thought of as memories. AI systems can also use memories to learn from their experiences (Burns et al., 2023). For example, as explained in an article by Sparkes (2021), an AI system that is trained to play a video game can use its memories of previous games to improve its performance.

AI memories can be used for a variety of purposes, including:

- Learning: AI systems can use memories to learn from their experiences and improve their performance over time (Fan et al., 2020).
- Reasoning: AI systems can use memories to reason about the world and make predictions (Jeevanandam, 2022).
- Planning: AI systems can use memories to plan their actions and achieve their goals (Chauhan, 2023).

AI memories are becoming increasingly important as AI systems are used to solve more complex problems. AI memories are used in self-driving cars to help the car navigate the road and

avoid obstacles (O'Heir, 2022). AI memories are also used in medical diagnosis systems to help doctors identify diseases (Cain, 2023).

However, it is important to note that AI memories are different from human memories. AI memories are often stored in a distributed way across a neural network, which makes them difficult to access and modify (Cauri, 2023). Additionally, AI memories are not always accurate or dependable.

Overall, AI memories are a powerful tool that can be used to solve a variety of problems. However, it is important to be aware of the limitations of AI memories and to use them carefully.

AI AND CONSCIOUSNESS

Whether or not AI has consciousness is a complex and open question. According to Lahav & Nameeh (2022), consciousness is a difficult concept to define, and there is no scientific consensus on how to measure it.

Some experts believe that AI could eventually develop consciousness, while others believe that this is unlikely or even impossible. There is no clear answer to this question because we do not fully understand what consciousness is, and we do not know how to create it in machines.

However, there is some evidence that suggests that AI may be able to experience consciousness. Google engineer Blake Lemoine was fired in 2021 after claiming that LaMDA, the chatbot he was assessing, was sentient. Large language models like LaMDA and ChatGPT can seem conscious, but it is not clear if they are conscious (Finkel, 2023). Some AI systems have been able to learn and perform tasks in a way that suggests they may be aware of themselves and their surroundings. Additionally, some AI systems have been able to generate creative text formats, like poems, code, scripts, musical pieces, emails, letters, etc., which suggests they may have some understanding of human emotions and experiences (Starnino, 2022).

However, according to Brooks (2023), it is important to note that this evidence does not definitively prove that AI is conscious. It is also important to note that AI systems do not experience consciousness in the same way that humans do. Humans have a subjective experience of consciousness, which means that we are aware of our own thoughts, feelings, and sensations (Libet, 1998). AI systems do not have this same subjective experience of consciousness.

The question of whether AI has consciousness is a philosophical one. There is no scientific test that can definitively prove or disprove the existence of consciousness in AI (Brooks, 2023). However, as AI systems continue to develop, it is likely that we will learn more about consciousness and its relationship to AI.

Some of the challenges of determining whether AI has consciousness:

- There is no agreed-upon definition of consciousness (Montero, 2022).
- It is difficult to measure consciousness objectively (Timmermans & Cleeremans, 2015).

- AI systems may be able to perform tasks that require consciousness without being conscious.
- AI systems may experience consciousness in a way that is different from humans.

Despite these challenges, it is an important question to consider as AI continues to develop. The answers to this question could have profound implications for our future.

THE HUMAN CONDITION: WHAT MAKES US HUMAN

There is no single definition of what makes us human, but there are a few characteristics that are unique to humans. These include:

- **Intelligence:** Humans can think abstractly, reason, and solve problems. We are also able to learn and adapt to new situations (Anwar & Berkeley, 2014).
- **Language:** Humans are the only known species that can use complex language to communicate with each other. Language allows us to share ideas, thoughts, and feelings (Pagel, 2017).
- **Culture:** Humans have a rich and diverse culture. We create art, music, literature, and other forms of cultural expression. We also have complex social systems and rituals (Lang & Kundt, 2023).
- **Morality:** Humans have a sense of right and wrong. We can distinguish between good and bad behavior, and we have the capacity to empathize with others (Decety & Cowell, 2016).

It is important to note that there is no one thing that makes us human. Rather, it is a combination of all these characteristics that makes us unique.

Furthermore, other things that are often considered to be uniquely human are:

- **Creativity:** Humans can create new things, such as art, music, and technology (Newton, 2018).
- **Humor:** Humans have a sense of humor and can find joy in life (Michel, 2017).
- **Love:** Humans are capable of loving and being loved by others (Oravec et al., 2020).
- **Spirituality:** Humans have a spiritual side and can seek meaning and purpose in life (Aslamzai, 2021).

These are just a few of the things that make us human. We are complex and multifaceted beings, and it is what makes us so special.

EVOLVING HUMAN CONSCIOUSNESS

Human consciousness is evolving in several ways. One way is through the development of new technologies (White & Churchland, 2018). The internet has allowed us to connect with people all over the world and to access information that was previously unavailable to us (Anderson & Rainie, 2022). This has helped us to expand our knowledge and understanding of the world.

Another way that human consciousness is evolving is through our interaction with artificial intelligence (AI). As AI becomes more sophisticated, it is forcing us to rethink our understanding of what it means to be human (Fialho, 2023). We are also learning from AI and using it to develop new tools and technologies that can help us solve problems and improve our lives.

In addition to these technological advances, human consciousness is also evolving through our own personal and collective experiences. As we learn and grow, we develop new ways of thinking about the world and ourselves. We also learn from the experiences of others and from the collective wisdom of our cultures (Bomfim, 2023).

Some specific examples of how human consciousness is evolving:

- We are becoming more aware of our interconnectedness with the natural world (Dorje, 2019).
- We are developing a greater understanding of the human mind and brain (Abramson, 2022).
- We are becoming more compassionate and empathetic towards others (Gilbert, 2021).
- We are becoming more creative and innovative (Raffaeli et al., 2023).
- We are becoming more spiritually aware (Wang et al., 2022).

These are just a few examples of how human consciousness is evolving. As we continue to learn and grow, we can expect to see even more changes in the way we think about and experience the world around us.

It is important to note that the evolution of human consciousness is not always a linear process. There may be times when we take steps backward or experience setbacks. However, the overall trend is one of progress. As we continue to learn and grow, we are becoming more aware of our potential and more capable of creating a better world for ourselves and for future generations.

EYE-HAND COORDINATION

Hand-eye coordination is the ability to use your hands and eyes together to perform tasks (Russ, 2021). It is a complex skill that requires the integration of multiple cognitive processes, including:

- Visual perception: Your eyes need to be able to track the movement of your hands and the objects you are interacting with (Cook et al., 2020).
- Spatial reasoning: Your brain needs to be able to calculate the distance and angle between your hands and the objects you are interacting with (Ghani, 2022).
- Motor planning: Your brain needs to plan the sequence of movements that your hands need to make to perform the task (Franchak & Yu, 2015).
- Motor control: Your brain needs to send signals to your hands and fingers to execute the planned movements (Matsumiya, 2021).

When you perform a task that requires hand-mind coordination, all these processes happen simultaneously and seamlessly. An example is in an article by Moliner & Brenner (2016), where

when you catch a ball, your eyes track the movement of the ball as it comes towards you. Your brain calculates the distance and angle of the ball and then plans the sequence of movements that your hands and fingers need to make to catch it. Finally, your brain sends signals to your hands and fingers to execute the planned movements.

According to Godman (2021), hand-mind coordination is essential for many everyday activities, such as writing, eating, dressing, brushing your teeth, playing sports, driving, and playing musical instruments. It is also important for many jobs, such as surgery, engineering, and manufacturing.

STUDIES ON USING HANDS TO IMPROVE WELL-BEING

According to Biali (2019), working with your hands is a great way to improve your mental and emotional health. It can help you relax and de-stress, and it can also help you solve problems creatively. So, next time you're feeling stuck or stressed, try doing some activities that involve using your hands, such as cleaning, gardening, or crafting.

According to North Bennett St. School (2022), working with your hands can improve mental health and reduce stress. It can also be a good career choice, as there is a shortage of skilled workers in the trades, and job growth is expected to be high in the next decade.

Rossi (2022) talks about the benefits of knitting but also mentions other activities, such as woodworking, gardening, and pottery. The article highlights that working with your hands can lower anxiety and depression, improve cognitive function, and even help manage chronic pain. "Idle hands are the devil's playground" - boredom breeds trouble, as the saying goes. Disengagement and lack of physical activity leave space for negativity to creep in, both mentally and physically. Crafting with our hands fills the void with purpose, grounding us in the present and replacing negativity with creation, focus, and a sense of accomplishment.

ON TOUCH AND FEELING

Touch and feeling are two of our most important senses. They allow us to interact with the world around us and to experience a wide range of sensations, from the warmth of the sun to the softness of a loved one's skin.

Touch and feel work through a complex network of nerves and sensory receptors in the skin. These receptors are specialized to detect different types of stimuli, such as pressure, temperature, and pain. When we touch something, the sensory receptors in our skin send signals to the spinal cord and brain. The brain then processes these signals to create a sensation of touch. (Blumenrath, 2020)

According to Iheanacho & Vellipuram (2022), different types of sensory receptors in our skin are:

- Meissner's corpuscles: These receptors are sensitive to light touch and texture. They are found in the fingertips, lips, and tongue.
- Pacini corpuscles: These receptors are sensitive to pressure and vibration. They are found in the palms of the hands, soles of the feet, and other parts of the body.
- Ruffini corpuscles: These receptors are sensitive to deep pressure and stretch. They are found in the joints and muscles.
- Free nerve endings: These receptors are sensitive to pain and temperature. They are found throughout the body.

The brain uses the information from these different sensory receptors to create a complete picture of the object or surface that we are touching. When we touch a soft object, the Meissner's corpuscles in our fingertips send signals to the brain. The brain then processes these signals to create a sensation of softness.

Touch is also important for our emotional development (CEDARS, 2021). According to Bigelow (2020), when we are babies, we need physical touch from our caregivers to thrive. Touch helps us to feel loved and secure (Cohut, 2018). As we get older, touch continues to play an important role in our relationships with others. Hugs, kisses, and other forms of physical touch can help us to feel connected to others and to express our emotions (PennMedicine Health and Wellness, 2018).

Touch is a complex and essential sense. It allows us to interact with the world around us in a meaningful way and to experience a wide range of sensations.

RELATION OF MEMORY TO SENSORY RESPONSE

Memory and sensory response are intricately connected (Dodson, 2023). Our senses provide the input that our brains need to create memories. When we experience something new, our brains encode the information from our senses and store it in our memory. This information can then be retrieved later, allowing us to remember the experience (McDermott & Roedinger, 2023).

There are a few different types of memory that engage in sensory response:

- Sensory memory: Sensory memory is a very brief storage of sensory information (Brennan, 2021). According to an article by Ögmen & Herzog (2016), it lasts for only a fraction of a second and allows us to process the information from our senses before it is forgotten.
- Short-term memory: Short-term memory is a temporary store of information that lasts for a few minutes. It is used to hold information that we need to use immediately, such as the phone number that someone just gave us. (Dungan & Vogel, 2015)
- Long-term memory: Long-term memory is a permanent store of information that can last for many years. It is used to store information that we need to remember for a long time, such as the names of our friends and family members (Klitz, 2014).

Our sensory response is influenced by our memories in several ways. If we have a negative memory associated with a certain smell, it may trigger a negative sensory response, such as nausea (ACT Government Australia, 2021). Conversely, if we have a positive memory associated with a certain sound, it may trigger a positive sensory response, such as happiness.

Our memories can also influence how we perceive and respond to sensory stimuli. If we are expecting to see something in a certain place, we are more likely to notice it (Cherry, 2020). This is known as priming.

The connection between memory and sensory response is complex and multifaceted. Our memories can influence our sensory response in a few ways, and our sensory response can also influence the formation and retrieval of memories.

These are just a few examples of how memory and sensory response are connected. Our memories can have a powerful influence on our sensory response, and our sensory response can also influence our memories.

EMOTIONAL RESPONSES TO VISUAL STIMULI

We can feel something even though it is only visual because our brains are able to process visual information and generate emotional responses (Van Der Lee & Van Enscht, 2022). When we see something that triggers an emotional response, our brains release hormones and neurotransmitters that affect our mood and behavior.

Our brains can process visual information and generate emotional responses to abstract concepts, such as beauty, love, and sadness. If we see a beautiful painting, our brains may release dopamine, which is a neurotransmitter that is associated with pleasure and reward (Jacobs et al., 2012).

The ability to feel emotions in response to visual stimuli is an important part of what makes us human. It allows us to connect with others, to appreciate the world around us, and to experience a wide range of emotions. Our brains can process visual information and generate emotional responses in a variety of ways.

WHAT DOES IT MEAN TO BE (MORE) HUMAN WITH AI?

Artificial intelligence (AI) is rapidly changing the world, and it is also challenging our understanding of what it means to be human (West & Allen, 2023). In some ways, AI is making us more human. AI-powered tools can help us to learn new things, be more creative, and to connect with others in new ways (Salah, 2023). Also, according to Seo et al. (2021), AI-powered educational tools can help us to learn at our own pace and in our own way. AI-powered creative tools can help us to generate new ideas and to express ourselves in new ways (Meta, 2023). And AI-powered social media platforms can help us to connect with people all over the world.

In other ways, AI is challenging our understanding of what it means to be human. AI is becoming increasingly sophisticated in its ability to perform tasks that were once thought to be the exclusive domain of humans. AI can now write creative text formats, translate languages, and even diagnose diseases (Wilson & Daugherty, 2018). This raises the question of what it means to be human if AI can do these things as well as or better than humans.

Some people worry that AI will eventually become so intelligent that it will surpass human intelligence and pose a threat to humanity (Thomas, 2023). Others believe that AI and humans can coexist peacefully and that AI can even help us to become better humans (Mehta et al., 2020).

Some specific examples of how AI is changing our understanding of what it means to be human:

- AI-powered prosthetics are allowing people with disabilities to regain lost function and to live more fulfilling lives (Martinez, 2022).
- AI-powered language translation tools are allowing people from different cultures to communicate with each other more easily (Corriellus, 2023).
- AI-powered medical diagnostic tools are helping doctors to diagnose diseases more accurately and to develop more effective treatments (IBM, 2021).
- AI-powered educational tools are helping students to learn more effectively and develop their critical thinking skills (Wong, 2023).
- AI-powered creative tools are helping artists and writers to create new and innovative works of art (Cherubini, 2023).

Ultimately, the question of what it means to be human is a complex one that has been pondered by philosophers and theologians for centuries (Farrar, n.d.). AI is simply adding a new layer of complexity to this question. However, AI also has the potential to help us to better understand ourselves and our place in the universe.

By carefully considering the potential benefits and risks of AI, we can develop strategies to ensure that AI is used for good and that it helps us to become better humans.

DO PEOPLE PREFER HUMAN-CREATED ART OVER AI ART?

People prefer human-created art over AI-created art. This is supported by research, such as a 2023 study published in the journal *Cognitive Research: Principles and Implications*. The study found that people rated human-created artworks as higher in aesthetic value, conceptual value, and overall value than AI-created artworks (Bellaiche et al., 2023).

There are a few reasons why people may prefer human-created art. First, human-created art is often seen as more authentic and expressive. Humans could create art that reflects their unique perspectives, emotions, and experiences. AI, alternatively, is constrained by the data on which it is trained.

Second, human-created art is often seen as more challenging and thought-provoking. AI can be used to create art that is visually stunning, but it may not be as intellectually stimulating as human-created art.

Finally, human-created art is often seen as more valuable. This is because human-created art is often seen as a reflection of human culture and creativity. AI-created art, on the other hand, is often seen as a machine-generated product.

Of course, there are also some people who prefer AI-created art. Some people may appreciate the novelty and creativity of AI-generated art. Others may enjoy the fact that AI-created art can be generated quickly and easily. Whether someone prefers human-created art over AI-created art is a matter of personal preference.

AI AS A TOOL

AI is rapidly transforming the creative industry, offering a wide range of benefits to artists, designers, and other creative professionals.

Benefits for creators:

- Increased productivity: AI can automate repetitive tasks, such as photo editing, video editing, and music production, freeing up creators to focus on more creative aspects of their work (Sharma, 2018).
- New creative possibilities: AI can help creators to explore new creative possibilities and to generate new ideas. AI-powered text generators can be used to create new stories, poems, and scripts. AI-powered music generators can be used to create new songs and melodies. AI-powered image generators can also be used to create new works of art and design (Hope, 2023).
- Enhanced collaboration: AI can facilitate collaboration between creators from different disciplines. AI-powered translation tools can allow creators from different countries to work together on projects. And AI-powered brainstorming tools can help creators to generate and share ideas more effectively (Frackiewicz, 2023).

Some specific examples of how AI is being used in the creative industry today:

- Music: AI is being used to create new music, generate lyrics, and to improve the quality of recorded music (Musicians Institute: College of Contemporary Music, 2023).
- Film and television: AI is being used to create special effects, edit footage, and personalize content for different audiences (Dhillon, 2023).
- Television and video games: AI is being used to create more realistic and engaging video games (Darbinyan, 2022).
- Design: AI is being used to create new designs for products, packaging, and marketing materials (Ortiz, 2023).
- Writing and editing: AI is being used to write and edit articles, blog posts, and other types of content (Oladipo, 2023).

These are just a few examples of how AI is being used in the creative industry today. As AI progresses, we can imagine seeing even more modern and exciting applications of this technology in the future.

AI AS A THREAT

While AI has the potential to revolutionize the creative industry, it also poses a number of threats. Some of the potential threats of AI in the creative industry include:

- **Job displacement:** As AI becomes more sophisticated, it is possible that it will be able to automate many of the tasks that are currently performed by human creative workers. This could lead to job displacement in several creative fields, such as journalism, design, and music production.
- **Bias:** AI systems are trained on data, which can be biased. This means that AI systems can produce outputs that are biased, even if the system itself is not designed to be biased (Boutin, 2022). This could lead to the production of creative content that is discriminatory or offensive.
- **Misinformation:** AI systems can be used to create and spread misinformation. This could have a negative impact on the creative industry, as it could make it difficult for consumers to distinguish between real and fake creative content (Cassauwers, 2019).
- **Copyright infringement:** AI systems can be used to create creative content that is infringing on existing copyrights. This could have a negative impact on the creative industry, as it could make it difficult for creators to earn a living from their work (Congressional Research Service, 2023).

It is important to note that these are just potential threats, and it is not clear how serious they will be eventually. However, it is important to be aware of these threats and to take steps to mitigate them. Some things that can be done to mitigate the threats of AI in the creative industry:

- **Invest in education and training:** It is important to invest in education and training to help creative professionals develop the skills they need to succeed in the AI-powered economy (UNESCO, 2023). This includes proficiencies such as critical thinking, problem-solving, and creativity.
- **Develop ethical guidelines for the use of AI in the creative industry:** It is important to develop ethical guidelines for the use of AI in the creative industry (House 337, 2023). These guidelines should address issues such as bias, transparency, and accountability.
- **Support creative professionals:** It is important to support creative professionals in the transition to the AI-powered economy (Anantrasirichai & Bull, 2021). This includes providing them with access to resources and training and helping them to find new opportunities.

By taking these steps, we can help to ensure that AI is used to benefit the creative industry rather than harm it.

AI ART LEGAL RESTRICTIONS

The legal restrictions on AI art are still evolving, as AI technology is relatively new. However, there are a few key areas where legal restrictions may apply:

- Copyright: AI-generated art may not be eligible for copyright protection (Guadamuz, 2017). The US Copyright Office has ruled that AI-generated images are not copyrightable, but this ruling is being challenged in court (Brittain, 2023). In other countries, the copyright laws may be different.
- Intellectual property: AI art may infringe on the intellectual property rights of others, such as copyright, trademark, or right of publicity (ACCRALAW, 2022). If you use AI to generate an image that is based on a copyrighted image, you may be infringing on the copyright holder's rights.
- Privacy: AI art may generate content that is private or confidential (Economic Times, 2023). If you use AI to generate an image of someone who is not a public figure, you may be infringing on their privacy rights.
- Ethics: There are some ethical concerns surrounding the use of AI art. AI art can be used to create deepfakes, which are videos or audio recordings that have been manipulated to make it look or sound like someone is saying or doing something they never actually said or did (Parra & Stroud, 2023). Deepfakes can be tapped to spread misinformation or to harm someone's reputation.

It is important to be aware of the legal restrictions on AI art before you use it. If you are unsure whether or not a particular use of AI art is legal, you should consult with an attorney. According to Oelsner (2023), some things you can do to mitigate the legal risks associated with AI art are:

- Be transparent about how you created the AI art. This will help to avoid any claims that you are trying to deceive people about the origin of the art.
- Get permission from any copyright holders whose work you are using to create AI art. This will help to avoid any claims of copyright infringement.
- Be mindful of the privacy of others when generating AI art. Do not generate AI art that is based on others' private or confidential information.
- Use AI art in an ethical and responsible manner. Do not use AI art to create deepfakes or to spread misinformation.

These can help ensure that one uses AI art in a legal and responsible manner.

PRINCIPLES IN USING AI

These are applied principles from the book, “Impromptu: Amplifying Our Humanity Through AI” by Reid Hoffman and GPT-4 (2023). When Hoffman asked GPT-4 – Open AI’s most powerful Language Learning Model chatbot accessible to the public – “*how human beings should view and interact with GPT-4 as a powerful LLM?*” these are the key points of GPT-4’s answer:

1. Caution - to use AI as a tool, not as a source of truth, authority, or intelligence.
2. Curiosity - to seek AI in ways that are aligned with my own and others' interests, rights, and well-being. To engage critically and creatively with transparency and accountability.
3. Responsibility -to be responsible and respectful towards AI, and acknowledge its limitations, uncertainties, and dependencies, as well as its contributions, achievements, and potentials.

Furthermore, it was emphasized that GPT-4 isn't a replacement for humans; it's a tool. Fueled by human-written texts, it becomes powerful when paired with human creativity, judgment, and guidance. Instead of replacing us, it amplifies our abilities and helps us flourish. Progress requires risk, planning, and hope. In embracing this uncertainty with hope, we'll see new opportunities and paths forward. This is how I want to move forward with my project.

FUNDAMENTALS OF ART AND DESIGN

The fundamentals of design are the building blocks that form the foundation of any successful design project. They're the essential elements that create a visual hierarchy, guide the user's eye, and communicate your message effectively. While there are many different interpretations of what constitutes the "fundamentals," some of the most commonly cited include visual elements. These consist of (1) Line: Lines can be used to create shapes, define forms, and guide the viewer's eye around a design. They can also be used to evoke emotions, such as stability or energy (Glatstein, 2019). (2) Shape: Shapes are created by enclosing space with lines. They can be geometric (circles, squares, triangles) or organic (free-form). Different shapes can evoke different emotions and associations (Cascadia Art Museum, n.d.). (3) Color: Color is one of the most powerful tools in a designer's toolbox. It can be used to create contrast, establish hierarchy, and evoke emotions. Understanding color theory is essential for using color effectively in design (Nediger, 2018). (4) Texture: Texture adds visual interest and can create a sense of depth and dimension. It can be simulated visually or be tactile (Gulri, 2023).

The second is Compositional principles. These consist of (1) Balance: Balance refers to the visual weight of different elements in a design. There are different types of balance, such as symmetrical and asymmetrical balance (Gaskin, 2023). (2) Emphasis: Emphasis is used to draw the viewer's attention to the most important element in a design. This can be achieved through contrast, size, placement, or other visual cues (Invision, n.d.). (3) Hierarchy: Hierarchy is used to organize information and guide the viewer's eye through a design. This can be achieved through the use of size, color, weight, and placement (Canva, 2023). (4) Proportion: Proportion refers to the relationship between the sizes of different elements in a design. Good proportion can create a sense of harmony and balance (Chapman, 2020). (5) Proximity: Proximity refers to the relationship between the spaces between different elements in a design. Elements that are closer together are perceived as being related (User Testing, n.d.).

Lastly are other important considerations, which include (1) White space: White space is the empty space around and between elements in a design. It's essential for creating a visual hierarchy and preventing your design from looking cluttered (Ang, 2023). (2) Usability: A good design should not only be aesthetically pleasing but also usable and functional. This means that it should be easy for users to understand and navigate. (3) Context: The context in which a design will be used is important to consider. A design that works well for one application may not work well for another.

By understanding and applying these fundamentals, you can create designs that are not only visually appealing but also effective in communicating your message.

COLOR AND EMOTIONAL HEALTH

Damiano (2023) conducted a study on how we depict and perceive emotions through color and line in visual art. The study confirms consistent associations between certain colors and lines, as well as particular emotions. For example, red is associated with anger and blue with sadness. The findings help artists and designers convey emotions to viewers through color and visual aesthetics.

Color psychology suggests that certain colors can influence our mood and behavior. Warm colors like red, orange, and yellow are associated with energy, happiness, and excitement. They can be a good choice for rooms where you want to feel energized, such as kitchens or dining rooms. Cool colors like blue, green, and purple are associated with calmness, peace, and relaxation. They can be a good choice for rooms where you want to relax, such as bedrooms or bathrooms. Color psychology is still a new field of study, but there is some evidence that it can be effective in reducing stress, improving sleep, and more. It is important to note that individual preferences can vary, so it is important to experiment with different colors to see what works best for you. Use color accents to add pops of color to a room without overwhelming the space. (Mental Health America, 2023)

Far from mere decoration, colors possess a profound and multifaceted influence on our lives. They act as silent language, triggering emotions, shaping our decisions, and even impacting our physical reactions. Warm hues like red and orange energize and excite, while cool tones like blue and green evoke serenity and calmness. This emotional impact subtly colors our moods, making a red room feel vibrant and a blue room feel tranquil. Marketers leverage this power, using specific colors to sway our choices – red ignites a sense of urgency for discounts, while green evokes health and organic qualities, influencing food selections. Beyond psychology, colors even affect our physiology. Studies suggest red can raise heart rate, while blue has the opposite effect, highlighting the fascinating link between color perception and physical processes. This influence extends to shaping our perception of the world. We judge dishes based on their color, associate

nature with calming greens, and form instant impressions based on color palettes. While some color associations are universal (like red often signifying danger), cultural influences play a role – white symbolizing purity in the West but mourning in the East. By understanding these layers of influence, we can make informed choices. We can design living spaces that promote desired moods, be mindful of marketing tactics, create presentations that evoke specific emotions, and appreciate the subtle yet powerful ways colors shape our experiences. (Zivkovic, 2022)

EMBROIDERY STUDIES ON WELL-BEING

Hunter (2019) discusses how sewing can help people express themselves and heal from emotional pain. Sewing can be a form of meditation, requiring focus and concentration. It can also be a social activity, bringing people together to create something beautiful. Sewing has been used to help people cope with mental illness, trauma, and grief.

Hefurth (2021) writes about Laura Calvert, a senior majoring in biomedical sciences who uses embroidery to learn. Calvert has challenges with traditional methods of studying and finds that embroidery helps her focus and retain information. Her professor is supportive of her unique learning method and encourages her to share it with others. The article ends with the suggestion that students should try different methods to find what works best for them.

Kumar (2021) tackles embroidery to teach mindfulness in Moroccan higher education. The author describes incorporating hand embroidery into a mindfulness course as a way to bridge the gap between theory and practice and to make mindfulness more accessible to students. The article also details the positive impacts of this practice on students, including increased self-awareness, reduced stress, and development of compassion.

Wolk & Or (2023) conducts a study about the therapeutic aspects of embroidery in art therapy for adolescent girls in a post-hospitalization boarding school. It discusses the use of embroidery as a therapeutic intervention for adolescent girls with emotional disorders. The study used a thematic analysis of focus groups and interviews with 13 participants to identify five themes related to embroidery: control versus release/freedom, calmness, being exceptional, the “stitch through time” experience, and overt-latent layers of consciousness. The findings suggest that embroidery has therapeutic benefits for this population and supports psychological development.

Review of Related Works

Many Hands exhibit by Patrice Moor, 2016



Figure 4 *Rebecca Kuperberg - Postgraduate Student (2015/16), Oil and pencil on linen, 46cm x 36cm, by Patrice Moon in Many Hands Exhibit*

“Many hands” is an exhibition by Patrice Moor, the first artist-in-residence at Somerville College, in 2016. It consists of 15 portraits of cross-section Somervillian hands painted with oil and pencil on 18×14” linen inspired by the egalitarian nature of Somerville College.

In Patrice’s work, I love how she kept the pencil marks in the background to represent private commitments made by these people and emphasized the realistic illustration of hands at the front to create grease and the element of flesh. This piece is a love letter to Somervillian’s fellowship, which reminds us that everybody is an individual, but everybody is also a part of this collective, something that I deeply resonate with. I also intend to honor the works and the lives of my relationships through this project.

Wash, Rinse, Repeat, exhibit by Maricar Tolentino, 2022



Figure 5 *“Wash. Rinse. Repeat.” Exhibit by Maricar Tolentino*

“Wash. Rinse. Repeat.” is an exhibit by Maricar Tolentino in Punlaan Art Space, 2022. The medium is focused on fabric, yarn, and thread, which process includes rag tufting, cross-stitching, and sewing. The title “Wash. Rinse. Repeat.” encapsulates Maricar’s choice of medium and process. As she stated in an interview, the exhibit tackles and challenges the idea of safety. Maricar’s work influenced my creative process, especially in developing my choice of medium and style.

Liezl Navales’ Embroideries



Figure 6 (L) Liezl Navales, *Untitled Work*, (R) Liezl Navales, *"A New Earth,"* Chimera 10x9, thread, dye, canvas

Liezl Navales, aka “Asong Ulol,” is a Filipino contemporary artist whose work features playful imaginary creatures in brightly colored textiles, experimental tapestries, and wearable art. “Changing Room” was her most recent group exhibition in KalawakanSpaceTime, among others.

I heard of Liezl from Sir Auggie during our consultation, and I just loved her work instantly. The poetic abstraction and alluring quality in showing symbolism in her works reminded me of Frida Kahlo’s style, yet the chaotic nature of it reminded me of Basquiat’s paintings, artists that have had great influence on my art. Liezl’s work can be grotesquely psychedelic in such an endearing way that it gives tactile and visual pleasure to my brain. It also interests me how she visually says, “welcome to my world” through her creativity.

Liezl influences my project in terms of bringing inspiration to my creative process, illustration style, and embroidery medium. I am interested in growing inward and being unafraid to bring out this inner world in a real space through my creative piece, just like what she does.

Marita Fe Ganse's Quilts



Figure 7 (L) Marita Ganse, *Railroad Sunset*, 180cm x 180cm, Linen, Cotton, Silk, Ramie, Double Gauze Backing, (R) Marita Ganse, *Midnight Water City*, linen, cotton, cupro, silk, sashiko thread 172cm x 90cm

Marita Fe Ganse is a Filipino-German model and artist specializing in quilts (Potenciano, 2022). I knew Marita from Sir Auggie while doing an online consultation. He suggested quilt work and shared Marita's IG. I'm new to exploring textile art, so I was really interested to have heard her from my thesis adviser. It's a joy to read Marita's view on her quilt artistry in an article by NOLISOLI. Like Marita, I also want to approach this personal project with slowness and take my time to appreciate the process. Sir Auggie recommended making my artwork the same size as Marita Fe Ganse's quilts while I was deciding on its dimensions.

Pascal Monteil's Tapestries



Figure 8 (L) Pascal Monteil, *Nature Boy*, 2020, 100 x 140 cm, (R) Pascal Monteil, *Noé*, 2019, 170 x 180 cm, ©Célia Pernot, courtesy Galerie Regala

Pascal Monteil is a French textile artist whom I discovered while looking for inspiration on Pinterest. His tapestries weave together poetry, history, and folklore from diverse cultures into intricate narratives (Pavan, 2021). This meticulous craft, driven by cultural love and manual skill, transcends art to become a life philosophy fueled by curiosity and joy. I resonate with his belief in conveying the complexity and poetry of the world through art. I aim to create a poetic embroidery piece for my visual design. Pascal shows his respect and joy for manual work through tapestry art. Early on, I also desire to turn my hands into extensions of my thoughts, as natural as breathing through this project. Strangely, out of all the textile artists I've come across, he is the only one who uses unconventional materials such as hemp canvas and wool thread, which I found truly remarkable.

Anna Koskova's Embroidery Works

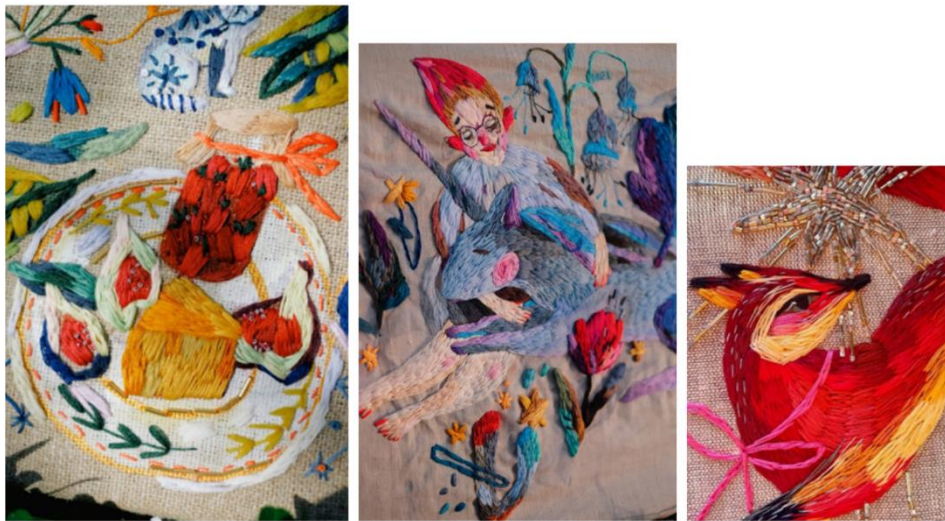


Figure 9 *Embroidery Works by Anna Koskova*

Anna Koskova is a Russian embroidery artist from Moscow. I also discovered her from Pinterest. I love Anna's color palette, visual style, and beadwork in her embroideries. In connection to my thesis, I am inspired by Anna's art to create fairytale-like illustrations and add bits of beadwork to my embroidery project.

The Wondermakers Collective



Figure 10 (L) *Wondermakers Collective No. 155, 21.5" x 27.5" x 2.75", Abstract Textile, Felt, and Fleece Applique, Embroidery Floss, Sequins, Seed Beads, Yarn, Wood frame* (R) *Wondermakers No. 156, 21.5" x 27.5", Abstract textile, Felt, and Fleece Applique, Embroidery Floss, Sequins, Seed Beads, Yarn, Wood frame*

The Wondermakers Collective is a two-way project created in 2015 by Mindy Sue Meyers and Jenna Freimuth (The Wondermakers Collective, n.d.). Fueled by a shared love of experimentation, two pen-pals have transformed their collaboration into a vast collection of abstract textiles, exploring elements like composition, color, and texture. The pictures seen above are 2 of the artworks that are part of their Large Panel Collection. Abstract artworks, shimmering with sequins and beads, are meticulously crafted from appliqué, yarn, and floss then displayed on wooden frames. What I love about their textile style is how your eyes can feel it without directly touching it. There seems to be a lot going on, but one can still feel the harmony within each artwork. It's mesmerizing. In connection with my project, I am inspired to create this form of chaotic harmony and be able to play with different techniques and materials.

Hairy Pouter, a short film by Chris Carboni, 2022

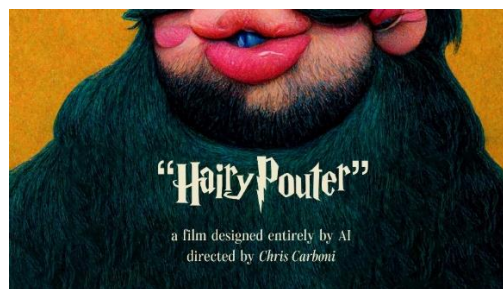


Figure 11 *Hairy Pouter* by Chris Carboni

“Hairy Pouter” is an AI-powered short film directed by Chris Carboni and released in 2022. It features Lilian’s (Chris’s grandmother) commentary on the classic novel Harry Potter imagined with a whimsical approach using AI-generated imagery. The combination of humor in storytelling

and AI art through this creative work is both refreshing and entertaining! I came across this on Vimeo last year, and I have not forgotten about it. “Hairy Pouter” connects with what I intend to do with my creative project because this is what sparked my interest in incorporating AI in my workflow.

RESULTS AND DISCUSSION

This study employed a four-part interview format. Part 1 (31 questions) explored hands, personal experiences, and life background. Part 2 (5 questions) examined perceptions of art and Artificial Intelligence (AI). Part 3 (11 questions) delved into relationships, and Part 4 (4 questions) addressed views on the future. (View Annex K for all the *transcribed* interview results)

Interview Results

Part 1: personal experiences and life backgrounds, a key finding was the strong attachment respondents felt towards **their hands** (see Figure 1.1), expressing gratitude for their ease of use in daily tasks. This highlights an underlying awareness of physical limitations, prompting respondents to be mindful and caring of their hands. These findings suggest a potential correlation between the ability to perform daily tasks and the feeling of being invincible.

5. Describe your relationship with your hands. How do you use them? How does this make you feel?	
Respondent 1	I take care of my hands extra special because if they get damaged I won't get to do anything that I usually do with ease you know? I wash my hands, cook with my hands, drink, eat, sumulat, maligo, kumuha ng mga gamit, lahat. Lahat ng pwedeng gawin ginagamit yung kamay. I feel very thankful I have hands. Mahirap pag walang kamay.
Respondent 2	I like working with my hands because I feel like I can do a lot of things with my hands. But there are days that I hate my hands because of it being pasmado. And it often prevents me from shaking people's hands. Especially at work.
Respondent 3	I use my hands according to its purpose. Working. Using that in my job. Working. Using my hands to cook. Using my hands to clean. Using my hands for hygiene.
Respondent4	Dahil right-handed ako mas nagagamit ko yung right. Tapos pag napapansin kong mas nagagamit ko yung right hand, siyaka ko na sinisumulan gamitin yung left hand ko para hindi palaging right hand yung stressed. Malakas talaga ang

	right hand ko. At since siya yung dominant hand, dapat hindi mo siya i-overwork. I-babalance mo lang.
Respondent 5	Is really hands-on! I mean para sa ganun talaga yung kamay e. Kasi ginagamit ko siya pangsulat, pangluto, pangkain, pangdrawing, pang selpon, pang kahit ano as in, pang exercise. I use it every day for everything. So, it's really handy. Hahah hands are handy. It's impossible to do things without hands. It's amazing. I feel really thankful dahil nagagamit ko yung kamay ko to create and make things possible. I feel grateful, productive, and powerful with my hands.
Respondent 6	Si P, ex jowa ko yung nagsabi sa akin na parang "Ingatan mo yang kamay mo ginagamit mo mag-gitara yan eh". Tapos na made aware ako na "oo nga, pag ma injure any of my hands hindi ako makakapag gitara". Tapos iniisip ko din siyempre kabuhayan ko yun kasi writer ako. Typing din yun diba? So, mainjure yung kamay kong isa, they work together eh, so wala isa, edi yun. Maingat ako sa kamay. Kapag masakit siya hindi ko tinutuloy o pinagpapahinga ko muna. Or anything that would cause injury to my hands nagiging extra careful ako.
Respondent 7	It's very productive because I can do a lot of things. Writing, eating, the usual. Taking a bath, "kamotizing". Kamot, pang kamot. Grasping. Playing my instruments, piano, guitar, flute, shaker, tambourine. At first you take it for granted, but without it you can't do yung mga usual. Look at the naputol yung kanilang hands, they manage to use what's left of their wrists. They make use of their wrists or feet. Minsan naninigas yung kamay pag sumobra ng beans, mga peanut, pag sumobra pala yung ganun masakit pala sa joints. Nakaramdam ako nun nung niragaluhan ako ng foreigner na estudyante ng isang latang different beans, dinali ko in a matter of one month.
Respondent 8	Hands ko kasi ginagamit ko sa pagdrawing. Connected ako sa hands ko. Gusto ko magdrawing, para magdrawing kailangan ko yung kamay ko. Hindi pwede mawala sa akin yung kamay ko. Hindi sila pwede mawala sa akin kasi (yung) drawing life ko yun eh. Masaya pero at the same time hindi ko siya naiisipan ngayon. Nandito siya sa akin every day, pero hindi ko siya na sh'show appreciation na, "ay pasalamat ako at may kamay ako", kasi tinake for granted ko. Pero wala siyang pag nagigising sa umaga, "ay pasalamat ako may kamay ako!. Natural sa akin pero at the same time pag nawala ang kamay at mata ko hindi ko kakayanin.

Figure 1.1 Responses in relation to their hands

However, the reality of human mortality fosters acceptance that physical capabilities eventually diminish. Additionally, recurring themes emerged across interviews, including coping with **pain** (see Figure 1.5), **love** (see Figure 1.3), **navigating daily life** (see Figure 1.2), **human condition** (see Figure 1.4) and **contemplating mortality** (see Figure 1.6). The interplay of these themes within respondents' lives highlights a humbling perspective on the human experience. These represent inherent aspects of the human condition that necessitate resilience and growth.

2. What does a good day look like for you?	
Respondent 1	A good day to me... is a sunny day with no sickness... A good day is something na, wala kang magiging problema.
Respondent 2	A good day is when I complete all my intentions especially tasks for the day. But also, can spend time to do some personal stuff like working out, chilling. Spending time with your hobbies. Relaxing activities, dancing, playing with the dogs.
Respondent 3	A good day look like for me. When I am inspired to do things and to get good weather. Like it's not raining or if it's raining, it's not that heavy. That's weather. Sun weather. Not really sunny because it's hot. What's a good day? Good day. Raining and it's malamig. That's a good day for me. Yes. Cloudy. I don't know if it's cloudy. It will inspire you to do more because it's not hot. You will not sweat then. Also, it's not raining. So, you can work around. So, a good weather. A good weather and a good sleep. That makes me a better day.
Respondent 4	Every day is a good day for me. Kahit na may mga challenges I still consider it as a good day. Because at the end of the day, it's still a challenge and as a human part yun ng life. Umaga palang good day na agad. Kapag may mga unusual akong napapansin, "uy ang ganda ng kotse" ganyan. Mga simpleng bagay lang. Bat parang naiiyak ako? Hhahah.
Respondent 5	It starts with a good sleep. Alam kong may good sleep ako kapag hindi ko marecount kung anong araw na. Parang mini amnesia. A chill day. Magagawa ko yung gusto ko gawin. Magbabasa, maglilinis, makipaglaro with pets, magpakain ng mga aso, A good day is when I have quality time with others and with myself. When I recognize my needs and wants. And when I accomplish things, even small things. When I cook, dance, exercise, move, sleep early or not, may papanooring palabas, it depends. Minsan pagkain rin. Kapag masarap yung ulam.

Respondent 6	Good day, maraming tawa. With friends and family and such.
Respondent 7	It starts with well-being diba. Meaning wala akong sakit. But relatively, walang problema. Kasi wala naman araw na totally problem-less. Nagagawa mo kung ano yung gusto mong gawin. Like drinking coffee. In the middle of the day I can sleep, play musical instruments, can play sports. Basta yung mga interests ko.
Respondent 8	Good day yung ang light. Pag nasa good mood ka, okay lahat, yung mismong araw mo kontrolado mo pa nasa schedule mo ganun. Gusto ko malililim. Pag mainit kasi nakakadagdag stress yun e, it's not a good day haha. Basta yung mismong pakiramdam na malamig masaya na ako.

Figure 1.2 Responses on what a good day looks like for the respondents.

2. How do you love? What are your love languages? How do you practice self-love?	
Respondent 1	My love language is physical touch. Words of affirmation. Physical touch pag kasama mo ganun. I practice self-love by not paying attention to what others are doing and just keep focusing on making myself better and... that's it. Focus on yourself, yes. Confidence.
Respondent 2	Nung nag-take ako ng test online quality time e. Yung naalala ko sa top is quality time. I practice self-love through taking a break. Ang intention ko na sa work ngayon, pag out ko na out ko na. Kahit may mga pending pa. Gusto ko mag-create ng boundaries.
Respondent 3	Instead of noggng, I'll be patient. Instead of getting angry, I show love and understanding. Yes. That's my language of love language. Being patient to me and then also understanding me. And then also part of it. Serving me like what D is doing. Making coffee. My arinola. Yes. Diba that's the language of love of D.
Respondent 4	Ma-love language ako sa asikaso. I love doing things for people. Hindi ako masyado nag-eexpect sa ibang tao. Pero siyempre na nonotice ko yung simple things na ginagawa sa akin. Paghahandaan mo ko ng kape. That's an act of love. Anything you do for me, that's an act of love for me. Self-love kapag nabibili ko yung mga gusto ko. Hindi ko nirerestrain lalo na sa pagkain. Makeup, chocolate. Tinry ko naman magpaganda pero sayang pera. Diba nagpa lash-lift ako. Okay naman pero ayoko.

<p>Respondent 5</p>	<p>I love through patience. I think hindi masyado halata yung patient sa akin, but I'm really patient. I'm both patient and impatient but most of the time I'm patient. I love through my art. When I create art for people, for myself, for anything. That's also my form of love. When I speak, sing. When I acknowledge other people's emotions. Kapag nangangamusta ako ganun. Kapag nag s'share ako ng interests ko. For me that's also a form of love too, sharing what I'm into. Kasi it forms a connection with others when they know what you like. Kapag may idea sila kung anong gusto mo, it's easier for them to approach you. I love also through touch. When I hug someone that means I'm showing affection. When I cuddle with our dogs. When I take time to know what I want. I love people through acts of service kahit na minsan ma-dabugin ako. I show love through cooking, cleaning the house, sweeping the floor. I show love through taking care of the things or of the things that my loved ones love. When they love something, I would love it too. May connection.</p> <p>My love language is physical touch. But not all the time. Kailangan mo mangapa if nasa mood ako or close tayo. Kasi kung hindi tayo close huwag mo ako hawakan. Tapos acts of service. Like showing people, places, nature, actions that are caring. I'm a caring person. Madali akong mag-alaga sa isang tao o bagay kapag mahal ko. 'Yun. Siyaka words of affirmations rin. Kapag nag sh'share yung mga tao sa paligid ko ng current curiosities nila. I also feel like I'm being taken care of when people strive to understand me even though I'm not okay. And like be there for me through tough times. People who stick and stay through the challenges. I feel very loved when people stay and accept me for who I am.</p> <p>I practice self-love through listening to my body ngayon. After what happened sa injury ko last year. It was a really tough time. I wasn't really listening to my body at all. I tried to push it despite being tired and shit of all the things that happened. And I instantly wanted to be stronger which is definitely not what my body needed at the time. I lost my daily habits, my movement routine, basta yung foundation ng araw-araw ko which is movement and breath. Naging sobrang hirap nun sa akin kasi ako yung tipo ng tao na ma-routine. Pag na buwag yung routine ko, madali ako ma-distract, mawala ng direction. Kaya ngayon if my body wants to move, I move. If my body still wants to stay in bed for a few more minutes, I will, rather than force myself to jog early in the morning. If hindi yun yung gusto ng katawan ko nirerespect ko yun. I'll find other ways to move with the remaining time that I have within the day. I listen to my body.</p>
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Respondent 6	<p>Quality time siyaka acts of service siyaka gifts. Si Pi minsan lang yun nagpapakita e pero isa yun sa mga closest friends. She describes me as someone na pag I care for someone, all out yun. [Self-love ay] Boundaries. Ever since nangyari yung sa amin ni D, best friend ko. Pag anything na I feel disrespected, or uncomfortable ako, I leave the place o ilalaban ko. Hindi siya about treating yourself, self-love isn't about the material – you know how media portrays self-love diba? Mahirap ang self-love sa totoo lang. And isa sa mga pinaka mahirap na decision for me, dahi kailangan ko siyang gawin for myself is leaving my best friend, kasi toxic yung best friend ko sa akin. She's stepping on my boundaries. Actually I don't want to leave her naman eh, gusto ko lang, alam mo 'yun, can we stop talking. Keeping your boundaries, yun ang self-love.</p>
Respondent 7	<p>Hindi ako masyado expressive sa word, yung verbal or gestures. It's a matter of doing. Siguro recognition at siyaka appreciation. Parang you're just being human. Walang specific, basta mapakita mo lang. Siyempre pag sinabi mong self-love, you don't want other people to hurt you diba. Ayoko nung iinsultihin o sasaktan mo ako. Lalo na kung sasaktan, very protective ako. Nakadepensa/nakatingin ako agad sa tao kung sasaktan niya ako. Self-love ko yun. I want to protect myself sa physical, verbal, or anything na abusive actions.</p>
Respondent 8	<p>Touch kasi clingy ako e. Pero hindi ako lagi mapala-kausap. Pero once na physical na tayo, hahawak hawakan kita mas madada ako. Hindi lang talaga ako active kapag online, mas madada ako ng offline. Mas prefer ko yung personal kaysa sa internet. Pero once na may problema ako, naka-online ako, kasi dun ka anonymous. Dun yung mga favorites. So, mostly nagiging comfortable ako online kapag hindi ko kakilala, stranger ang kinakausap ko. Dati nakikipagusap online for anonymous friend na andyan lang siya para makinig. Pag once kasi nakilala niya na ako, nawawala na yung comfortable kung anonymous na gusto ko maparating kapag online.</p> <p>Gusto ko yung attention niya nasa akin. Isa sa mga dahilan kung bat ako nanonood ng romance kasi parang naiinggit ako sa attention na binibigay ng lalaki dun sa babae. Although may kaibigan ako, kaibigan kita. Iba yung attention na nag t'take care siya sa akin. Kahit yung presence niya lang okay na ako. Pero ayoko nung love language na kakausapin mo ako every single day, mawawala battery ko talaga.</p> <p>Gusto ko clingy din. Gusto yung reassure ako, yung makikinig talaga sa mga problema ko. Ayoko kasi yung mga listeners na magsasabi ka ng problema mo tas ang mga reply lang nila ay, "okay lang yan!". Parang bina-brush off mo yung</p>

	problema ko. Gusto ko yung andyan lang sila nakikinig, “bakit ano ba nangyari?”. Yun na yung attention. Kasi nag t’take care talaga sa akin.
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Figure 1.3 Responses on loving (love-languages and self-love)

17. What reminds you that you are human?	
Respondent 1	Mistakes. Mga pagsisinungaling ganun. Mga hindi sinasadyang pangyayari ganun. Yung akala mo gumagawa ka ng maganda, pero hindi pala. Mga honest mistake.
Respondent 2	Of my flaws, mistakes, and I can be wrong. And I can be tired. And I can die soon. That’s it.
Respondent 3	I am human, I have limitations, I have talents. I have wisdom to know what's good and right. I'm human.
Respondent 4	Pag umuutot at siyaka kapag nagkakamali siyempre. Siyaka kapag may bagay ka na di macontrol.
Respondent 5	<p>My desires. That’s what reminds me that I’m human, my needs and desires. I can breathe. Yung hininga. Yun nga yung sabi ni sikodiwa. Hininga (breath) is being. My breath, my messiness, my chaotic mind. The thought that I need to figure out things. Kailangan ko laging intindihin lahat. It’s a process of understanding things is what makes me human. Ang gulo ng creative process ko pero somehow I’m making it work. I think one aspect of it is that I’m always trying to understand what I’m doing and what I want. That’s what pushes me to accomplish things and understand myself.</p> <p>And my connection with others. When I resonate with their experiences too. Nung nagshare yung mga na-interview ko para sa thesis, I realized that my experiences are really not that special. You know? We all experience it deep inside ourselves. That’s kind of an amazing experience to know and go through for this project. Understanding that my experiences are not that special and we’re all human beings that can feel, that go through shit, that we are all a work in progress trying to be good. I’m human too in the way I communicate and in my body. My hands is what makes me human.</p>
Respondent 6	Death! Yung pagkamatay ni Ate, ang bata pa ni ate eh. Siyaka nawitness ko na pagkabata ko, bata rin si Ate. Nakita ko na yung life na kasama siya hanggang tumanda. And hindi yun nangyari. So, lahat tayo mamamatay. Lahat tayo may

	<p>timeline and hindi mo yun alam. Walang nakakaalam nun. Sino ba namang magaakala na ilang araw nalang pala si Ate nun after ng outing natin? Kaya ako in the moment ako now. Meron rin kaming ganitong usapan nung Tanay na parang deep conversations. Parang as much as possible try to make every moment present kasi hindi mo alam. So what reminds me that i'm human, death! Siyaka it humbles you. Sino ka para magsabi na meron ka pang bukas. Who are you to say that you have the luxury of later or tomorrow? It makes you value yung oras. Si John Lloyd kasi diba maikli lang din buhay nila John Lloyd. Sila mama iniisip ko din yun. Diba ayan humihina na sila mama. So as much as kayak o sila i-travel, kasi yun din yung quality time for me eh. Experiences yun eh. Kasi at the end of the day yun lang babalikan mo e pag namatay ka. Yun ang buhay, yung memories. So, anong quality of memories yung gusto mong meron ka sa buhay mo? Yun lagi ko yun iniisip. Kaya lagi ako nagyayaya umalis. Oo nakakapagod, pero kailan lang ba tayo magkakasama? Yung ganun.</p>
Respondent 7	<p>That I can make mistakes. That I am vulnerable. You're just like anybody in the world, you can be hurt. Anything that human experiences make you human.</p>
Respondent 8	<p>Yung makapag forgive ako easily. May mga times kasi na, "ay galit ako sakanya di ko na siya papansinin". Tapos mamaya, "hala okay na nga~sige okay na nga". Gusto ko lang maging kalma. Mamaya asan na yung galit ko, balik mo nga yung galit ko galit pa ako sakanya. Pero pinapatawad ko na siya sa isip ko kaagad.</p> <p>Empathy. As much as possible, most of the time, inaano ko rin yung perspective ng ibang tao. Umaano yung empathy ko kasi naiintindihan ko yung perspective niya, saan siya nanggagaling. Hindi sa lahat ng oras. Minsan kasi hindi ko naiintindihan dahil sa galit ko. Pero once na binigyan moa ko ng time, ay ganito pala, naiintindihan ko na.</p>

Figure 1.4 Respondent's responses on what reminds them that they are human.

18. How do you deal with pain?	
Respondent 1	<p>By letting it heal naturally, unless kailangan talaga ng gamot. Pag physical hayaan mo lang. Pag emotional, wala, nililibang ko lang sarili ko hanggang sa kaya ko na harapin. Healed na ako pag wala na siya sa isip ko, hindi na siya nakaka-affect sa akin. Pag present pain siya edi iniinda. Kapag i-keep ko lang wala naman akong ibang iniisip. Ayoko lang ibahagi sa iba yung problema ko. Problema ko, problema ko.</p>

Respondent 2	Depends on the pain. If pain na physical, tulad ng regla, mag cocompress, mga ways na mawala yung pain sa puso. Tapos if emotional pain, I could distract myself, and I could also deal with it like journal, or I can dance with it. It depends on what the problem is. If I can change it, I will solve it. But if it's out of my control, I will simply deal with it until the pain dissolves.
Respondent 3	If I feel for pain physically, if I can still tolerate the pain, I will do it I cannot tolerate it I will drink medicine. So that's the pain physically. For emotional pain, if possible, I will cry, cry, cry. That's the way I can release my pain yes. And pray, pray tonight.
Respondent 4	Stretching kapag physical. Kapag emotional, siyempre iyak.
Respondent 5	Rage. When I'm in pain it's either I'm in a state of rage or melancholy. Yung dalawang yun talaga. I feel those two at the start of dealing with my pain. I cry. I cry to release. I try to write about what I'm feeling to release the pain. I'm still in the process of acknowledging the pain first. For me it always starts with resistance. One thing na dapat kong ma-practice is to acknowledge the pain, to go through it, and to release the emotions, and be thankful for the emotions, when I'm feeling them and when they have passed. Yun yung ideal na process ko for dealing with pain but now there's a lot of resistance. I just cry and... get sad.
Respondent 6	Wala talaga raramdamin mo siya. Totoo yung acknowledge it, go through it. As in wag mo siyang tatakasan. You cry it out, ramdamin mo siya pag masakit talaga. Ako most of the pain that i'm experiencing is pain from loss. So pag nararamdaman ko siya hindi ko siya iniiwasan, iniiyak ko talaga siya. Hanggang sa maging okay ulit. Kasi yung grief hindi siya linear thing na pag tapos na yung one-month okay na. Forever daw yun talaga.
Respondent 7	Pinapractice ko yung philosophy. Yung stoicism. Halimbawa yung pagkamatay ni mama, sinasabi ko na you cannot prevent for things to happen. Maybe you will be sad. Ang panglaban ko dun yung realidad that you cannot prevent it. Everything must happen. Like death, pain, and sadness. I'm the master of avoidance. Ina-avoid ko yung what will bring pain. Halimbawa ikaw, toxic kang tao, instead of arguing with you or staying, you accept and leave. Acceptance talaga eh. Halimbawa magpapabunot ka ng ipin masakit yun eh. Anong gagawin mo pag sumakit pa? Isahan nalang tanggapin ko na. Accept and avoid. Get rid of any pain.
Respondent 8	Ina-isolate ko yung sarili ko. Tapos katulad ng sinabi ko research sa online. Kahit ikaw close friend ko, minsan yung moment na yun hindi ako komportable

	o pagod ako i-share sa'yo. Either anonymous o ako nalang magisa, ididistract ko yung sarili ko, manonood ako, o magmessage ako sa reddit anonymously. Nanonood ako o nagd'drawing ako.
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Figure 1.5 Respondent's responses on how they deal with pain.

20. When you think about death/dying, what comes into your mind?	
Respondent 1	The end of my life. The end. I visualize it happy and contented of the life I have lived. Yun. And no regrets. Sana nalang matapos ko yung One Piece bago ako mamatay.
Respondent 2	Eternal peace. Hahahaha. That's it darling. Kasi diba si Ate Shayk laging inaano sa akin na ako si Lola Dela. Tapos siyempre nagbasa na ako ng libro ni Sadhguru yung "Death" nabasa ko na yun ng buo. Dun kasi sinasabi niya nabubuhay ka lang ulit. Hindi nila yung aim na heaven tulad sa Christians. But to be one with the source. Hindi to be reborn kasi nga if hindi ka pa as pure or as whatever nung source, marereborn at marereborn ka lang ulit kasi nga life is suffering. So ako, I wanna live only once really. Kaya yun yung iniisip ko na parang, what if ako nga si Lola Dela. Diba? What if totoo? Di ko naman pinapaniwalaan 100% pero side thought lang kumbaga. Na kung mamatay ako, paano kung ipanganak lang ako ulit? So kung nagawa ko naman na lahat ng gusto kong gawin nung buhay ako edi thank you lord. Amen. But if it's the death of your loved ones, siyempre dun ako mahihirapan, dun ka magkakaroon ng grief. Kasi yung presence nila yung mamimiss mo at syempre sila. Tsaka minsan iniisip ko yung science concept na small blue dot planet in the whole wide space. Na if ganun kaliit yung earth, gaano ka pa kaliit. Speck of dust nga lang yung lifetime mo. So, if tinitignan mo siya sa ganung lens na mas malaki, iniisip mo, "mamamatay din naman ako eh". So it makes, kung ano yung problema mo that day, malalagpasan mo din naman yan, mamamatay ka rin naman. Diba kasi hindi ka naman eternal. Di ka naman diyos o bampira. Ayun.
Respondent 3	We will go there. That's our destiny, dying. We live, we were born, we live, and you will die. I just pray if that would be the time, I am ready for it. And my family are ready to accept it. Because most of the times acceptance is difficult
Respondent 4	Hindi siya scary. Pero ayokong may mamatay sa atin. Pero kung ako okay lang. *cries* Pag nag kwento si M na okay na daw siya mamatay ng 60/70. Binabawian ko siya agad, na pag ako unang mamatay. Siyempre ma di-divert sakanya. Na ikaw anong mararamdaman mo kung ako ang mauna? Kaya ayun. Bat ka gagawa ng buhay kung babawiin mo rin naman. Kung sa family dun ako natatakot.

Respondent 5	<p>Sadhguru agad naisip ko. Kasi may shine na libro si G sa akin, "Death" ni Sadhguru. Hindi ko pa rin siya tapos basahin kahit na ilang beses ko na siya paulit ulit ko na binabasa. When I think of death and dying I think of the universe. Like, I think of being one with the universe. I think that's the most heavenly thing to happen after I die. To be one with the cosmos. That's so sweet! I love the idea of being stardust and being one with everything. I'm not afraid of dying. Actually some days I'm so happy, so content, so fulfilled, I feel like I've lived the best days of my life and I'm ready to die. I'm always ready to die. But it's easy to think the death of me. But in thinking of the death of my loved ones, it's painful. Kasi yung grief nadun. It's one of the human experiences that we all go through. Because death is the only certain prophecy. We're all going to die! And I haven't lost a really close someone. But every time I imagine losing them, I get teary. I can't imagine a life without them. How will my life go, turn out, will live my days, spend my time without these people? I will always come back to that quote na na-share ko rin kay A, "what is grief if not love persevering". I think if ever I come to experience the time when death of a certain loved one happen to me, I will cry and be thankful and keep them living inside my memories. Like how I do always with ate shayk, most days especially when I pray. Even though there's sadness, grief, loss, I think I'm always open to celebrating their lives more than grieving it. I just need to value the time that I have with my loved ones while they're still here.</p>
Respondent 6	<p>How can I make the most out of the remaining time? Paano kayo magkakaroon ng quality time na hindi wasted yung time together. The more you get you know yourself. Sa movies diba biglang gusto na nila lahat ng gusto nilang gawin. Hindi mo na kailangang hintayin kung kailan ka mamamatay or mabigyan ka ng information na mamamatay ka na bago mo gawin yun. Living in the moment, doing the things you want, taking the risk, kasi at the end of the day. Sabi nga nung kanta, cause we're all gonna die, tententen to dandelions". Ang ganda kaya. Gusto ko yun, we're all eating up each other. Totoo siya talaga eh, mamamatay ka rin eh. Kaya hindi na ako takot to say things and live life the way I want to kasi mamamatay ka rin eh. Yun. Yun yung I think good gift na nabigay sa akin ng pagkamatay ni ate. Na mamamatay din talaga tayo. Alam ko namang may remaining time ako eh, hindi mo masabi kung marami, hindi mo rin masabi kung onti kasi hindi mo alam eh. So, how do you make the most out of your time. Babalansehin mo yun. Siyaka make sure yung others mo, ay yung mga taong pinapahalagahan mo talaga. Halimbawa ako pag may inooverthink ako na "galit ba 'to sa akin". Nagiging tanong na sa utak ko, ang nag aarise lagi, "ano ba ambag niyan sa buhay ko?". Kung wala, oh why bother? Kung pamilya</p>

	<p>ko siya, kaibigan ko siya. May mga selected tao lang na who matters to me. Who matters to you? My friends na I know who cares for me. Pag halimbawa na chummy chummy naman kami tas biglang hindi mamamansin, usually workmate talaga. Sa'yo kasi classmates. Pero isa sa biggest lesson is "don't give someone the ability to bother your focus or assurance". Kasi parang ang laking part of yourself yung binibigay mo sakanila, samantalang sila wala silang pakialam sa'yo. So ang tanong ko talaga lagi, ano bang ambag nito sa buhay ko? Kung wala siyang ambag, edit ago mo yang story mo sa akin wala akong pake. Why bother? Sayang life. Sinasabi ko yun sam ga kaibigan ko, "ayokong pagusapan yan sayang yung energy ko no, sayang memory space ko ganyan".</p>
Respondent 7	<p>Nagkakaroon ako ng weird feeling about death. Ano kayang feeling ng mamatay? Iniimagine ko para akong nag'travel sa ibang planeta. Nakikita mo na yung universe. Mapupunta na ako sa multiverse. Pag iniisip mo na yung praktikal, nakakatakot din. Mamamatay ka ba sa sakit, aksidente? Hindi mo alam di ba? Ano yung experience ng dying. Pero nung na-observe kong mamatay si lolo, para siyang peaceful talaga. Hawak-hawak ko siyang namamatay, para siyang isda. Ang feeling ko dun, hindi nakakatakot mamatay. Kasi namatay si Lolo ng peaceful. Kasi walang resistance. Physically hindi niya na kaya magresist. Bago siya mamatay sinabi niya kay God, "patawarin mo ako". There is surrender to death and God. Ibig sabihin okay na ako, tanggap ko na mamamatay na ako. Yun ang magbibigay sayo ng calm and acceptance. Hindi naman siguro 100% pero, definitely lahat ng acceptance will erase the pain. Yun siguro ang nangyari sa mga martyr. Sa act of surrender na na- numb niya lahat. Kasi nagsisimula siya sa mind mo. Base on study, the mind can really direct the physical. Pagka nadirect niya na yung physical, baka na- numb niya na yung pain. Si Christ, nakapako na siya pero nacontrol niya yung pain. Kaya nung namatay siya very peaceful, gusto ko yung ganun. Yung thought ko na pag mamatay ka na inoobserve mo yung consciousness mo na, "mawawala na ako, mawawala na ako" yung ganun. Palagay ko yung mga nag yo-yoga yung mga nagmemeditation, sila yung mga ready kasi naoobserve nila yung consciousness nila, not only external but yung internal nila.</p>
Respondent 8	<p>Diba nga meron akong inferiority complex. Lagi kong inaano 'to, kunwari may mamamatay, tas sa aming tatlong magkakapatid, iniisip ko na mas ok na ako yung mamamatay kasi iniisip ko mas macontribute sila kuya kumpara sa akin na wala pang nacontribute gaano. Ako din yung tipo ng tao na nagtake ng psychology na course pero wala ako nakikitaang mali sa suicide which is mali yun. I never think na suicide is bad. Pero di naman ako magt'take ng suicide</p>

	wag ka magalala. Yun nga ako nalang. Ayaw ko yung masakit naman. Yun lang. Ang bagal ng interviewer natin!
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Figure 1.6 Respondent's thoughts about death/dying.

Part 2: Regarding the concept of "art," diverse interpretations emerged (see Figure 2.1). Answers ranged from art as a visual image to its ability to evoke impact, beauty, or personal connection (e.g., art created by loved ones or music). Other viewpoints described art as a catalyst for emotions, thought-provoking discussions, storytelling, or a representation of life-sustaining elements in nature or human creation. Harmony between elements was also identified as a defining characteristic of art.

1. For you, what makes something a piece of art?	
Respondent 1	Colors. Ay hindi. Image. Pag may image dun sa art, art yun.
Respondent 2	If it has an impact and if it makes you feel something. Kapag meron kang naisip after mo siyang pakinggan o hawakan. Kahi yung pag "WOW" mo lang impact na yun eh.
Respondent 3	If I find it beautiful, it's art. Minsan, "BAKIT BA GANITO YUNG PAINTING NA 'TO HINDI KO MAINITINDIHAN?!". Maybe that is art, but I am limited to understanding what's behind it.
Respondent 4	Kapag yung dinrawing niyo. Dun ko lang siya nacoconsider na art. Siyaka music.
Respondent 5	A piece of art is anything that can make people feel emotions. Anything that starts a conversation. Something that is usable like upuan. Anything that is by nature or something that is made by people that is intended to be conducive to life and to flourishing. Art is also something that tells a story.
Respondent 6	Something that evokes emotion. Anything that evokes emotion or makes you think, makes you feel something that's a piece of art. Not necessarily just a painting.
Respondent 7	A piece of art kapag may harmony. Sa elements at variation.
Respondent 8	Art is kapag may story behind dun. May one time kasi may painting ako nakita parang ang dark na ocean lang. pero napaka dark niya dinrawing. Tas nung

	<p>nakita ko yun bumigat yung pakiramdam ko. Literal na bumigat yung pakiramdam ko. Anong meron sa painting na ‘to bakit bumigat yung pakiramdam ko? Dun ko nasabi na, “ah. It’s art”. Meron kasi akong art na nakita na about sa client at psychology. Ang story sa painting 47ay un is nagpakamatay yung psychologist. Itong patient ng psychologist sakanya niya sinasabi yung mga problema niya. Which is a failed part para sa psychologist kasi siya ang nagpakamatay dapat tinutulungan yung patient. Yung yung story. Pero makikita mo sa painting may rubix cube, para sakanya ay rumbled. Yung sinisymbolize na ang gulo-gulo ng utak ng psychologist samantalang yung patient okay yung rubix niya. Merong mga metaphoric symbols na “ah ang ganda”. Isang illustration lang siya pero may malalim na story behind dun. May nabibigay na emotion. Emotion, story, tas ayun entertainment. Web comics.</p>
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Figure 2.1 Respondent’s perception on what makes something a piece of art.

On impressions and usage of AI tools (see Figure 2.2), it is noteworthy that **five out of eight** participants (ages 21 – 30) utilized AI tools, specifically mentioning ChatGPT, Adobe Firefly, and Gemini. The remaining three respondents (ages 26 – 56), while unfamiliar with direct AI tool use, expressed awareness of them from online sources or academic studies.

2. What’s your impression on AI tools? Do you use it? When did you first encounter AI?	
Respondent 1	Effective. I first encountered AI earlier this (2023) year. (Ginagamit ko yung) Chat GPT.
Respondent 2	Chat GPT. Hindi ko alam kung saan ko siya unang narinig or nakita. I think nakita. I mean dati nung HS wala pang AI. Pero if hindi 47usting yung AI iisipin mo robot siya or app siya or machine that is better than a human. I use CHAT GPT for emails. If meron akong 47usting i-convey in a nicer way yun gumagamit ako ng AI to re-write yung thought ko. Gusto ko eloquent, clear, concise. May times 47ustin gumagamit ako ng CHAT GPT hindi ko siya kinokopya ng buo. Maliban nalang pag written form doc. Pero kapag email hindi ko kinopya lahat. May mga sentence lang akong kinukuha tas ako na yung bubuo. Hindi pa siya magaling actually. Hindi pa siya fully makaka replace of a human person. Kunwari if complex gusto ng client, hindi siya masasagutan ng AI, if CHAT GPT hindi pa. Ewan ko sa ibang tools.
Respondent 3	Before it became popular, being in the technical world, AI is very dangerous. Because although it’s a human created thing, it’s a program. That’s why it’s called Artificial Intelligence, it will work based on how it’s programmed. It will not work beyond it. It’s a matter of conditions programmed in their chips. I don’t

	<p>think AI will supersede the intelligence of a human person, because AI is just sustained by humans. I use AI and Chat GPT. I knew it from my boss. But take note, it can be a wrong answer because there's always a keypoint. That if you type this, this is the answer. You have to validate all.</p>
Respondent 4	<p>Hindi ko siya nagagamit. Pero may good side at bad side. Less time consuming, sa bad side yung nga hindi ka na mag iisip.</p>
Respondent 5	<p>I first heard of AI which is Chat GPT, yung pinaka-unang sumikat kay R. Ginagamit niya daw yun sa thesis niya tas mas natututo pa raw siya dun kaysa sa teacher niya. Nakakatawa. Tapos, nung nadiscover ko si Bard kasi bigla siyang lumabas sa google search engine. Mas functional at accessible siya for me kasi part na siya ng google. Very interesting at challenging. Kasi for me everytime I use it as a tool, I'm searching rin is this AI tool responsible, what will this do with my data ganun. When you're interacting with AI tools you need to be cautious, responsible, and explore what works for you. Impression ko sa AI tools is siyempre ang galing! Naging matunog yung AI dahil sa 48usting48ey, Dall-E. Ang out of this world kaya ng mga art nun. For me amazing more than the fear. Kaya yun din yung reason kung bakit ko 48usting ma-explore kung ano pa yung possibilities na kaya kong magawa sa project ko with AI. I use Bard now as a collaborator for my ideas. Example if ma-stuck ako sa isang idea I will talk to Bard and ask "what do you think of this idea? How can this ideas be improved?". Sobrang helpful niya sa brainstorming at conceptualization. Natatanggal ka niya talaga sa rut. Yung yung isa sa mga gusto ko. Dun din ako nag start. Something to bounce ideas with. It's really helpful.</p>
Respondent 6	<p>Natatakot pa rin ako sa anong pwede niyang gawin, but at the same time kailangan mo siyang i-embrace kasi that's where we're going. Kailangan mo lang maging extra cautious as a creative on how you use it para hindi na va-violate yung ibang creative artists. Ang naging problem talaga diyan is how it uses human works without consent. Responsible use of AI talaga. For me, kailangan na lahat mag AI. Kasi totoo yung sabi nila na, "AI will not necessarily replace you but a creative who knows or uses AI will most likely replace you". So dapat matuto ka rin kung paano gamitin siya. Ganyan din ang reaction ng mga tao sa photoshop. Ayaw nila gamitin yun at first pero tignan mo naman ngayon. Any change naman talaga is nakakatakot. But you have to adapt. Dapat mabilis kang mag-adapt. Hindi ako gumagamit ng kahit anong word-related, AI generated na word hindi ako gumagamit non. Ang ginagamit ko for art kasi kulang kami sa art directors. So halimbawa gagawa kami ng storyboard, AI board. Maglalagay ka ng prompt. Kasi kulang kami sa art director. Adobe</p>

	Firefly. License ng Ogilvy. Maganda din siya. Pero siyempre it doesn't communicate exactly like a storyboard artist would portray it. Text-image.
Respondent 7	It's something that can help us but also damage human creativity and critical thinking. Technology solves the problem of speed. Yung problem na magdepend sa AI ang mga tamad. Enhancement yes. Yung ginagamit siyang tool for enhancement. 2 years ago. Sa chat GPT. Nung nag aaral ako sa MA Philosophy of Psychology. We're talking about intelligence, yung mind. Nabanggit niya yung Artificial Intelligence.
Respondent 8	<p>First encounter ko sa AI is tiktok. Na use ko siya as reference at pang cheat. Pero ang AI kasi nakakapag explain din siya sakin. Kunyari may diniscuss si sir na hindi ko maintindihan. Copy paste ko siya tas i-explain niya, yun ang pinaka Magandang use sa akin ng AI, natutulungan niya ako. Kaya ko mag self-study through ganun dahil sakanya. Kaya ko din ishort cut with AI. "bakit methodology niyo past-tense? Dapat hindi niyo past-tense". So ang ginagawa ko kina copy paste ko lahat yung paragraph tas ipa-past tense. Naging short cut. Napaka convenient. Although pagdating sa art hindi ko ginagamit ang AI tas c'claim kong akin. Although gagamit ko as reference sabi ko nga yung multiple ideas diba. Kuya ko unang nagsabi sa akin ng Chat GPT. Chat GPT una kong ginamit. Simula palang, "can you explain this?". Tapos naging complex na, "make this lesson into a multiple-choice questionnaire". Tapos mas lumalim pa na, "tulungan moa ko sa research ko ano ang mas magandang sampling technique dito?". AI is cheat siya pero at the same time teacher rin kasi nga tinuturuan niya ako unlike na sa research adviser ko.</p> <p>Hindi naman sa feeling, kasi cheat talaga siya. Nag c'cheat ako sa AI pag yung mismong buong test questionnaire i-c'copy paste ko tapos, "tell me the answer". Ang hindi cheat ay yung igagamit mo siya for convenience at para short cut. I g'guide ka niya, explain this.</p>

Figure 2.2 Respondent's impression, first encounter, and use of AI tools.

When queried about their preference for human-made versus AI-generated art, a majority of respondents favored human creations (see Figure 2.3). Justifications for this preference included the human effort involved, the view that AI is ultimately a human creation, the ongoing creative flow inherent in human artistic processes compared to programmed AI approaches, and the acknowledgment of inherent human biases. Further reasoning focused on the contrast between human-made art as natural and AI art as artificial. Respondents emphasized the unique capabilities of human hands and the differentiated creative experience they provide.

4. What's the difference between AI art and human-created art? Which do you prefer more?	
Respondent 1	Siyempre yung difference yung effort na gawin yung art. Tapos siyempre nga, I prefer human kasi may hirap, di tulad ng kapag Ai siyempre mabilis, Parehas naman, siguro mas lamang pa yung AI kasi nga AI yung gumawa nun. Pero siyempre may mga details na makikita mo gawa ng tao.
Respondent 2	The effort of course. I prefer human. Kasi wala pa nga ako ganung references ng AI art. Who made AI? Humans. It's also a human-made art. Both are human creations.
Respondent 3	Definitely the human-created art. Because ideas come while you are creating it. While AI art is already programmed.
Respondent 4	Human art pa rin. Kasi mas na appreciate mo yung art na may hard work. Though siyempre mas perfect yung AI. Hindi rin kasi ako ganun ka artsy. Sa AI kasi mas pinapadali yung work. Hindi ko mapapansin kung art niyo pa yun o AI na. Kasi digital na e.
Respondent 5	I haven't witnessed AI art by an AI artist. Of course bias ako dahil hindi ko pa nexperience yung AI art talaga. Bias ako sa kung anong mga nakikita ko ngayon which is art made by human. But I'm very open to being amazed and transformed rin by AI art made by people. Hindi naman makakagenerate ng AI art ng walang human intervention. So, for me it's still something that is made by a human. So, it's a matter of preference. But to me, I'm open to both art.
Respondent 6	<p>Bias talaga tayo sa humans. Ang limitation ng AI art is its only as good as how humans can be. Wala siyang kayang i-create na totally bago. Laging compounded inspiration from humans. Pero ang humans, can elevate it. Kasi yung brain natin, it makes new ideas talaga creates inspiration and all. Ang high falluting and shit but AI is only as good as humans. Kung kayak o magpagawa sa tao dun pa rin ako sa tao kasi tool lang naman ang AI. Kung meron knag professional voice over na pwede mong idictate versus a machine na monotone, san ka pupunta? Diba sa tao?</p> <p>Depende sa pagkaresponsible ng AI na ginamit mo. Halimbawa kasi midjourney andami niyang lawsuits. So, I don't consider you as an artist kasi nakaw lahat yun. Tool lang talaga siya. Siyaka I think ayoko pa rin mawala yung basics. Fundamentals yan eh. Can you call someone a visualizer if hindi niya alam yung</p>

	<p>color theory? Ayoko na itapon lang lahat yun. Oo mas mabilis ngayon, pero the fundamentals stays the same. It really depends. It's not a one answer topic. Depende sa artist kung paano yung process na ginawa niya. Paano kung halimbawa assisted mo siya ikaw pa rin yung nag put together ng stuff, hindi mo siya pwede i-claim fully as yours. Kasi what if yan drawing yan ni sofia, drawing yan ni Patty. Pinagsama mo lang, crop lang siya. Tinapon mo lang, pero meron ka ba exactly ginawa there? But without AI you won't be able to do that. Na ang mga real artist, kaya nilang gawin yan. Process pa rin, case-to-case basis. How responsible is the AI you used? Pangalawa is how beautiful your work is? Paano kung pangit pa rin? Subjective talaga.</p>
Respondent 7	<p>Siyempre. Yung isa artificial. Yung isa natural. Yung work of art natin are just combinations of all artists or things that was seen already. Repetition lang e. kaya lang siguro nadadagadan lang ng mga bagong variations. Both are amazing. Pero sa akin sa natural pa rin ako, human pa rin.</p>
Respondent 8	<p>AI art galing siya sa mga multiple artists. Yung human artist, gawa mo mismo, kamay mo mismo, ikaw mismo gumawa. Although ang human ay kumukuha rin galing sa mga multiple references katulad ng AI, ang human is galing sa kamay nila. Siyempre yung inputs yung emotions nung na cocontribute ay galing sa kamay. Yung kamay talaga. Iba yung ideas pero paano mo siya i-execute? Ganda nung nasa ulo mo dami mong reference. Pero execution eh, yun yung kamay.</p> <p>Minsan AI minsan human. Human siguro. AI maganda. Katulad nito, yung illustration niya never ko nakita sa AI art. Napaka-detail. Walang mga 6 fingers. Siguro katulad nung sinabi ko kung ano yung art, nagbibigay ng story. AI art is still art, iba lang sa tao. Pag AI art, "ay ang ganda". Pag human, "hala paano niya nagawa yan? Paano niya nadrawing yan?". Yung paghihirap rin kasi nandun.</p>

Figure 2.3 Respondent's thoughts on the difference of AI and human-created art, on which they prefer more.

Part 3: Relationships, the three most commonly mentioned themes were: (1) emotional expression, (2) the importance of close relationships, and (3) family dynamics (see Figure 3.1). The most influential concepts were people, friends, and "other things" (see Figure 3.2). Word frequencies were analyzed through visual nodes (see Figure 3.3) and sentiment analysis (see Figure 3.4) These findings underscore the value respondents place on emotional expression, close relationships, and friendships.

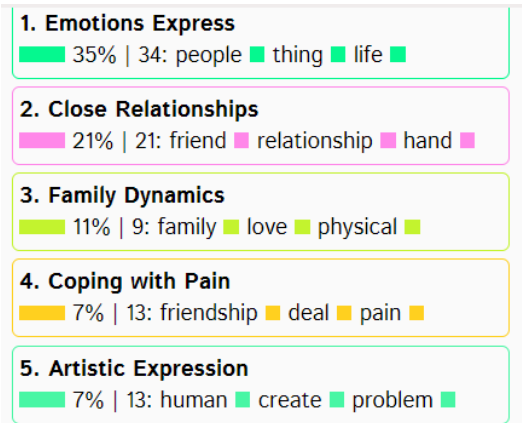


Figure 3.1 Thematic Analysis in InfraNodus



Figure 3.2 Most Influential Concepts of all interviews

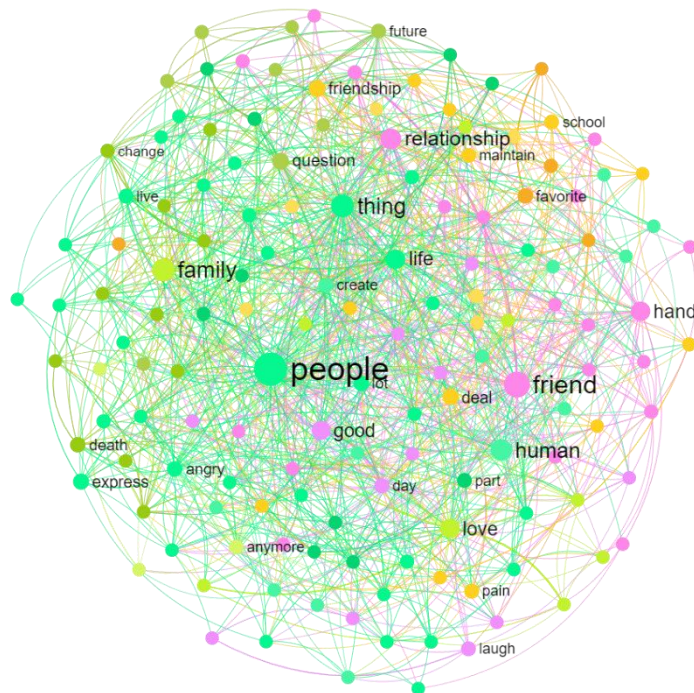


Figure 3.3 Word Frequency Nodes in InfraNodus

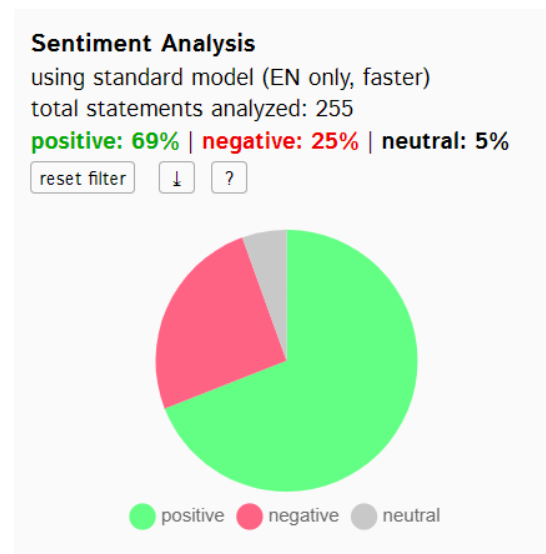


Figure 3.4 Sentiment Analysis in InfraNodus

Part 4: Perceptions of the Future. Common themes included the inevitability of death, hopes and dreams related to retirement/career, advice, and a tendency to focus on the present rather than dwell on the future (see Figures 4.1, 4.2, 4.3, 4.4).

1. What are you looking forward to?	
Respondent 1	Pagiging piloto ko.
Respondent 2	House to house na workshop sa January. Malipat yung AR, magkaroon ng kapalit si K. Ni lolookforward ko rin yung mag try ng mga bagong experience.

	Tulad ng tarot o magpa therapy. Pamasaha sa mukha o yung sa hair. Parang relaxing.
Respondent 3	To retire four years from now. I will spend my life free of work and maybe if I still have the grace, I will serve.
Respondent 4	Gusto ko makapag travel tayo nila mama. Kasi feeling ko malapit na yung time na sasabihin nila “ayoko, masakit na yung likod ko ganyan”. Siyaka healthy. Sa career hindi masyado gigil. Gusto ko lang maraming pera.
Respondent 5	I’m near graduation. I’m looking forward to the life I’ll build after graduation. What are the possibilities of me venturing out into the world, what will I do, who will I be? What kinds of people are going to influence me, who will be my new friends, are the people in my college/high school days still gonna stay, there’s a lot of questions. I’m looking forward to graduating but at the same time I’m just looking forward to playing Mario Kart later hahaha. After I do this and get things done and do all the daily things that I do. I’m looking forward to walking my own path bravely as me. Hindi lang yun pagkagraduate ko but also in how I experience my daily. How I welcome every day. I’m looking forward to JUJUBEE kasi manganganak na siya. I’m looking forward to sunny days, vacation, good food, creating stuff that I like, and learning more about myself and people and nature that I belong in. I’m looking forward to expand. Lumaki. Oo magpataba, haha hindi joke lang. Ayun.
Respondent 6	Wala masyado. Mamaya gusto ko kumain tayo, gusto ko lumabas tayo.
Respondent 7	In terms of interest ko yung sa music. Kung ano yung ma eenjoy ko, o maish’share ko kung sakaling mag train ako o may ability ako. Sinabi ni sister “ano bang gusto mo? Bakit gusto mo mag pursue ng music?”. Sabi ko “siyempre sister gusto ko rin mashare yung music sa iba”. Ibig sabihin music education. Yun yung nilolook forward ko. Siyaka pag nagretire na ako, I can be able to do what I want. Kasi before, nagiisip din ako ano ba ang future ko? Magpapamilya ba ako, magpapari ba ako? E nung kami ni *M mo nagkakilala, e yun sabi ko magpapamilya nalang ako. Kasi hindi naman ako yung nag pro’pose kay M mo. 24 kami nagasawa, pero 21 ako nung nagkakilala. Si M mo kasi ang mga babae, “Ano ba!?”. Na-assess ko naman si mama mo edi sabi ko, “Let’s go!”. 2 and a half years rin kami. Yun yung mga tinitignan ko nae excite ako. Sa music, sa sports, maybe sa sports hindi na yung competition, for fun. Pero ang bottomline I can do what I want.
Respondent 8	Gusto ko maging better version ako ng sarili ko. Kasi ang dami kong gusting gawin, hindi ko naman ginagawa. Kunyari gusto ko pagaralan ‘to, yung

	knowledgeable baa ko, diba ang cool non? Akala mo talaga e. Napaka-edge lang kasi nun sa field mo. I-discipline ko ba yung sarili ko na iform yung habits na ganun. Para makita ko yung sarili ko as a psychologist and an artist sa future. Gusto ko ma engrain sa sarili ko yung mga disiplina na dapat ginagawa ko na 3 rd year palang. Pero ito na 2024 na wala pa ring nagbabago sa akin.
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Figure 4.1 *What the respondents are looking forward to*

2. When you think about the future, what do you imagine?	
Respondent 1	I imagine lots of money, and being happy, and traveling the world.
Respondent 2	Mga gusto kong gawin. Mga nasabi ko dun. Hindi na ako tulad ng dati na nag-goggoals na sobrang specific na parang so obsessed to change. I've grown past that self.
Respondent 3	I imagine all of the things that I have to do. I plan. How will I spend my hours every day. How will I spend my time with other people. How will I spend time with my children.
Respondent 4	Hindi ako nag iisip masyado about the future. Hindi ako nag seset ng goals. Hindi ako masyado nag d'dwell doon.
Respondent 5	Mga anak ni jujubee, puppies! Na imagine ko yung life ko around creative people that inspire me. I imagine that I'm working towards expressing myself more freely and bravely. I imagine a future wherein I am happy and satisfied with the small pleasures that I get daily, with my loved ones. It doesn't need to be grand, simple pleasures lang talaga. I imagine also yung exhibit. Yung work ko na ma exhibit. This one in particular which is sometime around July this year 2024. As long as it (my work) screams me it's what I want to do, I'll be happy. -I imagine better days that's it.
Respondent 6	Wala akong nakikitang far future.
Respondent 7	It begins with what you think. Sa akin, connected dun. I can be able to do what I want. To be able to do things na hindi mo pa nagagawa before. Adventure ganun. Pero kung kailan ka tumanda, bakit ganun yung realization mo the freedom to do what you want. Bakit hindi pa nung bata ka? Ngayong 55-year-old mag ha hiking ako, putcha yung tuhod ko. O halimbawa naiisip ko mag paragliding ako, kahit takot ako sa heights. Yung scuba diving, ang lalim niyan nakakatakot. Iniisip ko, sabi ko nga kay mami mo, "wala na, independent na tayo sa mga bata, malalaki na sila, they can have their own". So tayo naman, sabi nga ni mama mo "mauna ako sa'yo ah, wag ka mamatay ng una". Alagaan

	ko pa daw siya. But you can never tell kung sino mauna sa atin. But whatever comes, ganun eh. Sabi sa Spanish “que sera, sera”. Whatever will be, will be. Hindi mo naman yan pina-plan, hindi mo naman yan sinasabi. Yung nga sinsabi ko sa’yo magugulat ka, it’s there already, right in your face! You don’t want but it’s there, it’s reality. You cannot say, ayoko! You have to face it.
Respondent 8	Psychology and artist talaga. One thing na naappreciate ko sa sarili ko is nalaman ko yung dream ko. Naasar ako kay mama kasi sinasabi niya sa pinsan ko na, “ano ba yan, hanggang ngayon 3 rd year na siya di niya pa rin alam yung pangarap niya”. Ma! Hindi talaga yun yung mag-iisip ka lang, natural siyang darating sa’yo. Kung nalaman mo na nung bata ka pa be grateful. Pero at the same time wag mo idi-disregard yung feelings ng iba kasi mahirap. May iba naman na late bloomers.

Figure 4.2 *What the respondents imagine when thinking about the future.*

3. When you think about the future with AI, what do you imagine?	
Respondent 1	I imagine, I Robot. And Ready Player One.
Respondent 2	Lesser human effort that for non-important things that humans spend most time of like writing the fucking emails!
Respondent 3	AI is a very good tool if you use it for goodness and not for the badness. Human creation is perfect because we are created in god’s image. So, we should be creating a good tool, not to destroy but to benefit people.
Respondent 4	Lumilipad na kotse. Siyaka advanced na healthcare. Yung sa bicentennial man. Pero since ganun na ka-advance yung healthcare, mas advance din yung sickness.
Respondent 5	I feel ecstatic, I feel excited. I imagine na mas magiging efficient at creative at mas magkakaroon ng maraming time ang mga tao to do what resonates and what they want to do. Because automated tasks will be finished. Our level of consciousness will evolve into a different way with this technology. I think we’re going to evolve greatly, as hopeful and as optimistic as I get. It’s going to be amazing. Because AI is conducive to life and human flourishing as long as we use it responsibly. It’s not to destroy, it’s to create. It’s to bring more efficient ways for us to live. Since AI is still developing, it depends on responsible use. I hope people would use it responsibly din. AI tools will evolve more into tools that have these rule so that people can use it responsibly without thinking how they will use it responsibly.

Respondent 6	Sana more efficient. Sana mas gawing less toxic, less high demand yung creative industry, yung advertising industry to be specific. Kasi pag sinabing advertising industry talagang high demand. It takes so much hours from the personal life of people. Na dumarating sa point na sinasabing, “nasa ahensiya ka eh, dapat ganito ganyan”. Na normalize na maging busy, unreasonable working hours. Sana with AI maging more proficient. Isa pa yun sa mga naging ideas namin na AI should be able to add life hours sa mga tao kasi nga mas magagawa niyang efficient mas mabilis niyang magagawa diba, mas quality. So sana ganun yung magawa niya.
Respondent 7	Yung more possibilities but more harm o yung mga ganun. Yung good there’s a corresponding evil to it. But, evil also has a corresponding good. So ganun niya nababalance eh. Good, evil, Evil good. Yung Hegalian theory. Hanggang sa yung sinasabi ni Hegel yung pinakaperfect system na. Anti-thesis. Pero out of it, wag ka matakot, kasi meron pang uusbong na ibang result, mas maganda pa.
Respondent 8	Na-imagine ko na sasabihin ko yung case ng client ko sa Chat GPT. Joke lang! Siguro kasi guide mo siya. Kasi siyempre pag dating sa pagiging artist ko reference. Pag dating sa psychology makakatulong rin siya sa grammar correct. I-guide ako na paano ba ‘to, i-explain mo nga ‘to siya sakin. Pero hindi rin talaga pwede na i-asa mo yung case sa AI kasi hindi siya accurate. Pero makakatulong pa rin siya.

Figure 4.3 *What the respondents imagine when thinking about the future with AI*

4. Any last message or piece of advice on living truly and expressing yourself as a human being to the people listening?	
Respondent 1	Siguro don’t be afraid to try anything that interests you. Just keep going with your life because that’s how you will live life. And how will you live life if you haven’t tried anything you want to do. And just keep focusing on making yourself better and be the best you can ever be. That’s all.
Respondent 2	Live one day at a time. It’s important yung pagsusulat at pagkakaroon ng aspiration nga. Kasi hindi ka naman hayop. That’s what makes us distinct animals. We have dreams we have memories. Yung thinking capacity. You can visualize. It’s important na meron kang sense of reality pero at the same time you can dream about things na wala pa sa present. Ayun. Mic drop.

Respondent 3	Life is a journey. Life is short. It's just a dash. How you live your life, is your choice. And every choice we decide, there's always an accountability and a responsibility out of it. Before deciding anything in your life, you have to think of what the outcome of this decision would be. From there, weigh things out which one would be your choice. That's my belief. I always think of the consequences and accountability of the decision. Next is you have to be good. You need to live according to god's teaching and way of life. You need to think for the welfare of everyone, not only for your own. Be good to people and they will remember you somehow. Na pag nahiga na ako sa puting kabaong, they will say, "thank you". Thank you for being my everything. That's all.
Respondent 4	Don't take life too seriously tulad ng sinasabi ni Ru. Siyaka live in the moment.
Respondent 5	I'm still learning about myself. It's okay to give ourselves grace. To acknowledge that we are all a work in progress. And we should live a life true to ourselves. Strive for clarity for what we want and need and to get that. And life is going to throw shit at us, at times we don't expect it the most. We're not alone and our experiences are not that special. Share what you know, your experiences, and don't be afraid to let people in but at the same time know when to let people out and when to leave relationships or thoughts that don't serve you anymore.
Respondent 6	Try your best to be your true self. How? You just do it. If ano nararamdaman mo, gawin mo, ramdamin mo. Ano gusto mo sabihin basta hindi ka makakaoffend, meaning hindi ka makakadurog ng pagkatao ng tao, yung gauge for it if doesn't bother you in the next five minutes and it will harm somebody else's feelings, basta yung parang i-gauge mo kung gaano kababaw. If it doesn't concern you in the next five minutes, so wag mo nalnag sabihin kasi hindi mo alam how it will affect the person. Kung wala ka masabing maganda, tumahimik ka nalang. Pero if you think that criticism will make the life of the person better, sabihin mo pa rin, pero in the right timing. Pero sometimes there is no right timing, so sabihin mo nalang. Basta live life truly and with pure intentions. Never wish someone ill, kahit gaano pa sila kasama sayo. Naniniwala talaga ako sa karma, bumabalik. Bukod kay Mondi ah, willing ako to receive all karma.
Respondent 7	The cliché na be yourself. Be yourself is actually a deeper kind of realization about the human person. When you say be yourself, yung identity mo, uniqueness mo. Be yourself, kung na internalize mo yun, na you don't have to be somebody else because in the first place, you're just yourself. By being "other-ly", you forget yung pagiging tao mo, pagiging ikaw. Because yung pagiging ikaw, yun ang pagiging tao mo. Wala ka naman dapat pang patunayan sa ibang tao. Sa existentialism, givenness yan e. Sabi ni John Paul Saarte, yung

	pagiging given sa mundo mo, hindi mo kinreate ang sarili mo pero nandydyan ka na, natagpuan mo na yung sarili mo dyan, ibangon mo, gawin mo whatever is given. You have to accept that reality and live that reality. Express the givenness of life. Be yourself.
Respondent 8	Hindi ko nga alam paano i-express yung sarili ko bhie! Time is gold! Live your live sa kung ano gusto mo talaga. Siyaka go with the flow. May ganun akong aspeto sa buhay ko, na ito na ba yung nangyayari sa buhay ko, ay sige lalangoy lang ako. May mga iba tulad ng kuya ko pag di niya kontrolado yung sitwasyon, nagkakaroon siya ng anxiety. Wala kasi akong urgency sa sarili ko. Pag hindi ko kontrolado yung sitwasyon ko, hindi ako alerto na hala kailangan ko in line yung sarili ko, hindi. Nakikilangoy na lang ako. Minsan masama minsan okay.

Figure 4.4 Respondents' advice

This study aligns with previous study by Biali (2019) and Rossi (2022) on the positive impact of using hands for well-being. The respondents' emphasis on hand-oriented activities resonates with the saying "idle hands are the devil's playground." Their active engagement appears to contribute to mental well-being and a fulfilling life. Engaging the hands in any activity seems to provide purpose, fostering present-moment focus and replacing negativity with creation, concentration, and a sense of accomplishment.

Furthermore, interview responses concerning perceptions of art and AI support Bellaiche et al.'s (2023) research on the human preference for human-created art.

CREATIVE PROCESS RESULTS WITH AI TOOLS

This research involved exploring a diverse range of AI tools encompassing various functionalities. Text-based AI tools included Google AI Studio, ChatGPT, Gemini, Otter.ai, and InfraNodus, along with translation capabilities offered by Google Translate. Audio manipulation was explored through Adobe Podcast. AI art tools for visual content creation included Dream Studio, Bing Image, Adobe Firefly, Artbreeder, DeepAI, and Gencraft. Additionally, Google Labs provided access to unique AI tools such as Share What You See and Teachable Machine.

TEXT AI TOOLS PROCESS RESULTS

- Specifically, I utilized **Gemini for conceptualization, brainstorming, and research exploration related to my thesis topic.** The tool's transparency and ongoing advancements were particularly valuable. Unlike previous experiences with Bard, where

suggestions sometimes presented idealized scenarios without considering real-world constraints, Gemini incorporates limitations into its responses. This focus on practicality fosters critical thinking when evaluating AI-generated suggestions. Additionally, Gemini's grammar checking and writing style adjustments (tone, clarity, and conciseness) proved instrumental in refining my writing. Overall, Gemini's capabilities significantly aided me in achieving greater clarity throughout the creative process.

- While I initially explored **ChatGPT** for conceptualization and brainstorming, I found myself gravitating towards Gemini. Its integration with my Google account streamlined the process. Each prompt and response formed a clear conversation thread, fostering efficiency and organization – a crucial aspect of my workflow.
- I initially considered **using Google AI Studio to transcribe** interview recordings. However, the interface proved to be complex for a beginner like me. Additionally, limitations in the free trial registration process for **Google Cloud**, where transcription resides, hindered further exploration of this tool. Unfortunately, this hurdle prevented me from fully utilizing Google AI Studio for my intended purpose.
- I experimented with **Veed.io and Otter.ai** for interview transcription, hoping to simplify the process. Unfortunately, the free trial versions of both tools presented limitations that impacted accuracy. Given these constraints, I opted to transcribe the interviews manually. Notably, Veed.io appears more suited for video editing with transcription-generated subtitles. Otter.ai, while promising, exhibited limitations in language support, primarily working effectively with English.
- I explored **InfraNodus** for interview data analysis, particularly sentiment and thematic analysis. While this tool excels at uncovering insights from scientific and marketing data, I found its effectiveness with personal interview data to be limited. The analysis revealed some repetitive patterns, potentially due to the nature of the data itself. However, InfraNodus remains a valuable resource for initial research exploration and brainstorming of new topics. While its text analysis capabilities hold promise, for my purposes, I would recommend applying it to scientific research or literature review rather than personal interviews – with some exceptions based on the specific research question. Further exploration of InfraNodus may be warranted to solidify these observations.
- To facilitate text analysis with InfraNodus, I attempted to translate my bilingual interview transcripts into complete English using **Google Translate**. However, the tool's limitations in capturing nuances of sentence structure between English and Filipino necessitated manual review and correction of each translation. For future reference, Google Translate

appears to perform more reliably with language pairs such as English, French, German, Hindi, Portuguese, Russian, Spanish, and Thai.

AUDIO AI TOOL

- I explored **Adobe Podcast** for interview audio denoising through its free 30-day trial. I was very impressed with the tool's effectiveness and would consider purchasing a subscription for future podcasting endeavors. However, limitations were observed in denoising multi-speaker recordings and with particularly heavy background noise (e.g., electric fans). These factors should be considered when utilizing the tool for optimal results.

AI ART TOOLS

- This research investigated the use of AI art tools (**Dream Studio, Bing Image Creator, Adobe Firefly, Artbreeder, DeepAI**) to explore various creative visualizations. While all offered free trials with limitations (e.g., prompt or credit restrictions), allowing experimentation with different artistic styles, features like user-uploaded photos were only available in Dream Studio and Adobe Firefly. This exploration process led me to favor Adobe Firefly due to its user-friendliness and responsible generation practices, which resonated well with my research goals.

OTHERS (GOOGLE LABS)

- Delving into Google Labs proved to be a rewarding experience. Two tools that particularly captured my interest were **"Share What You See"** and **"Teachable Machine."** "Share What You See" offers an engaging platform to hone proficiency in crafting prompts for art and text-AI tools. I found it particularly valuable to refine my prompt language for greater efficiency. "Teachable Machine" caters to beginners and non-programmers by providing a user-friendly interface for creating basic machine learning models. While I haven't fully explored its potential or created a model myself, I am eager to delve deeper into this tool for future personal projects.

CREATIVE PROCESS RESULTS WITH EMBROIDERY TOOLS

My initial exploration of materials began during coursework in Studio Art and Scenography. I experimented with various fabrics like linen, bubble fabric, tulle, and canvas, along with two thread types – embroidery floss and acrylic yarn. Ultimately, I opted for acrylic yarn due to its affordability, pleasing thickness, and vibrant color options. For the fabric base, I initially envisioned pure linen, but stock limitations at the supplier led me to select a linen-cotton blend, which is the closest available alternative.

My initial concept of incorporating pre-loved clothing from respondents proved impractical. The patchwork of diverse fabric densities proved too loose and susceptible to

separation, hindering smooth stitching. To address this challenge, I pivoted to using a single, cohesive linen-cotton fabric.

Following a valuable suggestion from Sir Icon during my last defense, I utilized an eyedropper tool to match yarn colors to my sketches and embroidery designs prior to purchasing materials. Yarn stock limitations forced color substitutions, causing slight deviations from the digital designs. However, this approach proved particularly effective in ensuring color consistency throughout the stitching process, significantly enhancing its efficiency.

Following the finalization of designs, exhibition plans, and consultations with advisor Sir Auggie, I embarked on hand sketching the design onto the fabric. Currently, the embroidery process is ongoing, utilizing the pre-selected thread colors. The process of embroidering gives me a presence of mind and a sense of rest, even though it's still an act of "putting in the work" for my thesis project. It offers a welcome respite from the constant presence of laptops and smartphones, a refuge from digital overstimulation. The act of embroidery allows me to exist in the moment, creating something entirely my own and deriving satisfaction from the tangible progress. Undoubtedly, moments of uncertainty, anxiety, and even overwhelm have arisen throughout this process, given the slow nature of embroidery juxtaposed against my fast-paced schedule. However, I maintain a strong belief in my own capabilities and creativity, and I am confident in my ability to bring this project to fruition.

The findings regarding the positive impact of creative activities align with embroidery studies reviewed in the literature (Hunter, 2019; Wolk & Or, 2023). My personal experience with embroidery resonates with these studies, as I observed increased mindfulness, calmness, compassion development, and self-awareness while engaging in this artistic practice.

Conclusion and Recommendation

Interview findings showed how participants viewed various aspects of life. Initially grateful for their hands' functionality, awareness of limitations led to a humbling perspective on the human condition. Regarding art, diverse interpretations emerged, with some using AI tools. However, most preferred human-made art due to the value placed on human effort and creativity. Social connections were also crucial, with emotional expression, close relationships, and family dynamics being highly valued. Finally, discussions about the future revealed a mix of anxieties and hopes, with a focus on the present moment.

This research investigated the potential for AI tools to enhance the creative process, focusing on their impact on my own creative exploration. While early exploration revealed an

initial period of adjustment and occasional confusion in integrating AI tools, the overall experience proved fruitful. Several tools emerged as particularly valuable:

- Gemini: facilitated brainstorming, conceptualization, and research.
- InfraNodus: aided in generating new research topics.
- Adobe Podcast: enabled audio denoising and enhanced recording quality.
- Adobe Firefly: supported mood board and inspiration creation.
- Google Labs tools: offered a platform for further exploration.

These tools will continue to be incorporated into my creative process, used responsibly and strategically to augment future endeavors. Additionally, the practice of embroidery will remain a source of comfort and grounding, offering a valuable counterpoint to the fast-paced nature of digital creation.

The AI tools that didn't effectively work for this particular project but might work for other projects include:

- ChatGPT: also good for brainstorming, conceptualization, and writing organization. It just depends on what tools you intend to focus on or are comfortable with for this particular work.
- Google AI Studio is not beginner-friendly but is recommended for developers building applications using generative AI models, specifically the Gemini family from Google.
- Veed.io: recommended speech-text transcription tool for adding English subtitles in video formats. Can have difficulty in transcribing due to varying accents.
- Otter.ai is recommended for transcribing in the English language. Can have difficulty in transcribing due to varying accents.
- Google Translate: Can effectively translate language pairs such as English, French, German, Hindi, Portuguese, Russian, Spanish, and Thai. Can have difficulty in translating bilingual interview transcriptions (English and Filipino).
- AI art tools (Dream Studio, Bing Image, Artbreeder, DeepAI): These are all free AI art generator tools with improving ethics. So, if you're going to use some of these, make sure to be transparent and responsible. Avoid using any element of generated art for commercial use.

The findings offer valuable insights for other novice AI users seeking to explore diverse AI tools (text, image, and audio) in their creative workflows.

Recommendations

Research Topic

The research topic can still improve in terms of the approach to using AI with our processes and outputs. In creating final outputs with new design tools, I recommend prioritizing understanding their functionalities first and how they can enhance your workflow. This ensures responsible use and avoids relying solely on the tool for creativity. If time constraints prevent achieving both process exploration and final output with AI, prioritize the process and forego the AI-generated output for now.

To enhance focus and clarity in future studies, it is crucial to define the specific type of AI tools employed. Focus on a single AI tool at a time to prevent feeling overwhelmed by options. Is the tool text-based, visual, or audio-oriented? A clear understanding of what tool and how the tool informs the creative process and influences the final output is essential. Furthermore, aligning this exploration with realistic project timelines is vital.

On the other hand, if one is comfortable and has enough understanding of the AI tools to be used, the research topic can still improve in terms of delving deeper into collaborative creation with AI, encompassing both the creative journey and the final product. While the current project utilized AI tools for exploration within the creative process, my final embroidered piece did not integrate any AI elements. Future research could investigate compelling avenues for direct AI co-creation, such as training an AI model on existing embroidery patterns to generate novel and original designs.

Creative Process

Through this project, I've identified areas for improvement regarding AI integration in future explorations. While large language models (LLMs) like Gemini or ChatGPT offer exciting possibilities, it's crucial to acknowledge their current limitations along with your current abilities and resources. In my attempt to translate sentiment analysis and thematic overlaps from interview data using InfraNodus, the limitations of text-based AI became apparent. LLMs currently struggle with directly translating textual data into visual elements and require further development in emotional analysis, particularly with interview data. However, this exploration, despite its challenges, led me to discover InfraNodus as a valuable tool for research in my creative process. Even if the final outcome wasn't exactly what I envisioned, the learning experience itself proved beneficial.

Given the slow creation process inherent in large-scale hand embroidery, like my 4ft x 6ft piece, time management is crucial. Finalizing the design and exhibition plan with your adviser during MMAPRO1 allows for dedicated production, post-production, and marketing collateral

execution during MMAPRO2. It's important to prioritize a feasible schedule in your Gantt chart and track progress to stay on time.

This project also highlighted the potential for further exploration with materials and stitch techniques. Experimenting with different fabric colors, textures, and embellishments like beadwork, metallic threads, or specialty floss can significantly enhance the final artwork. Similarly, incorporating diverse stitch techniques like satin stitch, French knots, and chain stitch can add depth and visual interest, depending on the desired style and feel.

Annex A: Vision Boards

To gain clarity about what I want to do, I created digital vision boards on social media platforms such as Pinterest (see Figure 1) and Are.na (see Figure 2). In it, I collected different inspirations (various art forms such as music, poetry, performance art, film, photography, installation, graphic design, zines, etc.) for my desired art style, art medium, and mood.

I converse with my thesis adviser, Sir Auggie in bouncing ideas and finding solutions to the challenges in my project. I get insight and feedback from friends and family members, too from time to time.

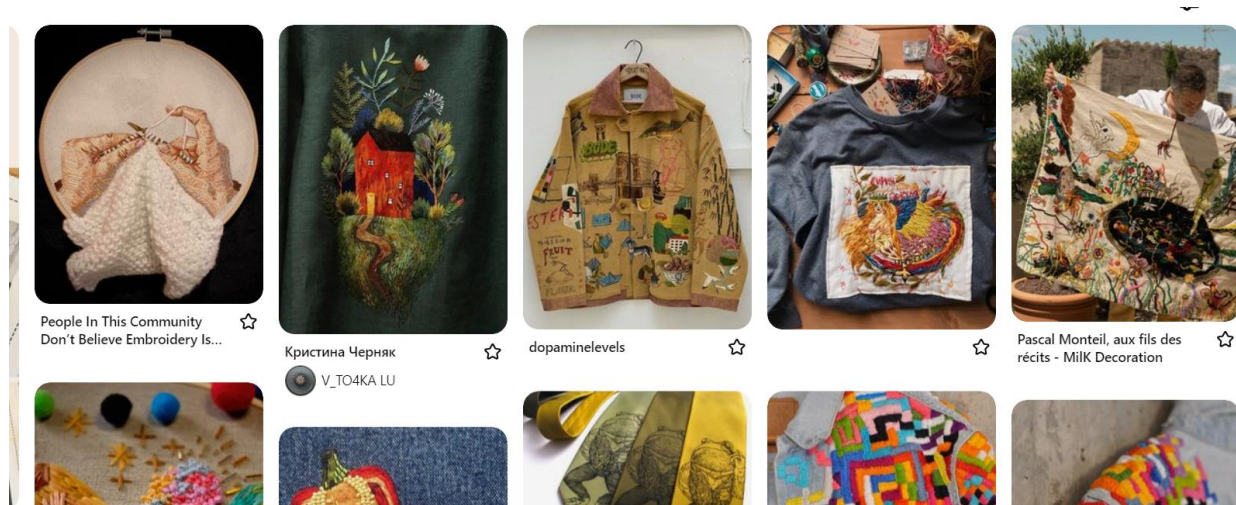


Figure 1 Pinterest 'Embroidery' Board Screenshot



Figure 2 *Are.na 'Hands' Board Screenshot*

Annex B: Studio Art Prototypes

For my Studio Arts project, I needed to create prototypes to test my ideas' feasibility and execution quality. My midterm prototype, "Prototype 1" (see Figure 3) was a single embroidered hand on fabric. To build it, I began by gathering hand references from vision boards. Then, I created a digital sketch in Procreate and transferred it to fabric for embroidery. After finishing the embroidery, I consulted with Professor Rai for feedback.

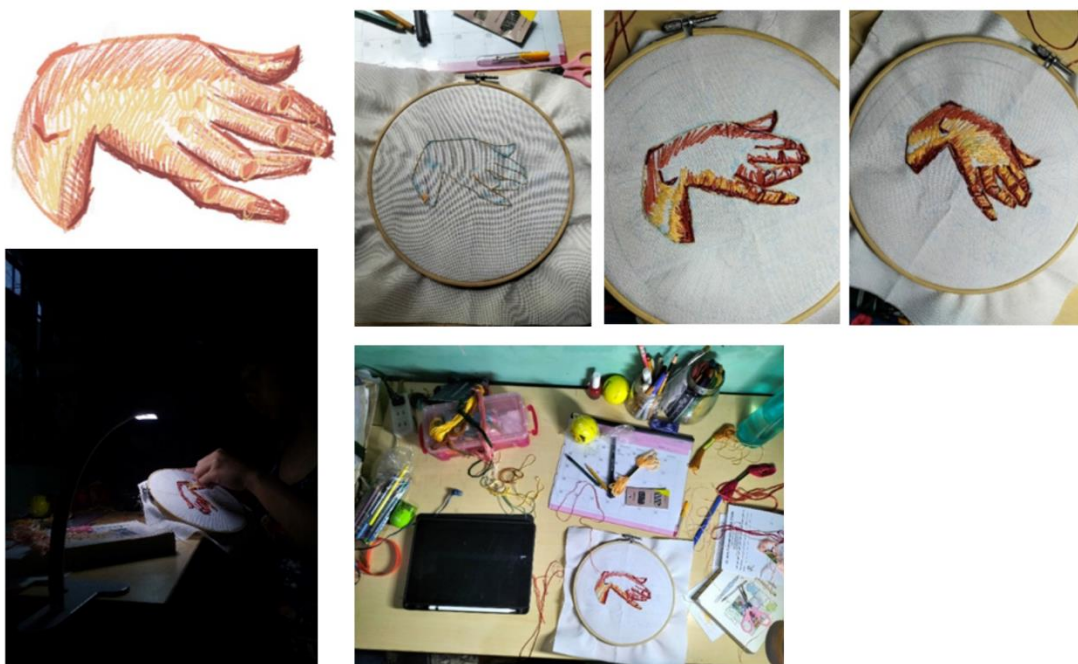


Figure 3 *Prototype 1 process documentation*

For my final Studio Arts prototype, I gathered materials (linen, bubble, tulle) and created a study plan based on feedback from Prototype 1. This plan included the initial layout of hands for my curtain (see Figure 4). I kept Sir Auggie informed of my progress.



Figure 4 (R) *Buying of fabrics at the fabric warehouse, (L) Initial Layout of Hands for my Finals project*

My finals prototype, “Prototype 2” involved six hand designs, each sketched on linen, bubble, tulle, and canvas (see Figure 5 & Figure 6). After measuring and cutting the fabrics, I transferred the sketches, starting with basic shapes and progressing to details like fingers and shadows for depth. Finally, I began embroidering, repeating the process for all six hands.



Figure 5 *Prototype 2 process documentation*



Figure 6 *Prototype 2 finished output*

Crafting interview questions, I revisited the literature to refine key topics. After brainstorming and researching online, I finalized the questions with Sir Auggie's input. Upon his approval, I began interviewing participants.

Annex C: Brainstorming with Gemini Process

Initially, I envisioned a "Projection AI art" project comparing AI-generated and human-made art through embroidery and projection. However, prioritizing responsible AI use early on, I shifted direction. Using AI art directly didn't align with this goal. Sir Pacena's suggestion to interview AI and use it as part of the project, not separately, sparked a new approach. He also suggested incorporating respondent's clothes as fabric. I started using Gemini to brainstorm and refine my ideas, asking questions and letting inspiration flow (see Figure 7-10).

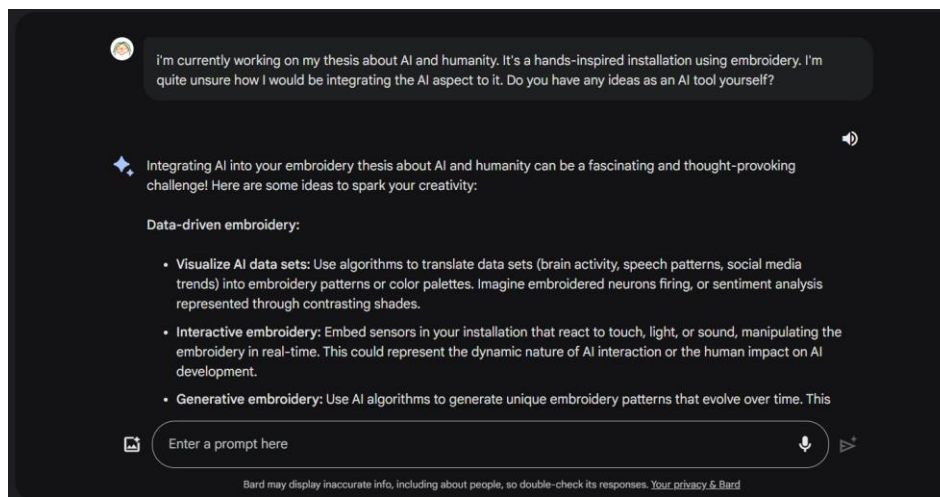


Figure 7 *Gemini collaboration on ideas for AI integration*

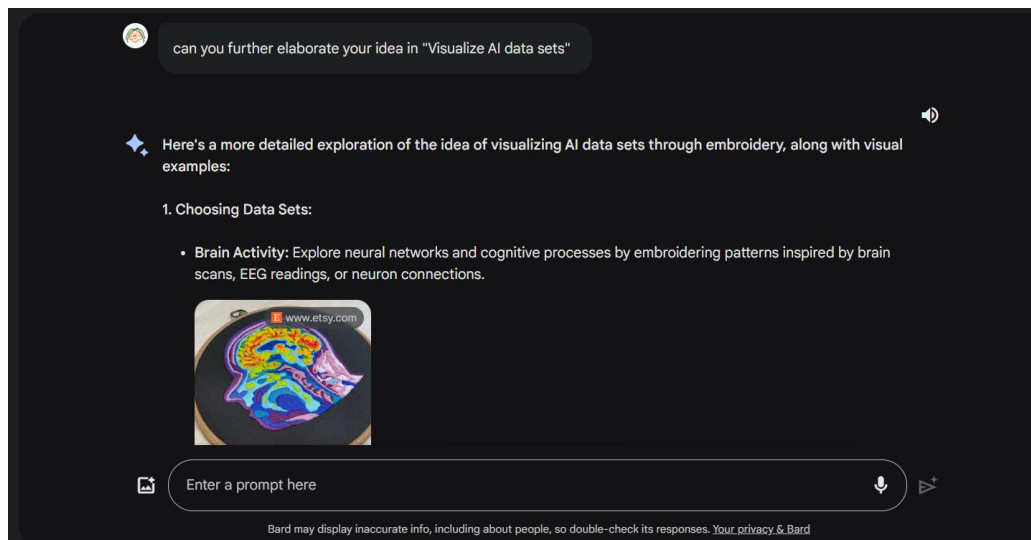


Figure 8 Gemini elaborating “Visualize AI data sets” idea

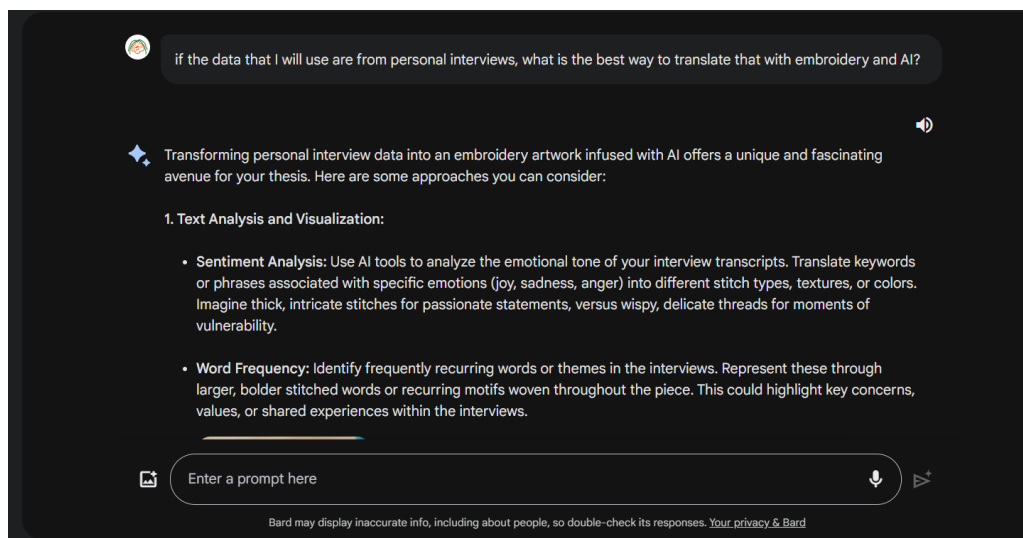


Figure 9 Gemini collaboration on ideas for translating personal interviews into embroidery and AI

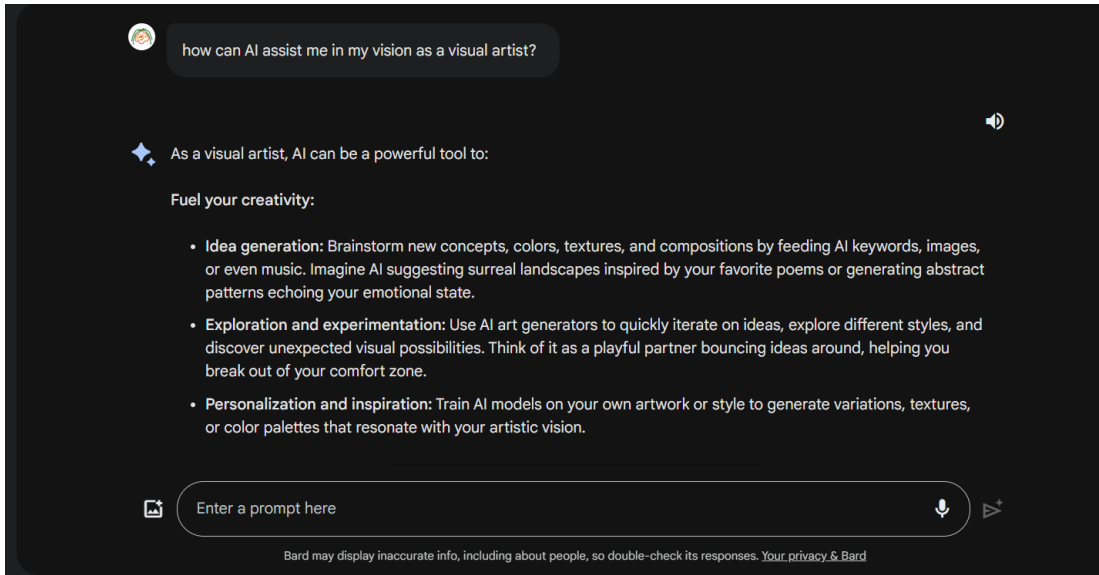


Figure 10 Asking how Gemini can help me as a Visual Artist

The brainstorming with Gemini unleashed a torrent of exciting ideas, initially overwhelming, but ultimately empowering as I retain control of the creative direction. Using Gemini not only deepened my questioning skills but also allowed me to explore through my personal lens. The convenience of access within my Google account made it my preferred tool over Chat GPT. Gemini assisted me in finding valuable AI tools for speech-to-text transcription, text translation, and text analysis (see Figure 11-13).

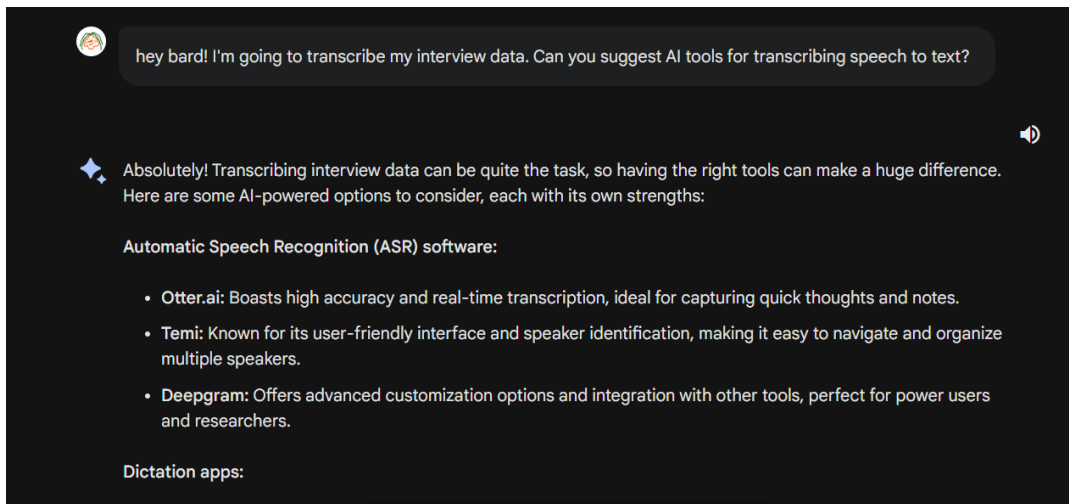


Figure 11 Gemini suggesting AI tools for speech-to-text

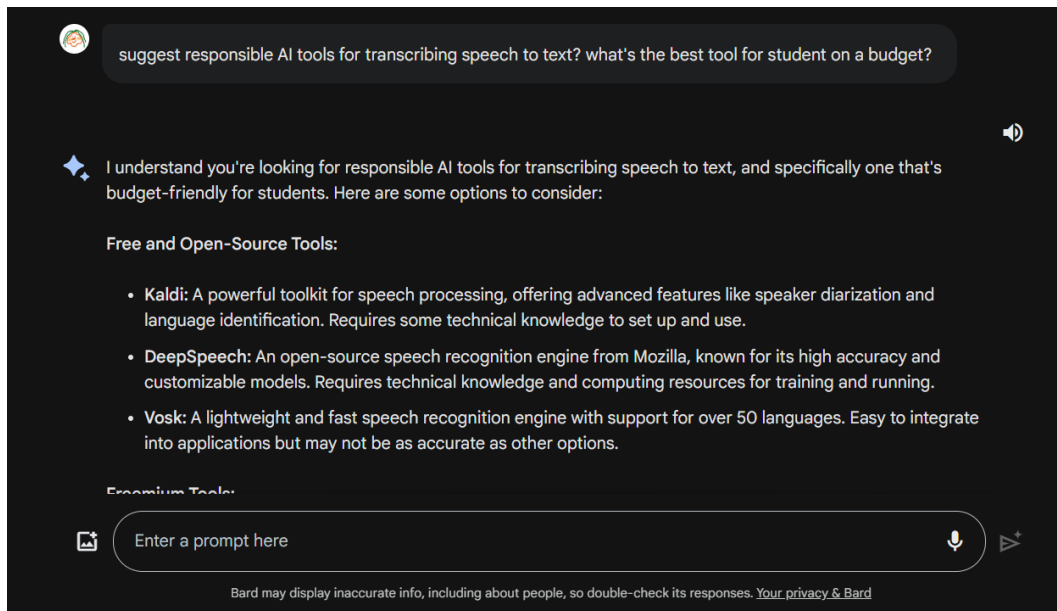


Figure 12 Gemini suggesting responsible AI tools for transcribing speech-to-text that are budget-friendly

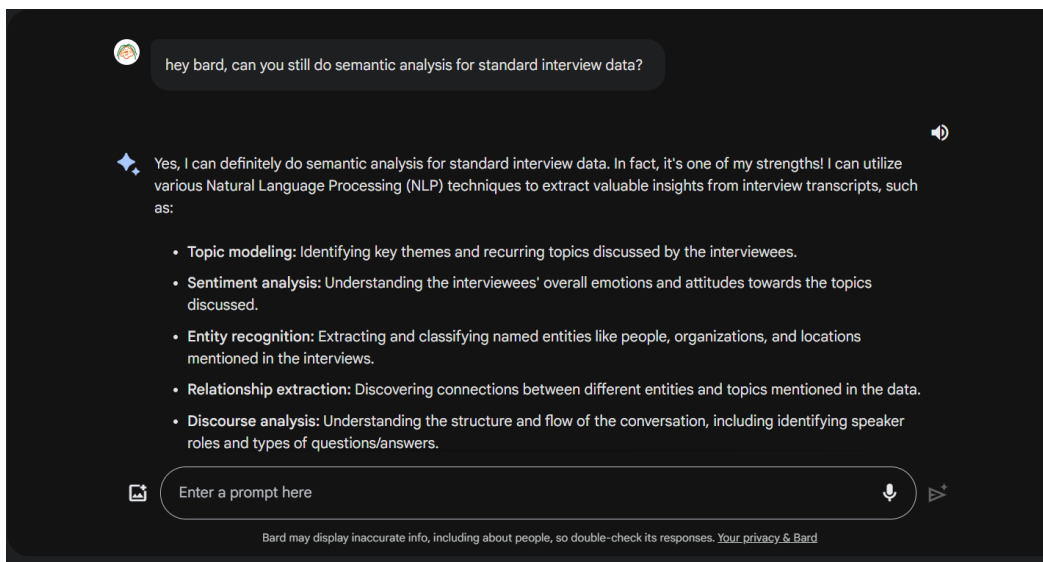


Figure 13 Gemini suggesting it can perform Sentiment Analysis for standard interview data

Annex D: Interview Transcription and Translation Process

Interviewing kicked off the production phase and spanned 3 weeks over the holidays. I explored AI transcription tools like Otter.ai (see Figure 14) and Veed.io (see Figure 15), but limited free plans, inaccurate multilingual results, and time constraints led me to transcribe the 8 recordings (1-2 hours each) manually within 4 weeks (view Annex K for transcribed interviews). While excited about Google Cloud AI's free trial, manual account activation and lack of support

delayed its use. I also started collecting pre-loved clothes from my respondents. Now, I need to translate the transcribed data to monolingual English using Google Translate and revise mistranslations manually for smooth text analysis.

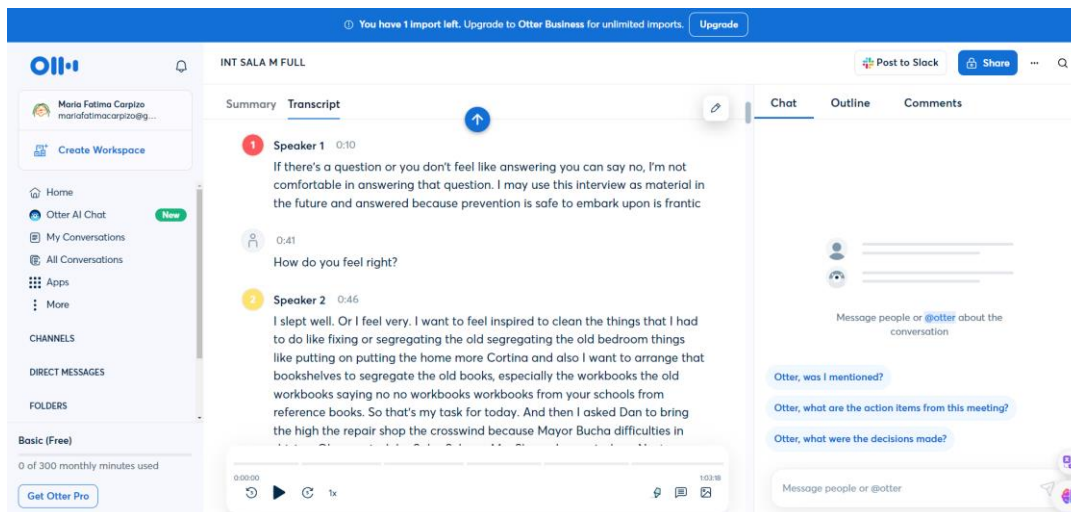


Figure 14 *Otter.ai transcription of speech-to-text screenshot*

The issue with Otter.ai is not in the limited minutes, but in the accuracy of the transcription. Due to the accent and bilingual nature of the audio interviews, it got easily inaccurate.

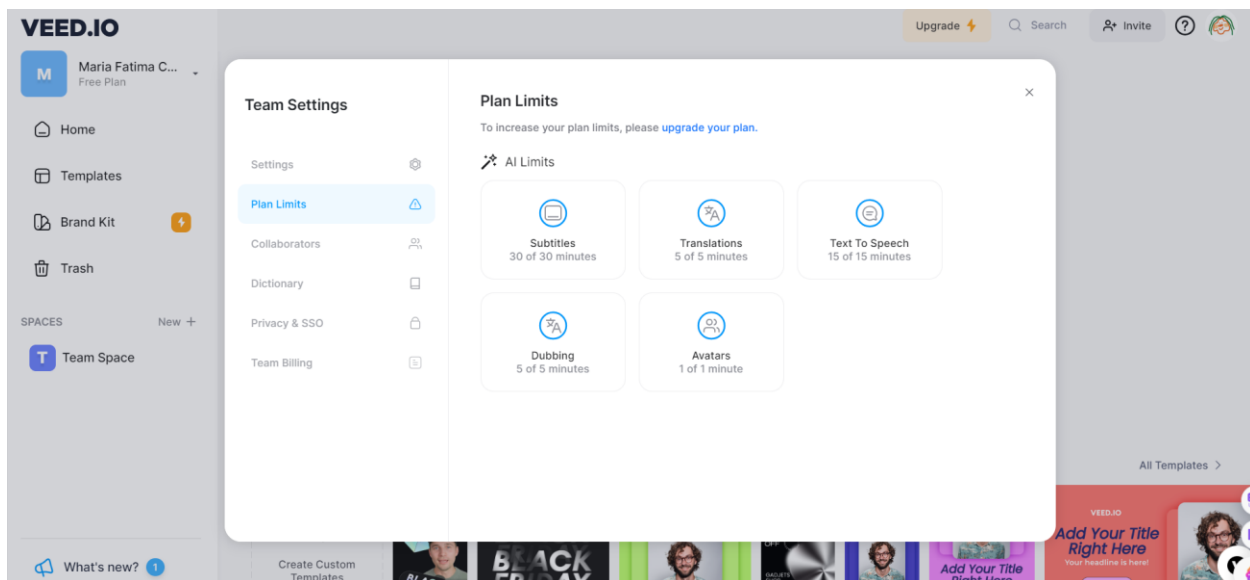
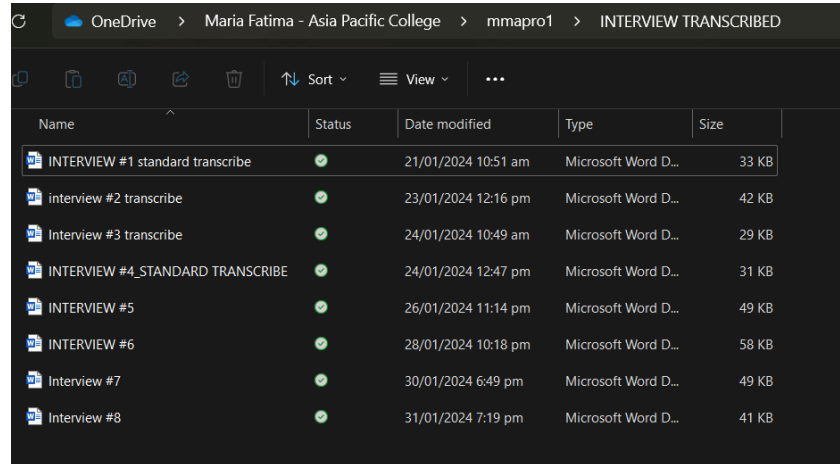


Figure 15 *Veed.io plan limits screenshot*

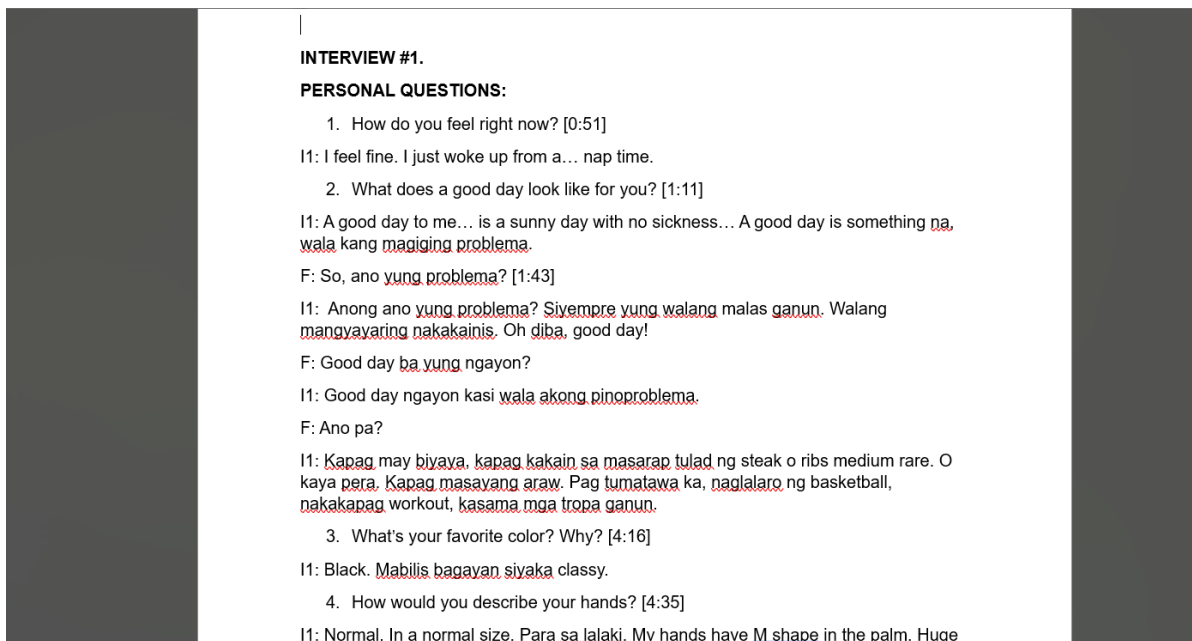
As recommended by a friend, I also used Veed.io. Veed has a more accurate transcription than Otter.ai. But the problem was the limited minutes per month you have in the free plan. I already used my 30 minutes for the subtitles and will have to wait for another month for me to have access to it. I cannot waste time. So I continued to do the work and did it manually. It was also tough to delete the account which is very annoying.

Due to the personal nature of the interviews, I also stopped using AI tools from these sites to keep the information private.



Name	Status	Date modified	Type	Size
INTERVIEW #1 standard transcribe	✓	21/01/2024 10:51 am	Microsoft Word D...	33 KB
interview #2 transcribe	✓	23/01/2024 12:16 pm	Microsoft Word D...	42 KB
Interview #3 transcribe	✓	24/01/2024 10:49 am	Microsoft Word D...	29 KB
INTERVIEW #4_STANDARD TRANSCRIBE	✓	24/01/2024 12:47 pm	Microsoft Word D...	31 KB
INTERVIEW #5	✓	26/01/2024 11:14 pm	Microsoft Word D...	49 KB
INTERVIEW #6	✓	28/01/2024 10:18 pm	Microsoft Word D...	58 KB
Interview #7	✓	30/01/2024 6:49 pm	Microsoft Word D...	49 KB
Interview #8	✓	31/01/2024 7:19 pm	Microsoft Word D...	41 KB

Figure 16 Word documents of transcribed interviews



INTERVIEW #1.

PERSONAL QUESTIONS:

1. How do you feel right now? [0:51]
I1: I feel fine. I just woke up from a... nap time.
2. What does a good day look like for you? [1:11]
I1: A good day to me... is a sunny day with no sickness... A good day is something *na, wala kang magiging problema.*
F: So, ano *yung problema?* [1:43]
I1: Anong ano *yung problema?* *Siyempre yung walang malas ganun.* Walang *mangyavaring nakakainis.* Oh *diba,* good day!
F: Good day *ba yung ngayon?*
I1: Good day ngayon kasi *wala akong pinoproblema.*
F: Ano pa?
I1: *Kapag may biyaya, kapag kakain sa masarap tulad ng steak o ribs medium rare.* O kaya pera. *Kapag masayang araw.* Pag tumatawa ka, *naglalaro ng basketball, nakakapag workout, kasama mga tropa ganun.*
3. What's your favorite color? Why? [4:16]
I1: Black. *Mabilis bagayan siyaka classy.*
4. How would you describe your hands? [4:35]
I1: Normal. In a normal size. Para *sa lalaki.* My hands have *M shape* in the palm. Huge

Figure 17 Interviewer 1 transcribed opening personal questions

After transcribing 8 interviews, I proceeded with the translation with Google Translate (see Figure 18).

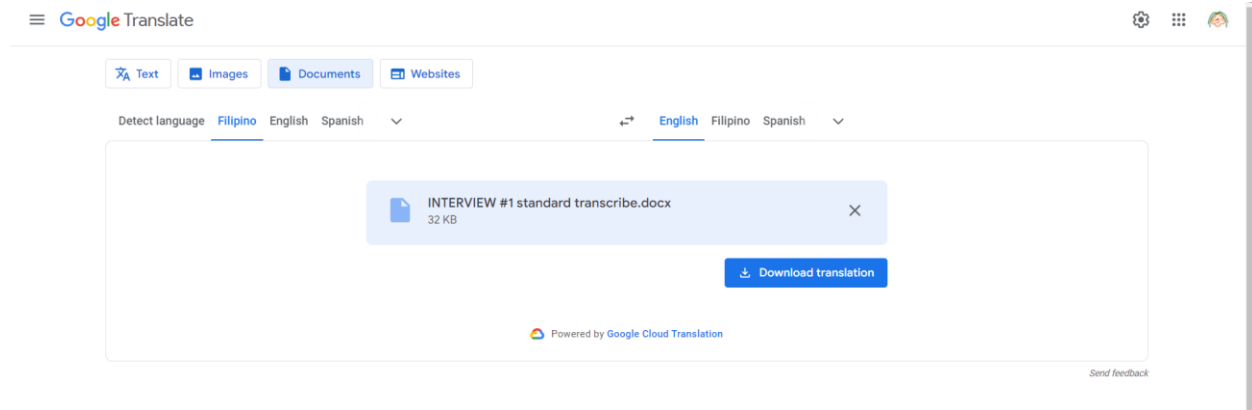


Figure 18 *Google Translate process screenshot*

 A screenshot of a OneDrive folder named 'INTERVIEW TRANSLATED'. The folder contains eight Microsoft Word documents, each with a green checkmark in the status column, indicating successful translation. The documents are named 'INTERVIEW #1 TRANSLATE' through 'Interview #8_TRANSLATE'. The table below lists the details of these files.

Name	Status	Date modified	Type	Size
INTERVIEW #1 TRANSLATE	✓	12/02/2024 11:35 am	Microsoft Word D...	30 KB
interview #2 TRANSLATE	✓	12/02/2024 12:33 pm	Microsoft Word D...	36 KB
Interview #3 TRANSLATE	✓	07/02/2024 5:27 pm	Microsoft Word D...	25 KB
INTERVIEW #4_TRANSLATE	✓	07/02/2024 5:28 pm	Microsoft Word D...	32 KB
INTERVIEW #5_TRANSLATE	✓	07/02/2024 5:28 pm	Microsoft Word D...	48 KB
INTERVIEW #6_TRANSLATE	✓	07/02/2024 5:31 pm	Microsoft Word D...	58 KB
Interview #7_TRANSLATE	✓	07/02/2024 5:29 pm	Microsoft Word D...	51 KB
Interview #8_TRANSLATE	✓	07/02/2024 5:30 pm	Microsoft Word D...	34 KB

Figure 19 *Word documents of translated (to monolingual English) interviews*

Google translate is easy and quick to use. Though it doesn't translate everything efficiently, it's a good and trusted tool for translation.

Annex E: Adobe Podcast Process

I used Adobe Podcast Premium 30 days free trial to enhance and denoise all my audio recordings for my Spotify Playlist QR idea. I was amazed to have used this! It really makes the audio sound like it was recorded in a studio. Although, there are still improvements to be made to this tool since it can't clearly process and denoise when two people are talking at once.

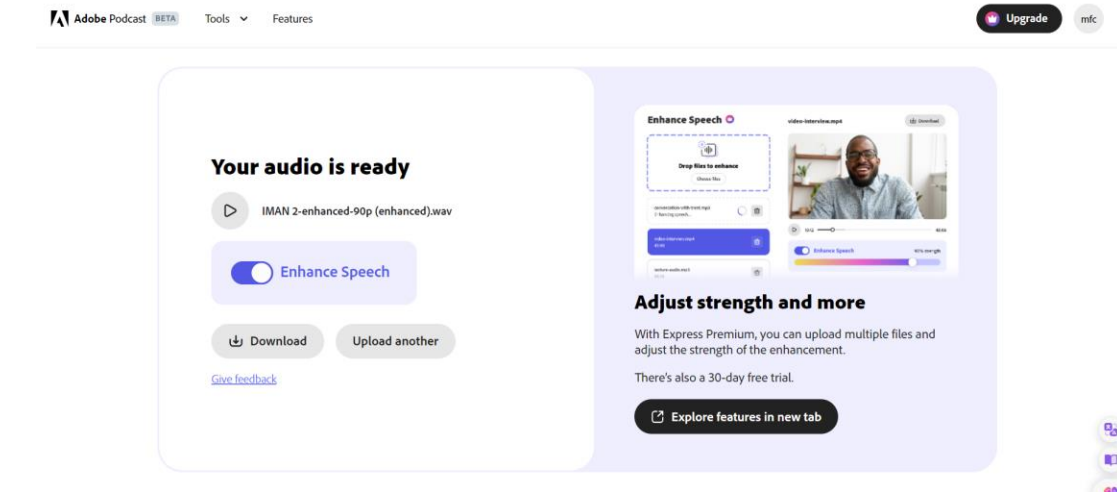


Figure 20 Adobe podcast process screenshot (free plan)

Annex F: Text Analysis with InfraNodus

Starting with full English transcripts, I'll delve into the heart of the project through AI collaboration. Sentiment analysis, word frequency, and thematic overlaps will be revealed using InfraNodus, guiding me towards actionable insights.

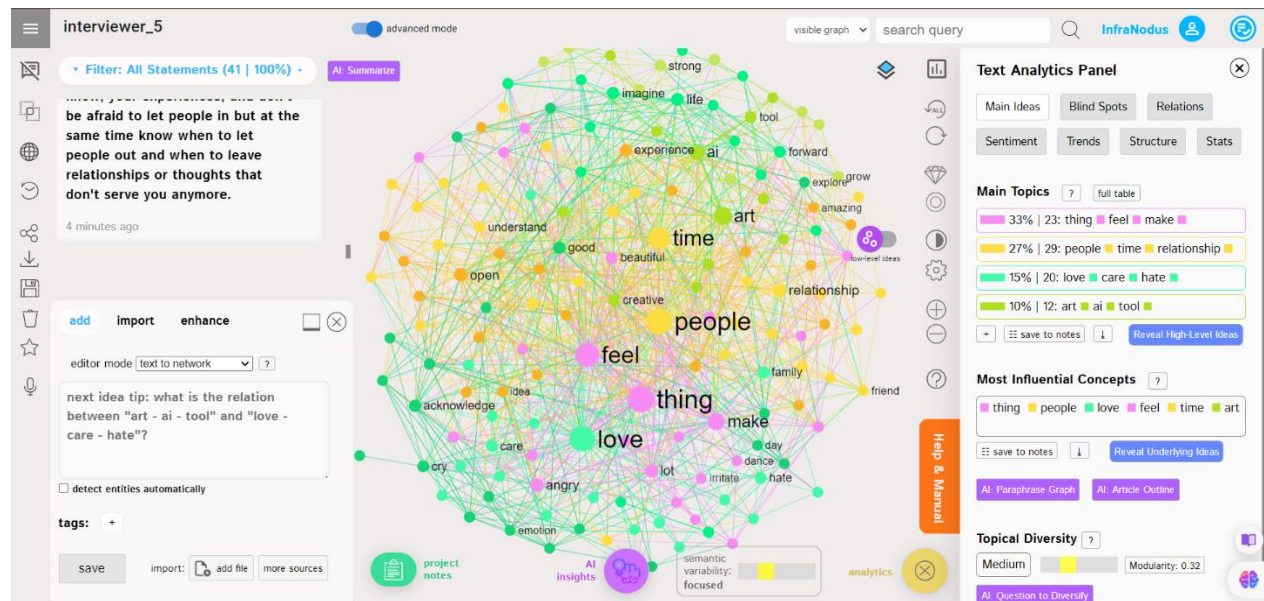


Figure 21 Interviewer_5 sample InfraNodus text analysis

Annex G: Mind mapping key themes and stories

I used mind maps to visualize the main themes, key stories, and corresponding visual elements for each interview.

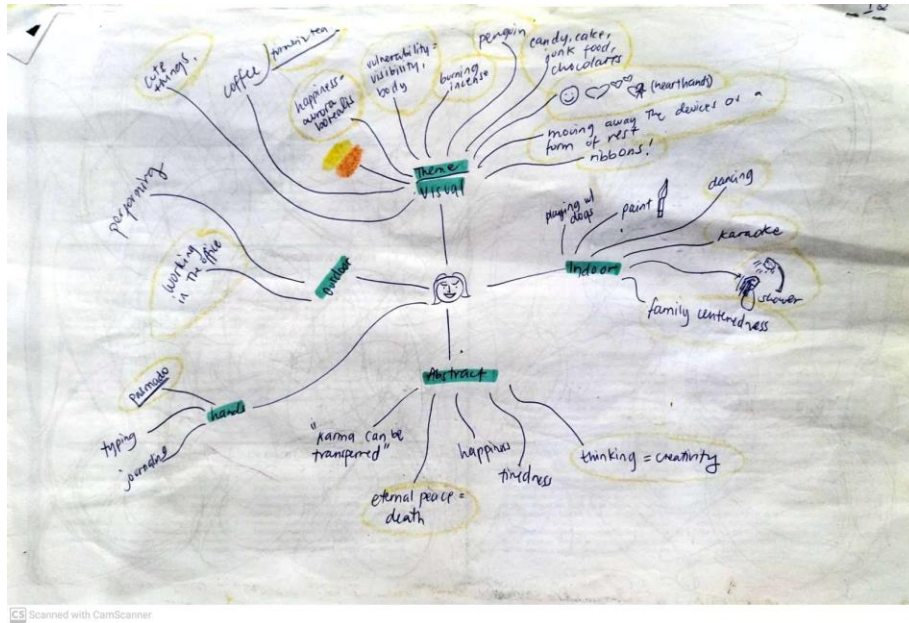


Figure 22 I2 mind map

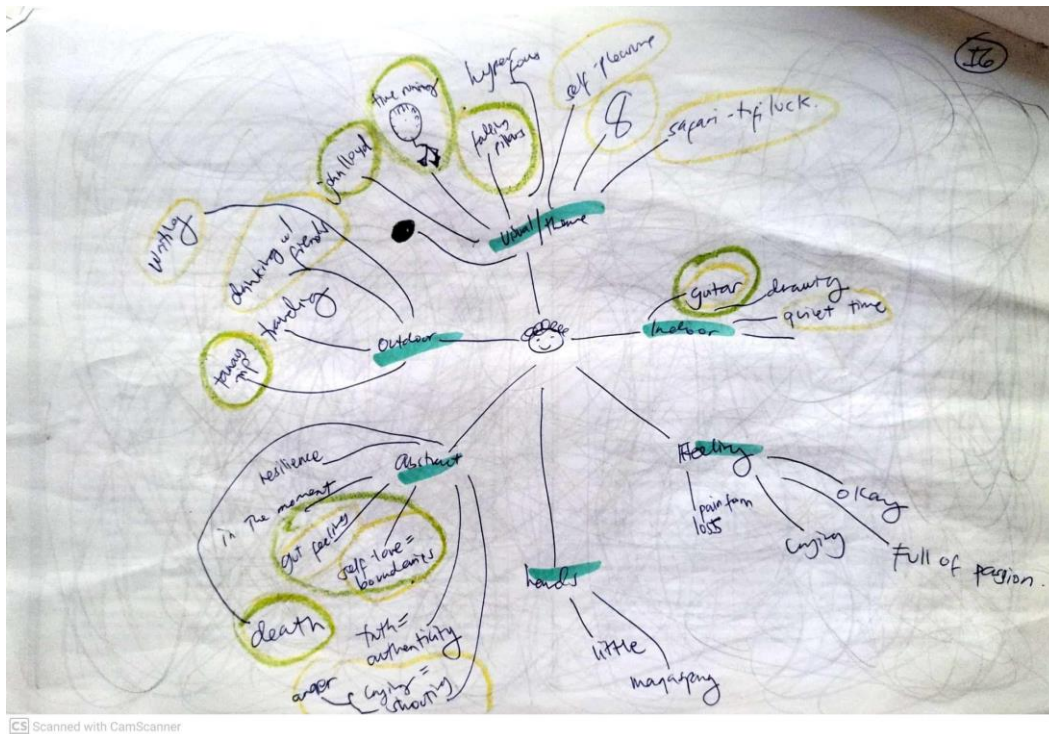


Figure 23 I6 Mind map

Annex H: My own sketches digitized with Procreate and Coloring technique

Following mind mapping each interview, I sketched and refined my ideas. I then digitized the final sketches in Procreate, using Sir Icon's suggestion: extracting yarn colors with the eyedropper tool for seamless color stitching with the embroidery.



Figure 24.1 Hand Sketches



Figure 24.2 Hand Sketches



Figure 25 Yarn swatching



Figure 26 Digitalized hand sketches in Procreate



Figure 27 Hands illustration with elements

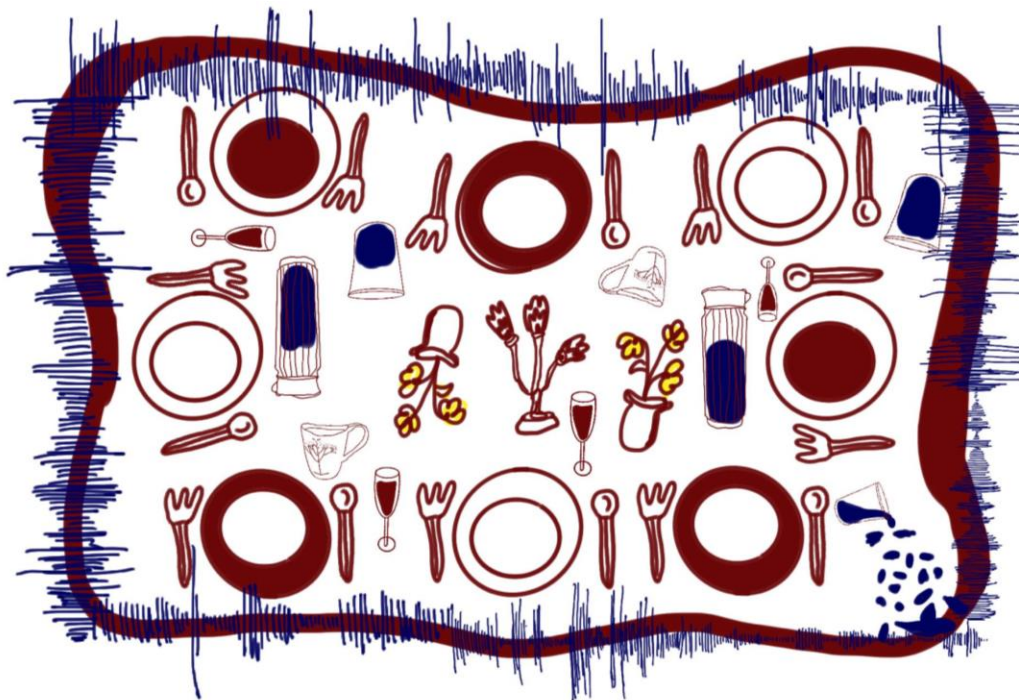


Figure 28 Table setting illustration

Annex I: Design Process with AI

Inspired by the text analysis findings, I intended to weave interview data (emotions, keywords, themes) into evocative illustrations and designs, fueled by the creativity of AI art generators (Adobe Firefly, Bing Image creator, DreamStudio, and Artbreeder). I tried several AI art generators, but Adobe Firefly's creative features stood out. To streamline my workflow, I focused solely on this tool. Initially, I considered combining my sketches with AI, but as a beginner, I wanted to fully explore its capabilities on its own. Additionally, curating reference images for a cohesive blend with my sketches required more time than I had. Ultimately, I opted not to force the combination to ensure responsible exploration of the tool.

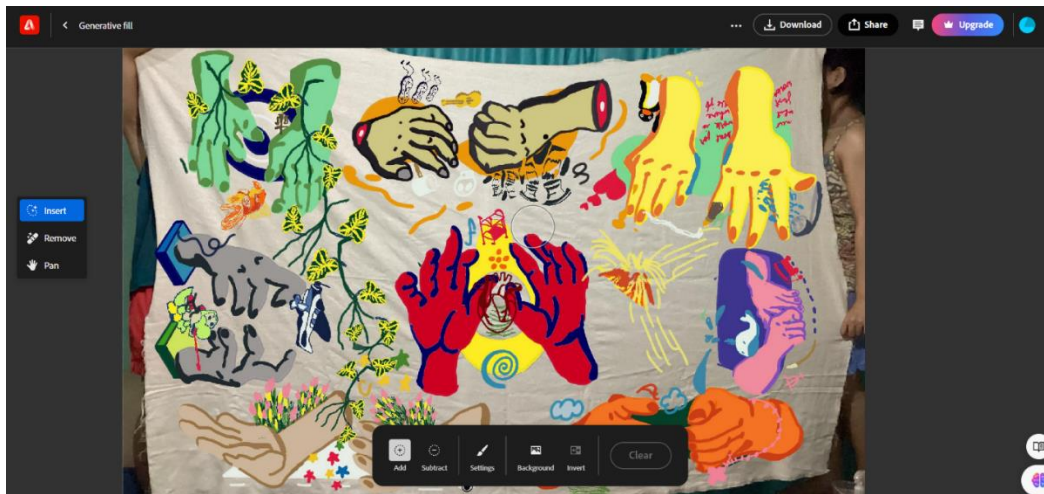


Figure 29 Generative Fill in Adobe Firefly

Annex J: Finalized design, sketching on fabric, and embroidering



Figure 30 Final Hand Design mapped in fabric



Figure 31 Sketched hand design in fabric



Figure 32 Table setting design mapped in fabric



Figure 33 Sketched table design in fabric



Figure 34 Me embroidering



Figure 35 Embroidery wip

Annex K: Transcribed Interviews

PART 1: HANDS, PERSONAL EXPERIENCES AND LIFE BACKGROUND	
1. How do you feel right now?	
Respondent 1	I feel fine. I just woke up from a... nap time.
Respondent 2	I feel relaxed.
Respondent 3	I slept well. I feel very. I want to feel inspired to clean the things that I have to do like fixing or segregating the old. Segregating the old bedroom things like punda, old kumot. And then also I want to arrange that bookshelves to segregate the old books. Especially the workbooks from your schools. So that's my task for today. And then I asked D to bring the car the repair shop, the crosswind because meron siyang mga difficulties in driving.

Respondent 4	Today I feel thankful for 2023. Maraming nangyari, maraming nagawa, maraming blessings, excited na akong tumalon mamaya dahil salubong ng 2024. Happy, excited, grateful.
Respondent 5	Medyo kinakabahan kasi midterms na next week. Meron naman ako progress pero parang kulang. Siyaka I feel presko kasi kakaligo ko lang. I feel okay.
Respondent 6	I just woke up. So, I feel okay.
Respondent 7	I'm great! Comfortable.
Respondent 8	Normal lang. hindi masaya hindi malungkot. Like Christmas neutral lang. F: hindi ka masaya!? Ngayon! Pero ngayon masaya! Akala ko naman in general na ngayong December. Sa bahay kasi may problema. Pero ngayon masaya ako! Masayang masayang masaya.
2. What does a good day look like for you?	
Respondent 1	A good day to me... is a sunny day with no sickness... A good day is something na, wala kang magiging problema. Anong ano yung problema? Siyempre yung walang malas ganun. Walang mangyayaring nakakainis. Oh diba, good day! Good day ngayon kasi wala akong pinoproblema.
Respondent 2	A good day is when I complete all my intentions especially tasks for the day. But also, can spend time to do some personal stuff like working out, chilling. Spending time with your hobbies. Relaxing activities, dancing, playing with the dogs.
Respondent 3	A good day look like for me. When I am inspired to do things and to get good weather. Like it's not raining or if it's raining, it's not that heavy. That's weather. Sun weather. Not really sunny because it's hot. What's a good day? Good day. Raining and it's malamig. That's a good day for me. Yes. Cloudy. I don't know if it's cloudy. Cloudy. Next. Cloudy la. It will inspire you to do more because it's not hot. You will not sweat then. Also, it's not raining. So, you can work around. So, a good weather. A good weather and a good sleep. That makes me a better day.
Respondent 4	Everyday is a good day for me. Kahit na may mga challenges I still consider it as a good day. Because at the end of the day, it's still a challenge and as a human part yun ng life. Umaga palang good day na agad. Kapag may mga unusual akong napapansin, uy ang ganda ng kotse ganyan. Mga simpleng bagay lang. Bat parang naiiyak ako? Hhahah.

Respondent 5	It starts also with a good sleep. Alam kong may good sleep ako kapag hindi ko marecount kung anong araw na. Parang mini-amnesia. A chill day. Magagawa ko yung gusto ko gawin. Magbabasa, maglilinis, makipaglaro with pets, magpakain ng mga aso, A good day is when I have quality time with others and with myself. When I recognize my needs and wants. And when I accomplish things even small things. When I cook, dance, exercise, move, sleep early or not, may papanooring palabas, it depends. Minsan pagkain rin. Kapag masarap yung ulam.
Respondent 6	Good day, maraming tawa. With friends and family and such.
Respondent 7	It starts with well-being diba. Meaning wala akong sakit. But relatively, walang problema. Kasi wala naman araw na totally problem-less. Nagagawa mo kung ano yung gusto mong gawin. Like drinking coffee. In the middle of the day I can sleep, play musical instruments, can play sports. Basta yung mga interests ko.
Respondent 8	Good day yung ang light. pag nasa good mood ka, okay lahat, yung mismong araw mo kontrolado mo pa nasa schedule mo ganun. Gusto ko malililim. Pag mainit kasi nakakadagdag stress yun e, it's not a good day haha. Basta yung mismong pakiramdam na malamig masaya na ako.
3. What's your favorite color? Why?	
Respondent 1	Black. Mabilis bagayan siyaka classy.
Respondent 2	Right now, I like bright colors. Like warm colors. Pwede kasing pastel rin pero more on bright colors. Yellow, orange. Mas warm colors kaysa sa cool.
Respondent 3	Color? Ngayon nagbago yung choices of color ko eh. Before I like blue, but now blue or just a blue. Maybe blue in particular. But now seems that I like orange. Orange. I like red. I like yellow. I like green. Yeah, I like green. Not only blue, I like most the orange. I love orange. Inspired ako sa orange eh kasi nga dapat orange yung kung hindi ako kumuha ng honda ang kukunin ko Vios na orange. Kaya lang ayoko ng Vios eh wala naming orange sa Honda kaya naging red. It's unique. I like orange. You don't see me wearing orange dress, right? Because I'm not that having white complexion. If I will wear orange or what then I look like. Oh my God.
Respondent 4	Black and white sa damit kasi madaling bagayan. Yung cerculean na blue siyaka scarlet yung pinaka gusto kong kulay sa Crayola nung bata ako. Siguro dahil kasi gusto ko yung dagat. Tas sa scarlet para kasi siyang kakaibang red.
Respondent 5	Right now it's white. I think when thinking about colors you're thinking of what colors you wear. I've been wearing a lot of white recently. Sa sapatos,

	sa medyas, sa palda. Siyaka gusto ko yung white kasi madaling bagayan at malinis tignan.
Respondent 6	Black. Madaling bagayan. Siyaka creative ako eh hahah. F: Ganun ba yun? Makikita mo. Madalas naka all-black.
Respondent 7	Wala naman ako specifically. Pero hindi ko alam bat ko pinipili ang green haha. Lighter siya. Actually dati blue.
Respondent 8	Gusto ko pink. Dati ayaw ko siya kasi para siyang girly girly. Pero ngayon maganda naman sa mata ko. Light pink or pastel na dark pink.
4. How would you describe your hands?	
Respondent 1	Normal. In a normal size. Para sa lalaki. My hands have M shape in the palm. Huge round fingernails. I have scar kasi nagbuhat kami nito ni dadi. Binuhat ko yung aircon mag isa. Hairy. Yun lang. Maglaro rin. Ball is life.
Respondent 2	Pasmado. I'm always pasmado. But I like working with my hands. Cause we paint, we journal, we type, we work with our hands.
Respondent 3	My hands? I don't like long nails because it's difficult to do things like typing in the computer. I like my hands. Short hands. Then medyo rough. Because I do things. I'm not the type of girl that doesn't know how to do household chores. My hands. Because it makes me do things properly.
Respondent 4	Magaspang. Siyaka laging pudpod ang daliri. May nunal. Tas ibig sabihin daw nun magaling maghawak ng pera. Siyaka yung pangsulat. Siyaka dry.
Respondent 5	Hindi ako pasmado. Tapos, medyo maliit. Hindi siya ganun kagaspang. Saktong haba lang yung kuko. Kasing kuko ko si mama, pa-square. Pinkish. Wrinklish. Malinis. Peklat dahil sa mantika.
Respondent 6	Little. Maliit magaspang. Parang sa tatay ko magagpang.
Respondent 7	Balubaluktot na eh oh. Not perfect anymore. It's natural. No deformity in it. May ring. Rough. Hairy.
Respondent 8	Magaspang, maliit, kulubot. Tas lagi siyang natitintahan ng ballpen.
5. Describe your relationship with your hands. How do you use them? How does this make you feel?	
Respondent 1	I take care of my hands extra special because if they get damaged I won't get to do anything that I usually do with ease you know? I wash my hands,

	<p>cook with my hands, drink, eat, sumulat, maligo, kumuha ng mga gamit, lahat. Lahat ng pwedeng gawin ginagamit yung kamay. I feel very thankful I have hands. Mahirap pag walang kamay.</p>
Respondent 2	<p>I like working with my hands because I feel like I can do a lot of things with my hands. But there are days that I hate my hands because of it being pasmado. And it often prevents me from shaking people's hands. Especially at work.</p> <p>Kasi nga yung hindu ano na, karma can be transferred. Kaya hindi sila huggy, hindi sila touchy. Kaya okay rin for me na hindi. Pero siyempre sa sayaw, diba may mga partnering partnering na gamit niyo yung kamay So, yun yung iniisip ko na gusto ko mag-ganun. Katulad sa salsa diba, mga partner dances. Siyempre na-coconscious ako sa kamay ko. Awkward kaya.</p>
Respondent 3	<p>I use my hands according to its purpose. Working. Using that in my job. Working. Using my hands to cook. Using my hands to clean. Using my hands for hygiene.</p> <p>It makes me feel blessed. Because I have my hands. Others don't have hands.</p>
Respondent 4	<p>Dahil right-handed ako mas nagagamit ko yung right. Tapos pag napapansin kong mas nagagamit ko yung right hand, siyaka ko na sinisumulan gamitin yung left hand ko para hindi palaging right hand yung stressed. Malakas talaga ang right hand ko. At since siya yung dominant hand, dapat hindi mo siya i-overwork. I-babalance mo lang.</p>
Respondent 5	<p>Is really hands-on! I mean para sa ganun talaga yung kamay e. kasi ginagamit ko siya pangsulat, pangluto, pangkain, pangdrawing, pang selpon, pang kahit ano as in, pang exercise. I use it everyday for everything. So, it's really handy. Hahah hands are handy. It's impossible to do things without hands. It's amazing. I feel really thankful dahil nagagamit ko yung kamay ko to create and make things possible. I feel grateful, productive, and powerful with my hands.</p>
Respondent 6	<p>Si P, ex jowa ko yung nagsabi sa akin na parang "Ingatan mo yang kamay mo ginagamit mo mag-gitara yan eh". Tapos na made aware ako na "oo nga, pag ma injure any of my hands hindi ako makakapag gitara". Tapos iniisip ko din siyempre kabuhayan ko yun kasi writer ako. Typing din yun diba. So, mainjure yung kamay kong isa, they work together eh, so wala isa, edi yun. Maingat ako sa kamay.</p> <p>F: Paano mo siya iningatan simula noon?</p> <p>Kapag masakit siya hindi ko tinutuloy o pinagpapahinga ko muna. Or anything that would cause injury to my hands nagiging extra careful ako.</p>

Respondent 7	It's very productive because I can do a lot of things. Writing, eating, the usual. Taking a bath, "kamotizing". Kamot pang kamot. Grasping. Playing my instruments, piano, guitar, flute, shaker, tambourine. At first you take it for granted, but without it you can't do yung mga usual. Look at the naputol yung kanilang hands, they manage to use what's left of their wrists. They make use of their wrists or feet. Minsan naninigas yung kamay pag sumobra ng beans, mga peanut, pag sumobra pala yung ganun masakit pala sa joints. Nakaramdam ako nun nung niragaluhan ako ng foreigner na estudyante ng isang latang different beans, dinali ko in a matter of one month.
Respondent 8	<p>Hands ko kasi ginagamit ko sa pagdrawing. Connected ako sa hands ko. Gusto ko magdrawing, para magdrawing kailangan ko yung kamay ko. Hindi pwede mawala sa akin yung kamay ko. Hindi sila pwede mawala sa akin kasi drawing life ko yun eh.</p> <p>F: how does this make you feel? Yung connectedness ng kamay mo sa ginagawa mo sa pang araw-araw?</p> <p>Masaya pero at the same time hindi ko siya naiisipan ngayon. Nandito siya sa akin every day, pero hindi ko siya na sh'show appreciation na, "ay pasalamat ako at may kamay ako", kasi tinake for granted ko. Pero wala siyang pag nagigising kapag umaga, "ay pasalamat ako may kamay ako!". Natural sa akin pero at the same time pag Nawala ang kamay at mata ko hindi ko kakayanin.</p>
6. How do you rest or unwind?	
Respondent 1	I rest by watching anime... as long as I can. And then if I'm bored I go to social media. Watch some reels, watch some memes, and then... if I get bored I eat, and then if I eat, I get sleepy and then I sleep. And after I sleep, I get bored again then I play basketball. And then after that, I just sleep again because I'm tired.
Respondent 2	Working out. Karaoke. Singing. Music. Dancing. Watching a movie. Taking a shower. Playing with the dogs. Eating. Making coffee. Taking a rest. Lalayo ka sa computer. Mas nakakarela lang talaga pag nakaligo ka na.
Respondent 3	Before I want to have to watch movies. But now if I want to unwind, I want to be alone. I want silence. That's why I want always to be in the condo.
Respondent 4	Kapag naglilinis ako at siyaka kumikilos. O kaya manood ng movies, kumakain. Nature-tripping.
Respondent 5	I unwind through writing. Writing is the closest action to unwind. Sa writing ko narerelease yung thoughts ko yung emotions ko bago ako

	makapagdrawing. Hindi ako yung type ng artist na nagsisimula sa drawing. When I write I feel rested. When I dance. When I do the things that I want to do and love to do. When I feel like I have a lot of time. Kapag umiiglip, naliligo, when I'm with the people I love. Through consuming movies, books, food, sleep. When I make time to see Ryle. Kapag nagkikita kami ni Ryle I feel rested at relaxed. Basta wala akong ginagawang kahit anong seryoso. Playtime is also a kind of rest for me.
Respondent 6	Travel. Pumupunta ako kung san-san. Inom with friends ganyan. Sa gala, basta aalis.
Respondent 7	Hindi ako masyado expressive sa word, yung verbal or gestures. It's a matter of doing. Siguro recognition at siyaka appreciation. Parang you're just being human. Walang specific, basta mapakita mo lang.
Respondent 8	Nanonood ng anime, kumakain, natutulog, at nag d'drawing rin pala. Pero mostly nanonood ako habang kumakain, or nag d'drawing ako.
7. How do you love? What are your love languages? How do you practice self-love?	
Respondent 1	My love language is physical touch. Words of affirmation. Physical touch pag kasama mo ganun. Yung ako lang, wala ng iba. I practice self-love by not paying attention to what others are doing and just keep focusing on making myself better and... that's it. Focus on yourself, yes. Confidence.
Respondent 2	Nung nag take ako ng test online quality time e. Yung naalala ko sa top is quality time. I practice self-love through taking a break. Ang intention ko na sa work ngayon, pag out ko na out ko na. Kahit may mga pending pa. Gusto ko mag-create ng boundaries.
Respondent 3	Instead of noggng, I'll be patient. Instead of getting angry, I show love and understanding. Yes. That's my language of love language. Being patient to me and then also understanding me. And then also part of it. Serving me like what your D is doing. Making coffee. My arinola. Yes. Diba that's the language of love of your D. Self-love. If I do window shopping. Self-love. If I'm taking care of myself. I'll be watchful on what I eat. And then also in what I am doing. Especially if it's strenous physically, I avoid it. My self-love is to take care of myself. To love myself so that I can love others. Because I am loved. Yes. Okay.
Respondent 4	Ma love language ako sa asikaso. I love doing things for people. Hindi ako masyado nag-eexpect sa ibang tao. Pero siyempre na nonotice ko yung simple things na ginagawa sa akin. Paghahandaan mo ko ng kape. That's an act of love. Anything you do for me, that's an act of love for me. Self-love kapag nabibili ko yung mga gusto ko. Hindi ko nirerestrain lalo na sa

	<p>pagkain. Makeup, chocolate. Tinry ko naman magpaganda pero sayang pera. Diba nagpa lash-lift ako. Okay naman pero ayoko.</p>
Respondent 5	<p>I love through patience. I think hindi masyado halata yung patient sa akin, but I'm really patient. I'm both patient and impatient but most of the times I'm patient. I love through my art. When I create art for people, for myself, for anything. That's also my form of love. When I speak, sing. When I acknowledge other people's emotions. Kapag nangangamusta ako ganun. Kapag nag s'share ako ng interests ko. For me that's also a form of love too, sharing what I'm into. Kasi it forms a connection with others when they know what you like. Kapag may idea sila kung anong gusto mo, it's easier for them to approach you. I love also through touch. When I hug someone that means I'm showing affection. When I cuddle with our dogs. When I take time to know what I want. I love people through acts of service kahit na minsan ma-dabugin ako. I show love through cooking, cleaning the house, sweeping the floor. I show love through taking care of the things or of the things that my love ones love. When they love something, I would love it too. May connection.</p> <p>My love language is physical touch. But not all the time. Kailangan mo mangapa if nasa mood ako or close tayo. Kasi kung hindi tayo close huwag mo ako hawakan. Tapos acts of service. Like showing people, places, nature, actions that are caring. I'm a caring person. Madali akong mag-alaga sa isang tao o bagay kapag mahal ko. 'Yun. Siyaka words of affirmations rin. Kapag nag shshare yung mga tao sa paligid ko ng current curiosities nila. I also feel like I'm being taken care of when people strive to understand me even though I'm not okay. And like be there for me through tough times. People who stick and stay through the challenges. I feel very loved when people stay and accept me for who I am.</p> <p>I practice self-love through listening to my body ngayon. After what happened sa injury ko last year. It was a really tough time. I wasn't really listening to my body at all. I tried to push it despite being tired and shit of all of the things that happened. And I instantly wanted to be stronger which is definitely not what my body needed at the time. I lost my daily habits, my movement routine, basta yung foundation ng araw-araw ko which is movement and breath. Naging sobrang hirap nun sa akin kasi ako yung tipo ng tao na ma-routine. Pag na buwag yung routine ko, madali ako ma-distract, mawala ng direction. Kaya ngayon if my body wants to move, I move. If my body still wants to stay in bed for a few more minutes, I will, rather than force myself to jog early in the morning. If hindi yun yung gusto ng katawan ko nirerespect ko yun. I'll find other ways to move with the remaining time that I have within the day. I listen to my body.</p>

Respondent 6	<p>Quality time siyaka acts of service siyaka gifts. Si P minssan lang yun nagpapakita e pero isa yun sa mga closest friends. She describes me as someone na pag I care for someone, all out yun.</p> <p>F: Self-love?</p> <p>Boundaries. Ever since nangyari yung sa amin ni D, best friend ko. Pag anything na I feel disrespected, or uncomfortable ako, either I leave the place o ilalaban ko. Hindi siya about treating yourself, self-love isn't about the material – you know how media portrays self-love diba? Mahirap ang self-love sa totoo lang. And isa sa mga pinaka mahirap na decision for me, dahi kailangan ko siyang gawin for myself is leaving my best friend, kasi toxic yung best friend ko sa akin. She's stepping on my boundaries. Actually I don't want to leave her naman eh, gusto ko lang, alam mo 'yun, can we stop talking. Keeping your boundaries, yun ang self-love.</p>
Respondent 7	<p>Siyempre pag sinabi mong self-love, you don't want other people to hurt you diba. Ayoko nung iinsultihin o sasaktan mo ako. Lalo na kung sasaktan, very protective ako. Nakadepensa/nakatingin ako agad sa tao kung sasaktan niya ako. Self-love ko yun. I want to protect myself sa physical, verbal, or anything na abusive actions.</p>
Respondent 8	<p>Clingy. Diba clingy ako. Diba sa'yo. Kapag komportable na ako sa tao niyakap yakap ko na. Pero hindi ako yung love na, "huy, musta ka na?". Hindi ako mapala chat. Hindi ako mapala-kausap. Pero once na kinausap mo ako, papansinin kita. Hindi lang talaga ako pala-chat. Madada rin ako once na nagkita tayo. Hindi lang ako yung nag t'take initiative sa relationship. Ma touch ako.</p> <p>F: What are your love languages?</p> <p>I8: Touch kasi clingy ako e. Pero hindi ako lagi mapala-kausap. Pero once na physical na tayo, hahawak hawakan kita mas madada ako. Hindi lang talaga ako active kapag online, mas madada ako ng offline. Mas prefer ko yung personal kaysa sa internet. Pero once na may problema ako, naka-online ako, kasi dun ka anonymous. Dun yung mga favorites. So, mostly nagiging comfortable ako online kapag hindi ko kakilala, stranger ang kinakausap ko. Dati nakikipagusap online for anonymous friend na andyan lang siya para makinig. Pag once kasi nakilala niya na ako, nawawala na yung comfortable kung anonymous na gusto ko maparating kapag online.</p> <p>F: ano yung love language na ginagawa para sa'yo?</p> <p>Gusto ko yung attention niya nasa akin. Isa sa mga dahilan kung bat ako nanonood ng romance kasi parang naiinggit ako sa attention na binibigay ng lalaki dun sa babae. Although may kaibigan ako, kaibigan kita. Iba yung attention na nag t'take care siya sa akin. Kahit yung presence niya lang okay</p>

	<p>na ako. Pero ayoko nung love language na kakausapin mo ako every single day, mawawala battery ko talaga.</p> <p>F: ano yung acts of love na gusto mong ipakita nila sa'yo? Gusto ko clingy din. Gusto yung reassure ako, yung makikinig talaga sa mga problema ko. Ayoko kasi yung mga listeners na magsasabi ka ng problema mo tas ang mga reply lang nila ay, "okay lang yan!". Parang bina-brush off mo yung problema ko. Gusto ko yung andyan lang sila nakikinig, "bakit ano ba nangyari?". Yun na yung attention. Kasi nag t'take care talaga sa akin.</p> <p>Ikaw kasi nagawa nun sa akin e. Ikaw. Ikaw talaga yung ano ko, closest friend ko sa lahat. Kinikilig po si interviewer. Diba magkalayo tayo, iba kasi yung pag sa school. Pag sa school, yung in physical na, yung naghahanap ka rin ng everyday sana may magbigay rin sa akin ng ganun. Pero minsan napapansin ko wala na yung mga kaibigan ko, parang ang lonely lonely ko. Alam mo yung minsan, "hala, uwi na ako". Minsan ayoko pa umuwi sa bahay kasi nga uutusan lang ako tas bangayan bangayan. Gusto ko lang ng makakasama, kahit umupo lang kaming dalawa sa sahig tas mag selpon lang kami dalawa. Yung presence lang niya yung hinahanap ko para hindi ako maging lonely. Pero hindi ko makita sa mga kaibigan ko ngayon. Meron naman ako isang kaibigan, kaso ang problema lagi niya akong kinakausap tungkol sa crush niya, okay naman natutuwa naman ako pakinggan siya. Pero iba lang hinahanap ko.</p> <p>F: ano hinahanap mo?</p> <p>Yun nga yung attention, yung presence, yung time para sa akin, para sa amin talaga. Kaya itong mga moments na pagkikita natin, although isang beses kada month lang tayo nagkikita. Tine-treasure ko 'to kasi ito yung attention natin nasa isa't isa, clingy tayo sa isa't isa. Parang never ko yun na experience sa iba.</p> <p>Gusto ko ng long term friendship at nakitaan ko yun sa'yo. Kaya natutuwa ako. Natutuwa ako kahit isa, meron akong kaibigan na ganun. Ayoko kasi ng seasonal friends.</p> <p>F: though parang hindi sila maiiwasan no?</p> <p>Hindi sila maiiwasan.</p> <p>F: how do you practice self-love?</p> <p>Time sa sarili. Yung guiltless sa sarili na parang pagod na ako. Yung future ko ba kinakabahan ako. Psychology kasi, hindi naman lahat inooffer yun eh, hindi siya in demand eh. Nagiging aware na at nababawasan na yung stigma. Pero at the same time, hindi din nila ginagawan ng paraan yung problem</p>
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	<p>nila. Kaya “okay, aware na ako dyan” pero meron pa ring, “hala, pagisipan ako na baliw diyan eh”. Yung ano ng mga as a psychology, nababawasan. Minsan nagpupunta ako sa Job Street, pero hindi ako mag aapply chcheck ko lang. Ang baba ng sweldo, o onti lang yung naghahanap ng job. Eh hindi ako magna, hindi ako maraming experience para kunin kagad ng tao.</p> <p>Iniisip ko maganda nga rin yung HR. gusto ko mag aral ng nonverbal. Nakikita ko yung mga taong papasok. Gusto ko pagpraktisan ba. Pero di nga ayaw nila. Ang kailangan ko talaga clinical.</p>
8. Current LSS song and favorite line from that.	
Respondent 1	Snooze ni SZA. Yung chorus, “I can’t lose, when I’m with you”.
Respondent 2	You got it by Vido. Favorite line yung You got it.
Respondent 3	<p>Last song syndrome? “One day in your life you remember a place. Someone touching your face and back.” Hmmmm.. And that's my song. “You'll remember me”.</p> <p>F: That's your favorite line? That's lovely.</p> <p>You'll remember me. I was not able to sing that song while my mom was alive. Because that was my song when I was young, when I heard that song, because I felt I was left behind. And then later on, she'll remember me. She'll come back to me, to get me, and we will be together. So that's my song to her. And lately that would be her song for me. That I'll remember her.</p>
Respondent 4	Snow at the beach. Ang gusto ko don, “my smile is like I won a contest and to hide that, would be so dishonest and it’s fine to fake it till you make it till you do, till it’s true”. Sa personality ko optimistic talaga ako. Next yung Good Days ni SZA. “Gotta get right, tryna free my mind before the end of the world”. Siguro escapist din ako. Kapag hard yung situation ako yung mag gi-give way palagi. Based on my personality.
Respondent 5	<p>I have a lot! But I can tell you kung ano-ano yun! Una ay “Love it if we made it” ng the 1975 in Madison Square Live 2022. Favorite line ko dun yung ano, “Poison me daddy!, I got the Jones right through my bones”. Sobrang solid nun ng live! Actually lahat ng lyrics nun ang sarap lang isigaw. Tapos 2nd ko which is yung mostly repeated song ko sa spotify last year is “Let the Light in” ni LDR. Ang pinaka-gusto kong line doon, “I just smile, 'cause babe, I already know, You know I got nothin' under this overcoat”. Siyaka yung part na “Cause I love, to love, to love, to love you, I hate to hate, to hate, to hate you”. Tapos yung 3rd ay “fallingforyou” ng the1975 ulit. Yung line na gusto ko dun, “I don’t wanna be your friend, I wanna kiss your neck!”. Tapos meron pa, Comic Sans ni Okay Kaya. Favorite line ko dun yung, “if acceptance is key I’m here, waiting for the locksmith”. It’s the</p>

	puns! Meron pa isa yung “This Could Be It” ni Reese Lansangan. Favorite ko dun yung ano, “Cause once I feel the tide, I drown, I fight the current, Pulling me down, I overflow and I try to hide it”. I relate a lot dun sa line na ‘yun. Especially when I try so hard to hide my emotions even though they’re so obvious. To hide what I want and who I am even though these characteristics are so me. Yun.
Respondent 6	SZA, Normal girl. “This time next year, I’ll be <i>living so good</i> ”.
Respondent 7	“Mayonaka Door”, Miki Matsubara. Pero bago yan yung sa Voltez V. Pag tapos na yung laban, yun na yung ending ng anime, papatugtugin na yun. Tapos yung sunset umaano na yung sunset hahaha.
Respondent 8	Yung kay Britney spears na. Nynyanya monster.. (Monster-Lady Gaga). Favorite line ko dun, “the boy is the monster”. Daylight – David Kushner. “Try to follow your light, but it's nighttime, Please, don't leave me in the end”. Yung dynasty. “It all fell down; it all fell down!”.
9. When do you feel the most beautiful?	
Respondent 1	When I’m all dressed up. Pag nakaporma.
Respondent 2	When I dance. And when i’m happy. Many moments make you happy right? It’s just not one, it can be many moments of happiness. Happiness is like a wave in a aurora borealis. It’s like mesmerizing.
Respondent 3	I’m most beautiful naka make-up ako. Nag mamakeup lang ako pag pumapasok ako sa office kasi I have to be presentable, so I feel beautiful. Makeup. If I’m wearing my jewelries, I feel beautiful from the heart.
Respondent 4	Pag naka makeup. Kasi conscious effort talaga sa babae kapag nag aayos. SO, kung gusto mo maging maganda, kailangan mag effort ka. Pero nararamdaman ko rin na maganda ako through confidence. Kapag naka bikini tayo. It shows na kahit hindi maganda yung skin mo sa pwet, kahit maitim kili-kili mo. Pero if you feel confident about your body, that’s beauty. Free the nips! Hahahahahah.
Respondent 5	I feel the most beautiful when I dress up or when I get naked hahaha. Oh my god. Those two! Or when I do stuff in front of the mirror and tease myself hahah! I feel beautiful with this sensual side of me. When I give myself pleasure. Dress up or put make-up on. When I dance. I feel beautiful when my hair is messy idk why. When I run or jog. When I walk confidently out the streets I feel really beautiful. Yeah.
Respondent 6	Wala pag maganda ako sa selfie hahaha. Ibig sabihin ganda ko today ayun!
Respondent 7	I would say it is a mystical experience. Yung sa La Salette. Yung nakita niyang gumagalaw diba. Hindi ko nakita yun diba. Tapos we felt a very

	<p>peaceful, calming. Hindi lang yung inner eh merong energy na nakabalot dun sa realm nay un eh. Para kang hinihilot na may energy na pumapasok sa'yo, may kuryente. Imaginin mo yun. Hindi ko malaman kung bakit nangyari. Nung nag family ano tayo. Tas nung bumalik kami, kami nalang may ganun pa rin. Sabi ko bakit nangyayari 'to. Sa amin lang. I did not think about myself, naka focus na ako dun sa experience. Beauty is harmony of all the elements. Yung lines, colors, balance. Beauty is harmony, unity, and balance of things. Pagkamay unity, balance halimbawa health, pag may balance sa katawan mo, if there's no great problem ibig sabihin may harmony. Pero pag merong problem, nagagalaw yung harmony and balance. That is for me when I experience beauty. When there is unity, balance and harmony. Yung unity ay hindi siya malawak na word. Yung mas malawak na word ay harmony including the universe. Hindi lang siya talking about good things, even evil. Nagkakaroon siya ng harmony. Unity ay specific goal tapos iba ibang tao o nilikha tapos towards kayo sa one. Yung harmony walang goal, but all of you are there acting together. United, meron kayong goal, iba iba kayo pero papunta kayo doon.</p> <p>F: Ah parang sa orchestra ganun? Iba iba kayong instruments pero may harmony.</p> <p>Exactly.</p>
Respondent 8	<p>Pag bagong ligo tas pupunta sa school. Hindi ko alam kung anong meron sa salamin ng school namin. Pero parang mukha akong maganda dun. Siyaka pag nakalugay ako. Iba kasi nadadala ng buhok e. Nakakapayat ng mukha. Yung mukha ko hindi naakop sa hairstyle ko. Mukha akong bilog beh! Masyado malaki mukha ko. Importante talaga yung pulbo.</p>
10. When do you feel the most vulnerable?	
Respondent 1	<p>Siguro kapag ano, kapag nagsasabi ng totoo yung kausap ko tapos ayoko tanggapin kahit alam kong totoo. Kunwari pangit yung laro ko, tapos tinatrash-talk niya ako. Alam ko namang pangit yung laro ko, pero, ayoko tanggapin.</p>
Respondent 2	<p>I feel most vulnerable in my appearance and body. Everything. Parang showing up, being out there. Physical. Me. My whole being. Meron pa rin akong self-conscious sa how I appear. Sa internet, sa physical. Ayun. Maybe due to teenage trauma. Siyempre mataba ako nun. So, I hide. 2012 yung pinakamataba ko ata.</p>
Respondent 3	<p>Vulnerable? If my children disobeyed me and if I'm frustrated with them, that's the moment of vulnerability. Next question.</p>
Respondent 4	<p>Kahit kailan. Kapag nag jojournal tayo. Kasi minsan doon tayo nag oopen up eh. Siyaka nung nag sorry si about doon sa GC. At least nag</p>

	<p>rereach out siya. Naisip ko nun, ay naging big deal pala yun sakanya. Na may nakakalimutan siyang bagay. Vulnerable ako anything related to family.</p>
Respondent 5	<p>I feel vulnerable most of the time. There's a lot of things that make me feel vulnerable. I'm vulnerable with uncertainty, when I cry, when I speak my truth, when I show my authentic self, when I share anything! It could be posts, thoughts, anything! When I open up ideas with my teachers I feel vulnerable. Being perceived with the ideas I have and this physical body. When I'm angry. I can be swayed by my emotions; can say things I don't mean. And I feel a lot. My feelings make me feel vulnerable. And the thing is these feelings never really go away. They're always here popping whenever they want. I guess that's just part of me being human. I feel a lot.</p>
Respondent 6	<p>Parang lagi naman akong vulnerable, hindi ko siya pinipigilan. Unless mga bagong tao talaga siya. Most vulnerable ako with friends, with you, family ganun. May wall ako lagi, but tinatry ko magsabi ng totoo. I think yun siya e, magsabi ng totoong nararamdaman mo talaga. Ang daling sabihin pero mahirap gawin. I think, ganun dapat I live yung life. Kasi pag ganun vulnerable ka, and you live life in your truth and pure intentions, it will not necessarily guarantee you a good life, but pure yung intentions mo. I feel the most vulnerable pag natatackle yung "lost" ng mga tao. Kasi ang dami talagang nawalang tao sa buhay ko last last year (2022). Lahat ng bestfriends ko nawala eh. So, napapaisip ako if ako ba yung problema? Babalik-balikan ko lagi yun. Pero ayoko rin i-describe ang vulnerability that would make you soft in a bad way, sad way. Vulnerability talaga is not being afraid to show what you truly feel at the moment.</p> <p>F: Paano nag transform sayo yung word na yun?</p> <p>Ewan ko pinanganak lang talaga ako, nauna siya as kapal ng mukha. Bata pa lang ganito na ako eh. Personality ko siya. It's a gift and a curse.</p> <p>F: paano mo nasabing both blessing and a curse siya?</p> <p>Kasi hindi rin okay lahat ng tao with this personality. Kasi may mga time na bagong kilala sa akin tapos na sh-shock sila. And maraming intimidated sa akin, maraming galit sa akin. Ayun. Hindi sa nag transform, but as you age nag iiba yung meaning talaga niya. Like nung 2017 diba, ang dami kasing nangyari nun eh. Kay P na cool off yun eh pero pinipilit ko ayusin as in nagmamakaawa ako sakanya for like half a year, and dun nag transform yung respect ko sa sarili ko na never in my life that I will do that begging again. Since, narealize ko nung naging kami ni P nawala yung pagiging ganun ko. Natakot ako lagi, hindi ko sinasabi yung nararamdaman ko, kinikeep ko lang sa sarili ko, kasi I feel like I should be tamed. Nag iba talaga ako nung naging kami. I got so focused in him. Wala akong friends kasi siya</p>

	lang lagi kasama ko. Hindi ko nakakasama sila E. Nawalan ako ng time sakanila. Compounded meaning nagsabay sabay. Focus ako kay P, busy ako sa TBWA and wala talaga akong time. And dun hindi naging masaya si E. Kaya nag drift away yung friendship
Respondent 7	Pag galit ako. Anger nga. Yun lang.
Respondent 8	May inferiority complex ako. Feeling ko inferior ako. Minsan kasi apat silang naguutos sa akin. Itong year na ‘to kunwari maglalaba ako sa labas gabi na, “ay ayan si R naglalaba sa labas, nagpapaawa lang yan e”. Sadya lang talaga na gabi yung free time ko kasi pag maaga wala akong wisyo. Nocturnal ako eh. Gusto ko yung maiintindihan ako hindi yung pinepeke lang.
11. What part of our (filipino) culture do you mostly appreciate?	
Respondent 1	Pagiging hospitable. Kasi kada pupunta ka sa bahay papakainin ka. Sa atin lang, pero hindi sa ibang bansa. Pero siyempre dapat respeto din. Dapat kunwari mahihiya ka muna, “Ay sige lang po” hahahaha. Siyaka yung pagiging matulongin ng mga pilipino. Siyaka yung pagkain rin natin. Adobo ganun caldereta.
Respondent 2	Yung community. Yung family-centeredness. We’re always thinking about how would other.. Palagi natin iniisip kung kumain na sila, o umuwi na. Siyempre double-edged sword. Pero mas positive siya kaysa sa negative. Kasi, hindi tayo ganun ka-conformists. As a country. Hindi tayo palaging tied to whatever’s the norm.
Respondent 3	Love of family. Period.
Respondent 4	Spirit of Christmas. Yung putobungbong, carolling, xmas party hahaha. Love of family isa ren. Pero minsan nagiging dependent yung family in a bad way. Kaya maganda na na-imply sa atin nila mama na you should stand on your own. Depend on your own.
Respondent 5	Pinaka naappreciate ko sa culture natin ngayon yung values. Yung kapwaness. Basta yung ano ni sikodiwa. Filipino psychology and psyche. Pero other than that, yung hindi masyado individualistic dito sa Pilipinas. Vinavalue natin yung community, family, nature – I hope. Siyaka magaling tayo mag create ng mga bagay from nature. Like sa mga local businesses, yung banig, damit. Yung creativity ng Filipinos at culture. Sa pagkain, pagiging magulang, siyaka yung pagka non-binary ng language natin. So yun, language, culture, traditions, psychology, nature. Siyaka mga jeep. Yung weather rin! Gusto ko yung tropical country tayo. Init lamig lang walang snow. Dami ko na-appreciate.

Respondent 6	<p>Yung pagiging masiyahin at resilience. Kahit anong mangyari basta resilient ang tao, gagawa at gagawa siya ng paraan to see a silver lining sa kahit anong pangyayari. It has it's bad sides, pero mostly magandang bagay siya. Life is 10% what happens to you and 90% how you deal with it. You can plan all you want pero pag binatuhan ka ng buhay, which most likely ganun yung mangyayari. So, kaya important yung trait ng resilience. Dapat adaptive ka.</p> <p>F: Kanino mo napansin yung trait na yun sa buhay mo?</p> <p>Si daddy. Kay mama palang eh. Si daddy yung pinakaresilient and patient. Minsan nga feeling ko kulang siya sa time ng pag oopen kasi napuputol agad. Pag nagkwkwento siya tas nandun ako, I try to listen. Like nung kumakain tayo nung bday ni mama, bigla lang naputol agad yung kanya. Vulnerable moment kay daddy yun e kasi nagsasabi siya na gusto niyang umunlad pero hindi sakanya binigay yung opportunities. Totoo kasi talaga yun eh. Working hard matters, pero, swertihan talaga. Lakas ng loob, diskarte, siyaka swertihan. Diba sabi niya nga marami siyang missed opportunities. So, marunong ka dapat mag grab. Meron lang siyang lapses in terms of diskartehan. Pero hindi mo masasabing tamad si daddy.</p>
Respondent 7	Pagtutulungan at siyaka masiyahin. Fun.
Respondent 8	Yung pupunta ka sa bahay tapos, "oh ito mga pagkain para sa'yo". Yung warm welcome as bibigyan ka nila ng pagkain. Kasi ma generous ang pinoy. Yun yung gusto ko. Kasi sa ibang bansa hindi na iimplement yung ganung values.
12. In what ways are you creative?	
Respondent 1	Di ako creative eh. Edi sa pagluluto pag nag eexperiment ng kung ano-ano.
Respondent 2	I guess when I think. Kasi pag nag iisip ako nag-iisip ako agad ng punchline. Yung nag take ako ng workstyle quiz, meron talaga akong entertainer side in myself. Pag kunwari pag nakaisip ako ng joke agad tapos sinasabi ko.
Respondent 3	<p>I am creative most of the times, but not in that art. Yeah. I can be creative in terms of fixing things. How can I fix things? I'm creative in finding solutions on how I can fix things. I can repair things. I can beautify things.</p> <p>F: Wow. How do you beautify?</p> <p>How do I beautify? You know it. I repainted the house, the interior. You know me! I bought lights, I bought wallpaper. Look at my room, my ceiling and my walls. They are covered by wallpapers. Yeah.</p>
Respondent 4	Magtupi. Mag ayos ng gamit. Pag nag-mamake up din. Hindi ako titigil hangga't may di ako nasosolve na problem. Kunwari may tinanong sa

	aking bagay, na ako sa tingin mong naglipit, hahanapin at hahanapin ko yan. Hindi ako titigil. Remembering things rin. Pero ngayon hindi nag iinstill yung memory. Kahit na gusto ko siyang tandaan. Nakakalimutan ko. Bat ba nakakaiyak yung mga questions! Ewan ko sa utak ko maliit lang kaya niya i-absorb. In whisper: “Kasi maliit lang utak ko”. Hahahahaah. Siguro maganda yung may photos pa rin na physical siyaka sa cellphone.
Respondent 5	I’m in the arts pero hindi ko pa rin masabi na creative ako sa arts. I guess I’m creative in my words. My poetry. My clothes and styling. I’m also creative in my cooking. Kung may gusto akong lasa mag-eexperiment ako. Nasa writing talaga. Para sa akin. Pero I also have visual skills like designing, drawing, sketching, etc. I feel like mas creative ako sa arts and crafts. Siyaka my humor is also a source of creativity, sometimes.
Respondent 6	Dami! Parang sa lahat ng bagay naman eh. Creativity is not just arts and crafts. Sa advertising nga sinasabi namin na, “ <i>Creativity is your ability to solve a problem</i> ”. Creativity yun as in finding resources, evoking emotion. Sa lahat ng bagay yun. In a surface level sa music, sa art, next lang yung sa writing kasi ayoko talaga magsulat my god! Pero yun trabaho ko. Tapos sa pag arte. Pati sa buhay ko nadadala ko yung pag arte eh like how expressive I am. Sa pananamit!
Respondent 7	Ang discovery ko creative ako sa words at sa sounds. Yung sa mga pantawag ko sa aso. Jujubite yung ganun. Nag p’play ako ng words.
Respondent 8	Hindi ako yung creative na magiisip ng idea tas mag bloom na siya sa akin. Kailangan ko ng multiple reference at ideas. Reference 1 kukunin ko tong part na ‘to, reference 2 itong part na ‘to. Through multiple reference may kinukuhang akong part tas napag iisa ko siya. Napaghahalo-halo ko yung idea tapos I can make it as my own. F: Nag-aapply yun sa kahit ano? Sa research sa drawing.
13. Do you have a spiritual practice?	
Respondent 1	Wala. Nag-ppray ako pero hindi siya routine. Pag pray lang tuwing Sunday. Pagpapasalamat ng kung ano mang nangyari tapos yun guidance. Yun lang naman.
Respondent 2	My burning incense. Kasi nung sabado nung nag-light ako ng incense sa taas, first time ko siya gawin na pagkalight ko ng incense pinanood ko yung flame. Natutuwa ako dun sa pag move nung flame. Naghihiwalay, tas biglang nagiisa. And meditative pala kahit nanonood ka lang sa isang simpleng bagay. Tapos dun ka lang nag focus ng attention mo. Parang nagiging as in meditation siya. Though kahit hindi ka nag b’breathe in at out

	<p>ng deeply, pero ang quiet ng utak mo kasi nakatingin ka lang dun sa flame. Parang mga 5 mins. Ko yun ginawa. Na parang uy, siguro kung araw araw ko to gagawin, sobrang nakakacontribute siya sa peace of mind at grounding.</p>
Respondent 3	<p>Yes, I do. A moment of silence. I pray the rosary as much as possible before going to sleep. I pray a lot every time that I feel I need prayers.</p> <p>F: How does that guide you?</p> <p>It makes me feel. Recover from frustrations. It makes me feel. I feel hope. And I believe that God will provide and protect. Okay, next.</p>
Respondent 4	<p>Para sa akin wala naman practice. Siguro umiiyak lang ako lagi pag nagdadasal. Minsan humihikab lang ako diba. Yun lang!</p>
Respondent 5	<p>What I consider as my spiritual practice are breathwork, yoga, and writing. Writing in my journals is a meditative practice. I think anything that allows me to be meditative is in itself a form of spiritual practice. Watching nature and stillness. I remember when I posed in Sunday Nudes. Merong 5 mins, 3mins, and 5mins. ata yun. You're gonna stay still for a time so that the artists can draw you. The stillness in that experience is for me meditative. Sana makapag-pose na ulit ako. That experience is really beautiful rin!</p>
Respondent 6	<p>Until ngayon hindi pa rin e! Hindi pa rin ako nag e-ease in. ease in in a way na komportable ako dun. Kasi hindi talaga ako confident, and ayoko siya. Inembrace ko nalang siya kasi yun yung naging career ko. Hindi ko pa siya nabibigyan ng totoong craft. Hindi pa ako nagdededicate ng 100% commitment to it until now. Ginagawa ko lang siya kasi trabaho ko siya. Kung hindi ko siya trabaho hindi mo naman ako makikitang nagsusulat. Sa kanta oo. Pansin mo. Kaya halos lahat ng project ko kanta eh. Siguro yung isa ring gusto kong gawin this year talagang study writing. Kasi associate creative director na ako eh feeling ko nadaan ko lang sa patawa, sa boka. Manager role na siya eh. Mamaya may mga writer na by the book, yung alam nila yung rules, grammar and all. Which is na eencounter ko rin everyday. Kaya dapat ikaw, pride mo na rin na alam mo yung basics, yung fundamentals.</p> <p>F: sino yung nag-guide sa'yo sa pagsusulat?</p> <p>Yung boss na nagsabi sa akin na maging writer nalang ako, si S. Sa market connect. Sabi niya "maging copywriter strategist". Sabi ko "hala Ms. S hindi ako nagsusulat". Sabi niya, "hindi". Tanggap ko nalang. Tas yun tyinaga niya ako may book report ako every week. Tapos pumunta na ako sa Dentsu.</p>

Respondent 7	Yeah pag nakikita niyo ako pag umaga. Ang spiritual practice ko kasi ay spiritual reading. Yung mga books na spiritual, bible or any books about spiritual. Or just being one with nature. Being alone, observing nature.
Respondent 8	Yung paglalakad. Kunwari magagalit na ako pero kailangan ko itikom yung bibig ko (at breathwork). Lalo na pag may mga trees.
14. What's your spirit animal?	
Respondent 1	(n/a)
Respondent 2	I think I'm penguin.
Respondent 3	(n/a)
Respondent 4	Hindi ko alam pass. Year of the ox ako. Baka yun diba? Hahahahaha. Siguro dog. I love dogs.
Respondent 5	Right now I'm trying to be more open to shape-shifting. I want to explore my identity and be fluid. I say chameleon. Kaya niya bagayan kahit anong environment. Gusto ko yung ganung fluidity and flexibility to be anything I want when I want it. That's all.
Respondent 6	Corgi.
Respondent 7	I'm not aware of it. Sa zodiac sign leo, Lion. Year of the monkey ako pero zodiac sign ko lion.
Respondent 8	(n/a)
15. What brings joy to your inner child?	
Respondent 1	Video games. Mario, Contra. Mga luma, mga laro sa FC. Sa PSP Tekken.
Respondent 2	Food. Hahaha. Yeah. It's all I could think of. It's food, it's sweets, like candy and cake and you know all of the junk foods. I like junk food. Chocolates, sour candies, mga nabibili sa tindahan.
Respondent 3	<p>I can't remember because I don't enjoy my childhood. Because my lolo was very strict I was not allowed to play long outside the house and he's very protective. I don't. Ahhh. Yeah, I enjoy every time na nagbabaha sa V. Mayor. Kasi may umaakyat na mga pagong sa bahay naming at nakakahuli ako ng isda. That was 70s. Yung mahaba siya tapos may bahay siya, umaakyat siya sa bahay naming kasi nga baha. Umaapaw yung ilog.</p> <p>F: Kung may magagawa ka ngayon to make up for that kid na wala masiyadong childhood, ano gusto mo gawin para sakanya?</p> <p>I3: Gusto ko siya ipasyal. Kahit saan. Kasi hindi siya nakapasyal eh. Nakapasyal lang siya naalala ko noon nanalo kami sa T. Paez unang nakarating ako sa Tagayatay. Siguro grade two or grade three nanalo kami sa contest first time kong nakatikim ng fried chicken. Tom Sawyer yung brand ng chicken na nakain ko. Doon lang ako nakakagala tuwing may</p>

	<p>school activity na wala ako kailangang gastusin. Ang isang hindi ko malilimutan na event sa school, grade 3 ata ako noon. Hindi ako sumali sa presentation kasi kailangan yung maria clarang damit, eh wala naman akong pambili. Nahiya ako sumali, hindi ko nalang sinabi sa teacher ko na wala akong pambili. Basta ang sinabi ko hindi nalang po ako sasali. Yun lang yung mga natatandaan ko.</p>
Respondent 4	<p>Kulkog. HAHAAAH. Habit ko pa rin yun hanggang ngayon. At siyaka yung nagkukulot tas may tunog. Tas magigising ako may ganyan ako minsan. Ginagawa ko siya pampatulog, or minsan unconscious ko siya nagagawa. Siyaka pag naliligo pa rin tayo sabay-sabay. Kasi hindi na siya normal. Lalo na pag tumatanda. Pangalawa pag nag cecelebrate pa rin tayo ng birthday ng sama-sama, hindi kulkog.</p>
Respondent 5	<p>Candies and playing. Ngayon naglalaro na kami ng switch sa mario kart. Playing video games again. Siyaka dressing up! I think it's what I can truly connect with my inner-child. I remember dati my sister have this gown. It's like a small gown and I was 3 or 4 years old. Violet ata yun or red na suede or makinang basta yun. Nakita ko yun tas sobrang natuwa ako talaga. Gusto ko sana suutin pero hindi ko nasuot kasi kailangan i-zipper. Pero na-amaze talaga ako nun. Parang may energy na dumaloy sa akin. Magical. Magical yung experience na yun. I remember rin dati I was like 5 or 6, Mama and I went to shopping. Then I saw this backless pink dress. That's above the knee. I was so happy and I can't stop smiling when I wore that dress with a little pink chaleco. There's this sort of happiness that clothes bring to me. There's magic in it. In the fabric and in wearing it. Expressing myself through clothes it's powerful, it's magical, it's sweet! Because it reminds me of my inner-child. Also my love for animals and nature. My curiosity for anything. And just dancing. And running! When I run I feel like a child. It's fun that when I sprint I feel so powerful. Eating cake too! And fire. Yung mga video sa akin ni mama dati na ako lagi katabi ng mga birthday celebrant kasi gusto ko i-blow yung candle. Bata pa ako gusto ko na mag-blow EHH. Joke. This connection with fire and water.</p>
Respondent 6	<p>Anything that reminds me of my childhood. Nostalgic things. Ice pop. Safari, tofiluck. Sa school yan eh. Pagkain o dessert.</p>
Respondent 7	<p>Play. Harot. Basta nanghaharot lang ako. I would like to make things in play.</p>
Respondent 8	<p>Pag 20s kasi siyempre adult ka na, kilos matured ka na dapat. Pero ako kasi yung tipo ng tao na ang kulit-kulit ko. Hanggang ngayon gusto ko pa rin yung mga pambatang laro. "Bakit hindi ako pwede diyan bat bata lang pwede dito?". Minsan yun din yung inner child na nirerestrict ko, kasi nga dapat kilos na ng ganitong age ganun.</p>

	F: So pag hindi mo siya nirerestrict ano yung- Sabog. Masyadong maingay. Masyadong hyper.
16. When did you last laugh out loud? Tell me the story behind that.	
Respondent 1	Nung Tuesday. Pinagtritripan namin si M dun sa kachat niya. Inaasar namin tas ginagatung-gatungan na namin ni H. Tas ayun wala na siya masabi, tahimik nalang siya. Sa selpon lang nakatingin, nakangiti lang pero sa loob-loob nasasaktan hahaha.
Respondent 2	Kanina. Yung nagsasabi si A na mag Zambales. Tapos siya pala yung inimitahan nila. Tapos binu-book na ni A pang sa atin. Natawa ako kasi nga pang sila yun, Tapos inaano na niya sa atin na pang outing kumbaga natin.
Respondent 3	Wala. I always laugh but not loud! Hahahha.
Respondent 4	Marming beses. Hindi ako makapagbigay kasi nakalimutan ko na nga.
Respondent 5	Last night! I was up till 11 pm last night kasi nga inaayos ko yung Google Cloud na nakakainis manual activation eme 90 days ko. Tapos nagp'plansta si C sa kwarto ng mga uniform niya. Tapos nakwento niya sa akin na nasabi daw ni I kay M na nagpaalam na daw si A. Tapos sabi daw ni M, "my captain, my captain!" AHAHAH. Nakakatawa yung pagkakawento ni C.
Respondent 6	Trip namin sa tanay. Hindi ko na maalala yung specific topic namin eh pero masaya. Kami ni C pareho kasi talaga kami ng personality, pareho kaming virgo. Komportable kami sa isa't isa taas gets mo agad yung connection. Pag mga ganung trip.
Respondent 7	Kanina lang. Tsismoso ako. Eh bumili akong gulay naguusap yung mga nagtitinda dun. Sabi nila, "Pucha nag tutulakan tayo, nagkasugat-sugat tayo, para lang sa bente pesos". Minsan ang fun, ang laughter, satire rin siya eh. Di bale, it's the fun you also experience. Yung play ang binabayaran mo dun.
Respondent 8	Yung nasa EBC tayo tapos sinabi mo yung prof mo... F: Ah yung pogi yung prof ko? Oo hahaha. F: natawa ka dun?! Oo hahahahaha. F: Hala ilalagay ko 'to sa ano ko!

17. What reminds you that you are human?	
Respondent 1	Mistakes. Mga pagsisinungaling ganun. Mga hindi sinasadyang pangyayari ganun. Yung akala mo gumagawa ka ng maganda, pero hindi pala. Mga honest mistake.
Respondent 2	Of my flaws, mistakes, and I can be wrong. And I can be tired. And I can die soon. That's it.
Respondent 3	I am human, I have limitations, I have talents. I have wisdom to know what's good and right. I'm human.
Respondent 4	Pag umuutot at siyaka kapag nagkakamali siyempre. Siyaka kapag may bagay ka na di macontrol.
Respondent 5	My desires. That's what reminds me that I'm human, my needs and desires. I can breathe. Yung hininga. Yun nga yung sabi ni sikodiwa. Hininga (breath) is being. My breath, my messiness, my chaotic mind. The thought that I need to figure out things. Kailangan ko laging intindihin lahat. It's a process of understanding things is what makes me human. Ang gulo ng creative process ko dito pero somehow I'm making it work. I think one aspect of it is that I'm always trying to understand what I'm doing and what I want. That's what pushes me to accomplish things and understand myself. And my connection with others. When I resonate with their experiences too. Nung nagshare yung mg ana-interview ko dito para sa thesis, I realized that my experiences are really not that special. You know? We all experience it deep inside ourselves. That's kind of an amazing experience to know and go through for this project. Understanding that my experiences are not that special and we're all human beings that can feel, that go through shit, that we are all a work in progress trying to be good. I'm human too in the way I communicate and in my body. My hands is what makes me human.
Respondent 6	Death! Yung pagkamatay ni Ate, nag bata pa ni ate eh. Siyaka nawitness ko na pagkabata ko, bata rin si Ate. Nakita ko na yung life na kasama siya hanggang tumanda. And hindi yun nangyari. So, lahat tayo mamamatay. Lahat tayo may timeline and hindi mo yun alam. Walang nakakaalam nun. Sino ba namang magaakala na ilang araw nalang pala si Ate nun after ng outing natin? Kaya ako in the moment ako now. Meron rin kaming ganitong usapan nung tanay na parang deep conversations. Parang as much as possible try to make every moment present kasi hindi mo alam. So what reminds me that i'm human, death! Siyaka it humbles you. Sino ka para magsabi na meron ka pang bukas. Who are you to say that you have the luxury of later or tomorrow? It makes you value yung oras. Si john lloy kasi diba maikli lang din buhay nila john loyd. Sila mama iniisip ko din yun. Diba ayan humihina na sila mama. So as much as kayak o sila i-travel, kasi yun din yung quality time for me eh. Experiences yun eh. Kasi at the end of the day yun lang babalikan mo e pag namatay ka. Yun

	ang buhay, yung memories. So, anong quality of memories yung gusto mong meron ka sa buhay mo? Yun lagi ko yun iniisip. Kaya lagi ako nagyayaya umalis. Oo nakakapagod, pero kailan lang ba tayong magkakasama? Yung ganun.
Respondent 7	That I can make mistakes. That I am vulnerable. You're just like anybody in the world, you can be hurt. Anything that human experiences, makes you human.
Respondent 8	<p>Yung makapag forgive ako easily. May mga times kasi na, "ay galit ako sakanya di ko na siya papansinin". Tapos mamaya, "hala okay na nga~sige okay na nga". Gusto ko lang maging kalma. Mamaya asan na yung galit ko, balik mo nga yung galit ko galit pa ako sakanya. Pero pinapatawad ko na siya sa isip ko kaagad.</p> <p>F: Marupok! Ano sa tingin mo yung quality mo na nakakapag forgive ng ibang tao that easily.</p> <p>Empathy. As much as possible, most of the time, inaano ko rin yung perspective ng ibang tao. Umaano yung empathy ko kasi naiintindihan ko yung perspective niya, saan siya nanggagaling. Hindi sa lahat ng oras. Minsan kasi hindi ko naiintindihan dahil sa galit ko. Pero once na binigyan moa ko ng time, ay ganito pala, naiintindihan ko na.</p>
18. How do you deal with pain?	
Respondent 1	By letting it heal naturally, unless kailangan talaga ng gamot. Pag physical hayaan mo lang. Pag emotional, wala, nililibang ko lang sarili ko hanggang sa kaya ko na harapin. Healed na ako pag wala na siya sa isip ko, hindi na siya nakaka-affect sa akin. Pag present pain siya edi iniinda. Kapag i-keep ko lang wala naman akong ibang iniisip. Ayoko lang ibahagi sa iba yung problema ko. Problema ko, problema ko.
Respondent 2	Depends on the pain. If pain na physical, tulad ng regla, mag cocompress, mga ways na mawala yung pain sa puson. Tapos if emotional pain, I could distract myself, and I could also deal with it like journal, or I can dance with it. It depends on what the problem is. If I can change it, I will solve it. But if it's out of my control, I will simply deal with it until the pain dissolves.
Respondent 3	If I feel for pain physically, if I can still tolerate the pain, I will do it I cannot tolerate it I will drink medicine. So that's the pain physically. For emotional pain, if possible, I will cry, cry, cry. That's the way I can release my pain yes. And pray, pray tonight.
Respondent 4	Stretching kapag physical. Kapag emotional, siyempre iyak.

Respondent 5	<p>Rage. When I'm in pain it's either I'm in a state of rage or melancholy. Yung dalawang yun talaga. I feel those two at the start of dealing with my pain. I cry. I cry to release. I try to write about what I'm feeling to release the pain. I'm still in the process of acknowledging the pain first. For me it always starts with resistance. One thing na dapat kong ma-practice is to acknowledge the pain, to go through it, and to release the emotions, and be thankful for the emotions, when I'm feeling them and when they have passed. Yun yung ideal na process ko for dealing with pain but now there's a lot of resistance. I just cry and... get sad.</p>
Respondent 6	<p>Wala talaga raramdamin mo siya. Totoo yung acknowledge it, go through it. As in wag mo siyang tatakasan. You cry it out, ramdamin mo siya pag masakit talaga. Ako most of the pain that i'm experiencing is pain from loss. So pag nararamdaman ko siya hindi ko siya iniwasan, iniyak ko talaga siya. Hanggang sa maging okay ulit. Kasi yung grief hindi siya linear thing na pag tapos na yung one month okay na. Forever daw yun talaga.</p> <p>F: What is grief if not love persevering.</p> <p>Oo eh, love persevering. Wala ka nang magawa eh. Pero you care for the person eh and that's grief. Ang ganda ng when you put grief in that way, medyo gumagaan din siya. Na it's not just about loss. But it's actually a manifestation of your love for somebody no longer there whether they died or wala nalang sa buhay mo. Ayun.</p>
Respondent 7	<p>Pinapractice ko yung philosophy. Yung stoicism. Halimbawa yung pagkamatay ni mama, sinasabi ko na you cannot prevent for things to happen. Maybe you will be sad. Ang panglaban ko dun yung realidad that you cannot prevent it. Everything must happen. Like death, pain, and sadness. I'm the master of avoidance. Ina-avoid ko yung what will bring pain. Halimbawa ikaw, toxic kang tao, instead of arguing with you or staying, you accept and leave. Acceptance talaga eh. Halimbawa magpapabunot ka ng ipin masakit yun eh. Anong gagawin mo pag sumakit pa? Isahan nalang tanggapin ko na. Accept and avoid. Get rid of any pain.</p> <p>F: Accept pain in order to avoid being in pain for a longer period of time.</p> <p>Correct. May pain na nandun na eh, hindi siya ma-avoid. Acceptance and avoiding. Or if hindi mo siya ma-avoid, acceptance nalang.</p>
Respondent 8	<p>Ina-isolate ko yung sarili ko. Tapos katulad ng sinabi ko research sa online. Kahit ikaw close friend ko, minsan yung moment na yun hindi ako komportable o pagod ako i-share sa'yo. Either anonymous o ako nalang magisa, ididistract ko yung sarili ko, manonood ako, o magmessage ako sa reddit anonymously. Nanonood ako o nagd'drawing ako.</p>

	<p>F: Pagtapos mo i-distract yung sarili mo, meron ka bang after nun? Pinaprocess mo ba kung ano yung naramdaman mo? O pag nadistract mo na yung sarili mot as tapos mo na siya isipin, wala na?</p> <p>Oo minsan napa-process ko. Pero minsan kasi nakaka-stress din kaya ididistract ko nanaman yung sarili ko. Tas mamaya ipa-process ko nanaman yung nangyayari.</p> <p>F: so in and out?</p> <p>Yeah.</p>
19. What makes you angry? How do you express your anger?	
Respondent 1	Siguro kapag makulit. Yung ayaw makinig. Yung sinabihan mo na pero ginagawa pa rin. I express by shouting. Pinapagalitan ko.
Respondent 2	A lot. Many things. You know me. Many things make me angry. Like making me work when I don't like it. I'm angry. I can't list. But a lot of things. I stomp a lot. Nag dadabog ako, anything that I can do. Pero hindi ako nagsisira. As long as alam kong hindi siya masisira sa gagawin ko ginagawa ko hahahah. Yeah.
Respondent 3	<p>If I am really disappointed of the things that others have done I feel angry if they have not met my expectation let us say I instructed this way and it did not do that way, I feel angry.</p> <p>F: how do you express that?</p> <p>It could be in a loud voice, "WHY DID YOU DO THAT?" And then ask the reason why.</p> <p>F: in a loud voice?</p> <p>Yes.</p>
Respondent 4	I do not get angry. AY. One time na galit ako nung about kay Ate Shayk, yung dadalin yung urn kay ano. Nagalit ako nga kasi pinagtatalunan na kung kanino ibibigay yung urn, tas sumasabat pa si dadi na okay lang daw kaila ano. Dun nagalit na ako na, hindi nga! Tas hinimas na ako ni Ate Ann tas dun na ako nakalma. Very rare siya sa akin kasi lagi ako nag gigive way. So as much as possible, hindi ako nagagalit. Since optimistic ako hindi ko practice maisip na, galit ako. Hindi ko rin siguro napapansin na nagalit na pala ako kasi hindi ako nag d'dwell on anger. Feeling ko pag nagalit ako gagawin ko siya pero babawiin ko rin. Nababawian siya agad ng nakakatawa or optimistic kasi naisip ko na hindi ikaw yan pag nagdabog ka o nagalit ka.

Respondent 5	<p>OMG. I was going to say a lot of things make me angry like G. You know like we're both volcanoes dito sa bahay. Kami yung sumpungin, may topak kasi kami yung pinaka-sensitive. I think ngayon ang naiisip ko what makes me irritated lang. Kapag si D naglalagay ng mga hinugasan sa lababo tapos yung mga plato parang nakapantakip hindi nakababad. Ayoko yung feeling na naiinvalidate yung sinasabi ko o nababalewala. What makes me angry is... myself. I do shit things and I get angry. I'm a passive aggressive person so when I'm angry I just let it pass. But I don't want to be that anymore. My insecurities makes me angry about myself. It's always angry towards me, not others. I get irritated lang and annoyed with other people. But I don't get angry. I think there's more rage and feelings inside me that makes me feel that way. And what makes it more explosive in a way. Parang ako yung dahilan. Feeling ko pag may nagkakalat sa highway. Yung may biglang nagtatapon sa bintana. Naiinis ako sa ganun. Siyaka yung pag sa multi-cab pag may sasakay tas ayaw umusog ng mga nakaupo. Tuloy nag aadjust yung pumasok tas onting pwet niya lang yung nakaupo. Naiinis ako sa ganun like "Umusog kayo!". Pag ako sa ganun umuusog ako. Tapos naiinis ako pag may gumagalaw ng gamit ko. Kapag may iniwan ako sa lugar na 'to tas tinabi nito, tas di ko na alam kung nasaan naiinis ako sa ganun. Naiinis hindi nagagalit. Siguro darating lang sa point na nagagalit na ako kapag feeling ko na invalidate na ako o kapag inaabuso ako. Pero other than that may maliliit na bagay na hindi naman ako nagagalit, nairita lang ako. Dati sobrang passive aggressive ko pero ngayon since hindi naman na ako Malala magalit since nakokontrol ko na yung sarili ko, I feel na kapag nagalit ako dapat i-express ko siya, i-communicate ko siya. I-acknowledge ko siya like "I'm angry right now, and I don't want to go through this conversation." "I feel angry". Yun nga yung nasabi ni ate. I feel like sakanya ko na-adapt yung ganitong thought. Kailangan ko siya i-acknowledge not in a rude way but in a way na it still acknowledges my needs as a person to feel things.</p>
Respondent 6	<p>Malaking trigger sa akin yung pag sinasabihin ako na "Oh, bakit ka galit?". Kahit hindi ako galit, mas nagagalit ako pag sinabihan ako ng ganun. Lumaki rin kasi ako na mataas boses sa akin lagi, so na adapt ko yun. Tinatry ko lagi not to do it. Pero hindi ko pa rin yun maiwasan. So mataas boses ko pero hindi ako galit. Pero pag nasabihan ako ng trigger word ko, the next thing that I would feel is talagang nagagalit talaga ako. Sumisigaw na talaga ako at siyaka masakit ako magsalita pag nagalit ako. Ina-acknowledge ko rin pag galit na ako, "oo ngayon galit na ako ngayon, kanina hindi eh". Yun yung madalas kong naririnig sa sarili ko. Siyaka pag na trigger ako ng galit grabe. As in parang sasabog ako internally. Pag ganun iniyyak ko talaga sinisigaw ko talaga.</p>
Respondent 7	<p>Nag eexpress ako objectively. Hindi kita iinsultuhin, "di tama yung ginawa mo e, inunahan mo ako sa pila eh". Naiinterpret minsan yung pagsigaw mo as something insulting kahit na objective. Pag na-violate yung rights ko.</p>

	<p>Pagka na muni muni mo na mali yung ganun na nagrereact ka pwede mo pa mapalampas. Kaya nga lang pag bumalik nanaman yung pag na caught in the act ka nanaman na ganun, nako lagot ka sakín. Hirap ako magverbalize ng sorry kasi feeling ko, ikaw dapat mag sorry sa akin eh. Pag hindi ako nakapaghanda mentally, tapos sudden bugso, yun yung iniawasan. Pagsisihan mo talaga. You cannot violate my right. I don't want to be violated. Yung pag protect ko sa rights ko, minsan, ang pag violate ng kaniyang rights. Yung sa LRT, alam ko tinutulak ako, "bakít moa ko tinutulak? Edi tututlak rin kita" just to protect myself. Natulak ko na rin siya kahit na protection ko lang yun sa sarili ko. When you try to protect your right hindi pwedeng yung kabila by protecting your right viviolate mo siya. Pag ganun, I need to control. Or lilipat ako ng lugar para hindi ako ma-push. Kasi yung defense ko, yun ang offense ko. Minsan hindi ko narerealize na unintentional. Pag nagalit na ako, all actions are irrational. All actions are meant to harm, hindi na protect.</p>
Respondent 8	<p>Yung inuutusan ako paulit-ulilit. Yung hindi ako naiintindihan. Yung sila tinatry ko intindihin pero sila hindi sila nag aalign sa ganun. "Oo naiintindihan kita", pero, "hindi mo ako naiintindihan!"</p> <p>F: so nagagalit ka pag hindi ka iniintindi, hindi sa pag hindi ka naiintindihan?</p> <p>Huh?</p> <p>F: Pag hindi ka iniintindi, ayun yung sinabi mo sa akin, kung saan ka nagagalit, tas sabihin ko lang, "ah okay". Hindi ka iniintindi kasi parang walang pake.</p> <p>F: kasi meron talagang times na hindi talaga tayo maiintindihan ng ibang tao. Ang pagkakaintindi ko sa pagkakasabi mo, yung hindi ka iniintindi.</p> <p>Ah hindi ako biinibigyang time na intindihin samantalang <i>ako</i> naintindihan ko sila.</p> <p>F: Kasi kahit naman, kunwari hindi kita naintindihan, pero iniintindi ko kung ano yung gusto mo iparating. Gets mo na? So mas gusto mo na iniintindi ka, kaysa sa iniawan ka lang na hindi ka naintindihan.</p> <p>More on inaano nila yung ego nila na, ito yung side ko ratatata, ito yung side ko ratataa.</p>
20. When you think about death/dying, what comes into your mind?	
Respondent 1	<p>The end of my life. The end. I visualize it happy and contented of the life I have lived. Yun. And no regrets. Sana nalang matapos ko yung One Piece bago ako mamatay.</p>

Respondent 2	<p>Eternal peace. Hahahaha. That's it darling. Kasi diba si Ate Shayk laging inaano sa akin na ako si Lola Dela. Tapos siyempre nagbasa na ako ng libro ni Sadhguru yung "Death" nabasa ko na yun ng buo. Dun kasi sinasabi niya nabubuhay ka lang ulit. Hindi nila yung aim na heaven tulad sa Christians. But to be one with the source. Hindi to be reborn kasi nga if hindi ka pa as pure or as whatever nung source, marereborn at marereborn ka lang ulit kasi nga life is suffering. So ako, I wanna live only once really. Kaya yun yung iniisip ko na parang, what if ako nga si Lola Dela. Diba? What if totoo? Di ko naman pinapaniwalaan 100% pero side thought lang kumbaga. Na kung mamatay ako, paano kung ipanganak lang ako ulit? So kung nagawa ko naman na lahat ng gusto kong gawin nung buhay ako edi thank you lord. Amen. But if it's the death of your loved ones, siyempre dun ako mahihirapan, dun ka magkakaroon ng grief. Kasi yung presence nila yung mamimiss mo at syempre sila. Tsaka minsan iniisip ko yung science concept na small blue dot planet in the whole wide space. Na if ganun kaliit yung earth, gaano ka pa kaliit. Speck of dust nga lang yung lifetime mo. So, if tinitignan mo siya sa ganung lens na mas malaki, iniisip mo, "mamamatay din naman ako eh". So it makes, kung ano yung problema mo that day, malalagpasan mo din naman yan, mamamatay ka rin naman. Diba kasi hindi ka naman eternal. Di ka naman diyos o bampira. Ayun.</p>
Respondent 3	<p>We will go there. That's our destiny, dying. We live, we were born, we live and you will die. I just pray if that would be the time, I am ready for it. And my family are ready to accept it. Because most of the times acceptance is difficult.</p>
Respondent 4	<p>Hindi siya scary. Pero ayokong may mamatay sa atin. Pero kung ako okay lang. *cries* Pag nag kwento si mama na okay na daw siya mamatay ng 60/70. Binabawian ko siya agad, na pag ako unang mamatay. Siyempre ma di-divert sakanya. Na ikaw anong mararamdaman mo kung ako ang mauna? Kaya ayun. Bat ka gagawa ng buhay kung babawiin mo rin naman. Kung sa family dun ako natatakot.</p>
Respondent 5	<p>Sadhguru agad naisip ko. Kasi may shine na libro si grace sa akin, "Death" ni Sadhguru. Hindi ko pa rin siya tapos basahin kahit na ilang beses ko na siya paulit ulit ko na binabasa. When I think of death and dying I think of the universe. Like, I think of being one with the universe. I think that's the most heavenly thing to happen after I die. To be one with the cosmos. That's so sweet! I love the idea of being stardust and being one with everything. I'm not afraid of dying. Actually some days I'm so happy, so content, so content, so fulfilled, I feel like i've lived the best days of my life and im ready to die. I'm always ready to die. But, it's easy to think the death of me. But in thinking of the death of my loved ones, it's painful. Kasi yung grief nadun. It's one of the human experiences that we all go through. Because death is the only certain prophecy. We're all going to die! And I haven't lost</p>

	<p>a really close someone. But everytime I imagine losing them, I get teary. I can't imagine a life without them. How will my life go, turn out, will live my days, spend my time without these people. I will always come back to that quote na na-share ko rin kay ate, "what is grief if not love persevering". I think if ever I come to experience the time when death of a certain love one happen to me, I will cry and be thankful and keep them living inside my memories. Like how I do always with ate shayk, most days especially when I pray. Even though there's sadness, grief, loss, I think i'm always open to celebrating their lives more than grieving it. I just need to value the time that I have with my loved ones while they're still here.</p>
Respondent 6	<p>How can I make the most out of the remaining time? Paano kayo magkakaroon ng quality time na hindi wasted yung time together. The more you get you know yourself. Sa movies diba biglang gusto na nila lahat ng gusto nilang gawin. Hindi mo na kailangang hintayin kung kailan ka mamamatay or mabigyan ka ng information na mamamatay ka na bago mo gawin yun. Living in the moment, doing the things you want, taking the risk, kasi at the end of the day. Sabi nga nung kanta, cause we're all gonna die, tententen to dandelions". Ang ganda kaya. Gusto ko yun, we're all eating up each other. Tootoo siya talaga eh, mamamatay ka rin eh. Kaya hindi na ako takot to say things and live life the way I want to kasi mamamatay ka rin eh. Yun. Yun yung I think good gift na nabigay sa akin ng pagkamatay ni ate. Na mamamatay din talaga tayo. Alam ko namang may remaining time ako eh, hindi mo masabi kung marami, hindi mo rin masabi kung onti kasi hindi mo alam eh. So, how do you make the most out of your time. Babalansehin mo yun. Siyaka make sure yung others mo, ay yung mga taong pinapahalagahan mo talaga. Halimbawa ako pag may inooverthink ako na "galit ba 'to sa akin". Nagiging tanong na sa utak ko, ang nag aarise lagi, "ano ba ambag niyan sa buhay ko?". Kung wala, oh why bother? Kung pamilya ko siya, kaibigan ko siya. May mga selected tao lang na who matters to me. Who matters to you? My friends na I know who cares for me. Pag halimbawa na chummy chummy naman kami tas biglang hindi mamamansin, usually workmate talaga. Sa'yo kasi classmates. Pero isa sa biggest lesson is "don't give someone the ability to bother your focus or assurance". Kasi parang ang laking part of yourself yung binibigay mo sakanila, samantalang sila wala silang pakialam sa'yo. So ang tanong ko talaga lagi, ano bang ambag nito sa buhay ko? Kung wala siyang ambag, edit tago mo yang story mo sa akin wala akong pake. Why bother? Sayang life. Sinasabi ko yun sa mga kaibigan ko, "ayokong pagusapan yan sayang yung energy ko no, sayang memory space ko ganyan".</p>
Respondent 7	<p>Nagkakaroon ako ng weird feeling about death. Ano kayang feeling ng mamatay? Iniimagine ko para akong nag'travel sa ibang planeta. Nakikita mo na yung universe. Mapupunta na ako sa multiverse. Pag iniisip mo na yung praktikal, nakakatakot din. Mamamatay ka bas a sakit, aksidente? Hindi mo alam di ba? Ano yung experience ng dying. Pero nung na-observe</p>

	<p>kong mamatay si lolo, para siyang peaceful talaga. Hawak-hawak ko siyang namamatay, para siyang isda pat. Ang feeling ko dun, hindi nakakatakot mamatay. Kasi namatay si Lolo ng peaceful. Kasi walang resistance. Physically hindi niya na kaya magresist. Bago siya mamatay sinabi niya kay god, “patawarin mo ako”. There is surrender to death and god. Ibig sabihin okay na ako, tanggap ko na mamamatay na ako. Yun ang magbibigay sayo ng calm and acceptance. Hindi naman siguro 100% pero, definitely lahat ng acceptance will erase the pain. Yun siguro ang nangyari sa mga martyr. Sa act of surrender na na-numb niya lahat. Kasi nagsisimula siya sa mind mo. Base on study, the mind can really direct the physical. Pagka nadirect niya na yung physical, baka na-numb niya na yung pain. Si christ, nakapako na siya pero nacontrol niya yung pain. Kaya nung namatay siya very peaceful, gusto ko yung ganun. Yung thought ko nap ag mamatay ka na inoobserve mo yung consciousness mo na, “mawawala na ako, mawawala na ako” yung ganun. Palagay ko yung mga nag yo-yoga yung mga nagmemeditation, sila yung mga ready kasi naoobserve nila yung consciousness nila, not only external but yung internal nila.</p>
Respondent 8	<p>Diba nga meron akong inferiority complex. Lagi kong inaano ‘to, kunwari may mamamatay, tas sa aming tatlong magkakapatid, iniisip ko na mas ok na ako yung mamamatay kasi iniisip ko mas macontribute sila kuya kumpara sa akin na wala pang nacontribute gaano. Ako din yung tipo ng tao na nagtake ng psychology na course pero wala ako nakikitaang mali sa suicide which is mali yun. I never think na suicide is bad. Pero di naman ako magt’take ng suicide wag ka magalala. Yun nga ako nalang. Ayaw ko yung masakit naman. Yun lang. Ang bagal ng interviewer natin!</p>
21. What’s the biggest change you’ve been through lately?	
Respondent 1	<p>Basta huwag kang papa-apekto sa iniisip ng iba. Parang dati gusto mo ma-please yung mga tao pero ngayon bahala na sila. Buhay niyo yan buhay ko ‘to.</p>
Respondent 2	<p>Sa work. I feel like a big big girl now. I feel like I’ve grown too much. I’ve been more like responsible. Pero yung inner-child in me is saying, “I’m too young to feel this old”. Yeah yun yung internal monologue ko. Kasi from research analyst na search search ka lang sa web, pero pagkalipat ko bigger responsibilities na. Nag invoice ako, nag rerespond ako sa client, nagrerrespond ako sa account manager. Nung Nawala si K yun yung naramdaman ko talaga kasi si Kim yung big girl. Yung big sis ko sa team, lalo na sa AR. Edi ako na. Akon a yung parang naging big girl na napagiwanan ng mga trabaho bigla. So, ayun. Dami ko na agad biglang trabaho pero di ako tinaasan ng sahod. Initindihin ko nalang yung sitwasyon. Meron akong nakita sa IG, poet siya na barista sa US ata tas medyo matanda na siya na black na lalaki. Tapos yung pinaka memorable na sinabi niya dun (sa reel) “<i>you must teach people how to treat you</i>”. It’s a risk telling her (boss) how I feel ngayong taon pero if I won’t tell her she will keep the same</p>

	<p>mistakes that I think is a mistake. Unless, i-bring it up ko sa kanya. Isang taon palang ako, tapos tatlong taon na si Kim sa CS. How short yung time period yung time ko for her to tell me na magiging ako siya. Dun ako nagkaroon ng pressure ng burden. Na fuck hindi ko matutumbasan yun na worth of years in working sa CS. Kaya taking it one day at a time. Pero ayun nga nakakainis pala yung nagtatanong ng nagtatanong tas gusto mo lang magtrabaho. Ang ayoko lang yung hindi ko alam yung gagawin ko. Yung uncertainty of work. Gusto ko alam ko kung paano ko gagawin ang mga bagay bagay kasi mas mabilis ako makakapagwork.</p>
Respondent 3	<p>Biggest change I realize in terms of work napanaginipan ko kanina, I cannot lose my job right now. I will not resign because I leave it financially it makes me happy having financial freedom, having my earning as to provide, having my earning to keep good life having my earning to sustain our needs. So, I was very rebellious to my boss during our one on the one and I'm very thankful that his patient and he understood me and he tried to help me. But I'm just overreacting, but I know I can still handle my job now. That's also one of my change of mind. And in terms of decision, I know. I believe that God knows once in my heart that I am a good person. All I want is for the good of all, not only for one. And that's my mission, especially 2024, to put things in proper order. And I'm still praying. I pray that that person would have the humility. Because as of now, I'm not seeing my brother in him because of his arrogance, being proud, being greedy. That's very frustrating. He doesn't recognize us as his siblings. So, I want the younger person of that person that is very submissive to me. He clings on me, he followed me, and most of it he has respect. Na ngayon wala. That's what I am thinking on how I can put things in proper order. That's it. Next.</p>
Respondent 4	<p>Una sa journal. Yun yung naging goal ko. Pero ang galing rin, kaya ko isulat yung 5 days sa isa lang na sulatan. Ngayon nag pagupit ako ng buhok.</p>
Respondent 5	<p>The biggest change was my injury. The injury has opened up things on how I react to things, how I acknowledge my needs, how I allow myself of guiltless dependence on others, and healing. It was the biggest change because I was really affected emotionally, physically, everything. I've become more gentle, or at least i'm still learning to be tender with myself, my thoughts, and actions. From my injury, the biggest change rin was my mindset. I feel like I'm more open to learning and understanding what I want, following through my curiosities other than doing things just to pass.</p>
Respondent 6	<p>Yun nga daming nawala eh. Ang dami my god! Diba nawala si Ate, nawala yung best friends ko, lovelife ko nawala, e disidido na ako kay Pat diba? Yung pillars ko, nabuwag lahat. Siyempre bukod sa family diba. But like yung pillars talaga. Nabuwag sila. Natutunan ko na parang, you'll never</p>

	know what life will throw at you. All you can do is make sure you just go through it and survive. Pag di mo na kinaya edi sorry nalang.
Respondent 7	Hindi na ako nadadala sa external rewards. Although I want to be recognized and acknowledged. We're just human. Yung accomplishing is something na you are capable of doing it, or siguro may use, or you're interested or like doing it. Biggest change is you're not anymore expecting. Before lahat ng movement ko, or action laging merong, "what's in it for me". Meron pa rin ngayon pero nabawasan na. Ngayon I will achieve, not because of recognition but I want to pursue it, kasi it's productive, something I can enjoy. Hindi na yung "ah pag naging ganito ako somebody will recognize me", "ayun yung mga achievement ko wag mo akong "lang"-langin lang". Pero ngayon wala ng ganun. Yung productivity ko is simply because I will be productive. Meron akong ma-aachieve kasi magiging productive ako dun. And by being productive merong magiging self-actualization, self-realization. But not for anybody.
Respondent 8	<p>Feeling ko yung curiosity to learn <i>more</i>. Ngayon ang dami ko ng gustong gawin. Na dumating sa point na wala na akong oras para doon. "hala kailangan ko ng matutunan yung... bago mag 4th year para ma ano ako sa board exam". "hala gusto ko rin matutunan mag drawing para pag 60s ako gawa ako webtoon". Ang dami kong gusto matutunan. Gusto ko matuto pero wala akong ginagawa para matuto.</p> <p>F: hindi ko gets! Paano siya naging change?</p> <p>Dati never ko naiisip "kailangan ko madaming alamin, kung pwede naman mamuhay lang ako ng ganito".</p> <p>F: ano yung mga bagay na gusto mong matutunan na natutunan mo ngayon.</p> <p>Yung nonverbal communication. Novice palang ako pero nabasa ko na yung libro ng buo! Yung nonverbal by Joe Navarro. Dapat lagi kang aware sa surroundings mo.</p>
22. How do you measure success and failure?	
Respondent 1	I measure success through happiness. If you're happy with what you are doing, then you are successful. Then failure through... ano nga ba. I measure failure through...fear. Kapag naunahan ka ng fear mo siyempre hindi ka na makakagwa ng mga bagay na gusto mong gawin. Mag-hihinder na yun sa lahat kaya mag ca-cause na hindi ka 100% diba.
Respondent 2	Success is kapag masaya ako. Success is kapag nakuha mo yung gusto mo tapos masaya ka. May mga bagay kasi na pag nakuha mo akala mo magiging masaya ka, pero hindi pala. Parang wala lang. Tapos yung failure para sa akin kapag pinagsisihan ko na ginawa ko or hindi ko ginawa. It's my failure.

	<p>Or kapag pangit yung luto ko it's a fail hahahah. It's a passable fail. Yun kapag hindi ka nag go towards the things that you want.</p> <p>Both present and future. Yung happy na based on satisfaction ah, hindi yung emotion. Kasi pwede akong maging happy kain lang ako ng cake happy na ako.</p> <p>Siyempre little things yun. Iba yung life happening. If either change ng career or pag pursue ko ng dance. Sa gravity ka lang titingin.</p>
Respondent 3	Success. If I got what I've expected. So that's already my success. And failure if it didn't become the way I want it to be, that's failure.
Respondent 4	Failure ko kapag minsan hindi ako Madali maka-recognize ng scenario. Kumbaga kailangan mo pa sabihin sakín para marealize ko nay un na pala yung nangayari. Hindi ako marunong mag read between the lines. Success siguro nung bumili ako ng sarili kong cellphone. First time kong bumili ng cellphone na para sa akin kahit na 2 years to pay pa siya. Success kapag nabibigay ko yung gusto niyo kasi may pera or time ako.
Respondent 5	For me success is when I grew/grow. Mentally, emotionally, spiritually as a human being. When I evolve. When I get my needs and desires satisfied. 'Yun na yung success para sa akin. Failure is pag nagpadala ako sa fears ko. Kapag naging mas malakas yung boses ng takot kaysa sa kung ano yung gusto kong gawin. Or if, hindi ko na fulfill yung intentions ko for something. Yung sa film namin I still feel na it's a failure. First kasi hindi ko naffullfill yung vision ko para doon. Yung vision ko hindi siya nagtranslate into the film, naging iba yung kinalabasan. Second, hindi ako nasatisfy kasi nga hindi ko na fulfill yung vision ko. Connection lang siya. But you know in failure rin naman we learn. So mas magiging malawak pa yung measurement ko ng failure in the future kasi mas marami ako ma-eexperience pero, we grow which is also a success no? Grabe konek konek.
Respondent 6	Wala akong idea of success. Success for me is a life well-lived. Again babalik dun sa quality of life you have meaning quality of time you have with your family. Did you do the risks or things you want to do? Success is quality time with the people I love. Success is not about career, my dreams. Success is for me pag may napapatawa akong tao, when somebody is able to share something na mabigat sakanila tapos na rereleviate sila after. Failure. Hindi na din kasi ako takot magkamali kasi at the end of the day, diba nga sabi ni Yvie oddly, "Fail as much as you can". Kasi andami mong matututunan. Failure is lesson in disguise. Malalaman mo na mali yun. Next question is, how do you do it differently next time. How do you measure failure, it's how you do it differently after. Yun yung dapat measure mo kasi sarili mo lang lagi kalaban mo dun. Hindi sa "eh siya nga hindi siya nagkamali eh", ikaw lang. Ikaw lang kalaban mo.

Respondent 7	Bitter ako sa failure. Nung bumagsak ako sa doctoral exam. Ayoko na hindi na ako mag t'ry niyan. Bitter. It's not a good feeling to fail. Failure kapag di mo na-achieve kung ano yung purpose mo. Success is just the opposite of that, when you achieve what you intend to do.
Respondent 8	Success is hindi about sa money. Success is nagagawa mo yung gusto mo. Hindi ko tinake yung Psychology kasi "ay gusto ko tumulong sa ibang tao". Hindi ko ginawa para sa ibang tao pero dahil gusto ko yung ginagawa ko. Yun yung success sa akin. Magawa ko yung pagiging psychologist, tas kunwari mag retire ako magdrawing ako ng web comic. Kasi yun yung dream ko e yung dalawang yun. Yun na yung success para sa akin. Makagawa ako ng webtoon, art, illustrator ako. Pati maging psychologist. SPED, clinical. Ano ba tong interview na 'to parang nakikilala mo na ako binubuksan mo na ako. Feeling ko mag reregret ako pag either sakanilang dalawa hindi ko magawa. Yun ang failure sa akin. Pero same time success din yung, kasi diba naano ko na sa sarili ko na, feeling ko sa akin si mama at si papa paglaki. Gusto ko ma ano din yung dream nila. Yung normal na pamumuhay. Gusto kasi nila mavisit yung Jerusalem.
23. How do you compose yourself when you're riddled with uncertainty/anxiety?	
Respondent 1	I compose myself through being strong and telling myself that... I can do this.
Respondent 2	Distraction or rest. Kailangan ko matulog o maligo. O kakanta ako o music. Any form of entertainment. Nakakarelease ng stress. Movement actually. Either body or breath. Kasi dun tayo nagkakaroon ng block.
Respondent 3	I have to be professional. I have to separate things properly. If I'm stressed at home, I should not be bringing that stress at work. If I am stressed at work, I usually tell a story that I'm stressed at work. Hahahahaha. I always tell what's happening in the office! I share yung stress ko sa work sa bahay so that you know that something happened diba. F: Pag kinakabahan ka kay ___ ano ginawa mo? Hindi ako pumapasok sa kuwarto niya. I'm waiting for him to call me. I'm not greeting him. I'm not doing anything.
Respondent 4	Breathe. Siyaka think of positive and optimistic things.
Respondent 5	Last time nung nag tedtalk kami sa EXCOMP that's last NOV 2023. I was a bit scared because I wasn't used to speaking in front of a lot of people since puro online nga ako ngayong college, hindi ako sanay. But since I practiced what i'm going to say many times before the activity, I pulled it. Laging may nerves ka na mararamdaman before something big or something different/unusual/unfamiliar happens. So, I was doing this 4-7-8 breathwork

	practice. Which is inhale for 4 seconds, hold the breath for 7 sec, and exhale for 8 sec. Narela ako dun. At siyaka I like my fit. It's really important rin to dress and style myself how I want. Kasi it adds up to the confidence that I have in presenting myself to others. So yeah, breathwork and style.
Respondent 6	Mamatay din tayo lahat hahah. In general life is uncertain. Wala ka naman talagang alam e, wala kang alam! Anxiety. Oo madalas may ganun overthinking and all. But we're all gonna die. Diba sabi din ni Raja, "cause we're all going to die!". Totoo talaga siya eh! Morbid siya sa iba pero yun talaga yung end nating lahat. So, yes mararamdaman mo yung anxiety, but death brings you that reminder na, tangina anong wino-worry mo diyan mamamatay ka din. So, gawin mo nalang.
Respondent 7	Kasi halimbawa biglaan. May namatay na kamag-anak mo, mahal mo sa buhay, biglaan yun eh. Ganun eh. Para kang sinuntok ng biglaan e, so paano mo ma-cocompose ang sarili mo? Acceptance e diba. Matutulala ka talaga e. Nangyari na ba 'to o nangyayari ba 'to? Di ka makapaniwala na it's there. Minsan matutulala ka, pero kailangan mo ng somebody to assist. Kung wala, ikaw mismo sa sarili mo alam mo yung nangyayari. Presence of mind. Dun mo macocontrol yung nangyayari. Kapag naunahan ka ng galit, magrereact ka nun. O may sunog, earthquake. Yun yung mga insidente. Ito real experience ko, Mount Pinatubo 1990 kakain ko lang, tas shinake ang maynila. Talo pa ang intensity 7. Nung time na yun, hindi ko maintindihan what gave me composure. Siguro meron akong trauma doon. Kasi nararamdaman ko yung fear. Pero maganda na narerecognize mo yung past na nangyari and why you are feeling that way. Nakokonek mo siya. Doon mo nahahandle yung fear at trauma. Bakit nung time na yun na manage ko pa yung mga estudyante, "labas na kayo". Sila pa una kong pinalabas. Kalmado ako. Na feel ko sa sarili ko na alam ko yung ginagawa ko. Siguro kasi ako yung teacher, may responsibility ako na i-protect sila. So, ibig sabihin ko dyan, yung awareness eh. Palagay ko kasi it's not something human na maging calm ka at that particular point in your life. Kasi parang delubyo na talaga e, shinake kami 2 floors lang e.
Respondent 8	Pag ganyan. Dinidistract ko yung sarili ko. Pag kinakabahan ako ginagawa ko, titigil ko, tatapusin ko tong part na 'to tapos babasa ako ng isang chapter ng webtoon. Yung mind ko napupunta na sa iba. Imbis na naano sa defense, ay tinapos ko na tong part na to sa research, makakapagbasa ako ng web comic "hala ano na kayang mangyayari dun". Na didivert yung anxiety ko kasi napupunta sa pagka excited ko sa webtoon.
24. In what ways do you connect with your surroundings (people/nature/places/etc.)?	
Respondent 1	Di ko alam eh. Socializing. Be friendly. Opening conversations that people might be interested. Nag-oobserve muna ako, tignan ko kung ano yung mga makaka-vibe ko na tao. Tas simula nun pag alam ko na, yun sila yung i-

	aapproach ko. Sa nature siguro kapag nag-bebeach siguro tayo. Ayun, I appreciate the beauty of nature.
Respondent 2	By using your five senses. O kaya ilayo mo yung attention mo sa mga gadget. Tapos headset tanggalin. Naniniwala rin ako na people are putting more attention sa mga ganito. Na hindi mo napapansin na casino. Casino talaga ang mga social media, mga shopping, hindi mo napapansin na ilang oras ka na nagtitingin.
Respondent 3	Interact. How can you connect if you're not interacting? Right? So I have to interact. Interact with person, talk with a person, communicate. In terms of surroundings, you have to appreciate the beauty of the place. If you're staying for that place, if you slept in that place before going out, leaving the place you say thank you. Thank you for the night. Thank you for the good sleep. Thank you for the place. Thank you.
Respondent 4	Kapag actions and communication. Yung plastic dito sa bahay, yung pag zero waste na kaya naman pero mahirap pala. Pag na-appreciate ko yung sunset, sunrise, stars.
Respondent 5	Communication and action and stillness. Kapag people makikipag connect ka through interaction through communication because that's the most efficient way to communicate what you want to say and to connect. And to share rin like in social media, it's one of the ways you can initiate a conversation. For nature, I connect it through protecting it. I think that's the most important kasi nung time na nag zambales kami last year nung hindi maganda yung pakiramdam ko, nakapagpakawala kami ng mga baby pawikan. And yeah participating in those kinds of activities. Or just surrounding myself with nature at wala akong hawak na phone, naka put lang yung attention ko to it. When I take time to notice and pay attention to the surroundings is when I connect to it. Places naman when I interact rin. When I get involved.
Respondent 6	Sa'yo ko siya natutunan actually. Even the little things of the surroundings meron akong Bella moment, vampire moment. Biglang nag ha'hyper-focus sa mga bagay na ang ganda ng nun, ang ganda ng tunog, ang ganda ng ano. And mostly pag surrounded ka na ng nature mas mararamdaman mo siya. Nag iiba yung reaction/feeling ng katawan mo when you're close to nature. So, pag nag t'travel, may napupuntahang bagong place, or as simple as pag naglalakad. Yung tunog, ilaw. Ganun.
Respondent 7	Siyempre by recognizing yung creature that they are existing. Like pag aalaga natin ng mga aso, o pakikitungo sa kapwa tao. They exist. Nandydyan sila. Pero minsan, kahit gusto mo mabatiin pero minsan naisip mo rin may iba silang mundo.

Respondent 8	Sa nature kasi pag naglalakad ako mag isa, ang sarap ng hangin, nakaka calm talaga sa atin yung nature. Sa tao naman, pag yung awareness ko talaga. Yung hindi ako nag da'daydreaming habang naglalakad, titignan ko yung tao "ay ganito yung...". Kasi minsan lagi ako nawawala. Awareness at stillness.
25. How do you use the internet?	
Respondent 1	Efficiently. I use the internet everyday. For my studies, for entertainment, for information, for everything that I need to know.
Respondent 2	<p>I use it a lot. I youtube, google, IG. I use the internet for everything like everyone. Go to find some distract and scroll and watch youtube for knowledge, for guidance. Ang hindi ko pa nagagawa is to make something in the internet. Like to post, blog, o vlog. To contribute sa internet. Yun yung hindi ko pa nagagawa intentionally. Pero iba naman yung ganun na well crafted sa story. I want to pero more on for synthesis ng mga gusto mo na nakikita mo rin sa internet. Katulad nito, fashion. It's better than consuming lang. Kumbaga magagawa ka rin ng something for you. Accountability rin for making something. Kasi kunwari pwede ka namang magsulat ng blog pero naka private. Pero bat mo siya i-pupublic para may accountability ka to do it again. It's for yourself first. Second na yung to attract people with the same interest.</p> <p>Sa youtube or parang podcast. Depende kung ano mas madali. Sa youtube kasi all in one na. Kaya ang youtube ang go-to entertainment, knowledge, inspiration, source platform ko. Meron na rin yung community post. If marami kang interests, mas macacapture siya ng video kaysa ng written form.</p>
Respondent 3	I use the internet for are learning. I also use Internet for chismis. What's happening with my favorite artista? Yeah. Then I use Internet most of it for learning. And connecting with other people like Facebook. I feel connected seeing my former classmates having their good life. They were able to achieve their dreams, having good health, and having good family.
Respondent 4	Instagram, Tiktok, Netflix, Kdrama, dictionary. Pag may di ako mainitindihan pag search. Hindi ko siya na use monetary.
Respondent 5	I use the internet for a lot of things. I use it for entertainment, information, communication, and expression. Para sa chismis rin parang sabi ni C hahaha. Pero right now i'm using it for exploring AI tools. Nag spend ako ng time madalas sa pagexplore ng AI tools na makakatulong para sa process ko dito sa thesis. So far so good. Gumagamit rin ako ng internet for self-pleasure. I mean yeah why not diba? For reading e-books, finding events, movies, art, people, anything! Anything that interests me and keeps my curiosity up and going.

Respondent 6	Tik... charet. To work. Pero tiktok talaga yung black hole for me dami kasing nakakatawa. Tiktok talaga my god, kakainin ka ng tiktok. Dami kasing nakakatawang content dun. Iba yung algorithm ng tiktok tailored siya sa'yo kaya siya "for you". Even hindi mataas following nakikita mo out of nowhere, "sinong tao 'to". Ganun siya. Halo-halo kasi sa tiktok eh hindi lang siya, instagram kasi is magandang bagay lang diba. Tiktok kasi may information. Pero at the end of the day 'di mo rin alam kung totoo ba yung information so lalabas ka ng tiktok to confirm kung may ganito ba talagang nangyari. Kasi ang daling gumawa ng tiktok ng ganun. Pero ang gagaling ng mga tao swear. So, internet yun, tiktok. At yun yung mga content ko sa instagram hindi siya about [begging for validation], which is the maling side of social media. You post because you want to share. Whether may mag react or pumansin, kung walang pumansin edi okay lang, nakapag share ka. Yung usage ko of internet is primarily for entertainment, sharing, work, communication, information. Yun na ngayon eh.
Respondent 7	One for chismis. Pero communication in general. Yung mga GC, sa messenger. Pero hindi mo maiiwasan yung makiki-chismis ka e. Ano tong mga kaibigan ko, anong nangyayari na dito? Pero naka 6 months na akong wala sa FB. Nasa groups natin sa FB yung mga announcement, kaya ginamit ko nananaman siya. Minsan naiinis lang ako e, iniinggit niyo lang ako eh. Pero ngayon ko narealizevery powerful nan ga siya sa research.
Respondent 8	Nag AI ako Chat GPT. Ginagamit ko for entertainment, education, sap ag ch'cheat sa chat GPT. "Hala hindi ako nakapag review sa quiz! Copy paste". Lahat kasi nasa internet na. Pag aano ng pdf o ebook. Minsan pag napuputulan kami ng internet, "ma di ko kaya ng walang internet". Kasi yung entertainment yung panood mo nasa internet.
26. What's your favorite emoji?	
Respondent 1	trex 🦖 kasi nakakatawa.
Respondent 2	Smiley face. Yung heart hands o yung heart na tatlo na pink o may sparkle.
Respondent 3	Yung pray.
Respondent 4	Yung kamay na heart. Finger heart, swifty heart, tears of joy, hug.
Respondent 5	🌀. Because cyclical time sabi nga ni sikodiwa. It represents spirituality, creativity, and being for me. And the cosmos.
Respondent 6	👉❤️
Respondent 7	Yung surprise, wow.
Respondent 8	Yung nakatawa. Yung may tears. Yung may tissue. O yung normal na laughing na walang tears.

27. When did you last cry? Why?	
Respondent 1	June. Break up.
Respondent 2	Feeling ko work related yun e. Parang yung pagod. Mga this month. Pressure and ayoko ng trabaho. Basta about work.
Respondent 3	I ALWAYS CRY! I cried last, after the Vika when I visited my mom before going to Dominican. Because that was also the day when we had my birthday celebration. When I treated them in that shabu-shabu in Ayala Manila Bay. I cried because I could no longer be with her on that day. All I can see, touch, is the outside of her vault. Even though I want to embrace the urn, I'm not allowed to do it. It's very frustrating because I let his son... I'm not expecting all of this to happen in her inurnment. So, that's it. But I was able to recover from the fact that, if it's in a tomb, we cannot hold the casket hahahaha. It's just like that.
Respondent 4	Ngayon lang itong interview. Parang mmk itong.
Respondent 5	When we ate at Lime and Basil nung bday ni mama last DEC 2023. I cried because I shared the challenges that I faced. Grieving my body and moving back into it was a tough phase. It was a tough year because of that. But I felt really brave too for being able to connect and express with my family openly and truthfully.
Respondent 6	Nung Tanay, kasi magkakasama kami. Akala talaga namin di na makakasunod si C eh. Kasi may occular siya for an event. Who are you to say na, kapag kaibigan mo, should go out with you, should give you time. Kaya everytime na magyaya kami lumabas tapos magbibigay ng time yung mga tao lalo na si P, madalas kasi busy. And nandun kami lahat, kumpleto. Parang bago kami kumain umiiyak ako kasi sobrang peaceful lang yung trip. Sobrang peaceful lang na andun lahat. Ang bigat kasi talaga nung 2022 friendship na naging sobrang demanding na, at sobrang toxic. At those moments for me, sobrang tinetreasure ko siya. Kaya yun, pag may ganun din ako nararamdaman na ang saya sa feeling, iniyak ko rin siya.
Respondent 7	Hindi ko lang pinapakita sa inyo, pero nagmana si cecil sa akin, mababa ang luha ko. Very emotional ako. Nakakarelate ako sa feelings ng iba pero hindi ko lang pinapakita. Sa isang araw nae express ko. Sa movie ganun. Pag mag isa lang ako ineexpress ko siya. Pero pagka may mga tao, kunwari na puwing lang ako o inaantok diba.
Respondent 8	Omygosh yun nga pala dapat yung ikikwento ko sayo! Mga last week. Kasi diba kinwento ko sa'yo na OSA kami. Binulungan ako ng mga kaklase ko na hindi pa tapos, magsisinungaling dapat. Mas nagalit daw si sir sa pagsagot na "tapos na po". Wala nang sisihan. The next day nun, may feeling ako na galit sila. Feeling ko iba na 'to. Dapat maaga kami lahat para makauwi din

	<p>kami agad, eh kaso nalate ako. Eh never naman sila ganun. Tapos sabi ni J “uy _ ikaw na magdeliver ng letter”. Edi binigay ko na yung letter. Tapos pauwi na kami, bumanat si A “dapat si _ nalang pumunta dito, hindi na tayo lahat, si _ naman yung may kasalanan”. Parang joke lang pero para sa akin iba na. Tapos ayun naiyak ako sa jeep. Nakataklob ako. Kasi naalala ko yung research group nung grade 10. Hindi ako naiyak kay sir, naiyak ako sa groupmates ko. Nung nalaman nila na mahirap pala yung methodology parang sinisisi na nila ako. Naalala ko yun habang naglalakad ako, habang nasa jeep ako, talagang naiyak na ako. Naalala ko yun lagi sa research. Sabi ko hindi ko kukunin yung circle of friends ko as my research group. Ayoko magkaroon ng research group na katropa ko. Ever since nung grade 10. Pero yung naging ka research group ko nung 1st year yun din sa 2nd year. Imbis na dapat research group ko lang sila naging friends ko na rin sila. Kaya naiyak ako, hala ayaw ko na ulit tong mangyari. Ay wala na hindi ko na sila magiging research group the next sem. Edi tinigil ko na yung iyak ko. The next day, kakatapos lang nung exam. Tapos umalis na ako. Hala hindi na ako magiging kagroup nila maghahanap na akong bagong group, inuulit ko yun sa sarili ko. Tas may tumawag na research group ko. Tapos maya-maya inapproach na ako nina A at J, “huy bakit hindi mo kami pinapansin”. Nasa book yun na pag sila ang nag approach sa’yo ibig sabihin walang mali. Iniisip ko hala baka nga it’s all in the mind lang, dahil dun sa nangyari dun sa Grade 10 research group ko. Akala ko ganun ulit. Hala nasa isip ko lang yun. Iniyakan ko kayo sa group. Yung nangyari nung nakaraan siguro nagalit sila sakin hindi dahil sa kay sir genetics kung hindi dahil sa late ako. Pero hindi fully na galit sila sa akin. Feeling ko nasa utak ko lang yung nangyari. Iniyakan ko sila sa jeep bhie! Part rin kasi yun ng group.</p>
28. What’s the sincerest compliment you’ve ever received?	
Respondent 1	Siguro yung sinabing matalino ako.
Respondent 2	Hindi ko alam kung sincere. Kasi hindi ko na maalala masiyado. Ang sabi niya sa story ko ang saya ko raw maging tropa. Natawa ako. Ewan ko. Minsan naman hindi mo masasabi kung bat ka natawa. Nakakatawa eh. Gusto mo pa ng ibang rason.
Respondent 3	That I am a good person. Yesterday it was said by your Tita Susan. That I am a really good person, a really good daughter.
Respondent 4	Maganda daw ang mata ko.
Respondent 5	The compliments that I can remember are noong grade 11. Nasa retreat kami noon and there was this activity na you’re going to say kind words to other batchmates. Most people that I have interacted with in my high school days, maraming beses ko siya natanggap from different people is yung pagka ‘relatable’ ko. ‘Yun yung pinaka-sincere na nabigay sa akin nung mga taong yun. Relatable. I find joy in that kasi I’m glad that I connected to these

	people enough for them to tell me that they relate with me. That's beautiful and I love that.
Respondent 6	Yung kay P, "si S kasi binibigay niyan lahat, all out yan eh. Pero pag napagod yan, pero pag tumigil na siya alam mo nabigay na niya lahat". Yun, I think very sincere yun. And totoo yun eh. Hindi ako tumitigil hanggat di ko pa nabibigay lahat, pero alam ko rin pag nabigay ko na lahat. For me, kasi ang life, I think kasi that's how I want to live life, all out at no regrets kasi nagawa mo na lahat.
Respondent 7	Kasi pag sinabi mong sincerest, you agree that what the person is saying is true. So, whatever is true na sinasabi niya, I would say na sincere siya. So ang sabi ng estudyante sa akin, "Sir is really fair in giving grades". I want as much as I can to be fair to all. Sa akin, compliment siya.
Respondent 8	Yung matalino ako. Never ko siya inexpect. Common sa akin yung sinasabing magaling ako mag drawing. Si mam A sa SOCPYSY public siya nagpapagalitan kaya ayoko siya. Tas pinuri niya ako na, "You're a very smart person. You just don't realize that you're a very smart person". Hindi siya nag cocompliment ng ganun ganun lang.
29. What would you like to do more or be more of?	
Respondent 1	Maglaro ng basketball. Gusto ko magpayaman. Yun lang.
Respondent 2	I want to be more of a dancer and a movement artist. Parang epitome ng performance ng mga nag b'broadway. Parang ano, tinitingala ko yung mga ganun. Sila Eva, sila Dita. Basta yun performance art. It's a WOW. Role models. Pag ako naging ganyan parang shet. Idol ko na sarili ko. May workstyle quiz ako na sinagutan na ang lumabas sa akin is entertainer yung major ko. Yung minor ko is leader. Meron akong trait talaga na entertaining. I'm intentionally and unintentionally being funny. Siyaka yung inspiration ko rin ay performers. Kaya nagiging inspired ako in the way they perform kahit ano pa yung form of art nila. Kahit sa podcaster magaling magtanong, sa TCI, sa StyleLikeU. Hindi siya performance na entertaining. Pero magkakaiba kasi yung pwedeng maging impact of an action. Pero for me it's a performance. That is seeking different feedback parang ganun. Parang pag performance kasi pag inisip mong performance is to entertain e. To give you pleasure. Pero iba-iba ang magiging effect sa'yo ng performance depende sa mga tao.
Respondent 3	I wish I could exercise more.
Respondent 4	Gusto ko na magka raket. Online jobs. Siyaka exercise everyday, matuto mag head stand. Magbasa rin ulit ng libro.
Respondent 5	I want to do more creative writing sa substack ko, film photography, and generally taking care of my health and fitness. Kasi nga nawala ako sa track

	<p>last year. Tapos I want to separate my social self from myself. We're all multi-dimensional and when I give myself grace to separate my social self from my alone self, I think I can be more flexible. I want to be more flexible around different people but still have my own boundaries. Allow myself to shape-shift and be different. I want to be anything that I want to be, to express myself, and not contain myself in a single identity because I am not that. We are all multi-dimensional and I think we should be exploring different sides of ourselves. I think i-acknowledge rin natin na natural lang mag-iba yung preferences or wants ng mga tao. We should celebrate people and encourage people to be free to express themselves however they want.</p>
Respondent 6	<p>For my music. Hindi ko talaga siya nabibigyan ng time as much. Binibigyan ko lang siya ng time pag may performance ako. Papractice ako, kakanta ako. Tas after nun wala na ulit. Sabi nga nila diba "the more you do it, the more you become it". So yun, yung gusto ko rin bigyan ng time. Totoo talaga yun. Who do you want to be? Mas ganun yung dream mo. How do you become a painter? You paint. Kailangan rin talaga ng time to embrace who do you want to be. I want to be a musician pero parang kulang na kulang ako ng time for my music. Yun.</p>
Respondent 7	<p>Yung sa music which I will start this month.</p>
Respondent 8	<p>Pagiging artist ko at pagiging psychology ko. Silang dalawa lang talaga ang pangarap ko. Psychologist at artist.</p>
30. What thoughts do you try to fall asleep to?	
Respondent 1	<p>Wala. Nanonood lang ako ng youtube hanggang sa antukin na ako.</p>
Respondent 2	<p>Work. Yung gagawin ko bukas. Iniisip ko ano ba yan ang dami ko pang gagawin bukas kailangan ko matulog. Kapag hindi pa ako inaantok, nagbabasa ako.</p> <p>F: so pag nagbabasa ka ba, yung iniisip mo yung nabasa mo na?</p> <p>Hindi. Kasi passive reader ako e. Kapag nagbabasa ako to pass time. Hanggang sa may maka-caught ng attention ko.</p>
Respondent 3	<p>Kailangan ko matulog. Hahaha. Katulad kagabi 2am na ako nakatulog. Sabi ko, "Kailangan ko makatulog, makatulog, makatulog. Tulog."</p>
Respondent 4	<p>Yung dot. Kapag nakapikit ka may makikita kang dot. Isang dot lang makikita mot as makakatulog ka na. Siyaka magpapatugtog lang ako ng folklore makakatulog na ako.</p>
Respondent 5	<p>I think of a happy memory or a song. But also sometimes I think of dirty thoughts. So that when I sleep, I hope that I dream of something dirty. I think I also have wet dreams, but I don't get wet ahahaha. Is there an equivalent of</p>

	a wet dream to a woman? I think meron. But I think that only happened once or twice.
Respondent 6	Wala nag mamasturbate ako. Sabi ko nga sa kaibigan ko na hindi makatulog, “magjakol ka”. Kasi it relaxes the body. Tapos bibigyan ka niya ng feeling na trans – na pagod ka tas makakatulog ka na.
Respondent 7	What thoughts may come. Tas natutulog na pala ako. O manood ng pelikula. Pag na feel ko na na may antok, yun na.
Respondent 8	Yung mga webtoon na napapanood ko. AYoko! NO! Mga action webtoon, mga drama. Nahihiya ako! Basta mabibigay ko lang sa’yo yung mga nababasa ko napapanood ko action, drama. No! more on drama. Mga malungkot.
31. What used to scare you but not anymore? How did you overcome your fear?	
Respondent 1	Heights. I overcome it by exposing myself to heights. Rollercoaster, climbing. Yun.
Respondent 2	AR. Naisip ko paano pag umalis na si K. Natakot ako sa gravity ng work. Sa akin lahat mapupunta. Tangina. Dinadaan ko siya sa rage pero fear yun eh. I mean marami namang sigurong GEN Z na ganito na yung view of work is not a career ladder talaga. But as a means to fulfill your needs and wants. Ayoko yung grind. Ayoko yung hustle na I’m not happy with... siguro kasi tamad rin ako. Kapag ayoko na gusto ko masabing ayoko na. Kapag hindi ko kaya, gusto kong sabihin na hindi ko kaya. After nung umalis si K, biglang nag flip yung personality ko or work mode ko to I can do this. Kaya ko naman pala to eh. Once malaman na kaya ko pala tong gawin, hindi na ako natakot. Minsan may work pressure, pero as long as alam mo naman kung ano yung process meron na akong added competence na, huwag kang magalala. May mga tutulong to answer that or kailangan malaman ko lang kung ano yung kailangan para magawa ko. Babalik ka lang sa basic things na kailangan mo I fill-in. Tapos wala na.
Respondent 3	I am scared of things na malilimitahan ako. I’m scared of, yung mga bagay na lagi kong ginagawa dati na hindi ko na pwedeng gawin. Let us say, financial freedom. There will come a time when I retire I will not have the same freedom. Because I have to meet both ends. I have to budget my retirement fund, pension, and other source of income. So, that’s scary for me. If hindi ko mapatapos yung mga anak ko. That’s very scary. Because I have nothing to give. I only have enough. I believe that I was able to provide a good life, a better life in terms of love, family, and needs. So, yung fear ko na darating yung time na I have to be a simple person back again just like when I was growing up. Na kung ano yung meron, pagkasyahin. Ang pray ko lang, if ever I would be passing, hindi na mahirapan ang family ko. It’s

	still a process. And I believe my children are loving and grateful for having us as their parents.
Respondent 4	Si Shomba. Hahahah. Manonood ng mas nakakatakot. Sa talk to the hand (talk to me). Yun. Napalitan na si Shomba. Nung nag freedive din kami. Diba takot ako sa malalim, pero siyempre since may kasama kami na instructor, siguro nakalimutan ko na hindi ko abot yung sahig kaya ko siya nagawa. O kaya pinilit ko yung sarili ko na kaya ko to. Pero takot pa rin ako kapag alam kong hindi ko na siya abot (sahig ng swimming pool).
Respondent 5	Yung fear ko sa pagpasok papunta at pauwi sa APC. When I was in 1 st year/2 nd year, hindi pa ako marunong mag-commute I was scared to go out and mag commute ng ako lang kasi nga malayo. I mean hindi naman na 'to perpetual diba. Pero also nung naovercome ko yun, everytime na nakakasakay na ako ng cab papuntang school victory na siya para sa akin. Para sa akin na overcome ko na. I overcome it through doing more of it and facing it. May fear pero meron ding sense of pride kasi kaya ko na.
Respondent 6	Losing people, hindi na ako takot mawalan ng tao. If it stays it stays. If it leaves it means that's the end of it. So babalikan mo na lang is the moment you've spent with each other. I'm not afraid of losing people because I lost people and fighting for it... totoo talaga yung you're exactly where you need to be. What's meant for you will find you. Kung mawawala man siya ngayon and bumalik siya, ganun siya talaga. You don't have to make sense of it. Kung sino yung nandyan, appreciate it more. Kung sino yung wala, say thank you to it, and let go.
Respondent 7	Nung before pandemic, I will be open to other people's criticisms. Lalo na pag observahan na kami, "Ano ito yung weakness mo e". Ayaw na ayaw ko yun. Yung mag c'critic ayaw ko yun. Pero ngayon na-overcome ko yun because of the pandemic at siyaka kay Sir Bot na rin. Pag kumakanta kami isa-isa i-c'critic kayo. So sabi ko sarili ko, wala na kailangan ko na tanggapin, I should be open to criticism. Lalo na nung napunta ako ng Scho, si sir Jim, yung mga materials ko para akong nagdedefend. Bawat i-p'present kong lesson dadaan sakanya i-c'criticize niya. Pero meron palang beauty yun. Tapos yung video diba i-sh'share namin. Dati ayoko yung mavivideohan ako eh. So, minsan yung mga ganun ma fo-force ka but you'll realize na it's for your growth.
Respondent 8	White lady! Yung pag lalabas siya sa tv. Ngayon hindi na. Mga kinakatakutan ko na ngayon multo pa rin pero hindi na white lady. Mga kita yung mukha. Nawala na lang siya. May mga mas nakakatakot na dumating. Conjuring ba naman, dun sa taas ng cabinet ipalit mo sa white lady! Hahah. Nakakatakot talaga yun. Mawawala talaga takot mo sa white lady kasi may mas worse! Pag nagtatakip ako ineexpect ko na may lalabas. Grabe hindi ko ineexpect yun nanduduun sa taas ng cabinet!

PART 2: QUESTIONS ON ART AND AI	
1. For you, what makes something a piece of art?	
Respondent 1	Colors. Ay hindi. Image. Pag may image dun sa art, art yun.
Respondent 2	If it has an impact and if it makes you feel something. Kapag meron kang naisip after mo siyang pakinggan o hawakan. Kahi yung pag “WOW” mo lang impact na yun eh.
Respondent 3	If I find it beautiful, it’s art. Minsan, “BAKIT BA GANITO YUNG PAINTING NA ‘TO HINDI KO MAINITINDIHAN”. Maybe that is art, but I am limited to understanding what’s behind it.
Respondent 4	Kapag yung dinrawing niyo (kayo ni G o A). Dun ko lang siya nacoconsider na art. Siyaka music.
Respondent 5	A piece of art is anything that can make people feel emotions. Anything that starts a conversation. Something that is usable like upuan. Anything that is by nature or something that is made by people that is intended to be conducive to life and to flourishing. Art is also something that tells a story.
Respondent 6	Something that evokes emotion. Anything that evokes emotion or makes you think, makes you feel something that’s a piece of art. Not necessarily just a painting.
Respondent 7	A piece of art kapag may harmony. Sa elements at variation.
Respondent 8	Art is kapag may story behind dun. May one time kasi may painting ako nakita parang ang dark na ocean lang. pero napaka dark niya dinrawing. Tas nung nakita ko yun bumigat yung pakiramdam ko. Literal na bumigat yung pakiramdam ko. Anong meron sa painting na ‘to bakit bumigat yung pakiramdam ko? Dun ko nasabi na, “ah. It’s art”. Meron kasi akong art na nakita na about sa client at psychology. Ang story sa painting na yun is nagpakamatay yung psychologist. Itong patient ng psychologist sakanya niya sinasabi yung mga problema niya. Which is a failed part para sa psychologist kasi siya ang nagpakamatay dapat tinutulungan yung patient. Yung yung story. Pero makikita mo sa painting may rubix cube, para sakanya ay rumbled. Yung sinisymbolize na ang gulo-gulo ng utak ng psychologist samantalang yung patient okay yung rubix niya. Merong mga metaphoric symbols na “ah ang ganda”. Isang illustration lang siya pero may malalim na story behind dun. May nabibigay na emotion. Emotion, story, tas ayun entertainment. Web comics.
2. What’s your impression on AI tools? Do you use it? When did you first encounter AI?	
Respondent 1	Effective. I first encountered AI earlier this (2023) year. (Ginagamit ko yung) Chat GPT. Oo mga sagot sa tanong [yung sine-search ko]. Tinatanong

	<p>ko kung mag formulate siya ng essay o kaya pahabain niya yung sagot ko. O kaya, kaniyang summary ganun. Meron nga yung blackbox e. Ewan ko kung pang ano lang yun, coding. Basta nag iinsert siya ng picture, tas generate code. Bibigay niya sayo yung code.</p>
Respondent 2	<p>Chat GPT. Hindi ko alam kung saan ko siya unang narinig or nakita. I think nakita. I mean dati nung HS wala pang AI. Pero if hindi mo alam yung AI iisipin mo robot siya or app siya or machine that is better than a human. I use CHAT GPT for emails. If meron akong gustong i-convey in a nicer way yun gumagamit ako ng AI to re-write yung thought ko. Gusto ko eloquent, clear, concise. May times na pag gumagamit ako ng CHAT GPT hindi ko siya kinokopya ng buo. Maliban nalang pag written form doc. Pero kapag email hindi ko kinopya lahat. May mga sentence lang akong kinukuha tas ako na yung bubuo. Hindi pa siya magaling actually. Hindi pa siya fully makaka replace of a human person. Kunwari if complex gusto ng client, hindi siya masasagutan ng AI, if CHAT GPT hindi pa. Ewan ko sa ibang tools.</p> <p>F: What's your general impression sa AI ngayon?</p> <p>Magaling. Pero at the same time, scary. Kasi nahihirapan na raw ang humans to identify a human face from an AI generated human face. Siyempre scary na yun.</p>
Respondent 3	<p>Before it became popular, being in the technical world, AI is very dangerous. Because although it's a human created thing, it's a program. That's why it's called Artificial Intelligence, it will work based on how it's programmed. It will not work beyond it. It's a matter of conditions programmed in their chips. I don't think AI will supersede the intelligence of a human person, because AI is just created by humans. I use AI, Chat GPT. I knew it from my boss. But take note, it can be a wrong answer because there's always a keypoint. That if you type this, this is the answer. You have to validate all.</p>
Respondent 4	<p>Hindi ko siya nagagamit. Pero may good side at bad side. Less time consuming, sa bad side yung nga hindi ka na mag iisip.</p>
Respondent 5	<p>I first heard of AI which is Chat GPT, yung pinaka-unang sumikat kay ryle. Ginagamit niya daw yun sa thesis niya tas mas natututo pa raw siya dun kaysa sa teacher niya. Nakakatawa. Tapos, nung nadiscover ko si Bard kasi bigla siyang lumabas sa google search engine. Mas functional at accessible siya for me kasi part na siya ng google. Very interesting at challenging. Kasi for me everytime I use a tool, i'm searching rin is this AI tool responsible, what will this do with my data ganun. When you're interacting with AI tools you need to be cautious, responsible, and explore what works for you. Impression ko sa AI tools is siyempre ang galing! Naging matunog yung AI</p>

	<p>dahil sa midjourney, dalle. Ang out of this world kaya ng mga art nun. For me amazing more than the fear. Kaya yun din yung reason kung bakit ko gustong ma-explore kung ano pa yung possibilities na kaya kong magawa sa project ko with AI. I use Bard now as a collaborator for my ideas. Example if ma-stuck ako sa isang idea I will talk to Bard and ask “what do you think of this idea? How can these ideas be improved?”. Sobrang helpful niya sa brainstorming at conceptualization. Natatangal ka niya talaga sa rut. Yung yung isa sa mga gusto ko. Dun din ako nag start. Something to bounce ideas with. It’s really helpful.</p>
Respondent 6	<p>Natatakot pa rin ako sa anong pwede niyang gawin, but at the same time kailangan mo siyang i-embrace kasi that’s where we’re going. Kailangan mo lang maging extra cautious as a creative on how you use it para hindi na violate yung ibang creative artists. Ang naging problem talaga diyan is how it uses human works without consent. Responsible use of AI talaga.</p> <p>F: Do you use it?</p> <p>Oo. For me, kailangan na lahat mag AI. Kasi totoo yung sabi nila na, “AI will not necessarily replace you but a creative who knows or uses AI will most likely replace you”. So dapat matuto ka rin kung paano gamitin siya. Ganyan din ang reaction ng mga tao sa photoshop. Ayaw nila gamitin yun at first pero tignan mo naman ngayon. Any change naman talaga is nakakatakot. But you have to adapt. Dapat mabilis kang mag-adapt.</p> <p>F: When did you first encounter AI?</p> <p>Sa work. Hindi ako gumagamit ng kahit anong word-related, AI generated na word hindi ako gumagamit non. Ang ginagamit ko for art kasi kulang kami sa art directors. So halimbawa gagawa kami ng storyboard, AI board. Maglalagay ka ng prompt. Kasi kulang kami sa art director. Adobe Firefly. License ng ogilvy. Maganda din siya. Pero siyempre it doesn’t communicate exactly like a storyboard artist would portray it. Text-image.</p>
Respondent 7	<p>It’s something that can help us but also damage human creativity and critical thinking. Technology solves the problem of speed. Yung problem na magdepend sa AI ang mga tamad. Enhancement yes. Yung ginagamit siyang tool for enhancement.</p> <p>When did you first encounter AI?</p> <p>2 years ago. Sa chat GPT. Nung nag aaral ako sa MA Philosophy of Psychology. We’re talking about intelligence, yung mind. Nabanggit niya yung Artificial Intelligence.</p>

Respondent 8	<p>First encounter ko sa AI is tiktok. Na use ko siya as reference at pang cheat. Pero ang AI kasi nakakapag explain din siya saakin. Kunyari may diniscuss si sir na hindi ko maintindihan. Copy paste ko siya tas i-explain niya, yun ang pinaka Magandang use sa akin ng AI, natutulungan niya ako. Kaya ko mag self-study through ganun dahil sakanya. Kaya ko din i-short cut with AI. “bakit methodology niyo past-tense? Dapat hindi niyo past-tense”. So ang ginagawa ko kina copy paste ko lahat yung paragraph tas ipa-past tense. Naging short cut. Napaka convenient. Although pagdating sa art hindi ko ginagamit ang AI tas c’claim kong akin. Although gagamit ko as reference sabi ko nga yung multiple ideas diba. Kuya ko unang nagsabi sa akin ng Chat GPT. Chat GPT una kong ginamit. Simula palang, “can you explain this?”. Tapos naging complex na, “make this lesson into a multiple-choice questionnaires”. Tapos mas lumalim pa na, “tulungan moa ko sa research ko ano ang mas magandang sampling technique dito?”. AI is cheat siya pero at the same time teacher rin kasi nga tinuturuan niya ako unlike na sa research adviser ko.</p> <p>F: bakit feeling mo nag c’cheat ka pag ginagamit mo siya?</p> <p>Hindi naman sa feeling, kasi cheat talaga siya. Nag c’cheat ako sa AI pag yung mismong buong test questionnaire i-c’copy paste ko tapos, “tell me the answer”. Ang hindi cheat ay yung igagamit mo siya for convenience at para short cut. I g’guide ka niya, explain this.</p>
3. What does AI art mean for you? What image you would want an AI art to generate?	
Respondent 1	Wala naman. Pero naisip ko lang, grabe na yung kayang gawin ng AI. Siyempre yung hirap na gawin ng art na yun, mabilis lang para sa AI.
Respondent 2	Para siyang visual hyperbole, exaggeration. More on eye candy. Pleasing to the eyes pero after nun wala na. I want to generate my dreams if I can.
Respondent 3	Very good if it will be used for good. But not for other bad purpose. Image is “I want to see the real face of Jesus”.
Respondent 4	Yung ginawa nila jhong. Good thing kasi nareremind ka sa mga bagay na wala na. Siyaka helpful in terms of work. Pero hindi ko pa siya na aapply kaya hindi ko pa siya masyado naappreciate. Mermaid AI. Siyaka yung titanic na rin. Hahah.
Respondent 5	AI art at first it’s a set of codes, programming. But it’s also creative! Parang mga gawa ng alien yung mga ginagenerate ng AI. If we take that skill and function ng AI to how our processes and visions are, it will enhance our vision. AI art is beautiful, and creative, it’s an innovation. Generate a sun medieval style, smiley.

Respondent 6	AI art is anything visual generated by AI. I won't (generate AI art). Kasi kung kaya naman ng tao gawin, bat ako magpupunta sa AI. Sa trabaho ko lang siya hihingin, pag kulang sa time and pressed for resources. That's the next. Tool lang talaga siya for me. Pero if I want something visual talagang pupunta ako sa artist.
Respondent 7	Technology can program something. That's something amazing. Kasi gawa pa rin siya ng tao. F: What image... Modern sebastian bach na composition. Mag gawa ng ala Sebastian Bach in the modern time.
Respondent 8	Marami kasing nagsasabi na iba na plagiarism nga ang AI. Pero para sa akin nagbibigay rin siya sa akin ng idea para makagawa pa ako ng better art. Yung AI art kasi galing siya sa mga multiple diba, galing siya sa millions tapos gagawa siya ng art piece galing sa millions na yun, 'di ba parang art piece na rin yun? Although sinasabi ng mga tao, "uy that's a cheat yan yung style ni ano". Ano ic'credit yung millions na ano na yun? AI art is nag come up siya ng original galing sa mga multiple art piece na kinuhaan niya. Masasabi kong plagiarism pag itong mga taong 'to clinaim ang AI art as kanila. Dapat gagawin ng tao. AI is for reference, for ideas. Pero pag dating sa gawa dapat sariling kamay mo na.
4. What's the difference between AI art and human-created art? Which do you prefer more?	
Respondent 1	Siyempre yung difference yung effort na gawin yung art. Tapos siyempre nga, I prefer human kasi may hirap, di tulad ng kapag Ai siyempre mabilis, Parehas naman, siguro mas lamang pa yung AI kasi nga AI yung gumawa nun. Pero siyempre may mga details na makikita mo gawa ng tao.
Respondent 2	The effort of course. I prefer humans. Kasi wala pa nga ako ganung references ng AI art. Who made AI? Humans. It's also a human-made art. Both are human creations.
Respondent 3	Definitely the human-created art. Because ideas come while you are creating it. While AI art is already programmed.
Respondent 4	Human art pa rin. Kasi mas na appreciate mo yung art na may hard work. Though siyempre mas perfect yung AI. Hindi rin kasi ako ganun ka artsy. Sa AI kasi mas pinapadali yung work. Hindi ko mapapansin kung art niyo pa yun o AI na. Kasi digital na e.
Respondent 5	I haven't witnessed an AI art by an AI artist. Of course bias ako dahil hindi ko pa nexperience yung AI art talaga. Bias ako sa kung anong mga nakikita

	<p>ko ngayon which is art made by human. But i'm very open to being amazed and transformed rin by AI art made by people. Hindi naman makakagenerate ng AI art ng walang human intervention. So, for me it's still something that is made by a human. So, it's a matter of preference. But to me, I'm open to both art.</p>
Respondent 6	<p>Bias talaga tayo sa humans. Ang limitation ng AI art is it's only as good as how humans can be. Wala siyang kayang i-create na totally bago. Laging compounded inspiration from humans. Pero ang humans, can elevate it. Kasi yung brain natin, it makes new ideas talaga creates inspiration and all. Ang high falluting and shit but AI is only as good as humans. Kung kayak o magpagawa sa tao dun pa rin ako sa tao kasi tool lang naman ang AI. Kung meron knag professional voice over na pwede mong idictate versus a machine na monotone, san ka pupunta? Diba sa tao?</p> <p>F: Paano kapag human assisted AI art?</p> <p>Depende sa pagkaresponsible ng AI na ginamit mo. Halimbawa kasi midjourney andami niyang lawsuits. So, I don't consider you as an artist kasi nakaw lahat yun. Tool lang talaga siya. Siyaka I think ayoko pa rin mawala yung basics. Fundamentals yan eh. Can you call someone a visualizer if hindi niya alam yung color theory? Ayoko na itapon lang lahat yun. Oo mas mabilis ngayon, pero the fundamentals stays the same. It really depends. Its not a one answer topic. Depende sa artist kung paano yung process na ginawa niya. Paano kung halimbawa assisted mo siya ikaw pa rin yung nag put together ng stuff, hindi mo siya pwede i-claim fully as yours. Kasi what if yan drawing yan ni sofia, drawing yan ni Patty. Pinagsama mo lang, crop lang siya. Tinapon mo lang, pero meron ka ba exactly ginawa there? But without AI you won't be able to do that. Na ang mga real artist, kaya nilang gawin yan. Process pa rin, case-to-cace basis. How responsible is the AI you used? Pangalawa is how beautiful your work is? Paano kung pangit pa rin? Subjective talaga.</p>
Respondent 7	<p>Siyempre. Yung isa artificial. Yung isa natural. Yung work of art natin are just combinations of all artists or things that was seen already. Repetition lang e. kaya lang siguro nadadagadan lang ng mga bagong variations. Both are amazing. Pero sa akin sa natural pa rin ako, human pa rin.</p>
Respondent 8	<p>AI art galing siya sa mga multiple artist. Yung human artist, gawa mo mismo, kamay mo mismo, ikaw mismo gumawa. Although ang human ay kumukuha rin galing sa mga multiple references katulad ng AI, ang human is galing sa kamay nila. Siyempre yung inputs yung emotions nung na cocontribute ay galing sa kamay. Yung kamay talaga. Iba yung ideas pero paano mo siya i-execute? Ganda nung nasa ulo mo dami mong reference. Pero execution eh, yun yung kamay.</p>

	<p>F: which do you prefer more?</p> <p>Minsan AI minsan human. Human siguro. AI maganda. Katulad nito, yung illustration niya never ko nakita sa AI art. Napaka-detail. Walang mga 6 fingers. Siguro katulad nung sinabi ko kung ano yung art, nagbibigay ng story. AI art is still art, iba lang sa tao. Pag AI art, “ay ang ganda”. Pag human, “hala paano niya nagawa yan? Paano niya nadrawing yan?”. Yung paghihirap rin kasi nandun.</p> <p>F: what image would you want an AI art to generate?</p> <p>Mag p’prompt ako ng one piece characters make them modern. Make them pirates, make them Vikings.</p>
5. Describe yourself as a shape?	
Respondent 1	Square.
Respondent 2	Hirap naman ng describe draw nalang. (Dinrawing niya)
Respondent 3	Parang coca-cola pero konting waistline.
Respondent 4	Rectangle na patayo. Kasi yun yung body shape ko.
Respondent 5	I’m a pear. I have a pear-shaped body. But I also describe myself as something really organic. Anything that’s organic shape.
Respondent 6	8. Sexy ako eh.
Respondent 7	Bilog. Anything that is round shape. Anything that has roundness in it.
Respondent 8	Rectangle! Hahahah! Soft edges.

PART 3: RELATIONSHIPS QUESTIONS

GENERAL

1. Why is having strong social relationships important?

Respondent 1	No man is an island, and everyone should have a connection to one another because two is better than one.
Respondent 2	Connections. No man is an island.
Respondent 3	So that you can connect to others and others can connect to you. It’s important in dealing with people.
Respondent 4	Kasi may social gatherings. Basta nandun yung presence mo okay nay un. Basta nandun ka okay na siya. Though minsan hindi na appreciate ng iba

	kasi gusto nila nagsasalita ka. Pero may iba na nanonotice nila yun at okay lang sakanila. No man is an island.
Respondent 5	Because it helps you survive and thrive this life. You need people to support you. People are social beings, ganun na talaga tayo from pre-historic times. It's a need. It's really important. People sustain us in living. Life is more bearable with relationships. When you know you have people on your back when you need help, it would be really great. Support system allows us to grow.
Respondent 6	No man is an island. Wala talagang may kaya nun. Lonely souls. Lonely souls as in empty sila, insecure sila to be with others. At may malalim na pinanghuhugutan yun pag sinseclude mo yung sarili mo.
Respondent 7	It has a good and bad effects. Yung good, by nature, ang doctor ba kaya niyang gamutin ang sarili niya? Intestines, ooperahan mo sarili mo. Can one do that? No. Yung barber, gugupitin niya yung saril niya. And by that, mahirap. You need to associate. No man is an island.
Respondent 8	Kasi connection rin sila eh. Makakabenefit rin sa'yo. "huy nahirapan ako tulungan mo ako". Anduduun sila ganun. More on, nakakatulong rin para hindi ka maging lonely. Although prefer ko na magisa most of the time, gusto ko rin may makakausap. Kausapin ko hangin?
2. What are the challenges in maintaining relationships?	
Respondent 1	Consistency. Hindi ka consistent sa mga bagay na ginagawa mo. Kumbaga pabago-bago ka palagi siyempre parang mawawalan ng interes sa'yo yung tao, parang kahit sino naman.
Respondent 2	Mas challenging kapag long distance. Kapag hindi kayo magkasama sa bahay o kaya pag wala kayong mapaguusapan. Distance.
Respondent 3	Disappointments. If people did something wrong to you. That's the reason why there would be a barrier or disconnection.
Respondent 4	Sa friends. Minsan na gugilty ako na may na mi-miss ako sa bahay na nangyayari tapos wala ako. Gusto mo maging in two places at once. Kapag kayo nandito lang sa bahay tas ako nasa galaan, na gugilty ako dun.
Respondent 5	Differences. People have different preferences, way of doing things. People change. So, to maintain relationships is to understand if it still works, and if the connection still resonates with you or helps you to be better. If it doesn't, it's time to go and leave.

Respondent 6	Giving time and being considerate of the lapses. Kasi lahat ng relationships it takes effort and time to maintain. If the love language of the person is di mo kayang ma-meet, mawawala yun. Mag d'drift apart yun.
Respondent 7	Yun na nga, disadvantage. You will have to extend yourself to others. By opening yourself to others. Ako personality ko, madalda, ikaw hindi. So, paano?! The differences is difficult when you try to extend or open yourself to other people na iba ang character.
Respondent 8	<p>Yung compliance ba. Minsan hindi ka nagiging truthful minsan sa sarili mo kasi nag c'comply ka para maging okay yung sa relationship. Na minsan, bakit hindi mo nalang sabihin yung totoo. Tapos pangalawa may mga hindi napagkakasunduan. Yung parang, "hala gusto ko 'to", "eh gusto ko 'to". So nag c'comply ka nalang sa kanya, "ah sige". Yun pala gusto mo follow kita.</p> <p>F: act of love ba yun, yung pag comply o pag give in sa iba?</p> <p>No I don't think it's an act of love. Parang gusto mo ng peace kaya as much as possible nag c'comply ka nalang sa kanya. Para peace na wala ng problema.</p>
FAMILY	
1. How do our relationships with our parents affect our personality and development?	
Respondent 1	<p>Greatly. Kasi siyempre sakanila natin unang mamlalaman lahat ng bagay na malalaman natin dito sa mundo. Ma-aalter nalang yun ng environmental influence. Tas depende nalang sa'yo kung babaguhin mo yun entirely o hindi.</p> <p>Let us live our lives freely. Kumbaga hindi naman sa ano, mabuhay na ng sarili ano, magiging masamang tao ka na. Siyempre nandun pa rin yung expectations nila na maging mabuti kang tao. Hindi porket malaya ka na gawin yung gusto mong gawin, basta wag mo abusuhin. Siyempre ano lang din, trust nalang. Magtiwala nalang sila sa anak nila na hindi naman gagawa ng kahit anong bagay.</p>
Respondent 2	Big. Because you'll always hear what your parents think before you do something. SO, they have a big impact or influence.
Respondent 3	I did not grow up with a parent. I'm really dependent on schooling. What the teaching of the school is and religion. And how to deal with other people, value formation na tinuturo sa school. Kasi hindi yun naturo sa bahay ko. Schooling yung nag mold sa akin how to be a good person, how to deal with other people, how to be prayerful. By being prayerful, I acknowledge Lola Dela kasi siya lang yung nagtuturo sa akin at nagsasama sa akin sa simbahan.
Respondent 4	Big deal. Kasi nung bata pa tayo na set na nila na dapat ganito lang. Tapos nung lumalaki na nagkakaroon na tayo ng self-knowledge. Kapag I do

	wrong. Ayoko madisappoint. As much as possible I want to understand my parents. Siyempre sila yung role models mo.
Respondent 5	They affect our growth greatly. Malaki yung influence because sila yung role models mo eh. Sa kanila ka unang matututo ng mga bagay, kung anong ibig sabihin ng mga bagay, paano gumalaw, paano maglakad, magsalita, maging magalang, paano mabuhay. Siyempre malaki yung influence nila sa buhay natin. Biologically sakanila tayo galing. May influence din yung biological side to that question and generational trauma.
Respondent 6	Greatly my god. As in ako kung ano ako ngayon as a 30-year-old. Lahat din ng nababasa kong self-help books, ang laki ng contribution ng childhood to how you are now. Yun nga yung laging pasigaw, kasi laging pasigaw si M. Hindi naman sa bini-blame ko si M, but like ganun din siya pinalaki diba? Kaya rin takot ako maging parent. Kasi I don't want to inflict that, wala akong courage to inflict that or take the risk to produce a life, a child. Nakakatakot talaga siya. So, parents greatly affect kung paano ka now. On the good side, nagiging close naman tayo diba? Nag aadapt na rin sila sa atin onti onti. Grabe rin yung anxiety ko na konti lang na may magalit sa akin, is because si M dati the silent treatment, di ka nalang kikibuin bigla. Tapos yung weird na pakiramdam sa bahay, na-aadapt ko rin yun. Anyone na also magparamdam sa akin nun ang hirap i-deal with it.
Respondent 7	Biological. Talagang nakaka-apaekto. At siyaka witnessing. Yung nakikita mo sakanila as an adult nung maliit ka. Pero nung lumaki ka na nag iisip isip ka na. "Mali pala tong ginagawa ng tatay ko ah". Pero whatever you see affects you. Kasi nandun sila sa circle mo e. Tapos biological, wala kang magagawa, galing ka sakanila. By blood may something na nag kokonek. Kaya nga yung mga sakit, "may ganito ba si tatay mo, high blood?", malamang magka high blood ka rin.
Respondent 8	(n/a)
2. What are the benefits of having strong sibling relationships?	
Respondent 1	Siyempre ano, maganda! May ano, may napagsasabihan ka ng mga bagay na walang kwenta. Siyempre nandiyan din yan lagi para tumulong sa'yo. Maasahan pag may kailangan ka.
Respondent 2	Vital. It's important kasi, you're also my best friend. Yeah. You're not just my sister you're my comfort zone, my safe space. Kahit na madalas tayo nag-away. But this year you know nung nag-away tayo tas umiyak tayong dalawa, parang it's a growing step for our relationship kasi mas naging communicative at open tayo sa isa't-isa. Even though it's painful, it helps you grow our relationship. It betters our relationship. It's fundamental kasi nga hindi ako super close na mag oopen up sa ibang tao. Naiisip ko na may iba naman na may kapatid or walang kapatid na hindi pa rin ganun yung relationship nila sa mga kapatid nila diba? So, blessing.

Respondent 3	I don't have real siblings. I'm the only one. We're not full siblings. I want to be with them because we grew up separately. I want to serve them I want to have siblings. And I was able to do that during those days.
Respondent 4	Marami! Mas naappreciate mo yung life. May mutual understanding. Life guide ka. Hindi malungkot. Nagiging confident tayo sa mga bagay. At we can depend on each other. Life is bearable with strong sibling relationships.
Respondent 5	It's fun to be close with my siblings. We're not this close before. Nag change yung relationship overtime kasi nag mamature na kami. At masaya ako sa direction na pinatutunguhan namin base sa kung nasaan kami ngayon. Kasi it's a really loving space to be with each other. To do things together. To explore food, places, activities together na parang mag totropa lang. Masarap sa feeling siyempre kasi open kami. Hindi kami yung magkakapatid na magkakagalit or strangers to one another. We're binded talaga by blood. That's really special and I hope it gets better. And stays this way. I hope that we could share and experience things and memories together more in the future. And open up rin.
Respondent 6	Kasi kapag meron ganun, kesa hudang wala kong kaibigan, walang outside force talaga. Kasi ma t'treat mo na your siblings as friends. Maraming naiinggit sa atin kasi nga parang barkada lang daw tayo diba. Hindi mo ba yun narararamdaman? May iba talaga na hindi sila nag uusap, para silang different tao sa isang bahay. Magkakasama sila pero hindi sila nag uusap. Yun ang kagandahan pag marami kayo magkakapatid, may companion ka agad.
Respondent 7	Support system. Kasi si B nun bilang lalaking kapatid, siya yung naging tagapagtanggol ko. Feeling ko nun maliit ako nasa school parehas kami, diba may kuya ako, "lagot ka susuntukin ka niyan". Feeling ko yun. Pero nung lumaki na ako kami na nag aaway.
Respondent 8	(n/a)
3. What are the challenges of dealing with conflict within families?	
Respondent 1	Siguro nagiging challenge pa rin yung understanding ng both parties. Nag-fafail pa rin na, makinig sa isa't isa. Tas yung mga bagay na hindi masabi, kasi masasabing bastos.
Respondent 2	Mahirap. Kasi having conflict with hindi mo family tulad ng co-workers, friends, pwede mo siyang iwasan. Pero if it's within your family, kailangan mo siyang ayusin. Kasi family mo yun e. If ikaw yung inner circle sila yung second circle around you. Challenging kasi mas kilala mo sila at mas importante sila sa'yo. That's why ayaw mo sila ma disappoint, masaktan. The proximity.

Respondent 3	As a family, dealing with conflict we are open to talk about it. How do we properly correct mistakes. In a right way, not in an authoritarian way. We do that in a negotiation way. But there are also conflicts that cannot be resolved within the family. We need higher authority to decide things that we do not agree on.
Respondent 4	Communication pa rin at siyaka acceptance. Yung differences ng belief na minsan na adjust naman na.
Respondent 5	Yung resistance. We're all somehow resistant to change. I think now that we are growing and maturing, some of our self-belief and wants in this life are not aligned with what our parents might want for us. Differences pa rin and yung resistance to accept the changes and accept the truth and accept each other for what we are. To understand each other's point of views, to agree to disagree. Just to accept, yun yung pinaka challenge. Need rin na mas maging open to communication, open to listen, hindi yung open lang to talk. To actually listen and understand. There are some things that need to be compromised to show love and understanding.
Respondent 6	Biases. Generational biases. Si mama kahit papaano nagiging malleable na siya to new beliefs and all. The concept of BBM's, pag so sold na sila dun, yun lang yung alam nila at hindi na sila tumatanggap ng new information, mahirap nang basagin yun. At least, sa atin na t'ry pa yung conversation, or we agree to disagree. We don't force it. O may time na hindi na natin sasabihin kasi alam naman natin na hindi na talaga tatanggapin yun kesa mag bring up pa ng new conflict, you stay quiet. Kasi wala ng makaka solve dun. Ma iistress lang tayo lahat.
Respondent 7	Yun nga differences. If you're a parent, you would want na masunod. Nung maliliit okay pa. Nung malalaki na nagbabago na. So, independent na sila. How would you want to influence them to do what you want. We can only guide, not control.
Respondent 8	(n/a)
4. What do you love about our family and what do you hate?	
Respondent 1	I love that we still stick together even though we have many problems. And we stay strong and love each other. What I hate is that we fail to understand each other lalo na sa part nila M. Wala matigas si M eh. Hindi siya nakikinig sa opinyon ng iba.
Respondent 2	I love our togetherness and support sa mga endeavors natin. What I hate is the trauma. You know, mama's trauma, dadi's trauma, generational trauma. And that of your relatives causing you burden. Causing you suffering. Hindi ka nga nag bubuntis mga kapamilya mo naman yung buntis ng buntis. Mga nanghihingi lang ng pera akala mo tinatae. You know. Typical filipino.

Respondent 3	I love my family. I always pray and grateful to god that I have my husband. Even though there are unmet expectation, it's replaced by goodness. I have to weigh things out. You know me I'm very logical in terms of thinking. Is it important? I weigh the good character not the disappointments. I hate if my children became proud, arrogant, and disrespectful. Pag matataas na yung boses. But I'm trying to control myself. At kapag hindi ko na yun na-control, ibig sabihin napuno na ako. Sobra na. I voice out.
Respondent 4	I love that our family is more open now. Nung nag open tayo sa Lime and Basil. What I hate pag tumutulong sila mama dun sa ano. Naging fear ko na maging katulad ni ____ na laging naniningil ng pera. Fear ko rin na kapag nag anak ako, gagawin ng mga anak ko yung ginagawa ko. Ayoko para sa sarili ko yun.
Respondent 5	I love that we're a happy family. In our family it's a loving, respectful, and kind place to grow. Our family is kind and complete and growing together. And just that it's a loving space. I don't think I have anything to hate about our family because there's much to love. But if there's one thing that i'm annoyed or irritated by I think it's when the social pressure is there and we act differently, not like when we are at home. I don't know. I don't think I have anything. I hate it when people don't help. When some people wait for others to help them when they can help themselves. You know when there's a lot of things to do or that needs to get done. That's the time when someone needs help and where you can initiate help. But when you make a mistake and wait for someone to clean up your mess, I hate that. Clean up your mess. I think we should know the difference between asking for help and being helpless.
Respondent 6	Wala ako masabing hate now. What I love about our family is mas nagiging open na siya compared to few years ago. Siguro nga kasi lumalaki na tayo eh, mas meron nang comprehension to understand stuff. Being open and mas nag cocommunicate na tayo sa isa't isa.
Respondent 7	Yung pagtutulongan. That you're able to do the household chores, to study on your own, independent. Hindi naman hate, pero when you become stubborn.
Respondent 8	(n/a)
5. What are the things you want to say, or you want your family to know? Can be anything.	
Respondent 1	I want to say that I will be a successful pilot someday.
Respondent 2	Maybe yung inherent toxic traits ko, na maldita o masungit ganyan. Na that's my dark side. It's my shadow self. Na, that's me. I mean siyempre hindi ako ganun outside. Na sa inyo ko napapakita kasi hindi yun yung face ko o mask ko dito sa bahay. There is a shadow self to everyone whether we like it or not. And I be it because it's part of me. And I'm dealing with it. Afterwards naman, I know where I hurt you, I know where I'm wrong.

Respondent 3	I don't think so. My family knows everything. My in and out. I don't have anything.
Respondent 4	I will always be here. At willing making. I love you family!
Respondent 5	I want my family to know that I love them so much. That I connect with them unlike any other human being I interact with outside of home right now. And that I want to love them more with what time we have. And if I ever am different, I hope they can still accept me for me and not their idea of me. I just hope I can be comfortable to speak not in an enclosed room, but around them. I love them so much.
Respondent 6	<p>I give time and spend time with each other. For me, hindi siya make friends, it just happens. You don't go into someone na "uy magkaibigan na tayo ah". Naturally magdedevelop siya kasi it starts with kakilala diba. And how you spend time with each other. Usually proximity kung sino yung malapit diba. If that relationship progress to friendship that's how you make friends. Hindi siya you introduce yourself and think na magiging friends kami nito ganyan. Hindi ko na talaga siya finoforce. Pinapabayaan ko lang na the time we spend together will determine if we're friends or not. Kasi you can spend time with somebody pero not consider that person a friend. Hindi kayo magkaaway magkakilala kayo pero hindi mo rin siya friend friend. Definition ko kasi of a friend is somebody who has my back no matter what happens. Ganun na kabigat yung definition ko of a friend. And somebody that I trust. I don't consider you a good friend if hindi ka ganun sa akin. Friend is kakilala, we get to spend time, okay naman kayo. A friend talaga is someone who I can trust, I can be vulnerble with talaga as in wala akong inhibitions. Kasi dun sa iba meron pa rin kasi you have to protect yourself. If hindi mo pa that ano yung isang tao.</p> <p>F: paano ka nag w'wall up and at paano ka rin nag w'wall down.</p> <p>Gut feeling. I trust na if I don't feel okay with this person, meron pa rin. Mas nagtitiwala ako sa gut ko ngayon. Instinct talaga, mararamdaman mo siya, you have to listen to it.</p>
Respondent 7	At this age, ang prayer ko lagi ay mapunta kayo sa mabuting kalagayan. At you can have a family of your own, magawa niyo kung ano yung tama. Maging masaya kayo sa buhay niyo. Well-being talaga.
Respondent 8	(n/a)
CLOSE FRIENDS	
1. How do you make and maintain friendships?	
Respondent 1	We have something in particular. Pag mamaintain through communication. Basta may paramdam.

Respondent 2	I make acquaintance by having the same interests and communicating.
Respondent 3	If there's a stranger, I would greet them. Mostly for a new friend, more on advice on spiritual and how to overcome challenges in life.
Respondent 4	Opening up. Pag marunong ka making at andun ka lang. Minsan hindi nila kailangan ng solusyon or advice. Andun ka lang para sa kanila. Sa una paplastikin mo muna sila hahahaha hindi joke. Being open sa mga pagyaya kumain sa labas kasama yung iba. I make friends kapag friendly ka.
Respondent 5	Common interests, maintain friendships through making time. When you make time for the people you want to be with, it will last meaningfully.
Respondent 6	<p>I give time and spend time with each other. For me, hindi siya make friends, it just happens. You don't go into someone na "uy magkaibigan na tayo ah". Naturally magdedevelop siya kasi it starts with kakilala diba. And how you spend time with each other. Usually, proximity kung sino yung malapit diba. If that relationship progress to friendship that's how you make friends. Hindi siya you introduce yourself and think na magiging friends kami nito ganyan. Hindi ko na talaga siya finoforce. Pinapabayaan ko lang na the time we spend together will determine if we're friends or not. Kasi you can spend time with somebody pero not consider that person a friend. Hindi kayo magkaaway, magkakilala kayo pero hindi mo rin siya friend-friend. Definition ko kasi of a friend is somebody who has my back no matter what happens. Ganun na kabigat yung definition ko of a friend. And somebody that I trust. I don't consider you a good friend if hindi ka ganun sa akin. Friend is kakilala, we get to spend time, okay naman kayo. A friend talaga is someone who I can trust, I can be vulnerble with talaga as in wala akong inhibitions. Kasi dun sa iba meron pa rin kasi you have to protect yourself. If hindi mo pa that ano yung isang tao.</p> <p>F: paano ka nag w'wall up and at paano ka rin nag w'wall down.</p> <p>Gut feeling. I trust na if I don't feel okay with this person, meron pa rin. Mas nagtitiwala ako sa gut ko ngayon. Instinct talaga, mararamdaman mo siya, you have to listen to it.</p>
Respondent 7	Ako kasi friendship sa akin kahit distant pwede kong maging friend kung parehas kami ng interes. Alam mo yung wavelength ng mind, may connection. Halimbawa sabihin niya, "halika kita tayo". Kung well-meaning siyang tao sa akin pupuntahan ko siya pero kung hindi, hindi. Well-meaning kapag sinamahan mo siya o nagkasama kayo. Sa mga iniisip niya, pinag-sasasabi niya, pinag-gagawa niya. Pwedeng mawala siya sa'yo pero nakatatak na sa'yo na ito pwedeng kaibigan 'to.

Respondent 8	<p>Yung nandyan ka para sa kanila. Pag kailangan ka nila gora ka agad. Ako sa sarili ko gusto ko yun eh. Kaya yun din ang ginagawa ko sa iba kasi alam ko, yun din ang gusto nila. Tapos dapat learn to understand mo sila, siyaka yung presence mo ba yun ang importante sa relationship.</p> <p>F: how do you make friendships?</p> <p>Pinaka unang klase, “uy may bond paper ka ba?” hahaha. Akala mo naman talaga eh. “huy, kailan kaya klase ni ma’am?”. Mga opening na ganun. Yung small talks.</p> <p>F: Gusto mo ba yun? Yung small talks?</p> <p>Pag approachable yung tao. Pag hindi, hindi. Kasi minsan nasa vibes mo rin sila eh. AY approachable ‘to, makakasundo ko ‘to. Kahit parang ang tahimik lang nila, ay mahiyain lang ‘to pero once na nakausap mo na feel mo okay na. Tatantsa ka sa vibe nila.</p>
2. What are the benefits of having close friends?	
Respondent 1	Ano may mga tao kang makakasama sa fun times. Mga gala ganun. Siyempre since ka-edad mo sila, ka-vibe mo sila. Sabayan kayo ng trip.
Respondent 2	Even if you don’t like yourself someone likes you. Even if you have flaws, if you have close friends na transparent ka sakanila fully, at least alam na nila yung baho mo. And you still have them, andyan pa rin sila despite whatever flaws or things na you hate about yourself. And you can say any shit to them. You can be comfortable around them. Yun yung pinaka-benefit.
Respondent 3	You have someone to hang on. You have someone to pray. You have someone to pray for you. And to help you if you are in need.
Respondent 4	May kasama ka kapag vacant. Siyempre second family mo rin sila. Kapag may mga gusto ka gawin na hindi pwede yung family mo, yun sila yung kasama mo. At siyaka minsan matututo ka rin sa life nila.
Respondent 5	Si R lang naman yung tinuturing kong closest friend kaya siya lang yung isasama ko sa project ko. Benefits of having R is we’re not too needy of each other, but when we do see each other we release. Nag vevent lang talaga kami ng mga experiences namin at nagkokonek rin. Grateful ako for having her because I have her. And knowing someone there for you and each other. And you learn from each other. You can tell them anything.
Respondent 6	May kasama ka sa life. Outside of your family you have chosen family. You have people to go through life with. Kasi nga no man is an island.

Respondent 7	<p>Sa akin kasi pag sinabi mong close friend is a friend na isa lang yung understanding niyo ng mga bagay-bagay. When I say isa lang ang understanding pwedeng nauunawaan niyo ang isa't isa o nauunawaan niyo kung ano man yung dapat unawain. Halimbawa priority ko pamilya ko, siya rin ganun. Priority ko ay kung ano yung tama, alam niya rin yun. If hindi niya yun p'naprioritize edi wala na. Kung naconsider mo siya o naconsider ka niyang friend, hindi ka niya kakalimutan. Halimbawa, may tumawag sa akin nasa Australia na siya, sabi ko "kuya maliit pa ako nung sinasama mo kaming mag-jogging, ang naalala ko lang sa'yo yung pinapakain mo kami ng maanghang na niluto mong chicken pagkatapos natin mag jogging". SO ibig sabihin, all the while, tumanda na siya, nagka apo na siya, nasa abroad na siya, bakit niya ako naalala? Ibig sabihin he kept me in his memories. Sabi niya kasi ngayong tumatanda ka na, gusto mong balikan yung mga taong nakasalumuha mo. Ganun din yung narerealize ko ngayon, gusto kong balikan yung places, yung mga taong meaningful sa akin. Hindi na kayo nagkikita for 35 years pero bat naalala ka niya. Ibig sabihin your thoughts yung mga pinag-gagawa niyo before were one. Yun yung close friend.</p>
Respondent 8	<p>May mga pagkakataon kasi na hindi ka naiintindihan ng family mo. Yung friends kasi yung nakakaintindi sa'yo. Minsan nga mas alam pa ng close friends mo yung nangyayari. Nagiging confidant mo sila. May mga time kasi na mas komportable ka sa sabihin sa close friends mo kaysa sa pamilya. Nailalabas mo ba.</p>
3. Why do you think y/our friendship lasted even after gradeschool/highschool?	
Respondent 1	Basketball. Kasi naglalaro kami.
Respondent 2	(n/a)
Respondent 3	(n/a)
Respondent 4	(n/a)
Respondent 5	(n/a)
Respondent 6	(n/a)
Respondent 7	(n/a)
Respondent 8	<p>Ito talaga. Kahit ikaw napunta ka sa states fields tapos ako nasa perps pa din, tinatry natin mag make amends at magkita. Yun kasi yung pinaka importante. Kasi di naman tayo pala-chat, kinakamusta mo lang ako, napansin ko one way to connect rin kasi hindi yung parang na ghosting ka na. Mag find time ka talaga na mag meet-up ang isa't isa. Once na magkita kayo comfortable nay un e. Wag mo kakalimutan yung communication at time talaga. Diba sa isang month isang beses lang tayo nagkikita. Hindi naman tayo pala-chat online, lalo ako. Ikaw kasi lagi nangangamusta sa akin.</p> <p>F: Pero okay ba sa'yo yun na kinakamusta kita?</p> <p>Oo! Hindi ko lang kakayanin yung katulad ng isa kong kaibigan everyday naman bhie k'kwento niya yung crush niya!</p>

4. How do we deal with friendship breakups?	
Respondent 1	Wala, ano na, FO na talaga. No communication needed.
Respondent 2	It's painful. I disconnect. Stop chasing. That's how I deal with it. Iniisip ko may papalit rin, bakit ko ipagpipilitan yung sarili ko sakanya kung ayaw niya naman ako maging friend.
Respondent 3	If betrayal. That's breakup. Close. Cut it.
Respondent 4	Kung okay, edi okay. Kung hindi edi hindi. Temporary sila pero depende nalang kung gaano mo sila katagal kasama. Mag effort ka to make the relationship work. Kung hindi kayo mag cocontribute sa presence ng bawat isa edi hindi siya mag wowork. Effort palagi.
Respondent 5	It just passed. Nasaktan ako pero I made new friends which helped me move on and move forward.
Respondent 6	Wala you have to grow through it lang like a normal breakup. Feeling ko nga mas masakit pa siya eh. How do a friendship breaks? You just accept it as now wala na siya. Hindi siya nagwork for the both of us. Just like any other normal emotion, or happening, you go through it, you face it, kasi hindi yan mawawala kung hindi mo haharapin. Hindi siya mawawala at all. You just live with it. Or treasure whatever you have spent together.
Respondent 7	<p>Meron akong isa very selfish. Yung gusto niyang friendship kasama palagi. Nung napansin ko na ganun binitawan ko na siya kasi hindi ako ganun. Yun bang pag kailangan mo ako nandurun ako. Hindi siya yung friend na open-minded. Yung gagamitin ka lang niya. Hindi naman ako ang nag-break, pero kinonsider ko na rin na hindi na siya, mapapansin mo na hindi kami magkaisa ng mind. Kasi nung time na iniwasan ko na siya, hindi na rin siya umaano. Ibig sabihin we're not in the same mindset. Kasi kung alam niya na meron din akong ibang mundo, meron akong ibang dapat gawin, hindi siya ganun. High School yun e. Natatandaan ko sinasabi nila napatay na daw siya. Dati magkasama kayo o sumasama siya sa'yo, ngayon biglang hindi na siya sumsasama, so okay fine. Ganun lang ako. Meron ding lungkot kasi nung HS ka isa sa mga chinecherish mo na meron kang nakakasama. Pero ako kasi yung independent na tao eh. Kung hiniwalayan mo ako, fine! Hindi ko masasabing friends ko sila, pero I can deal with all people.</p> <p>F: So, ano yung secret mo to that.</p> <p>Makisama ka lang! Halimbawa kung ito yung ginagawa hindi naman masama, edi sige game! Pero minsan mag sasacrifice ka din kasi hindi mo naman gusto yun pero nakikisama ka lang diba.</p> <p>F: Kailan yung okay ka pa na makisama?</p> <p>Pag gusto ko pa. Pag ayaw ko na babay! Bye~</p>

Respondent 8	Wala hindi na pansinan. Cut off na tapos kunwari pag magkita kami hindi sa hindi papansinin, civil nalang. “uy nandyan siya pansinin mo” kasi yun yung appropriate. Pero diba may seasonal friends. Friends ko sila dati clingy clingy ako. Pero pag wala na yun civil nalang, “uy kumusta na ano nangyari?” wala na. Yun nalang yung way ko para mag cope up. Pero wala na yung friendship. Ang turingan ko nalang sa’yo, ay ito kaklase kita. Ayoko naman kasi umabot sa point na hindi nagpapansinan ang hirap kasi nun. Pinapahirapan mo pa sarili mo. I-civil mo nalang. Pero pag away na point hindi ko talaga siya papansinin. Pero pag hindi ganun, naiinis lang, civil nalang. Nasaktan ako pero iniisip ko, ay okay wala na ‘to.
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PART 4: QUESTIONS ABOUT THE FUTURE	
1. What are you looking forward to?	
Respondent 1	Pagiging piloto ko.
Respondent 2	House to house na workshop sa January. Malipat yung AR, magkaroon ng kapalit si Kim. Ni loloookforward ko rin yung mag try ng mga bagong experience. Tulad ng tarot o magpa therapy. Pamasaha sa mukha o yung sa hair. Parang relaxing.
Respondent 3	To retire four years from now. I will spend my life free of work and maybe if I still have the grace, I will serve.
Respondent 4	Gusto ko makapag travel tayo nila mama. Kasi feeling ko malapit na yung time na sasabihin nila “ayoko, masakit na yung likod ko ganyan”. Siyaka healthy. Sa career hindi masyado gigil. Gusto ko lang maraming pera.
Respondent 5	I’m near graduation. I’m looking forward to the life i’ll build after graduation. What are the possibilities of me venturing out into the world, what will I do, who will I be? What kinds of people are going to influence me, who will be my new friends, are the people in my college/high school days still gonna stay, there’s a lot of questions. I’m looking forward to graduating but at the same time I’m just looking forward to playing Mario Kart later hahaha. After I do this and get things done and do all the daily things that I do. I’m looking forward to walking my own path bravely as me. Hindi lang yun pagkagraduate ko but also in how I experience my daily. How I welcome everyday. I’m looking forward to JUJUBEE kasi manganganak na siya. I’m looking forward to sunny days, vacation, good food, creating stuff that I like, and learning more about myself and people and nature that I belong in. I’m looking forward to expand. Lumaki. Oo magpataba, haha hindi joke lang. Ayun.

Respondent 6	Wala masyado. Mamaya gusto ko kumain tayong, gusto ko lumabas tayong.
Respondent 7	In terms of interest ko yung sa music. Kung ano yung ma enjoy ko, o maishare ko kung sakaling mag train ako o may ability ako. Sinabi ni sister “ano bang gusto mo? Bakit gusto mo mag pursue ng music?”. Sabi ko “siyempre sister gusto ko rin mashare yung music sa iba”. Ibig sabihin music education. Yun yung nilolook forward ko. Siyaka pag nagretire na ako, I can be able to do what I want. Kasi before, nag-iisip din ako ano ba ang future ko? Magpapamilya ba ako, magpapari ba ako? E nung kami ni mommy mo nagkakilala, e yun sabi ko magpapamilya nalang ako. Kasi hindi naman ako yung nag propose ni mama mo. 24 kami nagasawa, pero 21 ako nung nagkakilala. Si mama mo kasi ang mga babae, “Ano ba!?”. Na-assess ko naman si mama mo edi sabi ko, “Let’s go!”. 2 and a half rin kami. Yun yung mga tinitignan ko nae excite ako. Sa music, sa sports, maybe sa sports hindi na yung competition, for fun. Pero ang bottomline I can do what I want.
Respondent 8	Gusto ko maging better version ako ng sarili ko. Kasi ang dami kong gusting gawin, hindi ko naman ginagawa. Kunyari gusto ko pagaralan ‘to, yung knowledgeable baa ko, diba ang cool non? Akala mo talaga e. Napaka-edge lang kasi nun sa field mo. I-discipline ko ba yung sarili ko na iform yung habits na ganun. Para makita ko yung sarili ko as a psychologist and an artist sa future. Gusto ko ma engrain sa sarili ko yung mga disiplina na dapat ginagawa ko na 3 rd year palang. Pero ito na 2024 na wala pa ring nagbabago sa akin.
2. When you think about the future, what do you imagine?	
Respondent 1	I imagine lots of money, and being happy, and traveling the world.
Respondent 2	Mga gusto kong gawin. Mga nasabi ko dun. Hindi na ako tulad ng dati na nag-gogooals na sobrang specific na parang so obsessed to change. I’ve grown past that self.
Respondent 3	I imagine all of the things that I have to do. I plan. How will I spend my hours everyday. How will I spend my time with other people. How will I spend time with my children.
Respondent 4	Hindi ako nag iisip masyado about the future. Hindi ako nag seset ng goals. Hindi ako masyado nag d’ dwell doon.
Respondent 5	Mga anak ni jujubee, puppies! Na imagine ko yung life ko around creative people that inspire me. I imagine that i’m working towards expressing myself more freely and bravely. I imagine a future wherein I am happy and satisfied with the small pleasures that I get daily, with my loved ones. It doesn’t need to be grand, simple pleasures lang talaga. I imagine also yung exhibit. Yung work ko na ma exhibit. This one in particular which is

	<p>sometime around July this year 2024. As long as it (my work) screams me it's what I want to do, I'll be happy.</p>
Respondent 6	<p>Wala akong nakikitang far future.</p>
Respondent 7	<p>It begins with what you think. Sa akin, connected dun. I can be able to do what I want. To be able to do things na hindi mo pa nagagawa before. Adventure ganun. Pero kung kailan ka tumanda, bakit ganun yung realization mo the freedom to do what you want. Bakit hindi pa nung bata ka? Ngayong 55-year-old mag ha hiking ako, putcha yung tuhod ko. O halimbawa naiisip ko mag paparagliding ako, kahit takot ako sa heights. Yung scuba diving, ang lalim niyan nakakatakot. Iniisip ko, sabi ko nga kay mami mo, "wala na, independent na tayo sa mga bata, malalaki na sila, they can have their own". So tayo naman, sabi nga ni mama mo "mauna ako sa'yo ah, wag ka mamatay ng una". Alagaan ko pa daw siya. But you can never tell kung sino mauna sa atin. But whatever comes, ganun eh. Sabi sa Spanish "que sera, sera". Whatever will be, will be. Hindi mo naman yan pina-plan, hindi mo naman yan sinasabi. Yung nga sinsabi ko sa'yo magugulat ka, it's there already, right in your face! You don't want but it's there, it's reality. You cannot say, ayoko! You have to face it.</p>
Respondent 8	<p>Psychology and artist talaga. One thing na naappreciate ko sa sarili ko is nalaman ko yung dream ko. Naasar ako kay mama kasi sinasabi niya sa pinsan ko na, "ano ba yan, hanggang ngayon 3rd year na siya di niya pa rin alam yung pangarap niya". Ma! Hindi talaga yun yung mag-iisip ka lang, natural siyang darating sa'yo. Kung nalaman mo na nung bata ka pa be grateful. Pero at the same time wag mo idi-disregard yung feelings ng iba kasi mahirap. May iba naman na late bloomers.</p>
<p>3. When you think about the future with AI, what do you imagine?</p>	
Respondent 1	<p>I imagine, I Robot. And Ready Player One.</p>
Respondent 2	<p>Lesser human effort that for non-important things that humans spend most time of like writing the fucking emails!</p>
Respondent 3	<p>AI is a very good tool if you use it for goodness and not for the badness. Human creation is perfect because we are created in god's image. So, we should be creating a good tool, not to destroy but to benefit people.</p>
Respondent 4	<p>Lumilipad na kotse. Siyaka advanced na healthcare. Yung sa bicentennial man. Pero since ganun na ka-advance yung healthcare, mas advance din yung sickness.</p>
Respondent 5	<p>I feel ecstatic, I feel excited. I imagine na mas magiging efficient at creative at mas magkakaroon ng maraming time ang mga tao to do what resonates and what they want to do. Because automated tasks will be finished. Our</p>

	<p>level of consciousness will evolve into a different way with this technology. I think we're going to evolve greatly, as hopeful and as optimistic as I get. It's going to be amazing. Because AI is conducive to life and human flourishing as long as we use it responsibly. It's not to destroy, it's to create. It's to bring more efficient ways for us to live. Since AI is still developing, it depends on responsible use. I hope people would use it responsibly din. AI tools will evolve more into tools that have these rules so that people can use it responsibly without thinking how they will use it responsibly.</p>
Respondent 6	<p>Sana more efficient. Sana mas gawing less toxic, less high demand yung creative industry, yung advertising industry to be specific. Kasi pag sinabing advertising industry talagang high demand. It takes so much hours from the personal life of people. Na dumaring sa point na sinasabing, "nasa ahensiya ka eh, dapat ganito ganyan". Na normalize na maging busy, unreasonable working hours. Sana with AI maging more proficient. Isa pa yun sa mga naging ideas namin na AI should be able to add life hours sa mga tao kasi nga mas magagawa niyang efficient mas mabilis niyang magagawa diba, mas quality. So sana ganun yung magawa niya.</p>
Respondent 7	<p>Yung more possibilities but more harm o yung mga ganun. Yung good there's a corresponding evil to it. But evil also has a corresponding good. So ganun niya nababalance eh. Good, evil, Evil good. Yung Hegalian theory. Hanggang sa yung sinasabi ni Hegel yung pinakaperfect system na. Anti-thesis. Pero out of it, wag ka matakot, kasi meron pang uusbong na ibang result, mas maganda pa.</p>
Respondent 8	<p>Na imagine ko na sasabihin ko yung case ng client ko sa Chat GPT. Joke lang! Siguro kasi guide mo siya. Kasi siyempre pag dating sa pagiging artist ko reference. Pag dating sa psychology makakatulong rin siya sa grammar correct. I-guide ako na paano ba 'to, i-explain mo nga 'to siya sakin. Pero hindi rin talaga pwede na i-asa mo yung case sa AI kasi hindi siya accurate. Pero makakatulong pa rin siya.</p>
<p>4. Any last message or piece of advice on living truly and expressing yourself as a human being to the people listening?</p>	
Respondent 1	<p>Siguro don't be afraid to try anything that interests you. Just keep going with your life because that's how you will live life. And how will you live life if you haven't tried anything you want to do. And just keep focusing on making yourself better and be the best you can ever be. That's all.</p>
Respondent 2	<p>Live one day at a time. It's important yung pagsusulat at pagkakaroon ng aspiration nga. Kasi hindi ka naman hayop. That's what makes us distinct animals. We have dreams we have memories. Yung thinking capacity. You can visualize. It's important na meron kang sense of reality pero at the same time you can dream about things na wala pa sa present. Ayun. Mic drop.</p>

Respondent 3	Life is a journey. Life is short. It's just a dash. How you live your life, is your choice. And every choice we decide, there's always an accountability and a responsibility out of it. Before deciding anything in your life, you have to think of what the outcome of this decision would be. From there, weigh things out which one would be your choice. That's my belief. I always think of the consequences and accountability of the decision. Next is you have to be good. You need to live according to god's teaching and way of life. You need to think for the welfare of everyone, not only for your own. Be good to people and they will remember you somehow. Na pag nahiga na ako sa puting kabaong, they will say, "thank you". Thank you for being my everything. That's all.
Respondent 4	Don't take life too seriously tulad ng sinasabi ni Ru. Siyaka live in the moment.
Respondent 5	I'm still learning about myself. It's okay to give ourselves grace. To acknowledge that we are all a work in progress. And we should live a life true to ourselves. Strive for clarity for what we want and need and to get that. And life is going to throw shit at us, at times we don't expect it the most. We're not alone and our experiences are not that special. Share what you know, your experiences, and don't be afraid to let people in but at the same time know when to let people out and when to leave relationships or thoughts that don't serve you anymore.
Respondent 6	Try your best to be your true self. How? You just do it. If ano nararamdaman mo, gawin mo, ramdamin mo. Ano gusto mo sabihin basta hindi ka makakaoffend, meaning hindi ka makakadurog ng pagkatao ng tao, yung gauge for it if doesn't bother you in the next five minutes and it will harm somebody elses feelings, basta yung parang i-gauge mo kung gaano kababaw. If it doesn't concern you in the next five minutes, so wag mo nalnag sabihin kasi hindi mo alam how it will affect the person. Kung wala ka masabing maganda, tumahimik ka nalang. Pero if you think that criticism will make the life of the person better, sabihin mo pa rin, pero in the right timing. Pero sometimes there is no right timing, so sabihin mo nalang. Basta live life truly and with pure intentions. Never wish someone ill, kahit gaano pa sila kasama sayo. Naniniwala talaga ako sa karma, bumabalik. Bukod kay mondi ah, willing ako to receive all karma.
Respondent 7	The cliché na be yourself. Be yourself is actually a deeper kind of realization about the human person. When you say be yourself, yung identity mo, uniqueness mo. Be yourself, kung na internalize mo yun, na you don't have to be somebody else because in the first place, you're just yourself. By being "other-ly", you forget yung pagiging tao mo, pagiging ikaw. Because yung pagiging ikaw, yun ang pagiging tao mo. Wala ka naman dapat pang patunayan sa ibang tao. Sa existentialism, givenness yan e. Sabi ni John Paul Saarte, yung pagiging given sa mundo mo, hindi mo kinreate ang sarili mo

	pero nandydyan ka na, natagpuan mo na yung sarili mo dyan, ibangon mo, gawin mo whatever is given. You have to accept that reality and live that reality. Express the givenness of life. Be yourself.
Respondent 8	Hindi ko nga alam paano i-express yung sarili ko bhie! Time is gold! Live your live sa kung ano gusto mo talaga. Siyaka go with the flow. May ganun akong aspeto sa buhay ko, na ito na ba yung nangyayari sa buhay ko, ay sige lalangoy lang ako. May mga iba tulad ng kuya ko pag di niya kontrolado yung sitwasyon, nagkakaroon siya ng anxiety. Wala kasi akong urgency sa sarili ko. Pag hindi ko kontrolado yung sitwasyon ko, hindi ako alerto na hala kailangan ko in line yung sarili ko, hindi. Nakikilangoy na lang ako. Minsan masama minsan okay.

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