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TECHNOLOGY, ISLAMABAD



A Silent Burden; Exploring the Psychological Crisis of an Emotionally Available Friend

by

Maryam Fatima

A thesis submitted in partial fulfillment for the
degree of Master of Science

in the

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Department of Psychology

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Available Friend**

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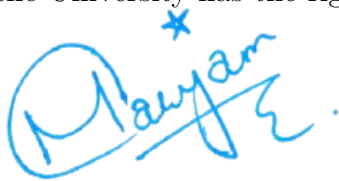
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(Maryam Fatima)

Abstract

Friendships are frequently considered as spaces of relief, compassion and assistance to one another. Yet behind this ideal lies a less visible reality when one friend consistently becomes the emotional caregiver, the balance shifts. An invisible burden is carried by emotionally available friends who silently ignore their own problems while absorbing the emotional distress of others which can result in burnout, blurred boundaries and even a crisis of identity. Emotional availability is crucial for friendships; little is known about the psychological costs for people who give more than they receive. To better understand the experiences of young adults (18–25) years who act as the main emotional support in unbalanced friendships, this study employed a qualitative phenomenological design. Participants' personal stories of role strain, identity conflict and emotional burden were collected through semi-structured interviews. The data was analyzed using Interpretative Phenomenological Analysis (IPA) following the six-step approach of Smith and Flowers (Smith et al.,2009). Using purposive sampling techniques (such as university students), a sample of seven individuals was gathered and in-depth semi-structured interviews were conducted to gather data. The results showed that participants perceived emotional assistance as a moral and interpersonal duty and saw it as crucial component of their identity. Long term emotional caregiving however has been linked to feelings of emotional tiredness, lack of reciprocity and increase in emotional retreat. In addition to highlighting the psychological costs of long-term emotional caregiving in friendships, the study emphasizes the significance of reciprocity, emotional boundaries and emotional support in preserving positive relationship and psychological wellbeing. The findings based on participants lived experiences were expected to reveal reciprocity as essential to healthy friendships and to illuminate the hidden vulnerabilities of emotionally available friends.

Keywords: Social Support, Boundaries, Emotional Availability, psychological crisis, Empathy.

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Chapter 1

Introduction

1.1 Background of the Study

Human beings fundamentally rely on social relationships to fulfill their psychological, emotional and developmental needs throughout their lifespan ([Morrison et al., 2025](#)). This is evident in our natural inclination to live in and to participate in groups, form families, build communities and engage in cooperative activities ([Regan et al., 2023](#)). During emerging adulthood of university students these interpersonal connections become increasingly significant as individual transition toward independence and rely more heavily on emotional support, identity development and coping with life stressors ([Langheit and Poulin, 2024](#)). This increased reliance on friendship may also create greater expectation for emotional availability and support provision. Pakistan is a collectivist society in which cultural norms emphasize loyalty, mutual obligation and helping among in group members. Collectivism was found to be a significant driver of prosocial behavior in qualitative research carried out in Pakistan. Participants stated that local communities, families, and educational institutions encouraged a sense of duty to assist others, indicating that shared cultural and social norms rather than personal preferences alone influence helpful conduct ([Ahmed et al., 2022a](#)). These culturally reinforced expectations of helping and responsibility may also shape close friendships where being emotionally responsive and available to others may be perceived as an important aspect of maintaining relationships.

Interpersonal interactions are highly valued in pakistan collectivist sociocultural settings and young adults are encouraged to maintain supportive ties. According to recent research conducted among pakistani university students, empathy is positively correlated with prosocial behavior and both prosocial behavior and empathy significantly predict altruistic tendencies. This suggest that the people who are emotionally responsive are more likely to act in ways that are supportive to others being consistent with cultural expectations ([Hamid and Ayub, 2025](#); [Shafique et al., 2024](#)). Friendship quality is a significant determinant of psychological well-being as close friendships become primary source of emotional support, companionships, self-disclosure and social validation ([Pezirkianidis et al., 2023](#)).

People primarily form and maintain friendship with individuals who provide emotional support, are dependable during time of need, possess compatible personality characteristics highlighting that mutual support and trust are central to high quality friendships ([Apostolou et al., 2024](#)). For pakistani emerging adults, friendship may serve as a particularly important function as peer relations often compliment family-based support systems during the transition toward independence.

Among pakistani university students, perceived support from close relationships, including friends and family has been associated with better psychological adjustment, highlighting the importance of interpersonal connections within this cultural context ([Bashir and Khalid, 2022](#)).

Relationships' emotional and dyadic qualities are explained by emotional availability which is the capacity of two individuals to have healthy emotional connection ([Biringen et al., 2023](#)). Supportive communication, emotional responsiveness and behaviors that make individuals feel validated are characteristics of high-quality friendships. These qualities encourage mutual support, facilitate self-disclosure and strengthen interpersonal trust contributing to improved friendship quality and psychological wellbeing ([Macdonald et al., 2023](#)). By encouraging trust, empathy and mutual support, emotional availability improves the quality of friendships but it can also put a significant psychological strain on the person playing this position. ([Macdonald et al., 2023](#); [Rahal and Singh, 2024a](#)). Reciprocal emotional support, where both parties have the chance to show vulnerability and receive care

is a hallmark of healthy friendships. However, emotionally available people may prioritize the needs of others while suppressing their own when emotional support becomes regularly one sided. Their psychological health and emotional reserves may be gradually compromised by this lack of reciprocity. (Shin and Gyeong, 2023).

Friends who are frequently asked for emotional support may eventually take on more emotional duties. The relationship may become emotionally unbalanced when emotional support is regularly given without equal reciprocity which could put more emotional strain on the support provider and possibly compromise their own well-being. (Ray and Manusov, 2023).

When emotional support is provided consistently without comparable reciprocity friendship may become emotionally imbalanced placing greater emotional demands on the support provider and increasing the risk of emotional exhaustion and reduced psychological wellbeing (Jacobsen et al., 2023). Close friendship remains an open source of companionship, emotional support and assistance in coping with developmental challenges, as most individuals turn to their friends in time of distress. (Landi et al., 2025).

Pakistani context where close interpersonal relationships serve as an emotional source of social and emotional support, individuals who frequently provide support to others may experience unique interpersonal expectations. Although supportive friendship contributes positively to psychological adjustment among Pakistani university students (Bashir and Khalid, 2022) the responsibility of consistently being available for others may create emotional demands for those who occupy supportive role. Thus, while emotionally supportive friendships may function as a protective factor during emerging adulthood, the experience of individuals who continuously provide emotional support require exploration particularly regarding the psychological cost associated with maintaining this role.

Interpersonal contexts that promote self-disclosure and improve the quality of relationships are created by people who regularly exhibit supportive communication and emotional responsiveness. Over time high quality friendships are linked to more self-disclosure and more self-disclosure further improves friendship quality

demonstrating the mutual growth of trust and emotional closeness within friendship. (Costello et al., 2024). People who regularly exhibit empathy, supportive communication and emotional responsiveness foster social setting that encourage self-disclosure and improve the quality of life. Relationships partners who are receptive while encouraging are more likely to be asked for emotional support by friends which increases the friendship's emotional intimacy and trust. (Rains and Carter, 2024).

As emotionally available individuals are often perceived as dependable source of emotional support it makes them more likely to assume the role of support providers within their friendship. (Johnson, 2024a). These individuals eventually may become central figure within their friendship networks providing consistent emotional support to others.

Within many social circles, one individual is often perceived as the emotional anchor; someone who listens without judgment, provides unconditional support and creates space for others' suffering. (Ferrara and Vergara, 2024). Such individuals, commonly referred to as emotionally available friends, are typically regarded as resilient, kind and selfless. (Pezirkianidis et al., 2023). Yet, behind this compassionate facade lies a more complex and frequently overlooked reality: the psychological strains and emotional difficulties that these individuals may endure (Wendlandt et al., 2023).

Emotionally available individuals provide consistent support to others however they often suffer in silence and receive nothing in return. (Kane et al., 2023). This imbalance may lead to internalized neglect, identity confusion, burnout and emotional exhaustion (Ajithakumari and Hemavathy, 2022). Such dynamics reflect a self-costing behavior, in which an individual reduces their own well-being to enhance that of others (Vlerick, 2020). These findings suggest that despite the widespread perception of emotional availability as a favorable trait that enhance friendship quality that fosters psychological wellbeing, consistently carrying out the position of emotional supporter, the provider may potentially carry hidden emotional cost. Understanding theses experience is particularly important during emerging adulthood when friendships serve as a primary source of emotional

support and plays a central role in coping with developmental challenges. The protective role of friendships and emotional support for psychological well-being has been extensively studied in Western populations, but the possible emotional costs faced by those who regularly offer support within friendships have received relatively less attention. The benefits of supportive relationships for those who receive care have been the main emphasis of existing work, whereas the psychological experiences of support providers such as emotional tiredness, unmet emotional needs, and decreased reciprocity have received less attention. In collectivist countries like Pakistan, where cultural expectations of loyalty, duty, and availability toward close others may further impact the experiences of emotionally supportive friends, this discrepancy becomes especially significant.

1.1.1 Emotional Availability

The capacity to share an emotional bond within a dyad is called emotional availability ([Biringen et al., 2022](#)). Emotional availability extends beyond simply expressing emotions it reflects an individual capacity to perceive, understand, validate and respond appropriately to another person's emotional experiences while maintaining an emotionally secure interpersonal relationship ([Biringen et al., 2023](#)). People who are emotionally available build connections that are marked by emotional engagement, trust and openness which initiate interpersonal closeness and encourage others to express their feelings openly ([Lin et al., 2024](#)). High quality friendships are developed and maintained as the result of these emotionally responsive interactions which foster affection, relational stability and emotional connection. ([Shah et al., 2024](#)). In early conceptualizations Zeynep Birigen et al (1990s) highlighted responsiveness, sensitivity, non-intrusiveness and non-hostility as core dimensions that facilitate secure attachment ([Shakiba et al., 2022](#)). In the context of friendship, it includes recognizing and meeting the emotional needs of people, providing support and establishing a psychologically secure environment for emotional expression ([Wang et al., 2024](#)).

Emotionally available individuals are frequently seen as reliable source of emotional support because they consistently respond with empathy, encouragement

and acceptance. As a result, friends experiencing stress or emotional difficulties are more likely to seek support from individuals they perceive as emotionally responsive and supportive increasing the emotional demands associated supportive role ([Rains and Carter, 2024](#)).

Supportive connections in young adulthood are influenced by both cognitive and emotional empathy ([Guariglia et al., 2023](#)) however emotional empathy is especially important for people who are emotionally available and constantly exposed to their friends, misery contributing to profound resonance with others' emotions resulting in emotional strain and tiredness. Emotional availability promotes intimacy, closeness and trust in friendships ([Langheit and Poulin, 2024](#)) however establishing healthy boundaries is equally important.

People who are emotionally accessible and are overly invested in emotional experiences of others may have difficulty distinguishing between their own and their friend's feelings, process linked to increased emotional engagement and empathic strain ([Takamatsu et al., 2025](#)).

Consistent emotional support without clear interpersonal boundaries the recurrent participation in others misery can increase emotional burden, restrict opportunities for self-care and raise the risk of emotional exhaustion. ([Kim and Yoon, 2024](#); [Johnson, 2024a](#)). Overtime, these cumulative emotional demands may compromise psychological well-being and sustainability of supportive friendships. Online and offline friendships both are preferred equally irrespective of different platforms because people are more likely to seek those friends to whom they feel emotionally connected, whether in person or online. ([Roy et al., 2022](#)). Sustained exposure to other emotional demands may result in emotional exhaustion ([Schoenherr et al., 2020](#)).

Empathy is essential for social cognition, emotional understanding and interpersonal connection however excessive affective empathy can lead to emotional dysregulation and an increased risk of psychological issues such as empathic distress, anxiety, depression, burnout, vicarious trauma, post-traumatic stress symptoms and other internalizing disorders ([Huang et al., 2025](#)). In adolescents this dynamic is often expressed through co-rumination repeatedly discussing life problems which

can be both beneficial (strengthening intimacy) and detrimental (increasing internalizing symptoms) for adjustment (Van Der Mey-Baijens et al., 2025).

Daily emotional labor, especially surface acting has been linked to decreases psychological well-being and eventually increased burn out (Riforgiate et al., 2022) implying that ongoing emotional control in social situation can have long term psychological consequences. The effort required to control and manage one's own emotions in order to satisfy the emotional demands of others during interpersonal encounters is referred to emotional labor. (Pinkawa and Dörfel, 2024) which is expected in an attempt to be there for others. Long term exposure to others sufferings can eventually lower emotional capacity resulting in emotional depletion, decreased empathy and increased psychological strain irrespective of the motivation of care and concern at the beginning (Zhang et al., 2023). Emotional availability can also have adverse outcomes, contributing to subclinical symptoms such as anxiety, depression and in some cases diagnosable problem like major depressive disorder thereby leading to psychological crisis (Borowski and Rose, 2024).

Emotional availability promotes friendship that are healthier and more fulfilling but continuously playing the role of emotional support can also put people at risk for psychological distress, emotional weariness and emotional labor. Long term emotional involvement without sufficient reciprocity or healthy boundaries may gradually endanger the support provider's psychological well-being even when offering emotional support can improve interpersonal connections and create a feeling of purpose. These findings suggest that emotional availability may function simultaneously as a protective interpersonal resource and a potential source of psychological vulnerability.

1.1.2 Psychological Crisis

event itself (Baumgardt and Weinmann, 2022). Robert and Ottens, in 2005 described it as stressing acute anguish, failure to cope normally and disturbance of homeostasis (Tripathi et al., 2023). Psychological crisis is a transient condition of disequilibrium brought on by excessive stressors including escalation of distressing

emotions, thoughts and behaviors and marked by failure of typical coping strategies which leads to emotional suffering (Hudson et al., 2024) reduced functioning and need for external assistance.

Individuals' ability to recover from a mental health crisis can be greatly impacted by the help they receive. (Roennfeldt et al., 2021). It causes a turning point which depending on the availability of support and intervention, may result in either recovery or further decline (Telles et al., 2024).

Recent research suggest that psychological crisis is influenced by individual's social, emotional cognitive as well as external stressors. People are more vulnerable to mental health difficulties and reduced functioning when emotional demands consistently exceed their coping strategies (Hudson et al., 2024). According to (Chen et al., 2025) adaptive emotional regulation promote psychological stability where maladaptive emotional regulation is associated with heightened and ineffective coping increasing vulnerability to psychological crisis.

Recent evidence suggest that psychological crisis rarely develop as an immediate response to single stressful event rather it often emerges through the cumulative effect of persistent emotional demands that gradually exceed an individual's coping capacity. Persistent exposure to interpersonal stress without sufficient emotional recovery progressively depletes psychological resources leading to emotional dysregulation, impaired functioning and increased psychological suffering in situations which are characterized by high emotional demands and limited emotional resources (Solomon et al., 2021).

Sustained emotional engagement with the problems of others can lead to emotional resource depletion and empathic suffering, making ones more vulnerable to psychological crisis, burn out and emotional exhaustion. (Zhai et al., 2025). Emotional regulation plays an important role in determining whether prolonged emotional demands results in psychological crisis. Individuals who repeatedly suppress their own emotions while responding to the emotional needs of others gradually exhaust their self-regulatory resources reducing their ability to cope effectively with subsequent stressors.

Although emotional regulation generally promote psychological resilience, persistent emotional suppression and limited opportunities for emotional recovery are associated with emotional exhaustion, burnout and increased vulnerability to psychological distress.

For emotionally available friends, the continuous regulation of both their own emotions and those of others may therefore accelerate emotional depletion and increase their susceptibility to psychological crisis.

Teenagers' perceptions of positive relationship provision are feeling validated during issue talk. The issue talk can result to be significantly distressing and challenging after discussing ([Borowski and Rose, 2024](#)).

Psychological crisis of emotionally available friends may remain hidden because they are frequently perceived as dependable, emotionally resilient and psychologically strong. The supportive role often discourages emotional disclosure and help seeking, leading them to suppress their own emotional needs while continuing to prioritize the well-being of others.

Overtime, this pattern of self-neglect may contribute to emotional loneliness, identity conflict, emotional exhaustion despite appearing psychologically well adjusted to others.

Psychological distress may accumulate silently until emotional resources become critically depleted. Emotional Exhaustion (feeling of emotionally spent), inability to continue and poor personal fulfillment (not enjoying giving) leads to depersonalization (feeling detached) are the signs of burnout which can result from caring at the expense of one's own being ([Blom et al., 2024](#)) which can be the product of one's friend heightened sense of emotional responsibility to other.

Maintaining boundaries to safeguard one's own wellbeing and happiness is necessary because being there for other in terms of excessive emotional availability can result in emotional exhaustion and burnout ([Eramian et al., 2024](#)). Psychological crisis among emotionally available friends may arise through the prolonged effect of emotional labor, continuous empathic engagement, blurred interpersonal boundaries and inadequate reciprocal emotional support. While emotional availability

promotes intimacy, trust and friendship quality, consistently assuming the role of emotional support may gradually exhaust psychological resources and reduce coping capacity. Emotionally available friends may become increasingly vulnerable to emotional exhaustion, burnout, identity strain and psychological crisis highlighting the importance of exploring their lived experiences within close friendships.

1.2 Gap Analysis

[Nocedal et al. \(2026\)](#) found that senior high school “strong friends” frequently suffer from emotional dissonance, compassion fatigue and loneliness as a result of constantly helping others while neglecting their own needs. Although the existing literature provides valuable insight into emotional demands associated with providing support, most empirical research has been conducted among healthcare professionals, caregivers, high school students or general adult population rather than individuals who consistently assume the role of emotionally available friend. [\(Mirbahaeddin and Chreim, 2023\)](#) reported that sustained relational demands and unclear boundaries can contribute to emotional strain and burn out among individuals in support-oriented work contexts. While these studies originate from professional contexts, they imply that providing ongoing emotional support may have psychological consequences which raises the question of whether similar experiences take place in casual friendships.

The majority of research has concentrated on general social support and emotional competencies rather than emotionally available friendships as a unique relationship resource despite growing evidence about the emotional need of providing support. For instance [\(Ghiggia et al., 2024\)](#) investigated the role of emotional competency and social support in relation to psychological distress but did not specifically examine emotionally available friends. Similar to this, emotional availability has been considered as a protective factor for well-being [\(Pezirkianidis et al., 2023\)](#) but its potential psychological cost for person providing support has received less attention. Prior studies have largely focused on recipients of support rather than providers. According to [\(Hartley et al., 2022\)](#) the majority of studies focus on the

benefits of receiving emotional support leaving the experiences of people who consistently offer such support relatively unexplored. Consequently, little is known about how sustained emotional availability may contribute to burnout, boundary collapse or psychological crisis among support providers. Recent qualitative research has further highlighted the demands associated with peer support.

According to (Bilello et al., 2024) young adults who supported friends engaging in self-harm frequently experienced feelings of responsibility, emotional burden and uncertainty regarding how to provide effective support. The findings suggest that peer supporters can be under a lot of psychological stress.

This study focused specifically on support provision within the context of self-harm and did not examine the broader experience of emotionally available friends on their vulnerability to psychological crisis. These studies do contribute to understanding emotional demands associated with support provision however important conceptual and methodological gaps remain unexplored.

Much of the existing literature relies on quantitative approaches including correlational analysis and burnout scales which may not fully capture the complexity of individual lived experiences. Recent Pakistani research has also highlighted the need for qualitative inquiry to better understand subjective emotional distress (Khurshid et al., 2025). Furthermore, the experiences of emotional overinvolvement, blurred interpersonal boundaries and lack of reciprocity within emotionally supportive friendship remains insufficiently explored in Pakistani context (Naeem and Inam, 2023). Researches have specifically focused on pakistani university students during emerging adulthood however it remains unclear how emotionally available friends within this population experience the psychological demands of continuously providing emotional support. This population specific gap highlights the need to explore the lived experiences of emotionally available pakistani university students within their friendship relationship. Despite growing evidence regarding emotional demands associated with providing support limited research has examined the lived experiences of emotionally available friends, particularly among pakistani university young adults (18-25 years). To address these conceptual, contextual and methodological gaps the present study employed a qualitative

phenomenological design to explore experiences of psychological stress and emotional burden among emotionally available young adults of Pakistan.

1.3 Problem Statement

Emotional availability is widely recognized as an important component of healthy friendship because it facilitates empathy, emotional connection and social support (Costello et al., 2024). Emerging research suggests that providing emotional support over extended period of time may have psychological repercussions on the support providers. Continuous exposure to others emotional distress coupled with ongoing emotional regulation demands, has been linked to emotional exhaustion, burnout and reduced psychological wellbeing in support related contexts. (Noor et al., 2025; Zhai et al., 2025).

The support provider can face emotional burden due to the prolonged and continuous emotional availability (Rahal and Singh, 2024b). The burden may involve repeatedly taking responsibility for a friend's emotional difficulties, continuously being exposed to their stress regulating one's own emotions while supporting the other person, suppressing personal needs, and experiencing difficulty in establishing or maintaining emotional boundaries. When emotional support becomes predominantly one-sided, the support provider may experience increased emotional and relational demands associated with perceived responsibility for remaining available to the other person.

Despite this evidence research examining the psychological effect of continuously providing emotional support within "friendship" remains limited. Existing studies have largely concentrated on professional caregiving positions or those who are receiving help rather than the people who regularly offer it in peer relationships. (Bilello et al., 2024). This results in a substantial knowledge gap in long term supportive role of emotionally available friends particularly in terms of emotional burden, role strain and identity related stress. The psychological impact of this burden may extend beyond temporary tiredness and may be reflected in emotional exhaustion, emotional depletion, feeling unseen or unsupported, difficulty

attending to one's own emotional needs, difficulty seeking support from others, relational withdrawal, emotional shutdown and identity-related conflict. Thus, the concern is not emotional availability itself, but the psychological cost that may emerge when emotional support becomes prolonged, demanding and insufficiently reciprocal. In the Pakistan's context, specifically marked by the cultural values which emphasizes loyalty, interpersonal responsibility and helping in close relationships, there is even less empirical attention given to how young adults experience imbalance emotional reciprocity in friendships and how these dynamics may lead to psychological crisis. Thus, the present study aims to investigate the lived experience of Pakistani young adults (18 to 25 years) who are emotionally available and serve as the main emotional support system in their friendships. This study seeks to understand how continuous emotional support influence emotional well-being, boundary formation and vulnerability to psychological strain. These findings are expected to contribute to deeply understand the hidden psychological cost of emotional availability in friendship and may assist mental health professional in developing interventions that promote healthy emotional boundaries and psychological well-being.

Research examining the psychological effect of continuously providing emotional support within friendship remained limited as most existing literature focuses on professional caregiving role or recipients of support rather than support providers (Bilello et al., 2024b). Research on the psychological effect of continuously providing emotional support is scarce (Luo et al., 2025) 50% of informal supporters in Hyderabad Pakistan, who provide emotional support reported psychological burden (Memon et al., 2023).

Imbalance in reciprocal support can result in emotional depletion and role overload (Kramer and Bleidorn, 2024). The mechanisms of friendships are still not deeply studied as most research emphasizes recipients, ignoring emotional availability in friendships which can lead to emotional exhaustion and identity stress for the giver (Noor et al., 2025).

The personal accounts of emotionally accessible friends in Pakistan are examined in this study, with an emphasis on how responsibilities can cause emotional stress

and even a sense of personal crisis when assistance becomes uneven. The research findings can help clinical and counseling psychologists identify young adults who are emotionally overburdened and create therapies that promote healthy boundaries to avoid friendship burnout.

Chapter 2

Literature Review

The present literature review examines previous research related to the psychological impact of being emotionally available for others. It focuses on the concepts of emotional support and co-rumination, emotional labor and emotional exhaustion, empathy, compassion fatigue, emotional overload, and the psychological consequences of consistently assuming an emotionally supportive role. Collectively, these studies provide evidence that while offering emotional support strengthens interpersonal relationships, excessive emotional involvement without adequate boundaries or reciprocal support may contribute to emotional exhaustion, psychological crisis, and reduced well-being. This review provides the theoretical and empirical foundation for the present study.

2.1 Emotional Support and Co-Rumination

([Battaglini et al., 2024](#)) Investigated co-rumination among adolescents who adopted both digital and face to face communication to find although it improved the quality of friendship but frequent discussions of the personal issues seemed to contribute to higher level of depressive symptoms. The results imply that whereas emotionally supportive relationships promote interpersonal closeness they may also make people more emotionally strained and psychologically vulnerable.

In a study of co rumination in teenage friendships ([Borowski and Rose, 2024](#)) discovered that even in situations when difficulties felt overwhelming, frequent problem focused conversations were reinforced by positive relational feedback and emotional outcome expectations. This implies that emotional intimacy that result from these kinds of encounters may lead emotionally available people to remain in mentally taxing relationship, raising emotional weariness in long run.

In general, these findings demonstrate co-rumination's dual role within friendships. By promoting prolonged involvement with negative emotions, it may enhance psychological vulnerability even while it strengthens emotional closeness and supports supportive connections. Both studies emphasize the interpersonal advantages of co-rumination, but they also show that people who regularly take on supportive roles may experience emotional burden and fatigue as a result of ongoing emotional involvement. However, both researches used quantitative methods with adolescent populations, offering little insight into how emotionally supportive people themselves interpret these events. This emphasizes the necessity of qualitative studies investigating the real-life experiences of emotionally accessible friends, especially in the context of Pakistani culture.

2.2 Emotional Labor and Emotional Exhaustion

A recent meta-analysis ([Chen et al., 2024](#)) found that the persons who are often handling other people's emotions which is a type of emotional labor, frequently become emotionally spent no matter how strong or weak the relation is.

According to [Lim and Lee \(2024\)](#) study on Korean school counselors, emotional tiredness and emotional exhaustion are correlated in both directions, suggesting that ongoing emotional control might weaken emotional resilience that may apply to emotionally accessible people who not only manage their own emotion but also deal with misery of others.

[Cairns \(2025\)](#) investigated the function of emotional labor, empathy and emotional contagion in intimate relationship who demonstrated that continuously controlling the emotions of others might exhaust psychological resources, which may be

particularly true for friends who frequently offer unrequired support making them susceptible to psychological crisis and emotional tiredness.

According to these studies long term emotional labor is linked to emotional weariness and lower psychological well-being. These studies states continuously controlling one's own emotions while attending to the emotional needs of others gradually depletes psychological resources. Despite the fact that these were conducted in variety of population such as school counselors and people in close relationships.

2.3 Empathy, Compassion Fatigue and Emotional Overload

A cross-sectional study was conducted on 207 nursing students using standard scales by (Evli, 2023) on nonprofessional care giving roles. Emotional overload demonstrates that compassion fatigue can result from high level of empathy and emotional contagion. According to Cao et al. (2021) emotional involvement and inadequate boundary setting were the main causes of high level of compassion fatigue in his study on nursing students. This study demonstrates how fatigue can result from ongoing emotional exposure in absence of effective coping mechanism. Emotional responsibilities can contribute to emotional exhaustion. Although these studies were conducted among nursing students, they provide valuable evidence regarding the psychological processes of empathy, compassion fatigue, and emotional overload, which may also be relevant to individuals who provide sustained emotional support in non-professional relationships.

2.4 Psychological Consequence of being on Emotionally Supportive Role

According to recent studies friendships may involve substantial emotional obligations that might have an impact on psychological well-being. According to Nosedal et al. (2026) senior high school students who are viewed as Stronge friends

frequently suffers from emotional dissonance, compassion fatigue and lack of reciprocity in relationships because they consistently offer emotional support while repressing their own needs. This suggest that being emotionally available for others may come with a silent psychological impact including feelings of isolation and exhaustion. The results are evident to the notion that supportive friends may put themselves to emotional overload if not balanced. It emphasizes how persistent emotional caring in peer relationship can exacerbate internal misery when individual emotional needs are invalidated.

[Hazel et al. \(2022\)](#) investigated the association between co-rumination and depressive symptoms in developing adult friendships and how the friend's emotion control techniques mitigate this relationship. A correlation was revealed between co-rumination and depression when friends lacked usual copying mechanism like cognitive reappraisal, demonstrating that emotionally available people when are exposed to others difficulties on regular basis without receiving any emotional copying assistance they become susceptible to psychological suffering.

[Qin et al. \(2023\)](#) discovered that connections with peers who had been victimized or suffered from depression frequently resulted in the maintenance or exacerbation of symptoms over time. These emotionally charged connections did not act as a buffer rather they exacerbated psychological stress indicating that being emotionally available in this kind of relationship may raise the risk of emotional depletion and crisis.

[Jacobsen et al. \(2023\)](#) investigated that friendships at work have the potential to propagate emotional exhaustion, as people grow more exhausted when their friends experience similar levels of emotional exhaustion. These demanding connections are typically maintained by those who were already worn-out particularly if they were highly neurotic. This demonstrates how emotionally open people might stay in draining relationship, raising their chance of experiencing psychological stress. Collectively, these findings indicate that while emotionally supportive friendships promote closeness and interpersonal connection, extended and inadequately reciprocal support may put people at risk for psychological stress and emotional exhaustion.

2.5 Theoretical Framework

In close friendships specially marked by emotional depth, some friends naturally become emotional supportive, the one who listen deeply, show up in time of crisis and hold emotional space for others (Durrani and Saleem, 2022). In the present study, sustained emotional support refers to the repeated and continuing provision of emotional support to a friend over time, including consistently listening, comforting, advising, and remaining emotionally available in response to the friend's ongoing emotional needs rather than occasional support which is provided during a single or isolated situation. Role Theory (Biddle, 1986) provides a conceptual framework to illuminate how such friends experience and make meaning of their roles. Experimental results from role playing paradigms proves that active role adoption improve empathetic engagement and perspective taking even being carried out in controlled educational settings. (Tien et al., 2025). This indicate that psychological processes observed in observational role playing may extend to naturalistic social contexts where repeated interpersonal engagement and emotional responsiveness contribute to formation of emotionally supportive identities in close friendships.

Emotional availability may be experienced as a role assumption that becomes emotionally overwhelming over time. Human behavior is shaped by the role's individuals occupy which carry social expectations and obligations (Jeong et al., 2025). One friend may gradually internalize the supportive role in emotionally charged friendships', experiencing himself as providing constant emotional support with little reciprocation. Rayment et al. (2018) The imbalance may eventually feel more like responsibility than choice. (Barber and Cordell, 2023). As emotionally supportive role becomes repeatedly reinforced through friend's expectation and individual's self-concept, emotional availability may gradually shift from a voluntary act of support to an internalized social obligation (Biddle, 1986).

According to Role theory repeated enactment of role strengthen role identity, making individuals feel responsible for fulfilling associated expectations even when

doing so compromises their own psychological wellbeing (Biddle, 1986). Consequently, emotionally available friends may continue prioritizing other's emotional needs despite experiencing emotional exhaustion themselves. As emotionally supportive friends internalize the expectation to remain available to others, they may experience difficulty expressing their own vulnerability due to feelings of guilt.

The tension is described as a role strain: "the emotional pressure that develops when role demands exceeds individual's capacity." (Tough et al., 2022). Role theory doesn't explicitly describe the concept of silent burden however it offers a useful frame work for understanding how prolonged role assumption and role strain may contribute to hidden psychological crisis. As emotionally available friends repeatedly fulfil the expectation of being the primary source of emotional support, they may gradually neglect their own emotional needs to maintain this role.

They are often viewed by others as dependable, resilient and emotionally strong however their own distress may remain unrecognized and unexpressed resulting in the silent burden explored in this study According to (Landy et al., 2020) these supportive roles frequently repress their own needs and endure silent suffering as a result of one-sided emotional work.

When role strain persists without adequate emotional reciprocity or opportunities for emotional expression, individuals may experience increasing emotional exhaustion, internal conflict and psychological crisis.

Within the context of emotionally demanding friendships, prolonged role strain can contribute to emotional exhaustion, identity disruption and vulnerability to psychological crisis making role theory particularly relevant for understanding participant's lived experiences.

This suggested that emotional availability, although often viewed positively, may also lead to internal conflict, exhaustion, and psychological exhaustion when unacknowledged. The interpretation of participants' lived experiences was guided by the concepts of role assumption and role strain to understand how sustained emotional availability over time was related to psychological crisis as experienced by the participants.

2.6 Conceptual Framework

The conceptual centers on the lived experience of university students who serve as emotionally available friends and is grounded in Role Theory (Biddle, 1986). It describes how these individuals progressively assume the role of emotional caregiver through consistently providing emotional support, empathy and availability to their close friends; a process influenced by societal and interpersonal expectations. Within the university context, where peer relationships are often a primary source of support these caregiving responsibilities may become increasingly demanding. As these responsibilities accumulate, emotionally available friends may experience role strain which manifest as guilt, emotional overload and interpersonal strain. This strain subsequently shapes their sense of self and meaning making potentially resulting in identity change, emotional exhaustion and psychological crisis. The framework explains how sustained emotional support influence the lived experiences and psychological wellbeing of university students who consistently serve as emotionally available friends.

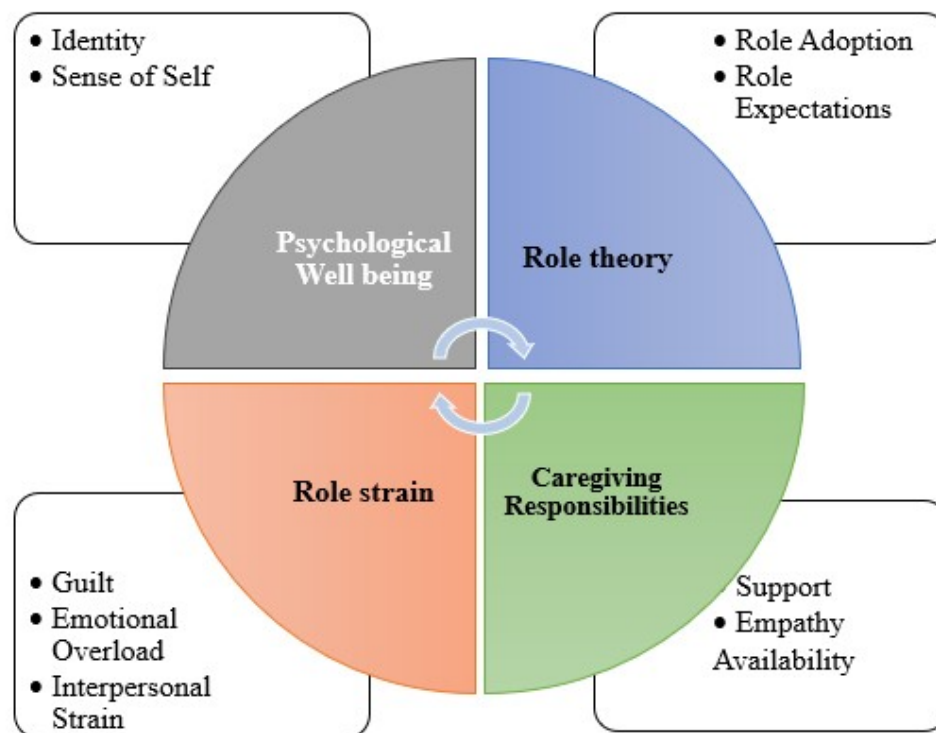


FIGURE 2.1: Conceptual Model of Factors Influencing Psychological Well-Being

2.7 Rationale

Emotional availability is specially recognized as fundamental component of close friendships because it promotes empathy, trust and emotional connectedness (Oldeman et al., 2025). However, for some individuals consistently providing emotional support becomes a silent burden as they repeatedly prioritize the emotional needs of others while suppressing their own emotions without proper reciprocity. Individuals who consistently provide emotional support without receiving comparable reciprocity may gradually suppress their own emotional needs resulting in role strain, emotional burden and identity confusion (Costello et al., 2024). Despite of their supportive role, the psychological experience of these individuals remains unnoticed.

Research indicate that informal caregiving is associated with considerable psychological vulnerability. A multinational study across Sweden, Netherlands, Germany, and Australia found that over 80% of informal caregivers reported moderate to high levels of depression, anxiety, and stress particularly when performing extensive caregiving hours (Kramer and Bleidorn, 2024). Informal supporters (family and friends) frequently face significant psychological burden comparable to that experienced by professional caregivers (therapists). Informal supporters are expected to be there as compared to professionals who have fixed availability as per their duty hours and already made-up boundaries. Similarly Robins et al. (2023) reported that informal supporters frequently experience psychological burden comparable to those of professional caregivers suggesting that long term emotional caregiving outside formal helping roles may also have significant psychological sufferings. Although these findings highlight the emotional cost of caregiving, experience of individuals who regularly provide emotional support within friendship remains largely overlooked. Existing literature has primarily focused on professional caregivers, family caregivers or recipients of support leaving emotionally available friends unrepresented in psychological research. Consequently, the emotional burden associated with continuously supporting friends has received little empirical attention.

This gap is particularly relevant in collectivist societies such as Pakistan where emotional support within friendships may be shaped within cultural expectation of loyalty, self-sacrifice and restrained emotional expression (Daraz et al., 2025). Limited research has explored how Pakistani young adults experience continuous emotional caregiving in friendships characterized by limited empirical research.

The present study aims to explore the lived experience of Pakistani young adults who serve as a primary source of emotional support within their friendships. By examining their experience of emotional burden, identity strain and psychological exhaustion, this study seeks to contribute to a deeper understanding of psychological cost associated with prolonged emotional availability in everyday friendships within Pakistani collectivist context.

2.8 Research Questions

- i. How do emotionally supportive friends experience and make sense of assuming a supportive role within their friendships?
- ii. How do emotionally supportive friends understand and interpret role strain and identity conflict arising from sustained emotional support in friendships?

2.9 Research Objectives

- i. To explore how emotionally supportive friends experience and make sense of their supportive roles within friendships.
- ii. To understand how emotionally supportive friends interpret role strain and identity conflict associated with prolonged emotional support in friendships.

Chapter 3

Research Methodology

3.1 Research Design

A qualitative phenomenological research design was used in this study to investigate the lived experiences of young people who were the main source of emotional support in close friendships. According to Edmund Husserl and Clark Moustakas, phenomenology is concerned with comprehending how people view and interpret a specific phenomenon based on their personal experiences.

Qualitative research prioritizes comprehending context, individual meaning and lived experiences in contrast to quantitative approaches, which concentrate on measurement, correlation, or frequency ([Lim and Lee, 2024](#)). A phenomenological approach was particularly appropriate for this study because it seek to uncover the essence and shared meaning of participants lived experiences of being consistently emotionally available to friends ([Öhlén and Friberg, 2023](#)).

This method recorded not only what individuals go through, but also how they gradually interpreted and created meaning from those experiences because it emphasizes the social and personal circumstances in which caring and emotional labor take place, it fitted precisely with the study's focus on emotionally available friends ([Pervin and Mokhtar, 2023](#)).

3.1.1 Type of Study

In order to investigate the lived experiences of young adults who consistently remain emotionally available in intimate friendships, qualitative phenomenological approach was applied. It was ideal for capturing the richness and collective significance of lived experiences because it focuses on comprehending how participants make sense of emotional labor, role strain, and identity conflict related to providing emotional support. ([Køster and Fernandez, 2021](#)).

3.1.2 Sampling Procedure

Participants in this study were young adults 18 to 25-years-old who reported being constantly emotionally available in at least one close friendship that exhibit emotional imbalance. This age group was selected because individuals between 18 to 25 years are in the developmental stage of emerging adulthood during which close friends become a central source of emotional support, identity exploration and interpersonal development. Friendships dynamics including emotional availability and imbalance are particularly salient during this period ([Arnett, 2000](#)).

3.1.3 Sampling Technique

Purposive sampling was used to find participants who had firsthand knowledge of the occurrence and could offer rich, in-depth descriptions pertinent to the research. To make sure that participants fulfilled the inclusion requirements and had pertinent firsthand knowledge of the phenomenon being studied, screening questions were given out prior to data collection ([Stratton, 2021](#)). Prior to recruitment, a quick screening procedure was carried out to ascertain whether possible volunteers fit the study's inclusion requirements and support its goals. In order to determine whether people were within the necessary age range (18–25 years) and have firsthand experience of being consistently emotionally open in intimate friendships, screening questions were utilized.

3.1.4 Sample Size

The notion of data saturation, which describes the point at which no new interpretations or noteworthy insights about participants lived experiences emerge from the data, guides sample size in phenomenological research instead of being predetermined. (Guest et al., 2006). When more interviews no longer advanced the knowledge of the topic being studied in this case, the impact of emotional availability in close friendships saturation was reached.

Given the idiographic nature of Interpretative Phenomenological Analysis (IPA), a relatively small and homogeneous sample was considered appropriate to facilitate an in-depth examination of each participant's lived experience (Smith et al., 2009a). 10 in-depth interviews were done in total. Due to their lack of experiencing depth and insightful thoughts pertinent to the research phenomena, the final three interviews were eliminated. Only interviews that provided detailed and insightful descriptions of participants lived experiences were kept for analysis in accordance with IPA guidelines.

3.1.4.1 Inclusion Criteria

- i. Individuals in 18 to 25 years' age range.
- ii. Had at least one close friend they provided emotional support to.
- iii. Participants were both male and female.
- iv. Those who were able to converse in Urdu or English.

3.1.4.2 Exclusion Criteria

- i. Individuals who had been diagnosed with a mental illness that impacted on their friendship interactions.
- ii. People who were receiving therapy that included talking about friendships.
- iii. Communicative or cognitive issues that would make effective involvement impossible.

The exclusion criteria were established to minimize factors that could influence participants' friendship experiences or participation. Mental illness was considered for exclusion when it significantly affected friendship interactions. Communication or cognitive difficulties were assessed based on the participant's ability to understand questions and communicate their experiences. These criteria were assessed through self-report and researcher observation.

3.1.5 Participant's Eligibility Screening

Prior to participant recruitment, a researcher developed eligibility screening form was administered to determine whether the prospective participants met the study's predefined inclusion criteria, consistent with approach described by (Duong et al., 2025). As the present study explore the lived experience of emotionally available friends, it was essential to ensure that participants had direct experience of the phenomenon under investigation. The screening form was developed following a review of literature on emotional availability, emotional support and supportive friendships. These concepts define emotionally available friends as those who consistently demonstrate empathic listening, emotional understanding, validation and reliable emotional support within interpersonal relationships. (Refoua and Rafaeli, 2023; Pezirkianidis et al., 2023). Based on these conceptualizations, the screening questions were designed to identify individuals who were regularly approached by friends for emotional support, frequently provided emotional support and understanding, and perceived themselves as dependable source of support within their friendship. The researcher administered the screening form to prospective participants before recruitment. Their responses were reviewed against the predefined inclusion and exclusion criteria, and eligibility was determined accordingly. Participants who met the inclusion criteria recruited for the study. Questions related to screening procedure are mentioned in demographic sheet eligibility criteria in appendix C and E. The screening form was evaluated and pilot tested for content relevance and suitability for study. As its purpose was solely to establish participant eligibility and a checklist to facilitate purposive sampling in accordance with qualitative research methodology.

3.2 Instruments

A screening checklist, a semi-structured interview guide and a demographic sheet were the main tools utilized in this investigation. In order to ensure clarity and comprehension during data collection, these instruments were constructed in both urdu and english, taking into account the participants' preferred main language.

3.3 Interview Guide

To investigate the experiences of emotionally available friends in close friendships, a semi-structured interview guide was created for in-depth interviews. In order to ensure clarity, comfort and effective expression of the participants lived experiences during data collection, interviews were conducted in either english or urdu based on the participants' preferences and convenience. The interview questions were first developed according to the research questions and objectives, ensuring that each question addressed the phenomenon being investigated. Relevant literature was then reviewed to identify key areas of inquiry, followed by the development of open-ended and probing questions consistent with the IPA approach. The interview guide was reviewed for clarity and neutrality, pilot tested, revised based on the pilot findings, and finalized for data collection. The flexibility of the semi-structured format, which enabled the researcher to delve deeply into participant experiences while simultaneously examining important areas linked to the research aims, led to its selection. It also made it possible to respond to the meanings and stories of participants because it allowed for rich, thorough, and culturally grounded data while keeping focus on the study issues, this method was generally endorsed in qualitative research for analyzing complicated psychological experiences. Semi-structured interviews are well known for combining structure and flexibility, allowing researchers to obtain rich, detailed and contextually grounded data while still keeping focus on the research objectives. This approach was widely supported in the literature on contemporary qualitative research. ([Smith et al., 2009a](#)). The interview guide included open-ended questions with follow-up probes to explore emotional availability, role assumption, role strain, identity changes

and meaning-making in friendships. A list of key areas covered in the interview is presented below:

- i. Background of close friendships and emotional support experiences
- ii. Experience of being emotionally available for friends
- iii. Development and assumption of the supportive role in friendships
- iv. Emotional expectations within close friendships
- v. Experiences of emotional burden and role strain
- vi. Balance between self-needs and supporting others
- vii. Changes in self-perception and identity due to the supportive role
- viii. Meaning-making and interpretation of emotionally available friendships.

3.3.1 Pilot Study

Before commencing the main data collection, a pilot interview was conducted with one participant to assess the suitability of semi structured interview guide. The pilot interview was recommended to assess the clarity, relevance and sequencing of interview questions and to refine the interview guide before the main study thereby enhancing the quality and credibility of qualitative research ([Panyasai and Ambele, 2025](#)). It aimed to determine whether the interview questions were clear, relevant and aligned with objectives of the research. It also helped identify any questions that required rewording, clarification or additional prompts to encourage more detailed responses. Based on the observation from pilot interview, minor refinements were made to improve the wording, sequence and overall flow of the interview guide. These revisions enhanced the quality and effectiveness of interview protocol for main study.

3.3.2 Procedure

Purposive sampling was used to approach university students from various universities across Pakistan. Based on their willingness to discuss their experiences,

participants who fit the inclusion criteria being between the ages of 18 and 25 years and having at least one close connection in which they were emotionally available were invited to participate in the study.

Interviews were conducted both online and in-person, depending on participant's preferences, availability and geographical location. In order to ensure privacy and comfort, interviews were held at a time that worked for the participants. The conversational style promoted the development of genuine reports of emotional events, helped establish connection and decrease participant hesitancy.

Participants were verbally briefed about the study's goal and the general subjects to be covered prior to the interviews. They were urged to talk freely and given assurances of confidentiality and anonymity, emphasizing that there were no right or wrong responses. Informed consent was obtained orally from all participants before data collection and prior to the commencement of audio recordings. They were then asked to complete a brief demographic sheet. The researcher used informal chat to establish rapport, followed by warm-up questions to make participants feel at ease and progressively advance into the interview.

Before beginning the formal questions, participants gave their consent for the interviews to be audio recorded. Depending on the convenience and preferences of the participants, interviews were done utilizing a semi-structured interview guide in both urdu or english.

The duration of each interview ranged from thirty to sixty minutes, depending on the level of detail provided by the participants. Because of the interview's flexible format, the researcher was able to switch between questions in response to participants' answers. To go deeper into experiences, probing inquiries were employed. Some of the challenges were the background interruptions while conducting interviews and personal space of participants. At the end of each interview, participants were asked about their feelings regarding the interview experience and whether they were comfortable after sharing their thoughts. They were also given the opportunity to ask questions or add any final comments if they wanted for interpretative phenomenological analysis (IPA) by [Smith et al. \(2009a\)](#), every audio recording of an interview was verbatim transcribed.

3.4 Ethical Considerations

The Ethical Review Board (EBR) of Capital University of Science and Technology provided ethical clearance to this study. A formal informed consent from outlining the goals, confidentiality and volunteered nature of study was be given to participants ensuring any participant could leave the study anytime without fearing any consequences.

- i. All identifying and personal data was treated with utmost confidentiality.
- ii. To maintain confidentiality, pseudonyms were used in transcripts and final report.
- iii. Interview audio recordings were safely kept on password protected devices that only the supervisor and researcher had access.
- iv. All identifiable information in the transcripts was anonymized till the study was finished and submitted. Data will be safely stored in accordance with institutional policies.
- v. Participants were made aware beforehand that interviews may contain personally and potentially upsetting experiences due to emotionally delicate nature of subject. At any point throughout the interview, they were able to pause, skip any question or end it.
- vi. Each participants' rights, dignity and wellbeing were given top priority throughout the study.

3.5 Data Collection Method

Semi-structured interviews were conducted to gather data, with the help of a carefully planned interview guide ([Panyasai and Ambele, 2025](#)). To ensure that the guide was in line with the research emphasis, it was be prepared using pertinent literature, the study's objectives and the researcher's observations. It went through pilot testing and validation prior to the primary data collection in order to improve clarity and trustworthiness ([Ezekwe and Chidi, 2024](#)).

Depending on participant convenience, each interview lasted between 30 to 60 minutes which is consistent with recommendations that qualitative interview duration should be flexible and guided by research purpose rather than mixed time limit and performed either in person or online using a secure platform (such as zoom or google meet). Interviews were audio recorded with informed consent and verbatim transcribed for analysis.

3.6 Interpretative Phenomenological Analysis

The interview data were analyzed using Interpretative phenomenological Analysis as outlined by Jonathan A Smith, Paul Flowers and Michael Larkin (2009). IPA is idiographic, interpretative and phenomenological method that seeks to understand how participants perceive and make meanings to their like experiences (Smith et al., 2009a). The analysis was done manually using six steps.

3.6.1 Transcription and Preparation of Data

The interviews' audio recordings were carefully transcribed. This includes pauses, repetitions, and fillers (such as "Ahh", "Acha" "Sahi", "like", "hmmm" and "Bilbul") in addition to all spoken words exactly as they were articulated by the participants. The transcripts were written in both Urdu and English because the interviews were conducted in both languages. Excerpts from Urdu were translated into English when needed, keeping the context and original meaning. Before being analyzed, every transcript was reviewed and compared to the audio recordings to ensure accuracy and completeness.

3.6.2 Reading and Re-Reading

Getting acquainted with the data was the initial step in the analysis process. In order to fully comprehend each participant's account, this approach involved listening to the audio recordings, reading and rereading each transcript multiple times. The researcher was able to enter participants experiential world and connect

with their world in deeper level. Initial observations and reflections were noted during this phase.

3.6.3 Initial Noting

After familiarization, detailed exploratory comments were made on each transcript line by line. Three forms of notes were taken. Linguistic comments looked at the participant's use of language, metaphors, repetitions, and emotional expressions. Conceptual comments recorded the deeper psychological implications ingrained in the participant's story. Descriptive comments concentrated on the content of what the person stated. Serving as the foundation for development of themes.

3.6.4 Developing Emergent Themes

Emergent themes were identified for every transcript based on these first notes. This stage involved finding precise statements that summarized the participants' initial story as well as researcher's assessment of its psychological significance. These themes served as clear summaries of the key elements and psychological importance of the experiences of the participants. For every interview, a list of emerging themes was created and to ensure a transparent audit trail, supporting quotes were recorded.

3.6.5 Searching for Connections Across Emergent Themes

Connections across emerging ideas were investigated in the following phase. Subordinate themes were created by grouping related concepts together in individual case. Following that, these subordinate themes were arranged into more general superordinate themes through manual coding and continuous comparison of themes and supporting extracts which represented higher-order patterns in each participant's narrative.

3.6.6 Moving to the Next Case and Looking for Patterns Across Cases

A cross-case analysis was carried out to find recurrent patterns and areas of convergence and divergence across participants after each case was examined separately. To maintain IPA's idiographic focus, logically related themes were combined with distinctive elements of personal experiences. The researcher alternated iteratively between the transcripts, notes, emergent themes, and superordinate themes during the analysis procedure. To make sure that all interpretations were based on participant accounts, the original transcripts were reviewed several times.

The presentation of participant-wise data was intended to preserve the idiographic nature of Interpretative Phenomenological Analysis (IPA). Each participant's account was first examined individually to understand the unique context and meaning they attributed to their experiences. This approach is consistent with the idiographic commitment of IPA, which emphasizes detailed examination of each individual case before moving towards cross-case analysis (Smith et al., 2009b). This approach allowed the researcher to maintain the individuality of participants' experiences while tracing how their accounts contributed to the development of themes. After individual case analysis, the accounts were compared across participants to identify areas of convergence and divergence, which informed the development of the broader subordinate and superordinate themes (Smith et al., 2009b). Thus, participant-wise presentation provided a transparent link between the individual accounts, their interpretation and the final cross-case findings.

During the iterative process of interpretative phenomenological analysis (IPA), a codebook was developed to provide a systematic record of the analytic process. The codebook documented each code, its operational meaning, and an illustrative in vivo quotation drawn directly from participants' accounts. Developing the codebook enhanced the transparency and consistency of the analysis by providing a clear audit trail of how codes evolved into subordinate and superordinate themes. Rather than serving as a predetermined coding framework, the codebook was refined throughout the analysis as interpretations developed through repeated

engagement with the data. This approach is consistent with recent recommendations that qualitative researchers maintain a living codebook to document analytic decisions and improve methodological transparency (Reyes et al., 2021) and with guidance advocating detailed codebooks containing code definitions and application instructions to strengthen the rigor of qualitative analysis. The complete codebook is presented in Appendix N.

Following an iterative interpretive process the resulting codes were compared across cases and categorized into subordinate themes which were then further refined to five superordinate themes.

Chapter 4

Results

4.1 Results of the Study

The results of the current investigation are presented in this chapter. The demographic details of the individuals who participated in the interviews are first described. The superordinate and subordinate themes that were found using Interpretative Phenomenological Analysis (IPA) are then discussed. The participants' life experiences and the interpretations they made of the phenomenon being studied are reflected in these topics. In order to demonstrate and validate the interpretations, each theme is thoroughly explained and backed up by exact quotes from the participants.

4.2 Demographic Characteristic

Ten university students from Islamabad, Punjab, Azad Kashmir, and Peshawar were interviewed. Seven interviews were included in the final analysis after three were eliminated, due to insufficient quality of data. Ibadat International University, Riphah International University, PMAS-Arid Agriculture University Rawalpindi, University of Peshawar, International Islamic University Islamabad, University of Azad Jammu and Kashmir, and University of the Punjab were among the institutions from which participants were drawn. The participants came from a

variety of academic fields and departments. One person reported being enrolled in multiple academic programs, although the majority were enrolled in one bachelor's degree programs in their respective disciplines. The age range of the participants was 18 to 25. While the remaining participants were entirely focused on their academic studies, some participants ($n = 4$; 57.14%) reported working or doing fieldwork in addition to their studies. Geographically, the sample under analysis comprised individuals from Islamabad ($n = 3$; 42.86%), Punjab ($n = 2$; 28.57%), Azad Kashmir ($n = 1$; 14.29%), and Peshawar ($n = 1$; 14.29%). There were three male individuals (42.86%) and four female participants (57.14%) in the sample.

TABLE 4.1: Demographic Characteristics of participants (N=7)

Sr.	Pseudo names	Gender	Age	City	Educational institute	Residential Status
1	Aniqa	female	22	Jhelum	Riphah International University Islamabad	Hostelite
2	Arisha	female	24	Fatah Jung	Ibadat International University Islamabad	Hostelite
3	Maryam	female	25	Jhelum	Ibadat International	Day schelor
4	Aliza	female	23	Azad Kash-mir	University of AJK	Day schelor
5	Faisal	male	20	Islamabad	Islamic International uni-versity	Day schelor
6	Ismael	male	20	Peshawar	University of Peshawar	Hostelite

Table 4.1 continued from previous page

Sr.	Pseudo names	Gender	Age	City	Educational institute	Residential Status
7	Irfan	male	19	Quetta	PMAS-Arid	Hostelite

4.3 Findings from Interpretative Phenomenological Analysis

A total of five superordinate themes were extracted through Interpretative phenomenological analysis of interview data. The Superordinate Themes included emotional Support as identity formation, moral, spiritual and cultural duty to help others, emotional Exhaustion and unseen labor, feeling unseen and unsupported, relational withdrawal and defensive emotional shutdown. The section below shows brief overview of each superordinate theme along with its corresponding subordinate themes and supporting evidence.

TABLE 4.2: Superordinate Themes, Subordinate Themes and Evidence

Superordinate Themes	Subordiante Themes	Codes
1. Emotional support as identity formation	1.1 Being the "to go" person	Approachability and willingness to help Commitment to helping. Providing guidance. Facilitating emotional comfort. Empathic listening. Problem-solving support Perceived reliance. Perceived responsibility.

Table 4.2 continued from previous page

Superordinate Themes	Subordiante Themes	Codes
		Compensatory caregiving.
	1.2 Early responsibilities and life experiences	Role modeling.
		Assumed supportive role
		Relational self-transformation.
		Self-blame in role formation.
		Familial role internalization.
		Perceived familial origin of the helper role.
		Competence-based role Assumption.
		Early role maturation
		Internalized helping.
		Obligation.
		Expectation of emotional reciprocity.
2. Moral, Cultural and Spiritual to help others	2.1 Being a good person by helping	Internalized responsibility to help
		Irreplaceable helper belief.
		Compassionate role acceptance.
		Recognition of shared humanity.
		Obligatory emotional availability.
		Relational commitment.
		Peace through self-sacrifice
		Cultural role expectation

Table 4.2 continued from previous page

Superordinate Themes	Subordinate Themes	Codes
	2.2 Self-sacrifice and service	Role-induced self-neglect. Unreciprocated emotional availability. Suppressing personal needs to maintain the helper role. Supporting despite emotional exhaustion. Self-withholding Unconditional caregiving commitment. Emotionally burdened caregiving. Setting aside personal struggles.
3. Emotional exhaustion and unseen labor	3.1 Carrying Other's Emotional pain 3.2 Emotional exhaustion	Competing emotional demands. Self-healing through helping others. Vicarious emotional activation. Intrusive emotional carryover Negative emotional impact. Depleted emotional capacity. Emotional exhaustion. Impaired daily functioning. Overwhelmed emotional response. Perceived toxicity.

Table 4.2 continued from previous page

Superordinate Themes	Subordiante Themes	Codes
		Emotional exhaustion.
		Emotional withdrawal.
		Emotional overwhelm.
		Emotional overwhelm.
		Limited emotional capacity.
		Frustration with repetition
		Emotional suppression.
		Emotional depletion.
		Emotional fatigue.
		Social withdrawal.
		Emotional exhaustion.
4. Feeling unseen and unsupported	4.1 Lack of Reciprocity	One-sided communication.
		Emotional support burden.
		Lack of emotional reciprocity.
		Self-neglect.
		Withdrawal after negative experience.
		Feeling unrecognized.
		Support provider burnout.
		Lack of reciprocity.
		Perceived lack of support
		Setting emotional boundaries.
	4.2 Difficulty seeking support	Feeling of isolation.
		Feeling misunderstood.
		Self-reliance.

Table 4.2 continued from previous page

Superordinate Themes	Subordinate Themes	Codes
		Perceived lack of support.
		Loss of trust in sharing.
		Emotional independence.
		Self-reliance.
		Reduced expectations.
		Feeling not understood
5. Relational withdrawal and defensive emotional shutdown	5.1 Withdrawal as protective Regulation	Self-soothing through acceptance.
		Avoidance and non-communication
	5.2 Defensive self-reliance and loss of trust	Self-regulation
		Withdrawal
		Communication avoidance.
		Difficulty in forming new relationships.
	5.3 Emotional Numbing and social disengagement	Establishing boundaries.
		Reduced social engagement.
		Social withdrawal.
		Loss of social connection.

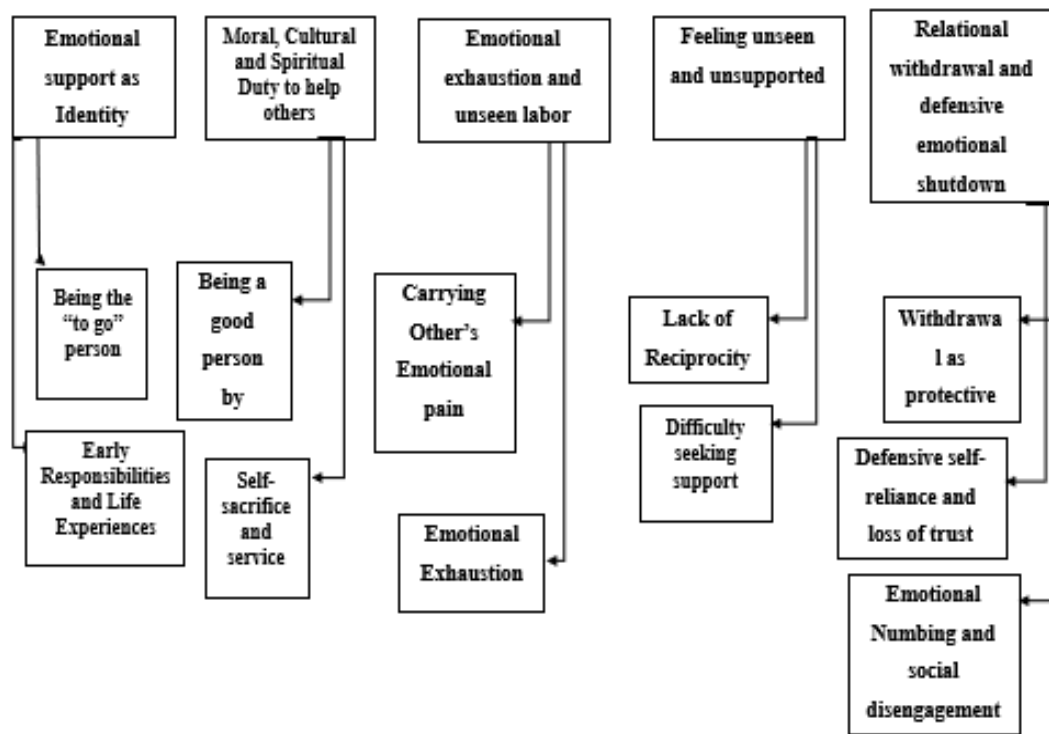


FIGURE 4.1: Diagrammatic presentation of superordinate Themes and Subordinate Themes

4.3.1 Superordinate Theme 1: Emotional Support as Identity formation

4.3.1.1 Description

Emotional support was perceived by all participants as an essential part of self-definition rather than as a random act of kindness. In friendships there was a frequent experience of being a "listener," "guide," or "protector."

The reputation as emotionally accessible people are further cemented by the frequent social validation in times of others emotional distress. Identity seems to be developed as a result of early responsibilities and life situations that required independence and self-reliance in order to cope. These experiences eventually result in internalized and developed solid self-concept that one "must be there" for other people.

4.3.1.2 Subthemes

4.3.1.3 Being the “To Go-Person”

There is frequent experience of being relied upon by friends during their time of distress.

4.4 Evidence

i. Participant 1

جب کوئی پر اہم لے کر آئے تو میں کبھی نہیں کہتی کہ نہیں۔

The participant believes that her incapacity to turn people down is a sign of her strong sense of duty and dedication to offering emotional support. She explains her constant availability as a necessary component of her job, implying that aiding people has become deeply ingrained in her personality. This also suggests a propensity to put other people’s needs ahead of her own, even when doing so could be emotionally taxing.

میری پوری پوری رات گزر جاتی تھی اسے سمجھانے میں

According to the participant, she is fully emotionally involved in her friend’s struggles. Her willingness to spend whole nights providing consolation shows how much she put her friend’s emotional needs ahead of her own. She seems to see these sacrifices as an inherent aspect of being a helpful friend, demonstrating how her duty as a caregiver grew essential to her self-concept and contributed to emotional exhaustion. The dedication to support others is shown in these statements. Readiness to be available all the time and devote a substantial amount of time to support friends demonstrates an identity focused on being trustworthy and emotionally supportive individual.

ii. Participant 2

میں نے اسے صورتحال کے تمام مثبت اور منفی پہلو تفصیل سے سمجھائے۔ اس کے لیے میں نے دو راتیں جاگ کر اس کے ساتھ بات کی اور اسے مکمل طور پر گائیڈ کیا۔

Giving a friend long term intensive support by going over every detail of a scenario and compromising on own's own needs to help friends illustrates a profoundly internalized feeling of duty in friendships where immense emotional and mental effort is required to strengthen the participant reputation as trust worthy "go-to person" who provides constant help to others in need.

iii. Participant 3

میں اپنی طرف سے کوشش کرتی ہوں کہ اگلا پرسن ایسی فیمل کرے۔ یا اگر وہ بات کرے تو اس کی جو ٹینشن ہے وہ ریلیز ہو جائے

Encouragement of expression and stress release shows a deliberate effort to provide emotional comfort to others. This depicts helpful and altruistic style in which the participant actively works to lessen other people emotional burden by encouraging to share. It is constant with the function of a go to friend emphasizing the emotions of others and giving of consolation to others.

iv. Participant 4

I listen to her how she was dealing with the whole situation.

Active engagement in being used as emotional support by listening attentively to the friend's difficult experience. This illustrates using empathic listening to assist the other person in processing and understanding their challenges.

v. Participant 5

میرے پاس عموماً ان کے لیے حل ہوتے ہیں، لیکن کبھی کبھی میں سوچتا ہوں کہ شاید ہمیں یہی کرنا ہوتا ہے

There is acknowledgement of fixing difficulties for others on a regular basis which reflect a problem-solving function in friendships. Uncertainty over whether this

obligation is socially anticipated or self-selected in implied by the expression. This may indicate there in an inclination of feeling valued in the relation by evaluation of being relied as the main source of direction and assistance throughout other challenges.

vi. Participant 6

I think my friends depend a lot on me.

There is meaning created by the person that he is the main source of support in friendship when trusted by others which is an indication of his friend's reliance on him during emotional or personal challenges. This relation depicts continuous support giving function based on peer expectation.

vii. Participant 7

میں اس کے لیے ایسا دوست بن گیا تھا کہ میں ہی وہ شخص تھا جو اسے اس کیفیت سے نکال سکتا تھا۔

A significant sense of duty in relationship is seen in the participant description of being seen as the friend's only effective source of emotional relief. This demonstrated a solid self-concept focused on offering emotional support and promoting recovery in challenging circumstances reflecting an internalized view that he is uniquely capable of helping others in coping of distress.

4.4.1 Interpretation

This account suggests that being emotionally relied on is not taken as a helpful act rather as an internalized responsibility the individual is facing in his friendship dynamic. This responsibility involves considerable personal investment which is described as sacrificing time, emotional energy and personal resources to help friends deal with their problems. Offering direction, comfort and place for emotional expression has evolved into an expected and valued aspect of their relationship. The statement "I was the person who could bring her out of that situation" expresses a sense of special duty and perceived dependence inside the friendship. There is a

development of self-concept based on the emotional availability presented through repeated experiences of being relied on where one's value and worth is tied to the degree of assistance he can provide in the relation.

4.4.1.1 Early Responsibilities' and life Experiences

A few people connected this position to early autonomy, previous rupture in friendship or suffering. As they stated

i. Participant 1

تو میں کم از کم وہ بن سکتی ہوں کیونکہ وہ چیز مجھے خود نہیں ملی

The participant appears to experience that her behavior is influenced by the prior deprivation by connecting her supportive position to unfulfilled emotional needs from the past experiences. She seems to interpret her supportive position through the lens of unfulfilled emotional needs in the past. She might be creating a meaningful relational identity focused on caring and emotional availability by taking on the role of source of support she previously lacked.

ii. Participant 2

یہ میری بچپن کی دوست کی وہ خوبی تھی جو مجھے لگتا ہے کہ مجھ میں بھی آگئی ہے

The participant demonstrates how early relationships impacted her current helpful behavior by describing internalizing a valued quality that she saw in a childhood friend. This illustrates how individual make sense of their significance in a relationship in defining their role by observing and adopting the quality of others admired figures in one's life.

This shows an experience of participant learning and adopting the characteristics of a close friend leading to gradual formation of similar qualities and self-concept where being there for others and listening made her a good friend.

کافی لوگوں نے کہا کہ اگر کوئی پرالم ہو تو ہم سے ڈسکس کرتے ہیں تو ہماری پرالم حل ہو جاتی ہے یا ٹینشن ریلیز ہو جاتی ہے۔ اس طرح بار بار ہونے سے مجھے یہ فعل ہونے لگا کہ اگر کوئی میرے پاس اپنا مسئلہ لے کر آ رہا ہے تو وہ اسی ٹینشن کے ساتھ آ رہا ہے۔

The participant report that the people have frequently told her that talking to her ease their discomfort and help them solve problems. She seems to have influence the idea that others come mostly to seek emotional support and to discuss and solve problems because of the validation which is being presented in friendship.

This illustrates how a supporting identity gradually developed and is strengthen by repeated interpersonal encounters and social approval.

Her view of herself as a trustworthy and emotionally competent individual is strengthened by this frequent acknowledgment. Her identity as someone who is expected to listen, comprehend, and assist others in overcoming their challenges appears to have been reinforced over time by these interpersonal interactions.

As a result, she begins to see emotional support as an essential component of who she is rather than just something she offers, which makes her feel accountable for meeting the emotional needs of others.

iii. Participant 4

Because I was putting herself first not myself that was causing me peace at my friendship. The participant reports that putting others before oneself becomes a source of perceived harmony in friendships order to preserve harmony and emotional stability in relationships, personal wants are subordinated, reflecting a self-denying relational pattern.

This phrase highlights that she seems to have developed deeply held belief that relational well-being is attained by putting others needs before one's own and suggest that peace is bound to self-sacrifice.

I wanted to change myself because of this friendship breakup that I have discussed earlier. According to the participant, the loss of the friendship was a pivotal moment that led to introspection and a desire for personal transformation. She

interprets the event as a chance to reevaluate her actions and emotional commitment to relationships, implying that the loss tested her preexisting identity. Because I was being full of myself previously.

Self-sacrificing inclination seems to be encouraged by the participant fear of relational breakup she experienced in past which eventually has led to overcompensation in present friendships. A person heightened sensitivity to conflict is shaped by past friendship breakdown experience which cause her to overinvest emotionally and give other's demands unjust priority as a tactic to preserve stability and prevent loss.

iv. Participant 5

شاید یہ میرے جینز میں بھی ہے، کیونکہ میرے بھائی میں بھی یہ خوبی موجود ہے۔ انہوں نے مجھے کافی سکھایا ہے

I think it's very genetical. My father is also very considerate and too loyal and tends to listen. The participants seem to credit and make sense of his role of providing emotional support to what he learnt from his family. He seems to link his role to the genes he had from the family but how he learnt and perceived from his parents and siblings. He organized his quality as an extension of the traits of family which according to him is viewed as a symbol of loyalty and consideration.

v. Participant 6

All of my friends are mostly illiterate as I am the only one in university and I study so I tend to give more advice and they tend to listen to me like elder brother.

The participant seems to make sense and link his higher level of education to the advisory function in his social circle. He seems to experience himself in position of a source of support and guidance because he thinks he was the only university student among his friends which encouraged them to look for and to expect from him for guidance.

vi. Participant 7

میں نے بہت جلد ذمہ داریاں سنبھال لیں، اور وہ چیزیں خود سیکھیں جو اکثر لوگوں کو بعد میں سمجھ آتی ہیں۔ گھر میں رہنمائی کم تھی، اس لیے مجھے اپنا راستہ خود بنانا پڑا۔ تعلیم، فیصلے، اور مختلف کاموں کو سمجھنے کے تجربات میں نے زیادہ تر اکیلے کیے، اور انہی تجربات نے مجھے ایسا انسان بنایا جو دوسروں کو راستہ دکھا سکتا ہے۔

The participant correlated his ability to mentor and counsel others to taking on duties at younger age and the necessity of navigating life on his own. Insufficient guidance in the family setting promoted independence and early development of decision making, problem solving and ability to adapt circumstances because he had no other choice, the participant sees these events as teaching him how to become self-reliant. He had to handle duties and make crucial decisions on his own because he received little direction as a child. He interprets this knowledge as having evolved out of need rather than choice, which has affected his current attitude to supporting others.

4.4.1.2 Interpretations

The participants explain their adoption of roles consisting of many reasons. An early experience of having no one to rely on seems to influence on how participant interpreted and adopted the quality of which he thinks was not presented to him. As the participants stated “I become what I didn’t get from others”. Some reported to have learnt and adopted this habit from another person. Social reinforcements also lead a key role in development of this identity for some, as random compliments and expectations of being relied on developed a sense of understanding that they do good when they support. Early ruptures in friendship and fear of losing the friendship relation contributed to develop this identity as well. As the participant reported “she is a kind of magnetic person you know, everybody catches. She catches everybody attention. Everybody wanted to be her friend and I was like okay I am losing something special. It might be selfish or insecure of me which I would not be like not agreeing like oh I don’t want to admit. No, no I want to admit completely”. There is also an element of family background where some link this role to be a quality present in their genes and for some it’s a quality that they have to learn as they had no one to support them at early

age where they leant to adopt this role until it became their identity. One of the participants attributed this role as perceived educational position in his friendship circle explaining that being a university student led others to seek support and guidance reinforcing him as dependable. Overall emotional availability appears to develop from a combination of lived experiences, role model and personal growth. The blurring of role and self is a sign of deep identity fusion with caregiving, where one's value is connected to one's ability to support the emotional needs of others.

4.4.2 Superordinate Theme 2: Moral, Cultural and Spiritual Duty to help others

i. Description

The moralization of emotional support as obligation, loyalty, and, in certain situations, religious responsibility was a recurring theme in the interviews.

ii. Subthemes

4.4.2.1 Being a Good Person by Helping

i. Participant 1

ہمیں یہ دیکھنا ہوتا ہے کہ یا رابھی یہ بندہ پریشان ہے، اس کی پر اہم سنی ہے

The use of “we” indicates a moral position toward helping others and implies a generic belief about how people should react when someone is in difficulty. The participant defines helping as a shared responsibility and a predicted method of relating to others rather than as a personal preference. she seems to interpret emotional support as a responsibility that necessitates recognizing another person's emotional condition before attending to their needs. This implies that helping those in need has become a deeply ingrained value that directs her social relationships.

ii. Participant 2

۔ دوست وہ ہوتا ہے جو دے رہا ہو تو وہی ایکسیکٹ کرے، اگر مجھے کسی چیز کی ضرورت ہے تو آپ بھی ہوں آگے۔

Her conception of friendship is based on shared responsibility in which people should provide emotional support to each other. According to her, friendship is a reciprocal connection in which both individuals should offer emotional support and availability rather than just one. This expresses her belief that mutual support should be balanced and that being there for one another is essential to a deep connection. According to her understanding, sustaining close interpersonal connections requires reciprocal emotional investment.

کیونکہ بطور انسان آپ کسی کو ہارٹ نہیں کرتا چاہتے نا، اس لیے۔

The participant seems to base her behavior on more general human ideal of avoiding emotional suffering. Support is more than just friendship it also involves showing consideration and empathy for another individual as a moral duty.

iii. Participant 3

۔ تو پھر یہ بھی خیال آتا ہے کہ اگر میں بھی نہ ہوں گی تو دوسرے پر کیا گزرے گی۔

The participant exhibits increasing willingness to help others which seems to from her personal awareness of other people hardships. This illustrates how she creates meaning by realizing how hard it is to handle issues on her own and developing more sympathetic approach to interpersonal support.

iv. Participant 4

We are all humans we can't give our 100 percent every single time so I just tried to understand her. This illustrates the participant's growing feelings of moral obligation which is based on her awareness of other people's emotional restrictions. It refers to a changing process of meaning making in which she presents herself as sensitive to the vulnerability of others in social situations.

وہ بھی ایک انسان ہے

This illustrates a tendency to acknowledge others common humanity which seems to serve as basis for the participant's moral reasoning and sympathetic orientation. It reveals an underlying process of meaning making by which she creates a relational knowledge of ethics.

v. Participant 5

لیکن کبھی کبھی میں سوچتا ہوں کہ شاید ہمیں یہی کرنا ہوتا ہے

A represents a perceived moral need to help others and act compassionately which the participant interprets as something that is inherently expected in relationships. It implies a normative sense making process in which one is meant to provide helpful behavior in social situations.

vi. Participant 6

We should just keep them and be there for them. The participant views friendships as moral obligation that reflects an underlying sense of ethical duty in close relationships.

vii. Participant 7

پاکستانی معاشرے میں رشتے ہوئے اکثر یہ چیز کرنی پڑتی ہے۔

This illustrates a moral expectation molded by cultural and social standards where upholding relationships and offering assistance are framed as social duties rather than solely personal discissions. It implies that a larger sociocultural framework of relational responsibility is incorporated into the participant's meaning making.

4.4.2.2 Self-Sacrifice and Service

i. Participant 1

مجھے اپنی پرابلمز کو سائیڈ پر رکھ کر اس کے لیے ہر وقت حاضر ہونا ہے، چاہے مجھے یونیورسٹی چھوڑنی پڑے یا کلاسز چھوڑنی پڑیں۔ اس کو چاہیے تو اس کو چاہیے۔

The participant talks about putting her friend's needs ahead on her own obligations, challenges and well-being. This is perceived as a feeling of obligation rather than free will indicating an internalized individual duty in which helping other is vied as morally required in close relationships.

نہیں۔ میں نہیں بتا پاتی لوگوں کو کہ میرے ساتھ کیا مسئلہ چل رہا ہے، میں اُسے اس طرح شیئر نہیں کر پاتی لیکن میں ان کے لیے پریزنٹ ہوتی ہوں

Despite having trouble expressing her own emotional difficulties the participant continuous to show emotional openness towards others. She prioritizes placing herself in a supportive role where obligation to listen and help others is perceived as taking preference over her own emotional needs as evidenced by her inclination of giving support over seeking it.

ii. Participant 2

میں نے اُس وقت اپنی فریڈ کو نہیں بتایا، کیونکہ مجھے اندازہ تھا کہ اگر میں اُسے یہ بتاؤں گی تو شاید وہ ڈسکشن کرنا چھوڑ دے۔ مجھے لگا کہ وہ شاید صرف مجھ سے ہی اس بارے میں بات کر رہی ہے، تو پھر اس کے لیے یہ مشکل ہو جائے گا

To maintain the friend's readiness to continue talking, the participants seem to make a decision to not share her own struggles. This suggests a type of protective quiet in which she prefers to slightly put aside her own emotional demands in order to prevent interfering with other person's coping mechanism.

iii. Participant 3

I felt very weak emotionally. I also have to be with this person as well. Like, oh my god.

The participant statement depicts a state of emotional vulnerability and relational hardship, when being close to someone is seen as draining rather than encouraging it. It illustrates a conflict between external commitment and interior exhaustion which is typical within the relationships with a lot of caring.

iv. Participant 5

میں کوشش کرتا ہوں کہ اپنے مسائل کسی کے ساتھ شیئر نہ کروں

It describes a preference of not only the silence but also a conscious attempt to restrain feelings and adopt a particular image of autonomy and control in interpersonal interactions by the participant experience.

v. Participant 6

I care for them whatever condition I am facing by myself and will not abandon them.

The participants prophecy to put his friends needs ahead of his own emotional health is evident in his statements. He perceives loyalty and caregiving as an obligation that should be upheld regardless of personal cost and despite going through personal suffering. This perception seems to influence his dedication to help others depicting a powerful concept of self-sacrifice and service in which the need for others come before his own.

I will help them again but I know that I am hurt by myself. The participant sees this as an internal struggle between his emotional suffering and his dedication to serving others. He explains why he keeps helping others even if he feels upset, implying that his sense of duty to others frequently comes before his personal well-being. This illustrates the emotional toll of continuing to provide care while carrying unresolved personal issues.

vi. Participant 7

میں پھر بھی اپنی اسٹریگژی کو سائیڈ پر رکھ کر اگلے کی سٹارٹ ہوں۔

It highlights a Strong sense of commitment to service and emotional caregiving and shows a self-sacrificing approach in which helping other is seen as more than addressing his own issues. According to the participant's interpretation of his

experience, he constantly puts aside his personal challenges in order to be emotionally accessible to others. Despite his personal struggles, he justifies listening to others as part of his duty, implying that when someone else needs help, his own emotional needs take second place. This illustrates the personal cost of continuing to provide emotional support.

vii. Interpretation

Across all participant seems to interpret providing emotional support is duty that involve prioritizing the needs of others over one's own. Participant experienced being accessible to friends in spite of conflicting obligations, emotional weariness and personal challenges. Many purposefully keep their own problems to themselves because they think that sharing them can cause burden to others, interfere with conversations about obtaining care or draw focus away from his friend who is in need. This inclination is indicative of self-sacrificing pattern where own emotional expression becomes secondary to provide care. Many participants spoke of repressing their own feelings, managing personal problems on their own and projecting an appearance of independence while still offering help. Their stories imply that requesting assistance for oneself is not important as loyalty, accountability and concern for others. They continue to listen, offer advice and be there for their friends even when they are emotionally weak, wounded or exhausted.

4.4.3 Superordinate Theme 3: Emotional Exhaustion and unseen Labor

i. Description

Continuous, unacknowledged emotional labor in friendships where people continuously offer support without sufficient recovery or reciprocity causes emotional weariness. Psychological tension and a gradual depletion of emotional resources result from this persistent yet barely noticeable effort. Fatigue is exacerbated by a lack of boundaries and recognition, which eventually results in diminished emotional capacity, impatience, and retreat. In general, it illustrates the unstated expense of continuing to provide emotional support in peer relationships.

ii. Subthemes

4.4.3.1 Carrying Other's Emotional Pain

The internalization of friend's suffering is a recurring theme. The participants often talk of taking the role of others main emotional outlet particularly during prolonged crisis. The participant mental tone seems to enter the emotional tone of other's pain over time.

i. Participant 1

اسی وجہ سے وہ لمحہ اور وہ ٹانگ لگتا ہے، کیونکہ میں دو چیزیں ایک ساتھ پیٹل کر رہی ہوں: ایک سامنے والے کی ایجوکیشنل نیڈ اور دوسری میری اپنی انٹرئل اسٹیٹ۔

The participant seems deeply involved in his friend's emotional need while still bearing her own emotions. This implies that a sense of shared emotional engagement is created when the friends emotional condition becomes psychologically present within her own emotional experience. She seems to absorb and process parts of other person sorrows in addition to her own expressing emotional contagion through emotional resonance and internalization of other person emotional condition rather than staying a detached listener.

ii. Participant 2

اس کی سن کر، اس کو جو باتیں میں سنارہی تھی وہ اصل میں خود کو بھی سنارہی تھی تو ایسے کر کے

The participant illustrates an inclination of processing her own similar emotions in addition to absorbing and mirroring the other person misery. She unintentionally project and process her own while providing help blurring the line between self and other. She is constantly exposed to distress without sufficient emotional distance or rest which eventually wears her out due to dual emotional engagement.

iii. Participant 3

ایسے کہہ سکتے ہیں کہ میرے فرینڈ کی ڈسکشن میرے لیے ٹریگر پوائنٹ تھی

This can be seen that the friend conversation serving as emotional trigger in which participant's own associated feelings and memories were triggered by hearing about friend experiences.

The discourse hit a chord within the participant's thoughts and personal experiences causing her to become emotionally activated. Supportive encounter was emotionally activating which can lead to emotional strain if not regulated.

iv. Participant 4

She was crying, I was so disturbed that I felt zone-out. Things replay in my mind. Again, and again.

This statement clearly demonstrates both cognitive rumination and emotional contagion response. The friend's sobbing effect the participant emotionally to the point where she goes into zone-out state which may indicate transient emotional overload and diminished cognitive grounding.

The inability to detach from the emotional experience is reflected in the continuous mental replay of the incident which suggest that the other person distress has been internalized. Overall, it indicates that how the participant has ongoing emotional and cognitive disruption as the result of being exposed to friend's emotional expression.

v. Participant 7

Constant exposure to the emotional needs of others resulted in an emotional burden that was greater than one's ability to cope.

The participant's emotional responses were progressively internalized as they continued to present for others which resulted in emotional overload and spillover.

This illustrates a process in which prolonged caregiving without self-management leads to stress absorption and ultimately a negative mood shift.

میں بہت زیادہ تنگیوں میں مبتلا تھا

vi. Interpretation

There is a pattern of emotional contagion that result in cumulative emotional overload specially in situations where emotional boundaries are difficult to uphold while supporting. There is progressive internalization of psychological stress accompanying friend's emotional difficulties rather than an exterior processing. Supporting others simultaneously engage and strengthen the participant own emotions resulting in blurred boundaries. The ongoing involvement eventually results in a twofold emotional burden in dealing with one's own and the other person emotional states at the same time. There is a less possibility of emotional distance in potentially handling other intensive emotions leading to diminished emotional management ability, overload and cognitive rumination. Supportive relationships consequently gradually change from being meaningful and adaptive to becoming emotionally taxing events marked by exhaustion, overload, and negative affective spillover (such as feeling "very gloomy"). Overall, the results indicate that when empathic engagement is not adequately counterbalanced by moments of psychological separation or boundary restoration even if these boundaries are only loosely maintained rather than explicitly absent emotional contagion is more likely to progress toward emotional exhaustion.

4.4.3.2 Emotional Exhaustion

i. Participant 1

میں ایگزاسٹ ہو جاتی ہوں، 10 منٹس سے زیادہ میں نہیں بیٹھ پارسے ہوتی

This comment demonstrates emotional exhaustion since the participant find it difficult to remain involved for extended period of time and feels emotionally spent after offering support. It implies that people's energy and capacity are exhausted when they are emotionally invested in the issues of others on regular basis.

ii. Participant 2

کبھی کبھی لائیک میں بھی بہت زیادہ ایگزاسٹ ہو جاتی ہوں

Participant interpret his experience as exhausting as she is making sense of it as feeling the weariness and emotional exhaustion brought on by an extended emotional engagement with the friend's issues' participant acknowledges that providing support requires a considerable amount of emotional energy. It eventually causes her to feel mentally and emotionally exhausted. She continues despite her weariness demonstrating her belief that being emotionally available is a crucial duty and a fundamental aspect of who she is.

iii. Participant 2

میرا یونیورسٹی جانے کا دل نہیں کرتا۔

The participant believes that her friendship-related emotional tiredness is the reason behind her lack of willingness to go to university. Since she believes she has nothing left to offer, she rationalizes skipping the university as a means of separating herself from the expectation of being emotionally available. This implies that she feels unable to continue playing the supporting role since the friendship's emotional obligations have become too much for her to handle.

کبھی کبھی میں چیخ بھی پڑتی ہوں۔

This is a reflection of diminished emotional tolerance and emotional overload. The burden of always helping the friend seems to show out as dissatisfaction and trouble controlling one's emotions. She makes sense of these emotional outbursts as a consequence of prolonged emotional strain, suggesting that the demands of continuously being available for others have exceeded her emotional capacity. Her reaction indicates that the accumulated emotional burden is no longer contained internally but is instead expressed through irritability and loss of emotional control.

یہ بہت زیادہ ٹائیک تھا۔ اور بس یہ ٹائیک تھا

This show that the individual realized that the relation had become toxic and harmful. The idea that friendship was toxic implies that emotional weariness was largely caused by continuous emotional support. Deciding to call the friendship "toxic" indicates that she realized it was having a detrimental impact on her personal wellbeing. She seems to realize that the emotional strain had become too much for her to handle, which prompted her to reconsider the friendship's nature and its influence on her life.

iii. Participant 3

آہستہ آہستہ اندر ایک عجب سی تھکن جمع ہونے لگی، جیسے میں خود کو کہیں پیچھے چھوڑ رہی ہوں

The individual believes that she has neglected her own emotional needs and wellbeing in favor of helping and supporting others. Over time this position has become taxing involving loss of self, focus and self-care. The metaphor of "leaving herself behind" expresses her belief that her identity and emotional health were progressively overshadowed by the caregiving position. She views exhaustion as a gradual, cumulative process rather than an abrupt occurrence, where continuous emotional involvement in others leaves little room for self-care, resulting in an increasing sense of emotional depletion and disconnection from oneself.

کبھی دل چاہتا تھا کہ بس خاموش رہوں اور کسی کی بات نہ سنوں

Result of excessive ongoing emotional engagement can encourage a coping mechanism to lessen stress by suggesting a desire to avoid even smooth conversations to accomplish a desire of solitude and silence. This indicates a propensity for social avoidance, in which she avoids social situations as a coping strategy to shield herself from more emotional stress. Her need for privacy implies that her emotional reserves have run out, making it impossible for her to interact with people in the helpful way that she used to do in the past.

iv. Participant 4

It was so much. Personal issues than friendship issues. I was crying, was overwhelmed. My burden was a lot at that moment.

I had to deal with a lot with my own problems, I couldn't be dealing with her as well

The participant reported having an exceed in demands of carrying everything together. Where dealing with other problems is more than she can take while facing her own interpersonal struggles. It serves as an addition of layer on her burden. It is a compounded stress model in which when problem exceeds one's emotional capacity friend's related problems becomes excessive.

v. Participant 5

انسان کو نکلنے لگتا ہے کہ وہ ایک ہی کام بار بار کر رہا ہے، اور یہ چیز واقعی ٹھیک کر دیتی ہے۔

Discussing same concerns over and over again without any noticeable progress can result can cause emotional drain over time reducing participant emotional energy and increasing feeling of frustration over time.

آپ خود کو روکے رکھتے ہیں، مگر اندر ہی اندر بوجھ جتنا رہتا ہے۔

Suppression of one's own feelings and attending to others emotional problems can cause internal strain over time. This implies that she keeps suppressing her own discomfort without communicating it, which progressively adds to the emotional load and causes psychological strain and feelings of emotional overload.

اب اسے خود بھی اس سے نکلنے کی کوشش کرنی چاہیے۔

The participant believes he should not be the only one responsible for handling the issue. This is a sign of fatigue from extended emotional load and a wish for a friend to be more accountable for their own circumstances.

vi. Participant 6

All they expect from me is me, but I can't give more of me as it drains me a lot and all I feel is empty at the end of the day.

I really feel drained now after hearing long conversations so I tend to avoid them.

P6 It really feel heavy.

The participant explains a condition of emotional depletion brought on by extended emotional commitment in the needs of others. Feeling of being drained, heavy and empty indicate that their emotional reserves has been depleted by ongoing emotional assistance. The inclination to stay out of lengthy discussions seems to be a reaction to this weariness indicating a diminished ability for additional emotional engagement.

vii. Participant 7

میں یہ سب چیزیں کر کے اب تھک گیا ہوں

The expression conveys a sense of exhaustion where constant responsibility and effort no longer seem sustainable leaving one feeling burdened and exhausted.

بس یہی بات ہے کہ وہ انسان اس لیول پر آپ کو سمجھ ہی نہیں پاتا کہ اس میں کتنی انرجی اور کتنا وقت لگتا ہے

Feelings of emotional invalidation and unappreciated are reflected in this expression. The person represents annoyance that others don't realize how much time, work and energy it takes to provide emotional support. It implies that their emotional effort is not fully acknowledged or returned that they feel misinterpreted and unappreciated.

- ایک وقت ایسا آتا ہے جب اگر کوئی انسان سپورٹ کر رہا ہو تو وہ بھی تھک جاتا ہے، اور پھر اس کا اثر آپ پر بھی پڑتا ہے،

Even supportive people have their own limits and sustained emotional engagement eventually wears them out. Additionally, it implies that prolonged exposure to

sufferings of others may have detrimental effect on the supporter's emotional state resulting in a decline in wellbeing and an increase in psychological stress.

viii. Interpretation

A progressive loss of emotional energy brought on by constant assistance to others without adequate rest or balance is emotional exhaustion. Participants report feeling emotionally spent, tired and overburdened from always handling others issues.

The weariness starts to interfere with participant motivation, emotional stability in day-to-day functioning. It frequently extends beyond friendship into personal and academic life. People report feeling frustrated, having trouble staying engaged and having less emotional tolerance with time.

Suppressing one's own needs in favor of those of others is a major contributing element that leads to emotional burden and internal stress. This is exacerbated by the fact that many believes that their efforts are not completely recognized or valued.

As a copying mechanism this eventually result in emotional disengagement and decreased availability.

Emotional overinvestment, lack of boundaries and unfulfilled emotional needs all contribute to emotional tiredness which ultimately leads to exhaustion, decreased engagement and retreat.

4.4.4 Superordinate Theme 4: Feeling Unseen and Unsupported

Participants experience of supporting others emotionally while feeling that their own emotional needs., challenges and vulnerabilities were disregarded, downplayed or unmet. Despite being available to others, participants commonly felt that they were not receiving the same level of understanding or concern in return even if they were listening, caring and emotionally present. This eventually led to

feelings of disappointment, loneliness, emotional tiredness and displeasure in their relationships.

Subthemes

4.4.4.1 Lack of Reciprocity

i. Participant 1

اب مجھے ایک چیز سناتے سناتے اس کا پورا دن بھی گزر جائے تو میں سن رہی ہوں گی، جب میں سناؤں گی وہ میری دو باتیں سنے گی اور انہی دو باتیں سنا کر دے گی۔ میں وہاں پہ
رک جاتی ہوں، اور وہ چیز زیادہ شو نہیں کرتی

The participant opinion of unequal emotional reciprocity in the friendship is reflected. She believes she is constantly available to listen to her friend worries for a long period of time but when she talks about her own experiences her friend pays little attention and quickly return the conversation to herself. This invalidation causes the participant to stop communicating her emotions as a result indicating that she feels unheard, neglected and emotionally unsupported. The statement emphasizes her need for support and reciprocal emotional validation that she believes the relationship lacks.

اب مجھے ایسے لگتا ہے یہ صرف میری ایک ڈیوٹی ہے، بس میں ایک لسنر ہوں، ایڈوائزر ہوں اور انکو مشکل سپورٹ دے رہی ہوں۔

The participant believes that her role in friendship has become unidimensional and obligation based. She feels acknowledged as listener, advisor and emotional support provider rather than a partnership that is mutually benefited. It implies that providing care has become into a duty rather than a reciprocal exchange which contributes to feelings of being taken for granted and emotionally unseen in that relationship.

ii. Participant 4

I was not seeing anything like she looking into my world, be there with me.

As I was supposed to be there for her even I myself was shattering

These statements highlight the friendship emotional imbalance and lack of reciprocity because her friend doesn't interact with her inner world as she does due to which participant reported feeling unseen. She reports expected to do the emotional support duty despite being emotionally broken exhibiting self-sacrifice, role duty and self-silence resulting in emotional strain and exhaustion.

iii. Participant 5

وہ ایک میرا تجربہ اچھا نہیں تھا، جس کی وجہ سے پھر میں نے اس کے بعد اسے نظر انداز کرنا شروع کر دیا۔ شاید وہیں سے میرے اندر بات شیئر کرنے یا باتنے والا سارا کام ختم ہو گیا۔

Negative interpersonal experience result in decreased self-disclosure and emotional withdrawal. The participant explains how a challenging encounter forced him to avoid the friend which interfered with his openness of disclosing private thoughts and emotions. This points to a process of protective distancing in which perceived relational harm causes emotional openness to decline resulting in internalized restriction in communication and reduced confidence in sharing experiences.

iv. Participant 6

I ever felt satisfied after sharing with my friends.

I think I help a lot to my friends in difficult time no one help me in the way that I am helping others.

When I need their support, I have zero.

The participant reports having a high tendency to offer emotional support to others but receiving zero when he needs it. Helping others is appreciated but yet one's own emotional needs are not satisfied leading to imbalances helpful interaction is not faced by both of the parties that may lead to feelings of isolation, unfulfilled expectations and dissatisfaction with role.

v. Participant 7

میں بھی یہی کوشش کرتا ہوں کہ اگر سپورٹ دینی ہے تو دے دیں، لیکن اس سے زیادہ نہیں۔

The participant reports the realization that his relation is unlikely to turn out the way he had wanted so he has let go of his expectation to get more from it. He seems to be acknowledging the limitation of circumstance and modifying his involvement accordingly. The decision to provide whenever someone seeks but never asking or expecting anything in return to protect him from any further disappointment.

vi. Interpretation

The stories of the participant show a recurring pattern of unequal emotional exchange in friendships which is defined by an excessive amount of emotional support, care and availability that is not sufficiently returned.

Participants often talk about playing the role of emotional caregiver, advisor and listener while believing their own emotional needs, experiences and vulnerabilities were disregarded and undervalued. Many participants subsequently withdrew from self-disclosure and decreased their emotional commitment in their relationship as a result of imbalance which created emotional invalidation.

Reciprocity plays a crucial role in emotional support where emotions of relational stability and belongings are enhanced by the reciprocal validation and responsiveness. Participants felt disappointment, unsatisfied and emotionally spent when they thought their efforts are not matched by friend's care, understanding and support.

A sense of relational obligation rather than mutual connection was reinforced in a number of reports that revealed self-sacrificial pattern in which individual persisted to offer support despite going through personal suffering. Various instances of non-reciprocation seem to erode expectation of receiving support and erode trust in emotional sharing over time. As a result, individuals developed protective mechanisms like emotional withdrawal, less self-disclosure, diminished expectations and fewer friendships. These responses indicate an effort to protect themselves from more disappointments while preserving some degree of interpersonal interactions. Overall, the topic emphasizes how emotional detachment and loneliness within friendships can be exacerbated by perceived unfairness in emotional exchange which can also impede genuine emotional expression and reduce relational happiness.

4.4.4.2 Difficulty seeking support

i. Description

Participants reported that even though they were always willing to help others, they found it very difficult to get emotional support for themselves. Many said they were reluctant to talk about their own difficulties because they thought others wouldn't understand, that they should handle their issues on their own, or that asking for assistance would burden others around them. As a result, they continued to put other people's welfare ahead of their own emotional needs. This subtheme demonstrates how participants found it difficult to recognize and communicate their own need for care, highlighting a gap between giving and receiving emotional support.

ii. Participant 1

اب اے مجھے لگتا ہے کوئی بھی نہیں ہے

The lacking of reliable emotional support result in the development of perceived self-reliance and accompanying feelings of isolation and disconnection implying that unfulfilled support requirements might have strengthened emotional disengagement and decreased their readiness to ask for assistance.

iii. Participant 2

وہ سمجھتی ہی نہیں ہے

The participant believes that her friend doesn't understand her feelings. She feels misunderstood and excluded which prevent her from expressing her feelings which further make her less inclined to ask for help.

iv. Participant 3

اپنی صورتحال کو خود بیان کر لیتی ہوں

The participant is more inclined to handle personal challenges on their own rather than asking for help. It depicts independence in overcoming obstacles and unwillingness to rely on emotional support possibly because of perception that support is unavailable or prior experience with unfulfilled support requirements.

v. Participant 4

I was not seeing anyone.

This remark shows a lack of social support and emotional isolation, reflecting the participant's sense of being alone during a time of pain. It shows that individual handled challenges on her own without asking for help and support.

vi. Participant 5

، لیکن اب ویسا اعتماد نہیں رہا کہ میں کسی کو اپنی بات سنا سکوں۔
شاید مجھے اکیلے جینا آ گیا ہے

This comment reveals a growing sense of emotional autonomy as well as a decline in confidence in others to express one's own emotions. It implies that the person has been accustomed to be alone, perhaps as a coping strategy but they also lost confidence when it comes to sharing their feelings with others.

vii. Participant 6

I tend to take my all problems by myself instead of wasting my time or depending that someone is going to be there for me.

The result shows a significant movement toward independence as a result of perceived ineffective social support. Frequent encounters with unfulfilled needs and inadequate reciprocity in friendship have diminished trust in people, resulting in emotional disengagement, loneliness and a conviction that asking friends for help is pointless.

viii. Participant 7

۔ اب میں کسی سے زیادہ توقع بھی نہیں رکھتا۔
میں یہی بات ہے کہ وہ انسان اس لیول پر آپ کو سمجھ ہی نہیں پاتا

These remarks show lower expectation from other people as a result of frequent emotional miscommunication and unfulfilled demands. He implies a feeling of resignation in interpersonal connections when the individual no longer expects significant empathy or assistance for others. This is a sign of reduced trust, emotional disengagement and acceptance of relationship limits.

ix. Interpretation

The participant highlights a widespread challenge in getting help which stem from recurrent encounter with emotional invalidation. A lack of understanding and poor reciprocity in interpersonal relationships. Participants frequently reported worsening sense of others incapacity or unwillingness to offer significant emotional support which led to a decline in trust and lower expectation for interpersonal relationships.

4.4.5 Superordinate Theme 5: Relational withdrawal and Defensive Emotional Shutdown

i. Description

Long term emotional burden in friendships cause people to progressively distance themselves from social interaction as a coping mechanism. Reduced social involvement, emotional detachment and impaired relational trust results from what starts out as a coping mechanism to lessen overwhelm. Participants eventually become more independent and see solitude as a safer and easier method to handle emotional demands which leads to diminished interactions and relational disconnection.

ii. Subthemes

4.4.5.1 Withdrawal as Protective Regulation

iii. Participant 2

۔ اوور تھک کر کر کے۔ پھر مجھے بھول جائے گا، پھر خود ہی سیٹ ہو جائے گا۔

The participant tends to overthink the problem intensifying mental processing but this is followed by a type of psychological distancing in which the content of thoughts progressively loses emphasis “I forget it and it settles down” implies momentarily cognitive suppression and emotional detachment rather than actual forgetting. Instead of actively working through problems, resolutions are assumed to happen originally over time, suggesting passive time dependent coping approach as opposed to internal problem solving.

iv. Participant 2

بس اگتور، اگتور، اگتور۔ مٹ کیونکی کیٹنگ اپنی تھنگ۔

In the time of distress, the participant tends to adopt a strategy of emotional and cognitive avoidance. The phrase “ignore” is used repeatedly indicating a conscious attempt to avoid working with emotional content. In order to get rid of any confrontation the participant tends to avoid any conversations related to it so she don't have to face hard emotions or buildup emotions behind its back in form of emotional suppression presented in complete silence. Avoiding communication serves as a safeguard to preserve stability and prevent additional strain.

v. Participant 3

اس وقت کسی سے بات نہ کروں، کیونکہ مجھے لگتا ہے کہ میں کوئی ایسی بات نہ کہہ دوں جو مجھے بعد میں نہیں کرنی چاہیے، یا جو غلط سمجھ لی جائے۔

In order to avoid interpersonal consequences during elevated emotional states, this remark is a self-regulation tactic. In an attempt to manage her impulse, the participant purposely restrains from speaking because of the fear that expressing emotions could result in unpleasant remark or misunderstanding. This suggests an anticipate self-monitoring in which keeping quiet serves as a safeguard against conflict, miscommunication and strained relationship. Additionally, it proposes a retreat is a means of containing emotions until a more stable internal state is reestablished.

vi. Participant 4

My escapism was work and I was working like crazy.

The participant's use of work as an escape from emotional suffering is shown in the statement. She seems to avoid facing challenging feelings and personal problems by being overly preoccupied with her work. It is a protective coping mechanism in time of psychological stress which work as a diversion from emotional suffering and help preserve a sense of control.

I think to be left alone is more peace now.

The participant's desires for isolation as a way to preserve emotional stability and lessen interpersonal stress. It implies a change towards emotional withdrawal, where people believe that being for themselves is safer and less taxing than being in relationship that could lead to conflict, disappointment or unfulfilled emotional needs.

4.4.5.2 Defensive Self-Reliance and Loss of Trust

i. Participant 2

دور رہتی ہوں۔

There is an inclination to keep a safer distance from another person. It implies a tendency for emotional independence and lack of trust for relationships where distance reduces vulnerability and protects against possible disappointments or emotional harm.

ii. Participant 1

تھوڑی سیس لے لیتی ہوں سہیں میں یہ ہوتا ہے کہ جو بھی اے کو شمر ہوتے ہیں۔ وہ سب تھوڑے پہلو پر ہو جاتے ہیں، قابو ہو جاتے ہیں

Separation is being used as a way to control emotions. By taking a step back from emotionally charged circumstances she is able to restore control over her emotions.

This conduct implies protective self-reliance where emotional stability is attained by dealing on one's own rather than by asking for help from others.

iii. Participant 3

زیادہ تر میں کچھ بھی شیئر نہیں کرتی کیونکہ میں خود ہی اپنے آپ کو منہج کر لیتی ہوں

The participant reports an inclination to keep private thoughts and feelings to herself because she thinks she can handle things on her own instead of expecting or demanding from others. Instead of showing her vulnerabilities to others which she thinks won't be helpful she tends to be self-relied instead of asking for help.

iv. Participant 5

اب میں اس چیز سے بچتا ہوں۔

I just want to avoid them to recover my peace again and try my best not to face them again.

Adopting the behavior of avoidance as a form of protection from past emotional traumas and disappointments is depicted in the statement. Distance is being strategically used to protect from emotional burden, vulnerability or unfulfilled expectations. It implies relational detachment and decreased trust in others.

4.4.5.3 Emotional Numbing and Social Disengagement

i. Participant 1

مخے دوست بنانا میرے لیے مشکل ہو گیا ہے

The remark captures the emotional cost of providing support without reciprocity as well as the challenge of forming new emotional ties. In situations when continuous emotional imbalance results in emotional depletion, dissatisfaction and tiredness. It implies emotional withdrawal, diminished trust and exhaustion.

ii. Participant 2

باؤنڈریز کرینٹ کرنی چاہیے

Due to the past interpersonal challenges and emotional consequences, the participant has learned that the awareness and necessity of setting personal and emotional boundaries in relationship. There is an inclination of preserving psychological well-being and personal integrity suggesting self-protective awareness based on fear of losing one's identity or emotional stability.

iii. Participant 1

میرے اندر سے سوشلائزیشن کی کوالٹی کم ہوتی جا رہی ہے

This remark depicts that participant seem to have made meaning that perceived emotional deterioration in social connections is associated with excessive emotional giving that exceeds one's capability and depletes one's own emotional reserves. It implies that persistent self-sacrifice without sufficient reciprocity causes emotional weariness, decreased social interaction and slow deterioration of significant interpersonal relationships and basic social functioning.

میں بالکل اُس سے دور ہو گئی تھی، یونیورسٹی میں کوئی بات نہیں کرتی تھی

This expression views and interpret complete social and emotional disengagement from certain situations. Emotional distancing, decreased social participation and a coping mechanism of isolation after relationship or emotional difficulties are all suggested by participant disengagement from interactions and avoidance of communication.

iv. Participant 7

Emotional exhaustion and relationship strain are experienced contributing to relational disengagement and emotional retreat from social bonds. It implies that

persistent emotional exhaustion has resulted in diminished trust, loneliness and dissolution of significant interpersonal relationships suggesting detachment as a coping mechanism for persistent emotional exhaustion and interpersonal difficulties.

۔ اب میرا کسی سے کوئی تعلق نہیں رہا

v. Interpretation

Overall, the result shows that long term interpersonal stress, emotional tiredness and perceived lack of reciprocity in relationships lead to emotional numbness and social disengagement as coping mechanism. As emotional resources are exhausted via prolonged self-sacrifice and over giving, participants reported difficulty making new friends, a decline in the quality of social contacts and a gradual departure from social settings. A gradual transition from active social engagement to avoidance and separation seems to occur. In order to shield oneself from additional emotional strain, people cut off contact, restrict engagement and separate themselves from once meaningful relationships. Setting limits shutting off social interaction and in certain situations totally terminating ties are all example of disengagement. In order to manage fatigue and regain psychological equilibrium, participants use coping mechanism such as emotional detachment, solitude and setting boundaries. These strategies provide people a sense of control and relief but they also damage social ties, erodes trust and lower the quality of their relationship. In general, individuals grow to see disengagement and self-reliance as safer and more sustainable means of handling social and emotional demands because they the emotional commitment in relationships is painful and unrewarding.

Chapter 5

Discussion and Conclusion

5.1 Discussion

The current study investigated the lived experiences of emotionally available friends and how long-term emotional support within friendships relates to role strain and identity conflict. The study used Interpretative phenomenological Analysis to investigate how individuals interpret their roles as emotional supporters and how this role impacts their interpersonal relationships and psychological wellbeing. The study uncovered five superordinate themes: Emotional support as identity formation, moral, cultural and spiritual duty to help others, emotional exhaustion and unseen labor, feeling unseen and unsupported, relational withdrawal and defensive emotional shutdown. This chapter examines these results in relation to the research questions, existing literature and role theory. The findings suggest that emotional availability goes beyond helping behavior and is incorporated in participants identities resulting in expectations and responsibilities that frequently cause emotional burden and role strain.

5.1.1 Research Question 1

- i. How do emotionally supportive friends experience and make sense of assuming a supportive role within their friendships?

The findings shows that the participants saw emotional support as an integral part of who they were rather than just an action. The themes emotional support as identity formation, moral, cultural and spiritual duty to help others shows clearly demonstrates participants perceived their supportive responsibilities and the meaning associated with them.

5.1.2 Emotional Support as Identity Formation

This superordinate them illustrates that participants consistently reported that they were the person on which friends relied in difficult circumstances. It became a distinguishing characteristic of their self-concept to be listener, advisor guide or protector. Participants progressively adopted the role of emotional caregiver as a result of constantly supporting others and being acknowledged as for their support.

The result is consistent with role theory which postulates that person identity is formed by internalizing and incorporating recurrent societal expectations. According to recent qualitative study self-narrative and frequent supportive experiences can help people integrate caring role into their own identities influencing how they perceive themselves and their relationships ([Mroz et al., 2024](#)). Participants progressively saw emotional caregiving as an integral aspect of who they were, rather than just engaging in supportive activities. Their stories point to a process where a stable identity determined by emotional availability was formed through interpersonal interactions and social expectations. ([Biddle, 1986](#)). Many individuals link their early experience to this identity. Some explained that their own lack of support as children or their past friendships led them to become emotionally available. Adverse childhood experiences or unmet emotional needs frequently lead to the development of caregiving identities and increased sensitivity to the misery of others which may increase a person's tendency to take on supportive responsibilities in future relationships. ([Landi et al., 2025](#)). Others talk of picking helpful behaviors from close friends or family members they looked up to. These results are consistent with recent studies that indicate people frequently form caregiving identities as a result of social modeling, unfulfilled emotional needs and recurrent

reinforcements from important relationships frequently contribute to the development of caregiving identities. (Whaley et al., 2024). Additionally, participants reported that they were frequently complemented by others on their ability to listen well and solve their problems. Their conviction that they had a duty to assist others seemed to be reinforced by this validation. From the standpoint of IPA individuals were actively using these relational experiences to make sense of who they were. As a result, emotional support evolved from behavior to a significant source of self-worth, meaning and purpose.

5.1.3 Moral, Cultural and Spiritual Duty to Help Others

This theme explains emotional assistance as a moral obligation in addition to identity related explanations. Helping others was seen as a kind person, a loyal friend and in certain situations, a religious duty. Participants frequently stated that they thought that individuals should help others no matter how painful it was for them personally. This is consistent with previous findings that caregiving and providing emotional support are frequently influenced by moral obligation and perceived societal responsibility in close relationships where people may feel accountable for well-being of others even at their own emotional expense. (Gu et al., 2024).

Collectivist cultural principles, which place a higher value on interpersonal responsibility, social harmony and relational interdependence than individual wants are reflected in these findings. Within Pakistani collectivist culture, expectations surrounding loyalty, family obligation and interpersonal responsibility may further reinforce the belief that emotional support is a moral duty rather than an optional behavior. People may experience a Stronger feeling of duty to care for others in such cultural situations, where emotional support is sometimes portrayed as moral obligation rooted in social ties rather than purely individual choice. In order to avoid burdening others or coming out as selfish, participants frequently talked about repressing their own demands. According to these testimonies, emotional support had become moralized which means that putting one's own needs first or withdrawing support was frequently linked to guilt. Studies on caring and

emotional have shown similar results, with people feeling pressured to continue supporting others even when they are emotionally exhausted. This pattern is in line with the studies that indicate close associations can both sustain and eventually deplete emotional resources. While relationships can be strengthened by helpful interactions, prolonged emotional engagement can lead to emotional exhaustion and challenging emotional states when people frequently take on the role of supporter (Vashdi et al., 2024).

Role theory sheds more light on these experiences. Participants found it challenging to reject the expectations attached to the role of emotional supporter after they had internalized it. As a result, they saw give emotional support to others as duty connected to their moral identity and social connection rather than a choice.

Overall, the result shows that early experiences, moral convictions cultural norms and personal identity all play a part it how emotionally available friends interpret their supportive roles. Together these elements strengthen the expectations that they should continue to be emotionally available at all costs and reinforce strong commitment to support others.

5.1.4 Research Question 2

To understand how emotionally supportive friends interpret role strain and identity conflict associated with prolonged emotional support in friendships. The participants experience of exhaustion, fatigue and conflict as a result of their supportive role were the subject of second research question. This question was particularly relevant to three themes: emotional exhaustion and unseen labor, feeling unseen and unsupported and relational withdrawal and defensive emotional shut-down.

5.1.5 Emotional Exhaustion and Unseen Labor

The emotional strain of always helping people was one of the most significant results. After being exposed to friends' sufferings for an extended period of time,

participants reported being overburdened, emotionally, mentally spent and psychologically burdened. A number of participants described managing their own challenges while simultaneously engaging in the emotional suffering of others (Van Der Mey-Baijens et al., 2025).

The work needed to control emotions and provide emotional support in interpersonal interactions is known as emotional labor and these experiences align with current studies on the topic. Emotional tiredness, psychological tension and decreased wellbeing have been associated with emotional work specially when people continuously out the emotional needs of others before their own.

This emotional support which occurs between close friends extends far beyond the actual conversation according to the qualitative data.

Participants carried both their own and other people's feelings at the same time due to this emotional engagement. A persistent mental recalling of the discussions and emotional contagion were reported by the participants suggesting that friend's trauma function as an effective contagion that persist long after the connection end.

This psychological phenomenon is consistent with the findings of (Dirghangi et al., 2015) who showed that through interpersonal, contextual transmission, co-rumination in close friendships directly foster localized anxiety.

They frequently developed a strong emotional connection to the distress of people they provided support to rather than becoming objective listener. Frequent participation in emotionally charged conversations may strengthen emotional bonds but it may make people at more risk to psychological exhaustion and negative emotions. Participants reported decreased emotional capacity and challenging to sustain their supportive roles over time.

These findings suggest that participants were not merely offering emotional support but were repeatedly engaging in emotionally demanding interactions without sufficient opportunities for psychological recover. The emotional reserves seem to be invested over time by this ongoing emotional involvement making it more challenging for them to maintain empathy and emotional availability. This pattern

is consistent with conversations of resource theory which propose that extended demands on emotional resources without sufficient restorage leads to stress, emotional fatigue and decreased psychological wellbeing (Hollebeek et al., 2023). Participants in current study reported feeling emotionally exhausted as a result of continuously devoting emotional energy to helping others but getting comparative less emotional support.

The deterioration of interpersonal boundaries was another significant discovery. Participants frequently developed a strong emotional connection to their friend's issues internalizing their suffering and thinking about it long after talks were over. Emotional contagion and co-rumination may be exacerbated by such compromised boundaries leading to increased worry and emotional fatigue and decreased psychological well-being. (Calvi and Byrd-Craven, 2024; West and Mendes, 2023). Participants sometimes perceived their friends suffering as their own rather than acting as impartial supporters which increased the psychological strain of offering emotional support.

5.1.6 Feeling Unseen and Unsupported

This superordinate theme highlights participant experience of receiving little emotional support despite being continuously available for others. Many participants believed that their own emotional needs went unmet despite the fact that they regularly supported others. The absence of reciprocity in friendship was a common practice. According to the participants, friends frequently relied on them in difficult times but they barely ever provided the same level of support in return.

Feeling of emotional neglect, disappointment and loneliness were exacerbated by this imbalance. Participants frequently talked about repressing their personal difficulties because they thought others wouldn't be able to understand them or offer significant help. As a result, many participants learnt accustomed to handling challenges on their own.

The research confirms previous research showing that help recipients receive more attention than help providers. (Vogt et al., 2025). The experience of people who

provide support are comparatively unexplored despite the fact that emotional support is frequently studied from the view point of those who receive it. (Nittas et al., 2025). The current research indicates that even when they are surrounded by their relationships, emotionally available people may have significant unmet emotional needs. According to the role theory (Biddle, 1986), this encounter is an example of role strain.

Despite feeling unsupported, participants continued to dedicate themselves to the job of emotional support. Psychological strain and emotional dissatisfaction were brought on by the difference between what they gave and what they received.

The results imply that the degree to which support is reciprocated has an impact on the quality of emotional support, in addition to the readiness to offer care. While chronic one-sided support may weaken these demands and lead to emotional dissatisfaction reciprocal, emotional support allows people to feel appreciated, understood, and psychologically connected.

According to recent assessments, supportive relationships work best when they respond to the psychological needs of both the recipient and the support provider, rather than concentrating only on the individual in need of assistance (Pezirkianidis et al., 2023).

Participants unwillingness to communicate their own emotional needs may be a sign of self-sacrificing tendency in which people repress their own discomfort in order to maintain their image as dependable friends. In the short run, this approach might maintain relationships but over time it may exacerbate feeling of psychological pain, emotional tiredness and loneliness. The emotional costs of being the major support provider are highlighted by the incapacity to ask for help yet continuing offering it.

The findings reevaluate friendships by demonstrating that emotional availability does not always imply emotional support in return. Rather participants often reported feeling valued for the assistance they provided but overlooked when they needed back. These experiences imply that mutual awareness of each person's emotional needs is just as important in healthy friendship as empathy. When this balance is lost, individual may continue fulfilling the role of emotional supporter

while experiencing increasing emotional isolation and reduced psychological well-being.

5.1.7 Relational Withdrawal and Defensive Emotional Shutdown

In this superordinate theme participants reported being retreated from relationships more frequently as their emotional stress raised. Many reported they cut off social connections built on their boundaries, avoided emotional conversations and cut ties with friends completely. These reactions seem to be protective coping strategies. In order to recover from emotional weariness and regain a sense of inner peace. Participants frequently mentioned the need for space. Withdrawal was driven more by the realization that their emotional reserves had depleted not due to the lack of motivation to stop caring for others. This was an attempt regain a sense of self which seems to be vulnerable because of care which was given at the expense of one's own. A number of participants reported feeling emotionally numb and having less trust in other people. Defensive self-reliance seems to be influenced by repeated experience of offering support without receiving sufficient care. Participants progressively favored managing challenges on their own rather than asking for support.

The results are in line with studies showing that long term emotional stress can cause interpersonal avoidance, emotional detachment and social disengagement ([Lincoln et al., 2022](#)). When emotional demand exceeds personal resources, withdrawal may be an adaptive attempt to preserve psychological well-being. Collectively, these studies imply that persistent emotional caregiving can produce severe role strain. Emotional tiredness, unfulfilled emotional needs and relational retreat might result from a function that at first seem relevant and valuable but eventually become psychologically demanding.

The current study contributes to the literature by emphasizing the experience of emotionally available friends who does not receive much attention in psychological research. The current study highlights the experiences and psychological

consequence of those who frequently provide emotional support whereas previous research has focused mainly on the people receiving help. The results shows that emotional availability in friendship may involve considerable emotional work, self-sacrifice and role strain which advances knowledge of unseen cost connected to supportive friendship roles at a developmental period characterized by high reliance on peer relationships.

Additionally, the study offers culturally grounded perspective from young adults in Pakistan showing how social norms, moral convictions and cultural values influence emotional supporting experiences.

Expectations of emotionally supportive role can become ingrained in one's identity and when emotional demands are not balanced it leads to role strain, emotional exhaustion and identity conflict.

In particular the university students who are juggling identity development, gaining independence, academic commitments and complicated peer interactions found the findings especially relevant. The findings imply that ongoing emotional caregiving may have impact on academic engagement, focus and productivity in addition to psychological well-being. The study offers insights that could guide peer support programs, university counseling services and interventions that support healthy boundaries, reciprocity and emotional self-care by spotlighting the experience of emotionally available friends. Overall, the study highlights the significance of appreciating both the benefits and psychological cost of emotional availability and increase theoretical, cultural and practical understanding of emotional support within friendships.

5.2 Integration with Role Theory

The findings of the present study contribute to Role Theory (Biddle, 1986) by demonstrating how a supportive role within friendships can become internalized through repeated role enactment and interpersonal expectations. Participants described emotional support not merely as an occasional behavior but as a responsibility that became incorporated into their sense of self. This reflects the

role-theoretical concept of role identity, in which repeated enactment of a particular role can become an important part of how individuals understand themselves and their expected behavior (Biddle, 1986). The findings also demonstrate the role of role expectations in shaping participants' emotional availability.

Participants often perceived being available for their friends as a duty, responsibility, or moral expectation. These expectations appeared to influence their decisions to continue providing support even when they were emotionally tired or experiencing personal difficulties.

This finding is consistent with (Rahal and Singh, 2024b), who found that providing emotional support to friends was associated with greater feelings of role fulfillment as a good friend, suggesting that supportive behavior may be reinforced by individuals' perceptions of fulfilling expectations associated with their friendship role.

Thus, the findings show that role expectations within friendships can encourage individuals to maintain a supportive role beyond occasional acts of helping. The findings further demonstrate the relevance of role strain within friendship contexts. Participants reported emotional exhaustion, emotional burden, suppression of their own needs, and difficulty maintaining personal boundaries when the demands of the supportive role became prolonged (Johnson, 2024b).

These experiences illustrate role strain, as participants experienced difficulty managing the demands associated with being emotionally supportive while also attending to their own emotional needs. The findings therefore show how role strain can emerge even within informal interpersonal roles such as friendship.

An important finding was that lack of reciprocity appeared to increase the burden associated with the supportive role. When participants perceived that they repeatedly provided emotional support without receiving comparable support themselves, the expectations attached to the supportive role became more difficult to manage. This suggests that the experience of role strain may be influenced not only by the demands of a role but also by how balanced or reciprocal the interpersonal relationship is perceived to be (Gallagher et al., 2022).

Finally, participants' experiences of relational withdrawal and defensive emotional shutdown can be understood in relation to prolonged role strain. When participants experienced continued expectations to provide emotional support while their own emotional needs remained insufficiently acknowledged, some described distancing themselves, reducing emotional engagement, or becoming more emotionally guarded. This indicates that prolonged difficulty in managing role demands may influence subsequent interpersonal behavior (Hughes and Freier, 2023; Johnson, 2024b).

Taken together, the findings illustrate a connection between role adoption, role expectations, role identity, and role strain within emotionally supportive friendships. Participants initially occupied a supportive position within their friendships, repeated expectations reinforced this position, and the role could become incorporated into their sense of responsibility and identity. When the demands of this role became prolonged and insufficiently reciprocal, participants experienced emotional burden and strain, which in some cases was followed by changes in their interpersonal engagement.

Therefore, the present findings provide an empirical application of Role Theory to emotionally supportive friendship relationships. Rather than viewing role-related processes only within formal or clearly defined social roles, the findings demonstrate that informal friendship roles can also involve expectations, responsibilities, identity, and strain. The data thus help explain how an apparently voluntary supportive role can become psychologically demanding when expectations are sustained over time and are not perceived as reciprocal.

5.3 Summary

The findings show that emotionally available friends see supporting others as a moral and interpersonal duty and frequently define themselves through their supportive position. Long term emotional engagement may lead to role strain, emotional tiredness and lack of reciprocity even though this job offers meaning and purpose. Participants often felt that their personal needs were neglected which

resulted in emotional exhaustion and an increasing dependence on withdrawal as a defense mechanism general, Identification processes cultural norms and interpersonal responsibilities seem to maintain emotional availability. However, the job may become psychologically costing if boundaries are restricted and support was not reciprocal. These results highlight the significance of emotional boundaries, reciprocity and recognition of support providers within close friendships.

5.4 Limitations

Although this study aims to provide an in-depth understanding of emotionally available friends and the psychological burden associated with sustained emotional support in friendships, several limitations must be acknowledged.

- i. Interpretations of term such as “emotional availability” and “psychological crisis” may vary among participants potentially introducing conceptual ambiguity.
- ii. Emotionally sensitive nature of topic may cause distress and discomfort for participants during interviews possibly restricting their ability to openly share deeper or unresolved emotions.
- iii. Participants occasionally found it difficult to understand the idea of emotional availability as intended. Some participants first concentrated on the benefits of assisting others rather than possible psychological load because being emotionally helpful is typically seen as desirable trait. Despite the fact that clarifications were provided during interview differences in participant interpretation may have affected the collected data.
- iv. The fact that the study’s participants were young adults going through emerging adulthood, a time marked by identity exploration, shifting relationships and continuous personal development. People’s perceptions of friendship dynamics and emotional support roles may alter as they go into later stages of life due to changing circumstances and experiences.
- v. The researcher’s personal viewpoints, presumptions and interpretations may have affected data collection, analysis and interpretation despite efforts to maintain

objectivity throughout the research process. Researcher objectivity cannot be removed in qualitative research to reduce potential bias.

viLastly, although the study aims to explore psychological burden in depth, it does not measure clinical outcomes or establish causal relationships between emotional availability and mental health conditions. Therefore, interpretations should be understood as exploratory and descriptive rather than diagnostic or predictive.

5.5 Research Implications

This study contributes to psychological literature by extending Role Theory (Biddle, 1986) and deepening understanding of emotional processes within close friendships during emerging adulthood. The findings are expected to offer several theoretical, developmental, and contextual implications for future research.

i. Firstly, the study extends Role Theory (Biddle, 1986), by demonstrating that role formation is not confined to formal or institutional settings such as family or occupational contexts. Instead, it highlights how individuals may gradually assume informal yet stable roles within friendships, particularly the role of primary emotional supporter. This suggests that future research should further explore how informal relational roles are constructed, maintained, and internalized in peer-based relationships.

ii. Secondly, the study broadens the conceptualization of emotional availability. While traditionally viewed as a protective relational factor, the findings may indicate that emotional availability can also function as a source of emotional labor when support becomes unbalanced. This implies that future studies should examine emotional availability as a dual construct that may involve both relational benefits and psychological costs depending on reciprocity and boundary regulation.

iii. Thirdly, the study emphasizes the importance of reciprocity and perceived balance in sustaining healthy friendship dynamics. It suggests that lack of mutual emotional exchange may contribute to role strain, emotional exhaustion, and identity confusion. Future research should therefore investigate reciprocity not only

as a relational feature but as a key protective factor for psychological well-being in peer relationships.

iv. Fourthly, the study highlights the developmental significance of the 18–25 age group, a critical period characterized by academic demands, identity formation, and transitional stressors. During this stage, individuals often rely heavily on friendships for emotional support which increases the likelihood of uneven emotional caregiving roles. This implies that emerging adulthood should be considered a particularly sensitive phase for studying emotional labor in informal relationships, as psychological well-being may be more vulnerable to relational imbalance during this period.

v. Fifthly, by situating the study in a collectivist cultural context such as Pakistan, suggest how cultural norms of loyalty, emotional endurance, and relational obligation may reinforce sustained emotional support even in the presence of personal stress. ([Ahmed et al., 2022b](#)). This interpretation is supported by a participant who explicitly stated that “in Pakistani culture, we are ought to do it,” indicating that providing support may be understood as a culturally shaped responsibility toward friends. This suggests a need for further cross-cultural research to understand how cultural expectations shape emotional role-taking and boundary formation in friendships.

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Appendix A: Ethics Review Form

 **Capital University of Science & Technology**
Your Journey Awaits

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Islamabad Pakistan.
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E info@custedu.pk
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Ref: CUST/FMSS/REC/2025-75
December 11, 2025

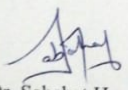
RESEARCH ETHICS COMMITTEE CERTIFICATE OF REVIEW AND SUPPORT

This is to certify that Project titled: "*Silent Burden; Exploring the Psychological Crisis of an Emotionally Available Friend*" submitted by Scholar: **Maryam Fatima MSP241013** and supervised by: **Dr. Uzma Rani** reviewed by the Research Ethics Committee of Faculty of Management and Social Science, meets the requirements of the American Psychological Association's Ethical guidelines for Human Research and is **REVIEWED** and **APPROVED** by Research Ethics Committee of Faculty of Management and Social Sciences.

It is the Scholar's responsibility to ensure that all researchers associated with this project are aware of the conditions of approval and which documents have been approved.

The Scholar is required to notify the Research Ethics Committee in case of any amendment in the project, specifically:

- Any significant change to the project and the reason for that change, including an indication of ethical implications (if any)
- Serious adverse effects on participants and the actions taken to address those effects
- Any other unforeseen events or unexpected developments that merit notification
- The inability of the Principal Investigator to continue in that role, or any other change in research personnel involved in the project
- A delay of more than 12 months in the commencement of the project; and,
- Termination or closure of the project.


Dr. Sabahat Haqqani
Convener, Research Ethics Committee
Faculty of Management and Social Sciences
Capital University of Science and Technology
Islamabad

Appendix B: Data Collection Form

 Capital University of Science & Technology
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Ref. CUST/IBD/PSY/Thesis-1833
December 11, 2025

SUBJECT: REQUEST FOR DATA COLLECTION

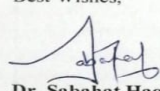
Capital University of Science and Technology (CUST) is a federally chartered university. The university is authorized by the Federal Government to award degrees at Bachelor's, Master's and Doctorate level for a wide variety of programs.

Ms. Maryam Fatima, registration number **MSP241013** is a bona fide student in MS Psychology program at this University from Spring-2024 till date. In partial fulfillment of the degree, she is conducting research on "*Silent Burden: Exploring the Psychological Crisis of an Emotionally Available Friend*". In this continuation, the student is required to collect data from your institute.

Considering the forgoing, kindly allow the student to collect the requisite data from your institute. Your cooperation in this regard will be highly appreciated.

Please feel free to contact undersigned if you have any query in this regard.

Best Wishes,



Dr. Sabahat Haqqani
Head, Department of Psychology
Ph No. 111-555-666 Ext: 178
sabahat.haqqani@cust.edu.pk

Appendix C: Demographic Information Sheet

Demographic Information Sheet

Please provide the following information. All information will remain confidential and will be used only for research purposes.

Participant ID: _____

1. Age: _____

2. Institution Name:

3. Educational Qualification:

☐ Bachelor's

☐ Master's

☐ MPhil

4. Gender

☐ Male

☐ Female

5. Residential Status:

☐ Hostelite

☐ Day Scholar

6. Preferred Language for the Interview:

☐ English

☐ Urdu

☐ Both English and Urdu

Thank you for your participation.

Appendix D: Informed Consent Form

1

Informed Consent Form

Purpose of the Study: You are invited to participate in a study that explores the experiences of young adults (18–25 years) who provide emotional support to friends.

- Interviews can be in person or online (Zoom/Google Meet).
- With your permission, the interview will be audio recorded and transcribed for research purposes.
- Participation is completely voluntary.
- You can refuse to answer any question or withdraw from the study at any time without giving a reason.
- Some topics may feel personal or emotional.
- You may pause, skip questions, or stop the interview at any time.
- If needed, information on counseling support will be provided.
- Your identity will remain confidential.
- Pseudonyms will be used in transcripts and reports.
- Audio recordings and transcripts will be stored securely and accessed only by the researcher and supervisor.
- If you have questions about the study, your rights, or participation, you can contact:

Researcher: [maryamfatima7600@gmail.com]

By signing below, you confirm that:

- You have read and understood this information.

Signature: _____

1

Appendix E: Participant Eligibility Screening Checklist

Participant Eligibility Screening Checklist

This screening questionnaire is designed to determine whether you meet the eligibility criteria for participation in this study. Please answer the following questions honestly. Your responses will be used solely for participant selection and will remain confidential.

Do one or more of your close friends usually approach you when they need emotional support or someone to talk to?

☐yes ☐No

Do your friends share their emotions or personal concerns, how often are you able to give them your full attention and be emotionally present?

☐ yes ☐ No

Do you try to understand your friend's feelings from their perspective before responding?

☐ yes ☐ No

Do you respond to your friend's emotions in a supportive and non-judgmental manner?

☐ yes ☐ No

Do your friends rely on you because they consider you a dependable source of emotional support?

☐ yes ☐ No

Have you consistently provided emotional support to one or more close friends?

☐ Yes ☐ No

Appendix F: Interview Guide

1

Interview Guide

1: How would you describe your role within your friendships?

- Do you usually see yourself as the listener, adviser, or something else?

2: How did you come to take on the role of providing emotional support to your friend?

- Do you think this role was something you consciously chose, or did it gradually develop over time?

3: Over time how has this role changed or developed for you?

4: What kinds of expectations do you feel are placed on you in your relationship with your friend?

5: What do you feel when you are supporting a friend during difficult times?

- Do you feel comfortable expressing your own tiredness or struggles?

6: Can you recall a time when supporting a friend felt difficult for you? How did you realize it was affecting you?

- What was happening then?

7: While supporting your friend, were you also dealing with your own personal challenges?

8: After repeatedly supporting your friend, have you noticed any changes in how you feel or respond emotionally over time?

- How do you usually cope when you feel emotionally tired?

9: Have you ever struggled to balance supporting your friend and taking care of yourself?

10: Do you feel comfortable showing your own need for emotional support in this friendship? Why or why not?

11: Has playing this supportive role changed how you see yourself?

- In what ways?
- Has the responsibility of being an emotionally available friend felt heavy for you?

2

12: How do you now interpret what happened during this experience?

13: What do you think people misunderstand about emotionally available friends?

Appendix G: Transcription 01

1

Participant 1

What is your Age?

22

Are you comfortable speaking in English or Urdu during this interview?

Both

How many close friends do you have?

اب ا کے مجھے لگتا ہے کوئی بھی نہیں ہے

Is there a friend who usually comes to you to talk about personal or emotional problems for whom you always provide emotional support?

Yes

Do you often find yourself listening or supporting friends when they are upset.

جس کو چاہیے ہوتی ہے ایڈوائس

Have you ever felt emotionally exhausted after supporting a friend for a long time?

کلوز فرینڈز سے نہیں ہوتی لیکن مجھے ایسے لگتا ہے کہ میں سٹریجنرز کی پرابلمز نہیں سولو کر سکتی، کبھی کبھی ایسا ہوتا ہے سٹریجنرز مجھے آ کر اپنی پرابلمز بتا بھی رہے ہوتے ہیں، میں ایگزاسٹ ہو جاتی ہوں، 10 منٹس سے زیادہ میں نہیں بیٹھ پا رہی ہوتی، فرینڈز کے ساتھ نہیں لیکن نارمل لوگوں کے ساتھ ایسا ہوتا ہے

Can you tell me a little about your close friendships?

سیم جینٹر کے بھی ہیں اور اوپوزٹ جینٹر کے بھی، مجھے ایسا لگتا ہے کہ یونیورسٹی میں ایسا ہوتا ہے کہ جب تک آپ ایفرٹس کر رہی ہوتی ہیں تب تک ہی آپ کی دوستیاں چل رہی ہوتی ہیں۔ جب تک ایفرٹس کریں گے تو ہر دوستی اچھی جا رہی ہے، جیسے ہی آپ تھوڑی سی بھی ایفرٹس کم کریں گے تو ویسی آپ کی دوستی نہیں چل رہی ہوتی۔ مجھے لگتا ہے کہ ساری دوستیاں جو ہیں، یونیورسٹی لیول کی ویسی ہی چل رہی ہوتی ہیں۔ اچھے دوست جو ہوتے ہیں وہ صرف اسکول لیول کے ہوتے ہیں، جن سے بات نہ بھی ہو تب بھی وہ دوست رہتے ہیں

How would you describe yourself as a friend?

مجھے لگتا ہے کہ میں اچھی فرینڈ ہوں لیکن محدود لوگوں کے ساتھ۔ مطلب میرے بہت کم لوگ دوست بنتے ہیں، لیکن جو بنتے ہیں وہ بہت اچھے دوست بنتے ہیں۔ نہ میں ایکسٹروورٹ ہوں نہ انٹروورٹ۔ جب کوئی پرابلم لے کر آئے تو

2

میں کبھی نہیں کہتی کہ نہیں۔ جب میں خود کو اُس صورتحال میں دیکھتی ہوں تو مجھے لگتا ہے کہ جب میں کسی کے پاس جاتی ہوں تو وہ آپ کو لاجیکل سمجھا رہے ہوتے ہیں، مجھے لگتا ہے کہ اُس وقت ہمیں ان کے ایموشنز دیکھنے ہوتے ہیں، سمجھانا نہیں ہوتا۔ ہمیں یہ دیکھنا ہوتا ہے کہ یار ابھی یہ بندہ پریشان ہے، اُس کی پرابلم سننی ہے میں خود یہ کوشش کرتی ہوں کہ جو چیزیں میں نے فیس کی ہوئی ہیں، کوئی اور میری وجہ سے نہ فیس کرے۔ مطلب میں کسی کے پاس جاؤں اور وہ کہے لاجیکل سوچو، ایسے نہیں سوچو۔ اُس وقت بندہ ایموشنل ہوتا ہے، اُس کے ایموشنز کو سمجھنا چاہیے، سمجھانا نہیں۔ سمجھ سب کو ہوتی ہے کہ میں غلط کر رہا ہوں، لیکن اُس وقت ہمیں ایک اچھا سننے والا ہونا چاہیے، اور میں سمجھتی ہوں کہ میں ایک اچھی لسنٹر ہوں

Can you share an example of time when you provided emotional support to a friend?

میری فرینڈ کا بریک اپ ہوا تھا، اب الحمد للہ وہ ٹھیک ہے۔ میری پوری پوری رات گزر جاتی تھی اسے سمجھانے میں، بات کرنے میں وقت گزر جاتا۔ میں وقت دیتی ہوں کہ تم انسان ہو، ایموشنز فیل کرو، آہستہ آہستہ یہ چیزیں ختم ہوتی ہی

How would you describe your role within your friendships?

میں نے یہ رول پلے کیا ہے کہ مجھے لگتا ہے کہ بندہ خود سے بھی کبھی کبھی تنگ ہو جاتا ہے، مگر میں اُس کی گڈ لسنٹر کبھی نہیں رہتی ختم ہوئی۔ جب بھی مجھے آ کر سنانا چاہیے، رات کے 2 بجے بھی اُس کی کال آ رہی ہے، دن کو بھی کال آ رہی ہے۔ جب کال آ رہی ہے، میں ہمیشہ اُس کے لیے وہیں پر ہوں جہاں اُس کو چاہیے

How did you come to take on the role of providing emotional support to your friend?

کیونکہ وہ چیز مجھے خود نہیں ملی جو ہر بندہ خود چاہے، جب اُس کو چاہیے ہو اور جب وہ اسے نہیں پا رہا ہوتا تو وہ کوشش کرتا ہے کہ کیونکہ میں گڈ لسنٹر ہوں، مجھے بھی کوئی ایسا ہی انسان ملے۔ کیونکہ ہر بندے کی زندگی میں پروبلمز ہوتی ہیں، مجھے احساس ہوا کہ میرے پاس گڈ لسنٹر نہیں ہے، تو میں کم از کم وہ بن سکتی ہوں۔ تو اس طرح میں نے یہ رول اپنایا، جہاں مجھے وہ چیز نہیں ملی تو میں خود ایک گڈ لسنٹر کے رول میں آگئی

Over time how has this role changes or developed?

وقت کے ساتھ، بطور ہاسٹیل میں رہنے والے، صرف آپ کو رالیشنز میں پروبلم نہیں آتی، آپ کو اور بھی بہت سے ایشوز ہوتے ہیں جہاں آپ کو ایموشنل سپورٹ چاہیے ہوتی ہے۔ آپ گھر سے دور رہے ہوتے ہیں، بہت ساری چیزیں انسان کو فیس کرنی پڑتی ہیں

وقت کے ساتھ میں نے دیکھا کہ آپ کو ایک ایسا انسان چاہیے ہوتا ہے جو گڈ لسنٹر ہو۔ کبھی کبھی آپ کو روم میٹس کے ساتھ بھی بہت ساری پروبلمز ہوتی ہیں، فنانشل پروبلمز بھی آپ الگ فیس کر رہے ہوتے ہیں جو آپ اپنے گھر نہیں بتا سکتے۔ یونیورسٹی لیول پر بھی بہت پروبلمز ہوتی ہیں

3

میں نے یہ بوجھ لیا کہ میرے اندر لسنٹنگ کی عادت ڈیولپ ہو گئی ہے، کیونکہ مجھے لگتا ہے کہ گڈ لسنٹر کی ضرورت ہے

What kind of expectations do you feel are placed on you in your relationship with your friend?

وہ ایکسیپیکٹ کر رہی ہے کہ میں اُس کی ہر پرابلم میں اُس کے ساتھ ہوں، چاہے وہ غلط ہے یا صحیح

“I must be a good listener”.

مجھے اپنی پرابلمز کو سائیڈ پہ رکھ کے اُس کے لیے ہر ٹائم حاضر ہونا ہے، چاہے مجھے یونیورسٹی چھوڑنی پڑے یا کلاسز چھوڑنی پڑیں۔ اُس کو چاہیے تو اُس کو چاہیے، ایموشنل بھی اور فزیکل بھی، کہ کہیں اگر اُس نے جانا ہے تو یہ میرے ساتھ ہو

What do you feel emotionally when you are supporting a friend during difficult times?

تو سم ایکسٹنٹ میں ہوتی ہوں، لیکن کبھی کبھی ایسا ہوتا ہے کہ اپنا بھی ڈاؤن پیریڈ چل رہا ہوتا ہے، ہٹ پھر بھی مجھے ایسے لگتا ہے کہ اس چیز کو سائیڈ پہ کر کے، اس کے ساتھ ہی ہوتی ہوں، خود کو سائیڈ پہ رکھ کے اس کے لیے ہونا لازمی ہوتا ہے

اگر اس دوستی کو مدنظر رکھتے ہوئے کہوں تو کرتی ہوں، ہر جب اس کی باری آتی ہے تو وہ اس حد تک ایک گڈ لسنٹر نہیں ہوتی۔ اب مجھے ایک چیز سناتے سناتے اس کا پورا دن بھی گزر جاتے تو میں سن رہی ہوں گی، جب میں سناؤں گی وہ میری دو باتیں سننے لگی اور اگلی وہ اپنی سٹارٹ کر دے گی۔ میں وہاں پہ رک جاتی ہوں، اور وہ چیز زیادہ شو نہیں کرتی

Do you think this role was something you consciously choose or did it gradually develop during time?

پہلے نہیں تھا لیکن اب مجھے ایسا لگتا ہے کہ میں اسے شعوری طور پر استعمال کر رہی ہوں مجھے ایسے لگتا ہے، جیسے کہ میں نے آپ کو بتایا کہ مجھے نیڈ ہے، کہ جو چیز مجھے خود نہیں ملی میں وہ بن جاؤں

Can you recall a time when a friend felt overwhelming and when did you realize that?

ہم ہوتا ہے، پھر اُس وقت میں تھوڑی سیپس لے لیتی ہوں۔ اُس چیز کو بالکل ختم کرنے کے بجائے میں تھوڑی سیپس لے لیتی ہوں۔ سیپس میں یہ ہوتا ہے کہ جو بھی ایموشنز ہوتے ہیں، جیسے کہ غصہ ہوتا ہے، وہ سب تھوڑے پہلو پر ہو جاتے ہیں، قابو ہو جاتے ہیں۔ اوور ویلینگ میں اکثر لوگ رد عمل دینا شروع کر دیتے ہیں، میری ویسی فطرت نہیں ہے، تو میں رد عمل نہیں کرتی بلکہ وقفہ لے لیتی ہوں جس سے چیزیں معمول پر آ جاتی ہیں

وہ کمیونیکٹ کرتے ہیں، کیونکہ اُسے وہ چیزیں ایکزاسٹ کر رہی ہوتی ہیں، وہ ٹرگر ہو رہے ہوتے ہیں کہ میں کیوں نہیں ہوں۔ پھر مجھے فیل ہوتا ہے کہ شاید اس کی زندگی میں شاید میری اتنی اہمیت ہے، جو کہ پہلے اُسے فیل نہیں ہو

4

پا رہا ہوتا، کیونکہ جب اُسے تھوڑی سیس ملتی ہے، تو اُسے احساس ہوتا ہے کہ نہیں، یہ اہم ہے۔ کہیں نہ کہیں، کیونکہ پہلے اُسے یہ چیز فیل نہیں ہوتی، کیونکہ بندہ ہر ٹائم ایویلیبل ہوتا ہے تو جب وہ نہ ہو تو چیزیں ٹرگر کرتی ہیں۔ ایسا ہوتا ہے کہ جب سیس ملتی ہے تو وہ چیزیں بیٹر سالو ہوتی ہیں، اور ہمیشہ سیس لینے کے بعد ہی چیزیں نارمل ہوتی ہیں

While supporting your friend were you dealing with your own personal challenges?

پہلے نہیں ہوتا تھا لیکن اب وہ ٹائم میں نئی چیز کو کوپ کر لیا ہے کہ میں وہ چیلنجز اپنے آپ سے خود ہی کنٹرول کرتی ہوں، جیسے کہ، میں اپنے آپ کو بڑی رکھوں گی، تاکہ میں اُس چیز کو فیل ہی نہ کروں۔ پہلے ایسے ہوتا تھا کہ مجھے پراہلم ہو رہی ہے، میں چاہتی تھی کوئی دوست جو جس سے میں کمیونیکٹ کروں۔ اب میں ہر چیز خود سالو کرنے کی کوشش کرتی ہوں، جیسے کہ کسی کام میں لگ جانا، پڑھائی کر لینا، باہر چلے جانا، اس طرح کر کے میں اپنی چیزیں اب خود ہینڈل کرتی ہوں

After repeatedly supporting your friend, have you ever noticed changes in how you feel or respond emotionally?

ہاں، میں نے یہ چینجز فیل کی ہیں کہ، کوئی پراہلم ہو تھوڑا مشکل ہوتا ہے لیکن آخر کار وہ سالو ہو ہی جاتی ہے۔ میں اُسے اوور کم کر لیتی ہوں۔ اب فرینڈ سے سپورٹ ملی بھی تو میں ٹوٹلی ڈیپنڈنٹ نہیں ہوں، جیسے میری دوست کو تھوڑی بھی پراہلم ہو وہ ایک ڈائنریکٹ میسج کال کرے گی کہ یہ مسئلہ ہے، میں ایسا نہیں کرتی۔ کبھی کبھی اگر بات ہو رہی ہو تو تھوڑا سا شیئر کر لوں گی، کیونکہ میں نے با خود سے سالو کرنے کی کوشش کر لی ہوتی ہے پہلے سے۔ مجھے لگتا ہے کہ وہ خود سفر کر رہے ہوتے ہیں تو مجھے اپنی پراہلم خود ہی حل کرنی چاہیے

Have there been a time when supporting your friend caused emotional strain or burnout making it difficult to attain to your own needs?

بہت زیادہ نو ہوتی ہے لیکن ایک ہی چیز جب آپ بار بار سمجھا رہے ہو اور اُس کا اثر نہ ہو رہا ہو، پھر وہ 5-6 ایکزاسٹنگ ہوتا ہے، بہت ڈرین کر رہی ہوتی ہے۔ اگر اُس کو ریٹ کرنا 1 سے 10 کے اسکیل پر

• How do you cope with that feeling?

میں اُس ڈریننگ فیئنگ کو سیس لے کر کوپ کرتی ہوں، جس میں ہم آپس میں ہلکی پھلکی بات کرتے ہیں جو زیادہ سے زیادہ تین سے چار دن کی ہوتی ہے

ایسا ہوتا ہے۔ اس سچویشن میں ایسا ہوتا ہے کہ بہت زیادہ مجھ سے نہیں ہو رہا ہوتا، لیکن میں کوشش کرتی ہوں کہ اپنی پراہلمز کو سائیڈ پہ رکھ کے کروں۔ لیکن جب میری پراہلمز بھی بہت زیادہ ہو جاتی ہیں تو میں نہیں کر رہی ہوتی، پھر میری دوست کو بھی لگ رہا ہوتا ہے کہ یہ نہیں ہے۔ اور مجھے فیل ہو رہا ہوتا ہے کہ شاید میں سیلفش ہی ہو جاتی ہوں

5

Did you feel comfortable showing yourself a person who need emotional support in this friendship? Why or why not?

ملتی ہے سپورٹ، لیکن میں پوری ڈیپنڈنٹ نہیں ہوتی اب، جس طرح میری دوست ہوتی ہے کہ اُسے جو بھی مسئلہ ہو ایک ڈائریکٹ میسج اُسے بتانا ہوتا ہے یا پراہلم سالو کرنی ہوتی ہے۔ میں بہت کم یا کبھی کبھی اگر بات ہو رہی ہو تو بتاتی ہوں، وہ بھی تب تک کہ میں اُسے سالو کر چکی ہوتی ہوں

Has playing supportive role changed you how you see yourself?

میں سوچتی ہوں کہ پروز اور کونز دونوں ہوتے ہیں۔ پروز یہ ہو سکتے ہیں کہ مجھے ایسا لگتا ہے کہ اب میں پراہلمز سالو کر سکتی ہوں، خود اپنے اوون پر ہی۔ اور کونز میں مجھے ایسا لگتا ہے کہ میرے اندر سے سوشلائزیشن کی کوالٹی اب ڈرین ہو رہی ہوتی ہے، مطلب اپنی فرینڈ کے ساتھ نارمل بھی ہوں تو نئے فرینڈز بنانا میرے لیے مشکل ہو رہا ہوتا ہے، کیونکہ اب مجھے مزید ان چیزوں کو کیری کرنے کی کیپیسٹی نہیں ہے۔ انہی کو مینج کرنا بہت ہے

Has this responsibility of being emotionally available friend felt like pressure?

جاں، اب یہ پریشر ہی ہے

Was there a moment when you realized that supporting your friend was causing emotional exhaustion or stress for you?

کبھی کبھی ہوتا ہے لیکن پروپر یہ نہیں ہوا کیونکہ میں نے ایک گڈ لسنٹر کا رول ابھی بھی پلے کر رہی ہوں

How do you interpret what happened during this experience?

جب تک آپ ایفرٹس کرتے ہو تب تک ہی چیزیں چل رہی ہوتی ہیں، جیسے ہی آپ ایفرٹس کم کرو تو چیزیں نارمل نہیں رہتی۔ بات کرنی ہے تو آپ ہی کرو گے تو تب ہی چیزیں چلیں گی، ورنہ نہیں ہوں گی۔ اس سب سے یہ ہوا ہے کہ گڈ لسنٹر کی کوالٹی تو ہے بس ابستہ ابستہ آپ نے خود وہ چیزیں شو کروانا بند کر دی گئیں۔ وقت کے ساتھ ایسا ہوا ہے، شروع میں سب چیزیں اچھی ہوتی ہیں لیکن جوں جوں وقت گزرتا گیا ایسا ہوا۔ کیونکہ ہماری دوست کی تقریباً ۵ سال سے بھی زیادہ کا ٹوریشن ہی گیا ہے۔ اب تو یہ ہے کہ ہم نے ملنا بھی کم کر دیا ہے، اُس کی ٹگری ختم ہو گئی ہے، اس طرح

What do you think people misunderstand about emotionally available friends?

یہ ہوتا ہے کہ لوگ جو ہوتے ہیں آپ کو پھر صرف ایز اے گڈ لسنٹر ہی لے رہے ہوتے ہیں، یہ نہیں سوچتے کہ شاید وہ بھی انسان ہے، کبھی کبھی اُس کو بھی سننا چاہیے۔ وہ صرف اُسے ایسا ہیلپنگ بینڈ لے رہے ہوتے ہیں جو زیادہ ایموشنل ایویلیبل انسان ہو۔ نا، اُس کا یہ پراہلم ہوتا ہے کہ لوگ اُسے بہت ایزی گوننگ لے لیتے ہیں، جب کہ ایسا نہیں ہونا چاہیے۔ اگر ایک بندہ ہر ٹائم آپ کے لیے حاضر ہوگا تو اگلا سوچتا ہے، ناراض بھی ہو تو تھوڑی سی باتیں کر کے ہی سب کچھ نارمل ہو جاتا ہے، اس طرح آپ کو ایزی گوننگ لیا جاتا ہے، جو نہیں ہونا چاہیے

6

- **How do you feel after sharing?**

مجھے اچھا لگا، بندہ کافی ایزی ہو جاتا ہے اپنی ایکزاسشن نکال کر

Appendix H:Transcription 02

1

Participant 02

What is your age?

24

Are you comfortable speaking in English or Urdu during an interview?

مکھڑ، جس میں میرا دل کرے

Is there a friend who usually comes to you to talk about personal or emotional problems, for whom you are always providing emotional support?

Yes

- How many close friends would you say you have?

2

Have you ever felt emotionally burdened after supporting a friend for a long time?

Nodded[yes]

Can you tell me a little about your close friendships?

کلوز فرینڈشپس لانک کس طرح سے ہوتی ہیں، لانک کچھ بچپن سے ہیں، کچھ بیچ میں بنتی ہیں، ختم ہو جاتی ہیں اور کچھ ایسی بھی ہیں جو ٹاکسک ہیں جو ابھی تک چل رہی ہیں۔ اس سے میں نے بہت دفعہ نکلنے کی بھی کوشش کی، لیکن نہیں نکل پاتی، پھر کہتے ہیں، نہیں نہیں، ایسے تو نہیں ہوتا، دوستوں کے ساتھ بندہ ایسا تھوڑا ہی کرتا ہے۔ لیکن وہ میرے لیے ٹاکسک ہے، وہ میرے لیے بالکل بھی بیلٹھی نہیں ہے۔

لانک وہ فرینڈز جو آپ کو سمجھتے ہوں صحیح طرح سے، انہیں پتا ہو کہ آپ کون سی چیز پر کس طرح سے ری ایکٹ کرتے ہیں۔ آپ کے ٹرگر پوائنٹس کیا ہیں، لانک وہ دوست نہیں جن کو پتا بھی ہے آپ کے ٹرگر پوائنٹس کیا ہیں اور پھر بھی وہ ریپینڈنگی کیے جا رہے ہیں، لانک آ، لانک سمجھتے ہوں وہ آپ کو اور جب آپ کو سپورٹ کی ضرورت ہو تو آپ کے لیے اولیبل ہوں۔

How would you describe yourself as a friend?

میں، اچھی فرینڈ ہوں۔ لانک میں، جو چیز میں ایکسپیکٹ کیے جا رہی ہوتی ہوں وہ میں دیتی ہوں، لانک ایسے نہیں ہے کہ میں ایکسپیکٹ کیے جا رہی ہوں اور وہ میں دے نہیں رہی۔ جو میں ایکسپیکٹ کر رہی ہوتی ہوں وہ میں دیتی ہوں۔ اور باقی پھر جس کے ساتھ نہیں بنتی اس کو بندہ کیا کرے؟

Can you describe a specific experience when a friend relied on you emotionally?

2

ابھی پیچھے ایک فرینڈ کو دی تھی، اب، لائک اُس کو چاہیے تھی، تو اُس کو میں نے سارے پروز اینڈ کونس بتائے ہیں پوری رات جاگ کر، دو راتیں بلکہ، اور اُس کو سارا سمجھایا ہے۔ عقل ٹھکانے آگئی تھی اُس کی، وہ اُس چیز سے باہر آ گیا/ آ گئی تھی۔

How would you describe your role within your friendships?

وہی۔۔۔ لائک جو چیز میں ایکسپیکٹ کر رہی ہوتی ہوں وہ میں دیتی ہوں۔ اور۔۔۔ اور میں کیا بتاؤں؟

- Do you usually see yourself as the listener, adviser, or something else?

ہاں۔ میں اچھی لسنر ہوں۔ اچھی لسنر ہوں میں۔

How did you come to take on the role of providing emotional support to your friend?

یہ رول پہلے سے ہے۔ ہاں میں اچھی کمیونی کیٹر ہوں، لیکن ہر کسی سے میرا بات کرنے کا دل نہیں کرتا۔ صرف میرے جو بہت کلوز فرینڈز ہوتے ہیں میرے دوست مانتے ہیں کہ میں اچھی لسنر ہوں، ایک اچھی ایڈوائزر ہوں۔ لیکن ہر کوئی مجھے اس وے میں نہیں لیتا۔ لائک۔۔۔ باقی، کچھ ایسے بھی فرینڈز ہیں جو میرے ساتھ بہت ساری باتوں میں ٹس اگری بھی کرتے ہیں۔ لیکن وہ یہ کہتے ہیں کہ میں ایڈوائس اچھی دیتی ہوں۔ لائک ان کو میرے ساتھ بہت سارے مسئلے بھی ہوں گے لیکن وہ یہ کہتے ہیں کہ میں ایڈوائس اچھی دیتی ہوں۔

Over time how has this role changed or developed for you?

یہ تو مجھے جب خود چاہیے ہوتا تھا تو میرے دوست مجھے سپورٹ کرتے تھے، مجھے۔ لائک۔۔۔ بچپن سے۔۔۔ جب ہم چھوٹے بچے ہوتے ہیں۔۔۔ تو ویسے۔ لائک میری ایک دوست تھی۔ وہ بہت اچھی تھی ہوں ہوں۔ یہ اُس کی وہ خوبی تھی جو مجھ میں آ گئی۔ و لائک وہ ایسی تھی۔۔۔ تو ایسے ہوا۔

- Something you learnt?

جی

- Has this role changed with time?

ہاں، ٹائم کے ساتھ چینج ہوا ہے۔ لائک۔۔۔ ٹائم کے ساتھ امپروومنٹ آتی گئی۔ ایسے ہی۔۔۔ اور میں نے یہ بھی سیکھا ہے کہ کون کون آپ کی سپورٹ کا حق دار ہے اور ہاؤنٹریز کریٹیت کرنی چاہیے۔ ٹائم کے ساتھ سیکھا کہ کہاں کو الٹی انویسٹ کرنی ہے۔

What kinds of expectations do you feel are placed on you in your relationship with your friend?

فرینڈز یہ ایکسپیکٹ کرتے ہیں کہ جب بھی ان کو میری ضرورت ہو تو میں ہوں اور اچھی ایڈوائس دوں، مطلب جب انہیں ضرورت ہو۔

- Was there a time when you were not present?

- ایسے کبھی نہیں ہوا کہ انہیں ضرورت ہو اور میں پریزنٹ نہ ہوں۔

3

• **Was there a time when you were struggling too but present as well?**

ہوا ہے، ایکڑیمیل تو ابھی ذہن میں نہیں آ رہی میری، لیکن از ا بول ایسا بہت دفعہ ہوا ہے۔

What do you feel when you are supporting a friend during difficult times?

نہیں... اُس وقت میں نے اپنے فیلنگز پر فوکس نہیں کیا۔ میں بالکل ہمیشہ کی طرح ہی بیہوش کر رہی تھی۔ میں نے اُس کی بات سنی اور اپنے ایشوز شیئر نہیں کیے۔ میں بھی اُس وقت کہیں نہ کہیں اپنی سٹرگلز سے گزر رہی تھی

• **How you managed your own emotions?**

اس کی سن کر، اس کو جو باتیں میں سنا رہی تھی وہ اصل میں خود کو بھی سنا رہی تھی تو ایسے کر کے جو اسے تو ایسے کر [laughs] سمجھا رہی تھی اسے خود پر بھی امپلیمنٹ کر رہی تھی

• **Do you feel comfortable expressing your own tiredness or struggles?**

نہیں... میں نہیں بتا پائی لوگوں کو کہ میرے ساتھ کیا مسئلہ چل رہا ہے، میں اُسے اُس طرح شیئر نہیں کر پائی لیکن میں ان کے لیے پریزنٹ ہوتی ہوں

• **Do you think this role was something you consciously chose, or did it gradually develop over time?**

Unconsciously...

• **What made it develop that way?**

پتہ نہیں۔

• **Ever thought about why you need to be present for them but not communicating about yourself?**

میں اپنے لیے بھی ہوتی ہوں، لیکن بہت کم۔ اُس وقت میرا بولنے کا فائدہ نہیں ہوتا کیونکہ سامنے والا بندہ پہلے ہی ایکڑاسٹ ہوتا ہے۔ وہ ایموشنلی پوری طرح ڈیمج ہوتا ہے۔ اگر میں اُسے اپنے مسائل بتاؤں تو وہ کیسے سنے گا؟ تو اس وقت میں نہیں بولتی، بعد میں بولتی ہوں۔ میں اُس وقت اپنے اسٹرگلز کمیونی کیٹ نہیں کرتی۔

نہیں، مجھے ایسا لگتا ہے یہ میرا کوپنگ میکانزم ہے۔ ایسے لائک مجھے اچھا فیل ہوتا ہے۔ لائک اگر میرا اپنا بھی چل رہا ہے تو اس کی سن کر۔ ایسے لگتا ہے۔

Can you recall a time when supporting a friend felt difficult for you? How did you realize it was affecting you?

بندہ بہت ٹائم سے ایک ہی چیز لے کر بیٹھا رہے گا تو ظاہر سی بات ہے ڈائنٹا پڑے گا، لائک اس طرح سے نہیں کہ ڈیفیکٹو آ رہی ہے، لیکن اس طرح پہلے تو بندہ آرام سے بات کرتا ہے، لیکن ڈائنٹ کر سمجھاؤ تو پھر اسے سمجھ آ [laughs] جاتی ہے

4

ایسے میری ایک دفعہ ایک فرینڈ سے لڑائی بھی ہوئی تھی۔ لائنک اس کو میں نے پورا سال ایک چیز سمجھائی کہ یہ غلط ہے۔ اس کو نہیں سمجھا رہی تھی کہ وہ غلط ہے، کچھ چیزوں میں وہ ٹھیک بھی تھی۔ میں نے اس کو کہا یہ ٹھیک ہے، لیکن پورا سال میں اسے یہ بولتی رہی کہ یہ ٹھیک ہے، لیکن بیچ میں ایسی چیز آئی کہ وہ غلط تھی۔ وہ غلط تھی اور وہ اسی کے بارے میں لائنک اسٹریس لے رہی تھی کہ میرے ساتھ بہت غلط ہوا ہے، یہ وہ۔۔۔ تو جب میں نے اس کو آئینہ دکھایا کہ نہیں، ایسے نہیں ہے، ایسے ہی ہے۔۔۔ لائنک جو میری عادت ہے کہ میں کہہ دیتی ہوں کہ نہیں، اس کے پروز اینڈ کونس ہیں، تو ہماری لڑائی ہو گئی آپس میں۔

وہ کہتی ہے تم نے میرا ساتھ نہیں دیا، تمہیں میری سائیڈ ہونا چاہیے تھا، یہ وہ۔۔۔ لائنک اوپنٹی میں نے اس سے اس طرح بات نہیں کی، صرف اس کو بتایا کہ یہ تمہارا ایشو ہے۔ تو وہ کہتی ہے نہیں، تمہیں میرے ساتھ ہونا چاہیے تھا، ایسے نہیں ہے۔ یہ بہت زیادہ اوور ویلمنگ تھا۔

• What was happening then?

میں نے بہت سوچا کہ کیا پتا شاید میری غلطی ہو، شاید میں نے اس کو۔۔۔ لیکن پھر سوچ سوچ کے وہ غلط کر رہی تھی، ایک بندے کے ساتھ میں نے کہا کہ نہیں ہار ادھر تمہاری غلطی ہے لیکن لڑائی ہو گئی۔ تو اس چیز پر کہ مانو اپنی غلطی، یہ مشکل تھا کہ میں اس کو ایسے بول رہی ہوں۔ ریالائز تو اسے بالکل بھی نہیں ہوا، بعد میں بھی نہیں ہوا لیکن لڑائی ہو گئی تھی ہماری۔ لائنک اتنا اوور ویلمنگ تھا کہ میں نے چیٹ جی پی ٹی کو بھی ساری [laughs] کہ بتاؤ اب [laughs] "کنڈیشن بتائی تھی،" اس نے ایسے کہا ہے، میں نے ایسے کہا ہے، اس نے ایسے کہا ہے غلطی کس کی ہے، ایسے ہی ہوا ہے میری ایک اور بھی فرینڈ، لائنک وہ بیچ میں ہی تھی اسی کے، تو لائنک ہم دونوں کو ایسے ہی لگتا تھا کہ اس کی غلطی ہے تو ہم دونوں سے۔۔۔ بس اور کسی کو نہیں بتایا میں نے بات ہی نہیں کی اس سے اتنا ٹائم اور پھر آہستہ آہستہ۔۔۔ پھر دوبارہ، اس کے فادر کی طبیعت بہت زیادہ خراب ہو گئی تھی تو میں نے پوچھا کہ کیسی طبیعت ہے۔ تو اس کے بعد پھر سے بات کرنا شروع ہوئی تھی ہم نے۔ وہ ابھی بھی آتی ہے ایموشنل سپورٹ کے لیے، اور میں اسے دیتی ہوں۔ لیکن بھی وہ اس بات پر قائم ہے کہ وہ ٹھیک تھی۔

While supporting your friend, were you also dealing with your own personal challenges?

یہ میرا کوپنگ میکازم ہے، لائنک اگر میں ان کو بتا رہی ہوتی ہوں تو میرا اپنا بھی ہو رہا ہوتا ہے۔

• Have you ever tried communicate your own struggles?

نہیں، لیکن ایک میری فرینڈ ہے، اس کے ساتھ کیا تھا۔ لائنک جب میں اس کے پاس۔۔۔ جب میں نے اس کو ایک بات بتائی تھی، لائنک مجھے ادھر ٹھیکلٹی ہو رہی ہے۔ تو تب اس نے مجھے کہا تھا کہ ابھی میرے خود کے بھی چل رہے۔ لائنک ریسپانس ایسا نہیں تھا، اس نے سیریس ہی نہیں لیا مجھے [laugh] ہیں۔ میں نے رونا شروع کر دیا تھا

ایک اور دوست ہے اس کو میں ہمیشہ کرتی ہوں لیکن اس کو نہیں کیا کبھی۔ اس کے بعد بھی 2 فرینڈز کے ساتھ کرتی رہتی ہوں۔

After repeatedly supporting your friend, have you noticed any changes in how you feel or respond emotionally over time?

ایسے ہوتا ہے میرے ساتھ، تب ہی مجھے لگتا ہے کہ یہ میرا کوپنگ میکازم ہے۔ ہاں ایسا ہوتا ہے میرا موڈ چینج ہوتا ہے۔ لائنک جب میں خود ایک چیز فیس کر رہی ہوتی ہوں تو میرے دماغ میں وہ چیزیں نہیں آتیں کہ ہاں مجھے ایسے

5

سوچنا چاہیے، ایسے کرنا چاہیے، ویسے کرنا چاہیے۔ لیکن جب میں کسی اور کو بتا رہی ہوں تو میرے ذہن میں آ رہا ہوتا ہے۔

• How do you cope with that?

ہاں، ویسے ہی خود ہی سے نیٹز پوری کی۔ اور تھنک کر کر کے۔ پھر مجھے بھول جانے گا، پھر خود ہی سیٹ ہو جائے گا۔ ایک چیز زیادہ ٹائم تک نہیں میرے ذہن میں سوار ہوتی، میں اس چیز کو بیک کر دوں گی جیسے اس کی ویلیو ہی نہیں ہے، فائدہ ہی نہیں پڑتا ہے۔ ایسے کہوں گی یہ کوئی مجھے بیلپ کرتی ہے۔ لائک اب ایک چیز میرے لیے امپورٹنٹ ہی نہیں رہی تو وہ مجھے کیسے ایفیکٹ کرے گی۔ میں اپنے ایموشنز کو اتنا پیچھے کر لیتی ہوں کہ مجھے لگتا ہے کہ اب ان کا ایفیکٹ ہی نہیں ہے اور یہ میں اکیلے ٹائم میں کروں گی، دوست کے ساتھ نہیں۔ یہ صرف اسی فرینڈشپ میں تھا جس کی وجہ سے میں ایگزاسٹ ہوئی۔ یہ دوستی پانچ سال رہی اور وہ ابھی بھی میری دوست ہے۔

لائک وہ ایسے بھی کرتی ہے اور پھر وہ کہتی ہے میرے ساتھ ایسے کوئی نہیں ہوتا جیسے تم ہوتی ہو۔ لائک۔۔۔ وہ ایسے کر کے مجھے راضی کرتی رہتی ہے۔ پھر وہ دوبارہ سے وہی سب کچھ کرتی ہے، پھر مجھے ہوتا ہے کہ اس کا اور کوئی دوست نہیں ہے، ایسے تو ویسے۔۔۔ ویسے نہیں جیسے اس کے ساتھ میں ہوں کیونکہ باقی اس کے ساتھ بہت برا سلوک کرتے ہیں تو وہ میرے پاس ہی آتی ہے، ایموشنل سپورٹ کے لیے۔ کبھی کبھی مجھے ایسے لگتا ہے وہ مجھے یوز کر رہی ہے صرف اس لیے۔

• How it felt like?

اب مجھے ایسے لگتا ہے یہ صرف میری ایک ڈیوٹی ہے، بس میں ایک لسنر ہوں، ایڈوائزر ہوں اور ایموشنل سپورٹ دے رہی ہوں۔

Do you feel comfortable showing yourself a person who need emotional support in this friendship? Why or why not?

وہ سمجھتی ہی نہیں ہے۔ اس کے ساتھ ایسی کوئی بات بتاؤ تو وہ لڑائی لگا دے گی۔

• What can be the reason behind it to not show your own vulnerability here?

اس کی فیلنگز ہارٹ ہوں گی۔

کیونکہ بطور انسان آپ کسی کو ہارٹ نہیں کرنا چاہتے نا، اس لیے۔ مطلب اگر دیکھا جائے تو شروع سے اس کا یہی ہے، میں صرف بطور انسان لے رہی ہوں اس کو اب، ناٹ از اے فرینڈ۔

• What do you think, a friend is?

وہ مجھے دوست سمجھتی ہیں۔ دوست وہ ہوتا ہے جو دے رہا ہو تو وہی ایکسپیکٹ کرے، اگر مجھے کسی چیز کی ضرورت ہے تو آپ بھی ہوں آگے۔ اور دوستی میں ایک چیز ہوتی ہے آتھنک، لائک۔۔۔ جو بات ہو آپ کی وہی ہو۔ لائک اس کا ایسے نہیں ہے، اس کی بات بدلتی رہتی ہے

• So, what this relationship is?

- میں ایموشنل سپورٹ کے رول میں ہوں۔

6

- **What changes this role has made?**

. لائک کہ آپ نے دیکھنا ہے کہ آپ [laughs] ہائٹریز میں نے اور زیادہ اپنی ٹائٹ کر لی ہیں، سٹرونگ کر لی ہیں نے آئندہ کس کو سپورٹ دینی ہے اور کس کو نہیں دینی ہے۔ اس کا تو یہ سین ہے کہ یہ شروع دن سے میرے ساتھ ہی ہے، تو اگر ایک دم سے میں بند کر دوں گی تو بات میرے پر ہی آئے گی کہ اس نے ایسے کیا ہے اور اس نے ویسے کیا ہے۔ آئندہ سے شروع سے ہی دیکھنا ہے کہ بندہ وردی ہے کہ نہیں۔

- **Not leaving this position is?**

Socially acceptable

- **What makes it difficult to apply boundaries in this role?**

اس فرینڈشپ میں میں اپنی ہائٹریز کو کیسے اپلائی کروں؟ میں نے پہلے ہی اسے اپنے ہیل کے اندر آنے دیا ہے، تو اب تو کچھ بھی نہیں ہو سکتا نا؟ مجھے ایسا لگتا ہے کہ اب میں اس رول سے باہر نہیں آ سکتی تھی۔

کبھی کبھی لائک میں بھی بہت زیادہ ایگزاسٹ ہو جاتی ہوں، کبھی کبھی لائک کیونکہ وہ میری یونیورسٹی فرینڈ ہے تو میرا یونیورسٹی جانے کا بھی دل نہیں کرتا۔ ایسے ہوتا ہے۔ میں کہتی ہوں کب یونیورسٹی ختم ہوگی، جلدی سے ختم ہو بس۔۔۔

لائک، اگر کوئی بات ہو رہی ہے جو مجھے ایفیکٹ کر رہی ہے تو اسے اگنور کرنا۔ بس اگنور، اگنور، اگنور۔ نٹ کمیونی کیٹنگ اپنی تھنگ۔

Has playing this supportive role changed how you see yourself?

ایسی چیز کہ اب مجھے بہت ہی چن چن کے دوست دیکھنے پڑیں گے، بہت زیادہ کچھ لائک اتنی جلدی، لائک اگر کوئی بندہ ہو تو آپ کو اتنی جلدی اس پر ٹرسٹ نہیں کرنا چاہیے کہ آپ ہر بات اس کو بتا دیں اور اس کی ہر بات سننا شروع ہو جائیں۔ اب میں ہر اس بات کو اگنور کرتی ہوں جو مجھے ایفیکٹ کرتی ہے، لیکن اسے نہیں۔ جب اس میں بھی مجھے تکلیف ہو تو میں یونیورسٹی نہیں جاتی، لائک دور رہتی ہوں۔

ایک اور دوست ہے، اُس کو میں یہ چیز بتا دیتی ہوں کہ یہ سین ہے، اور وہ پرووائیڈ کرے گی۔ وہ یہ کہتے ہیں کہ بس تھوڑا سا ٹائم رہ گیا ہے، ایسے مت کرو، پھر یہ یونیورسٹی فون تک ہی رہ جائے گی۔ ابھی بھی ایسا ہوتا ہے کہ لائک جب میں گھر جاتی ہوں تو وہ فون پر ایموشنل سپورٹ نہیں مانگتی، فون پر ہماری بات نہیں ہوتی، لائیو ہوتی ہے۔ ایسے فون پر کبھی اتنی خاص نہیں ہوتی۔

- **In what ways?**

پتا نہیں، مجھے نہیں پتا کیسی چیز لا رہا ہے

- **Has the responsibility of being an emotionally available friend felt heavy for you?**

بہت زیادہ، کبھی کبھی میں چیخ بھی پڑتی ہوں اُس پر اور کبھی کبھی پھر ایسے ہی بول دیتی ہوں۔ اب یہ ہے نا کہ اب میں ویسا نہیں کر پاتی۔ اب میں کو لائک سیدھے سیدھے لائک یہ سین ہے، اس کو ایسے مت سوچو، ایسے لائک، جیسے بندہ ڈیوٹی نہیں کرتا ویسے۔

7

ہاں، جب پیچھے میری لڑائی ہوئی تھی، میں نہیں راضی تھی بات تب۔ میں بالکل اُس سے دور ہو گئی تھی، یونیورسٹی میں کوئی بات نہیں کرتی تھی۔ ایسے ہی کچھ میرے خیال سے پورا ایک سیمسٹر ایسے ہی گزارا تھا۔ ایسے اُس سے دور رہ کے میں بہت ہلکا ہلکا محسوس کرتی تھی، کیونکہ اُس سے بات ہی نہیں کرتی تھی۔

How do you now interpret what happened during this experience?

یہ بہت زیادہ ٹاکسک تھا۔ اور... بس یہ ٹاکسک تھا۔ جو شاید یہ سیکھا رہا ہے کہ ہاؤنڈریز سیٹ کرنی چاہیے۔ لائنک بہت جلدی کسی بندے کو جج نہیں کرنا چاہیے کہ ہاں، وہ بہت زیادہ اچھا ہے۔ پہلے دیکھنا چاہیے کہ وہ بندہ آپ کے لیے اچھا بھی ہے یا نہیں۔

What do you think people misunderstand about being emotionally available friend?

یہ بات تو مجھے سمجھ نہیں آتی۔ کبھی اگر مجھے موقع ملے تو اے تو زی پوری بات بتاؤں گی اُسے کہ یہ یہ بات ہے۔ ایک دفعہ میں نے بتایا بھی ہے تو آگے سے کہتی ہے تم کیوں اتنا سوچتی ہو، تم کیوں ہر بات کو اتنا سیریس لیتی ہو، چل رہا کرو، ایسے کیا کرو، ویسے کیا کرو۔ پھر میں نے ریلیانز کیا کہ فائدہ ہی نہیں ہے بات کرنے کا۔

- لائنک اگر وہ مجھ سے ایکسپیکٹ کر رہی ہے [laughs] کہ لائنک میں بھی ویسی ہی انسان ہوں جیسی وہ انسان ہے تو میں بھی اُس سے ایسی ہی ایکسپیکٹیشن رکھتی ہوں اور... ایسے تو نہیں ہوتا نا بالکل بھی کہ تم میری کسی بات... اور... ایسے [pause]... تم میری کسی بات کو سیریس ہی نہ لو

• **How do you feel after sharing your feelings?**

[laugh] بیوی

• **What made it heavy?**

یہ سارا کچھ جو تھا، جو میں نے بولا ہے

Appendix I: Transcription 03

1

Participant 03

What is your age?

میری عمر 25

Are you comfortable speaking in Urdu or English during an interview?

Urdu

Is there a friend who usually comes to you to talk about personal or emotional problems, for whom you are always providing emotional support?

میرے کافی ایسے دوست ہیں جو میرے ساتھ اپنے مسائل شیئر کرتے ہیں، یا شیئر کرنا کفر ٹیل فیل کرتے ہیں۔

- How many close friends would you say you have?

میرے --- 4، 4 سے 3 --- 5

Have you ever felt emotionally burdened after supporting a friend for a long time?

فیل نہیں ہوا

Can you tell me a little about your close friendships?

ہم اکثر بہت سے لوگوں کے ساتھ انٹریکٹ کر رہے ہوتے ہیں، لیکن کلوز کا مطلب یہ ہے کہ ایسے لوگ جن پر آپ بھروسہ کر سکیں۔ ضروری نہیں کہ کوئی ٹینجبل چیزوں کے لیے، بلکہ ایو شٹل مسائل کے لیے۔

یعنی اگر آپ کو کوئی بھی پر اہلم فیس کرنی ہو تو آپ کے پاس ایسے لوگ ہوں جن کے ساتھ آپ کفر ٹیل فیل کریں، اور آپ ان سے اپنی بات شیئر کر سکیں۔ ہو سکتا ہے وہ آپ کو ہر بار اس طرح ہیپلپ نہ کر سکیں، لیکن وہ آپ کو ایو شٹل سپورٹ دیتے ہیں، آپ کو سن لیتے ہیں، اور آپ کا دل ہلکا ہو جاتا ہے۔ میرے ایسے ہی کلوز فرینڈز ہیں جو مجھے چیک کرتے رہتے ہیں کہ میں ٹھیک ہوں یا نہیں۔ اس طرح مجھے اچھا محسوس ہوتا ہے۔

How would you describe yourself as a friend?

میں اپنی طرف سے کوشش کرتی ہوں۔ میری کچھ دوست ہیں جو اگر اپنی پر اہلمزے کر آ رہی ہوں، اور مجھے لگتا ہے کہ ان کی لائف میں کوئی ایو شٹل چل رہا ہے، تو میں ان کا خیال رکھتی ہوں۔

2

میں بار بار ان سے پوچھتی ہوں، تاکہ انہیں یہ فیمل ہو کہ کوئی ہے، کسی کو یاد ہے، کوئی ہے جو ہماری کیئر کرتا ہے۔ میں اپنی طرف سے کوشش کرتی ہوں کہ اگلا پرسن ایزی فیمل کرے۔ یا اگر وہ بات کرے تو اس کی جو ٹینشن ہے وہ ریلیز ہو جائے۔

میں ایسا ہی سمجھتی ہوں۔

Can you describe a specific experience when a friend relied on you emotionally?

ایک مثال ایسی ہے۔ میری ایک دوست تھی۔ 12 ویں میں۔ اس سے میرا کافی وقت رابطہ ختم ہو گیا تھا، لیکن جب کچھ وقت بعد دوبارہ رابطہ ہوا تو اس نے مجھے، یہاں تک کہ 2، 3 سال بعد بھی، اپنے کچھ مسائل بتائے۔

وہ کافی مشکل دور سے گزر رہی تھی۔ اس نے مجھے اپنی مشکلات بتائیں۔ جب وہ مجھے اس طرح بتا رہی ہوتی تھی، تو وہ کافی دفعہ دائیں نوٹس میں یا کالز میں رورہ کر بتا رہی ہوتی تھی۔ اس سے بات بھی نہیں ہو پارہی ہوتی تھی، وہ اتنا رورہی ہوتی تھی۔

اس کو سننا، اس کو ایک محفوظ ماحول فراہم کرنا، جس میں وہ اپنی مایوسی یا اپنا مسئلہ شیئر کر سکے یا ڈسکس کر سکے، یہ میرے لیے اہم تھا۔ پھر اس کے بعد میں نے جتنی بھی مشاورت کر سکتی تھی، وہ کی۔

الحمد للہ، تقریباً 3، 2 مہینے لگے لیکن وہ اس کیفیت سے نکل آئی۔ صرف اس وجہ سے کہ وہ ان چیزوں میں بہت زیادہ بھڑکنے لگی تھی اور اسے کوئی حل نظر نہیں آ رہا تھا۔ لیکن جب اس کو سنایا اور اس نے اپنا مسئلہ شیئر کیا، تو تھوڑی سی مشاورت ہوئی تو وہ اس کیفیت سے باہر آ گئی۔

How would you describe your role within your friendships?

کس سنس میں

- Do you usually see yourself as the listener, adviser, or something else?

دونوں سنس میں — بطور لسنر بھی اور بطور ایڈوائزر بھی

How did you come to take on the role of providing emotional support to your friend?

میں نے مطلب یہ ہے کہ مجھے کافی دفعہ یہ کیپیبلینٹ ملا ہے کہ میں ایک اچھی لسنر ہوں، اور یہ بات کافی پہلے سے میرے ذہن میں بیٹھ گئی کہ شاید واقعی ایسا ہی ہے۔

پھر ایسا ہو تا رہا کہ کافی لوگوں نے کہا کہ اگر کوئی پر اہلم ہو تو ہم تم سے ڈسکس کرتے ہیں تو ہماری پر اہلم حل ہو جاتی ہے یا ٹینشن ریلیز ہو جاتی ہے۔ اس طرح بار بار ہونے سے مجھے یہ فیمل ہونے لگا کہ اگر کوئی میرے پاس اپنا مسئلہ لے کر آ رہا ہے تو وہ اسی انٹینشن کے ساتھ آ رہا ہے۔

تو پھر آٹو میٹکلی میرے سب کاشس مائنڈ میں یہ بن گیا کہ ایسا ہی ہے۔ پھر میں وہی رول لیے کرتی ہوں۔

Over time how has this role changed or developed?

3

میرے اندر یہ تبدیلی آئی ہے کہ میرے اندر سننے کی ایک کمیونٹی تھی، لیکن شاید میں نے کبھی اسے پوری طرح ریا لا کر نہیں کیا تھا۔ دوسروں کو انڈر سٹینڈ کرنا اور ان کا پر سیکٹو لینا، اور انہیں سیکٹل کرنا، یہ چیز میرے اندر وقت کے ساتھ ڈیولپ ہوئی تھی۔

آہستہ آہستہ میں نے یہ فیمل کیا کہ ہم کس طرح دوسرے انسان کے پر سیکٹو کو سمجھ سکتے ہیں، ان کے الٹوڑ کو سمجھ سکتے ہیں۔ انکمینیٹی اور سیمینیٹی والا جو کانسپیٹ ہوتا ہے، وہ سکڑ شاید میرے اندر وقت کے ساتھ ڈیولپ ہوئیں۔

یعنی میں نے یہ لرن کیا کہ کسی دوسرے کی پرا بلز کو کیسے ڈیٹیل کرنا ہے، اسے کیسے کفر ٹیبل فعل کروانا ہے، اور کیسے اسے آہستہ آہستہ سولوشن گھوسٹ چیزوں کی طرف لے کر جانا ہے۔

اس میں مجھے شاید یہ دلی چیز فعل ہوئی ہے کہ پہلے میں خود شاید ہیپ کنگ کی طرف نہیں جاتی تھی، مطلب میں اپنے آپ کو خود ڈیٹیل کر لیتی تھی۔ لیکن اب میں ان سے ڈسکس کرتی ہوں جن سے مجھے لگتا ہے کہ وہ سولف کر لیں گے۔ تو پھر میرا بھی الٹوڑ بڑو لو ہو جاتا ہے۔ کم از کم وہ الٹوڑ بڑو ختم ہو جاتا ہے۔

پہلے میں یہ نہیں کرتی تھی، لیکن جب میں نے خود یہ چیز کی کہ دوستوں کو ہیپ آؤٹ کرنا، ایک دوسرے کو سنا شروع کیا تو مجھے یہ فیمل ہوا کہ اگر آپ کسی سے ہیپ لے رہے ہو تو آپ کو اس کا ٹینیٹ ہوتا ہے۔

اور پھر شاید میں نے بھی جب مجھے کوئی الٹوڑ ہوا تو میں نے ڈسکس کرنا شروع کیا، جن پر مجھے لگتا ہے کہ میں ریلے کر سکتی ہوں۔ تو پھر میرا بھی ٹامینٹ کلیر کرنا آتی ہے اور وہ ساری چیزیں، لائیک پرا بلز اگر اٹلیٹ سولف نہیں ہو رہیں تو اٹلیٹ الٹوڑ بڑو ختم ہو جاتا ہے۔ یہ میں نے چھج فعل کیا ہے۔

What kinds of expectations do you feel are placed on you in your relationship with your friend?

نہیں۔ ایکسپیکٹیشنز میں ایسا خاص نہیں کہوں گی۔ لیکن ایک انڈر سٹینڈنگ ہوتی ہے کہ اگر مجھے کوئی پرا بلم آئی ہے، مطلب ان کے پر سیکٹو سے کہہ رہی ہوں، ان کو کوئی مسئلہ ہو تو وہ فوراً مجھے بتا دیتے ہیں کہ یہ ہوا ہے۔

بس اس حساب سے ایسا نہیں ہوتا کہ ان کو لگتا ہو کہ یہ ہیپ کرے گی یا اس طرح کچھ۔ بس ان کا یہ ہوتا ہے کہ بات کر لیں گے تو ان کا دل ہکا ہو جائے گا۔ ایسا ہے۔

ایسا ہے کہ اب فار ایگز امپل ایک ٹائم پر ایک میج آیا ہے کہ یہ ہوا ہے، یہ پرا بلم ہے۔ اور اگر میں اس ٹائم پر نہیں ہوتی تو میں اس میج کا ریسپانس ٹائم پر نہیں کرتی، پھر 12 یا 3 گھنٹے بعد میں اس کا ریسپانس دے دیتی ہوں۔

وہ بھی سمجھ جاتے ہیں کہ یہ کہیں پر بیزی ہے اور جب ایو لیبل ہوں تو ریسپانس دے دیتی ہوں۔

What do you feel emotionally when you are supporting a friend during difficult times?

میں نے مطلب یہ ہے کہ اگر میں ابھی کوئی مشکل فیسل کر رہی ہوں، تو میں اس وقت اپنے آپ کو اس کی جگہ رکھتی ہوں کہ مجھے اس وقت کون سی ایڈوائس چاہیے ہو گی یا کس قسم کی ہیپ چاہیے ہو گی۔

4

میں یہ سوچتی ہوں کہ مجھے کیا چاہیے، پھر اسی حساب سے میں اس انسان کو ایڈوائس دیتی ہوں۔ یا جو مجھے کہنا ہوتا ہے، وہی میں کہہ دیتی ہوں۔ میں اس کی جگہ خود کو رکھ کر سب کچھ دیکھتی ہوں کہ کیسے ہو گا، مجھے کیا کہنا چاہیے، مجھے کیا ضرورت ہے۔

اس طرح میں دوسروں کے جذبات کو بھی محسوس کرتی ہوں۔

جب مجھے لگتا ہے کہ اب میں کر سکتی ہوں، تو پھر میں ضرور کرتی ہوں۔ چاہے ایک گھنٹے کا یا دو گھنٹے کا وقفہ ہی کیوں نہ ہو، میں پھر بھی کرتی ہوں۔ لیکن اس وقت میں درمیان میں نہیں آتی۔

مجھے پتا ہوتا ہے کہ میں جتنا کر سکتی ہوں اتنا ہی کروں گی، اور پھر جب میں اس ذہنی حالت میں ہوتی ہوں کہ میں مدد کر سکتی ہوں تو پھر میں کرتی ہوں۔ ایسا نہیں ہے کہ میں نے اپنے جذبات کو ایک طرف رکھ کر ہی دوسروں کی مدد کرتی ہے۔

میں خود کو کچھ وقت اور وقفہ دیتی ہوں، پھر اس کے بعد کرتی ہوں۔

• Do you feel comfortable expressing your own tiredness or struggles?

میں یہ نہیں کرتی کہ اپنے جذبات ساتھ لے کر اگلے انسان کے ساتھ ڈیل کروں۔ مثال کے طور پر اگر مجھے غصہ آ رہا ہو تو میں کوشش کرتی ہوں کہ اس وقت کسی سے بات نہ کروں، کیونکہ مجھے لگتا ہے کہ میں کوئی ایسی بات نہ کہہ دوں جو مجھے بعد میں نہیں کرنی چاہیے، یا جو غلط سمجھ لی جائے۔

اس لیے میں ری ایکٹ لیتی ہوں، یعنی خود کو تھوڑا سا وقفہ دیتی ہوں۔ میں چاہتی ہوں کہ اس وقت کوئی انٹرکشن نہ ہو، کوئی بات نہ ہو، تاکہ میرے جذبات اس پراثر نہ ڈالیں اور اگلے بندے پر بھی اس کا اثر نہ پڑے۔

پھر اگر کوئی میرے پاس آ رہا ہو مدد لینے کے لیے یا بات کرنے کے لیے، اور مجھے لگ رہا ہو کہ ابھی میں نہیں کر سکتی، تو میں اس چیز کا جواب بھی فوراً نہیں دیتی۔ میں اسے ایسے ہی چھوڑ دیتی ہوں جیسے سائیڈ پر رکھ دیا ہو۔ لیکن جب مجھے لگتا ہے کہ اب میں کر سکتی ہوں، اور میں اس سے بات کر سکتی ہوں، تو پھر میں اس سے بات کرتی ہوں۔

جب مجھے لگتا ہے کہ کرنا چاہیے تو میں ضرور کر دیتی ہوں۔ اگر میں کہیں بڑی ہوتی ہوں تو میں کر دیتی ہوں، لیکن اگر میں کسی اور صورتحال میں ہوتی ہوں یا ایسی ذہنی حالت میں ہوتی ہوں تو پھر میں نہیں کرتی۔

Can you recall a time when supporting a friend felt difficult for you? How did you realize it was affecting you?

ہاں ایسا ہوا ہے۔ ایک دفعہ... میری ایک دوست اپنا ایک تجربہ شیئر کر رہی تھی، اپنی پرائیوٹ لائف تھی کہ اس کے ساتھ یہ ہوا ہے۔

اب میں بالکل وہی ایکسپیرینس تو نہیں بتاؤں گی، لیکن جو چیزیں وہ فیس کر رہی تھی، وہی ہم ایڈو میں بھی فیس کر رہی تھی۔ لیکن میں نے اسے یہ نہیں بتایا۔

البتہ میں نے اس کی ہیلپ کی، اس کی بات سنی۔

While supporting your friend, were you also dealing with your own personal challenges?

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ایسا تھا کہ... وہ تجربہ ایسا تھا کہ مجھے ایسا محسوس ہو رہا تھا جیسے میں خود بھی اسی صورتحال میں ہوں۔ جو اس کا مسئلہ تھا، وہی میرا بھی تھا۔
 اس صورتحال میں اسے امید دلانا کہ جو وہ چاہ رہی ہے ویسا ہی ہو گا، اور اس کا مطلوبہ نتیجہ ضرور ملے گا۔ جبکہ مجھے یہ معلوم تھا کہ جو وہ چاہ رہی ہے وہ شاید اسے نہ ملے۔ میرے لیے یہ بات کہنا بہت مشکل تھا۔
 اور میں اسے تسلی دے رہی تھی، تو وہ چیز میرے لیے کافی مشکل تھی۔ میں بھی پرستلی وہی چیلنج فیس کر رہی تھی۔

• **What made that situation difficult for you?**

ہاں۔ اس میں یہ تھا کہ جیسے میں نے اپنے آپ کو پیچھے رکھ دیا، اور اپنے تجربے کے بارے میں سوچنا چھوڑ دیا کہ میرے بھی ایک گرو انڈز میں کچھ چل رہا ہے۔
 میں نے خود کو انتہائی کر لیا کہ میں اس کے بارے میں سوچ ہی نہیں رہی تھی۔ بس جو اس وقت ہو رہا تھا وہی تھا۔
 جب میری فریڈ بات کر رہی تھی، اس وقت بھی مجھے تھوڑا سا فیل ہو رہا تھا، لیکن ورنہ میں اس چیز کو اوور ویلنگ نہیں ہونے دے رہی تھی کہ وہ مجھے الٹیکٹ کرے۔
 اور اس چیز سے میں اس طرح نکلی کہ میں نے اس بارے میں سوچنا ہی چھوڑ دیا۔
 وہی کہ میں نے اپنے آپ کو پیڑی ہی اتنا کیا ہے کہ فیل نہیں ہونے دیا۔ ایو وائڈ ہی کہہ سکتے ہیں۔

• **Have you ever tried to communicate how you felt at that moment?**

میں نے واضح طور پر یہ نہیں کہا کہ اس وقت میرے لیے اسے سمیٹ کر نامشکل تھا، لیکن وہ میری صورتحال کو جانتی ہے۔
 اس سے پہلے بھی میں نے اس کے ساتھ اس کے بارے میں بات کی ہے، اور اس کے بعد بھی کی ہے۔ لیکن جب مجھے یہ محسوس ہوا کہ میری اس چیز کا اختتام ہو گیا ہے، یا جو بھی آپ کہیں کہ وہ صورتحال ختم ہو گئی ہے، تو اس دن میں نے اس سے اس بارے میں مکمل بات کی۔
 میں نے کہا کہ یہ چیز ہو گئی ہے، اور تم اس سے کیسے نمٹ رہی ہو؟ حالانکہ میں اسے مشورہ بھی دے رہی تھی، لیکن جب مجھے لگا کہ اب وہ چیز ختم ہو گئی ہے تو میں نے پھر اس سے پوچھا کہ تم کیسے ڈیل کر رہی ہو۔
 یہ تھوڑی سی تبدیلی صرف ایک دن کے لیے آئی تھی، لیکن اس کے بعد وہ چیز ٹھیک ہو گئی۔ تو وہ چیلنج میں نے صرف ایک دفعہ ڈسکس کیا تھا۔ ہاں جی، میں اس کو سمیٹ کرنے کے ساتھ ساتھ اپنے جذبات کو الگ سے ایک طرف رکھ رہی تھی۔

After repeatedly supporting your friend, have you noticed any changes in how you feel or respond emotionally over time?

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آہ۔ ہاں۔ مجھے محسوس ہوا ہے، کیونکہ اسی وقت وہ۔ ایک طرح سے ٹرگر تھا۔ ایسے کہہ سکتے ہیں کہ میرے فرینڈ کی ڈسکشن شروع میں میرے لیے ٹرگر پوائنٹ تھی۔ لیکن یہ ہے کہ میں اس چیز سے بھی خود ہی ڈیل کر لیتی ہوں۔

• **How did you cope with that?**

آہ۔ میں کوئی نہ کوئی ایکٹیوٹی ڈیولپ کر لیتی تھی، جیسے فون پر اسکرولنگ کر لی یا کچھ اور کر لیا، یا اگر گھر میں بیچے ہوتے تو ان کے ساتھ کوئی کھیل کھیل لیا۔ یعنی خود کو مصروف کر لیتی تھی۔ یہ چیز اس وقت مجھے ڈسٹرکٹ کر دیتی تھی، اور میں اُسے اوور رائڈ کرنے کی کوشش کرتی تھی۔

میں اس چیز میں اسٹرگل کرتی تھی، کیونکہ وہ میرے لیے واقعی مشکل ہو رہی تھی۔ کیونکہ جس چیز کو میں اوور رائڈ کرتی تھی، وہی مجھے مننی پڑتی تھی۔

میں نے اُس وقت اپنی فرینڈ کو نہیں بتایا، کیونکہ مجھے اندازہ تھا کہ اگر میں اُسے یہ بتاؤں گی تو شاید وہ ڈسکشن کرنا چھوڑ دے۔ اور مجھے لگا کہ وہ شاید صرف مجھ سے ہی اس بارے میں بات کر رہی ہے، تو پھر اُس کے لیے یہ مشکل ہو جائے گا۔ اس لیے میں نے اُس وقت اُسے اس چیز کا احساس نہیں دلایا۔ جب سب کچھ ہو گیا، تو پھر بعد میں ہم نے اس پر بات کر لی تھی۔

• **In what ways?**

اصل میں۔ شاید کوئی پہلے کا تجربہ ہو، کیونکہ ہمارے ایکسپیرینسز بھی تو ہمیں شیپ کرتے ہیں نا۔ جیسے کسی ایسی صورت حال میں مجھے یہ محسوس ہوا ہو کہ اگر مجھے کوئی مسئلہ ہے تو میں ہی نہ ہو، نہ کوئی مسئلہ والا ہو اور نہ بات کرنے والا۔ یا مجھے یہ لگے کہ میں کسی سے بات نہیں کر سکتی۔ تو وہی چیز شاید اس available کسی سے ڈسکس کروں۔ لیکن اگر کوئی رویے کو شکل دیتا ہے۔

اسی وجہ سے شاید میں نے یہ ذمہ داری خود پر لے لی، کیونکہ انسان کو خود محسوس ہوتا ہے کہ جب آپ کے لیے کوئی نہ ہو تو کیا لگتا ہے۔ تو پھر یہ بھی خیال آتا ہے کہ اگر میں بھی نہ ہوں گی تو دوسرے پر کیا گزرے گی۔ کیونکہ جب مجھے ضرورت تھی، تب ایسا نہیں ہوا۔ اسی لیے میں نے یہ رول اپنا لیا۔

Has playing this supportive role changed how you see yourself?

ایک لڑکی کے طور پر، شروع میں مجھے یہ سمجھ ہی نہیں آتا تھا کہ میں کیا محسوس کر رہی ہوں۔ میں بس لوگوں کی باتیں سنتی تھی، ان کے لیے موجود رہتی تھی، اور دل سے چاہتی تھی کہ کسی کو بھی ایسا محسوس نہ ہو۔ مگر آہستہ آہستہ اندر ایک عجیب سی قہقہہ جمع ہونے لگی، جیسے میں خود کو کہیں پیچھے چھوڑ رہی ہوں۔ مجھے لگتا تھا شاید یہی نارمل ہے، یا شاید مجھ میں ہی کوئی کمی ہے کہ میں اتنا تھک جاتی ہوں۔ کبھی دل چاہتا تھا کہ بس خاموش رہوں اور کسی کی بات نہ سنوں، لیکن ساتھ ہی یہ احساس بھی ہوتا تھا کہ ایسا کرنا خود غرضی ہو گی۔

How do you now interpret what happened during this experience?

اس چیز نے مجھے کم از کم یہ احساس دیا ہے کہ الحمد للہ میں اتنی اسٹرونک ہوں کہ میں اپنے جذبات کو.. مطلب.. کسی پر حاوی نہیں ہونے دیتی، اور اپنی صورت حال کو خود پینڈل کر لیتی ہوں۔ حالانکہ وہیے بہتر ہوتا ہے کہ انسان ڈسکس کرے، کیونکہ ورنہ وہ چیز فرسٹریشن یا اینوئیشنل ہو جھ بن جاتی ہے، اور پھر اس کے کانسیکوینسز بھی کافی بُرے ہو سکتے ہیں۔

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لیکن یہ ہے کہ میں کر سکتی تھی، اور میں نے کیا۔ میں نے اُس کی ہیپ بھی کی۔ اس سے مجھے یہ سمجھ آئی کہ اگر میں ایسی صورت حال میں ہوں تو مجھے کسی چیز کی ضرورت ہوتی ہے، کس بات کی تسلی چاہیے ہوتی ہے۔

اور اب بھی، اگرچہ میرا اپنا ایکسپیرینس ختم ہو گیا ہے اور وہ کچھ حد تک برا بھی تھا، پھر بھی... اُس فرینڈ کو بھی پتا ہے۔ اگر وہ اب بات کرتی ہے تو میں اُسے ویسے ہی سپورٹ دیتی ہوں، اُسے امید دلاتی ہوں اور شبت چیزوں کی طرف لے جاتی ہوں۔ تو شاید میں نے اپنے اندر یہ سٹرینٹھ فیل کی ہے کہ چاہے میں خود کسی بھی چیز سے گزری ہوں، میں پھر بھی اگر تھوڑا سا ہی سہی—پازٹیو فیل کروا سکتی ہوں۔ even—کسی دوسرے کو

What do you think people misunderstand about being an emotionally available friend?

ہمم۔ اگر جزل طریقے سے دیکھا جائے تو یہ چیز واقعی سمجھنی چاہیے کہ اگر ہم خود کسی مشکل، تکلیف یا کسی ایکسپیرینس سے گزر رہے ہوں، تو ہمیں دوسروں کے ساتھ کانٹریکٹس دکھانی چاہیے۔ کیونکہ جو بندہ آپ کو سپورٹ دے رہا ہے یا آپ کی بات سن رہا ہے، وہ بھی اپنی زندگی میں کسی نہ کسی چیز سے گزر رہا ہوتا ہے۔

ہر کوئی اپنی بات شیئر نہیں کرتا، لیکن کم از کم آپ آپ سے پوچھ تو سکتے ہیں کہ ”تم ٹھیک ہو؟ کوئی مسئلہ تو نہیں؟“ اس طرح اگر آپ بار بار کیئر شو کریں یا یہ احساس دلائیں کہ آپ سننے اور سمجھنے کے لیے تیار ہیں، تو وہ بھی آہستہ آہستہ اوپن اپ کرنا شروع کر دیتا ہے۔

اصل بات یہ ہے کہ اگر آپ سپورٹ چاہتے ہیں، تو آپ کو سپورٹ دینا بھی آتی چاہیے۔ صرف اپنی طرف نہ دیکھیں بلکہ سامنے والے کو بھی دیکھیں کہ اُسے کسی چیز کی ضرورت تو نہیں۔ یہی چیز ریلیشن شپ کو بیلنس اور ہیلتھی بناتی ہے، اور مس انڈر سٹینڈنگز بھی کم ہو جاتی ہیں۔

• How do you feel after sharing this experience?

مجھے اچھا لگا کہ آپ نے اپنے بارے میں یا اپنے تجربے کے بارے میں بات کی۔ تاہم مجھے ایک لمحے میں لگا کہ میں خود ڈر کر ہو رہی تھی کیونکہ یہ تجربہ میرا اپنا تھا

Appendix J: Transcription 04

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Participant 4

What is your age?

My age is 23

Are you comfortable speaking in Urdu or English during an interview?

English, Urdu ...any language is fine.

Is there a friend who usually comes to you to talk about personal or emotional problems, for whom you are always providing emotional support?

بالکل میری ایک دوست ہے ایسی۔

- **How many close friends would you say you have?**

Ahhh.... I say 3 max. yeah

Have you ever felt emotionally burdened after supporting a friend for a long time?

I would say, no. As I told you before as well. I was the one who was to take all of my emotional vendage and my issues to my other friends but yeah.... I.... I saw when I saw my other friend the answer would be she at a point she got exhausted and overwhelmed and that also costed me of my friendship for a year for me where my friend and me were not talking to each other. Then I sorted out things, I changed my self. I apologized to her that I was being too much.... you know a pressure on a person in any relationship cause a lot of problems. That is, it I say to this answer.

- **Is she still a friend of you?**

Yes. We consult and we are still good friends and now you know I just listen to her. When she is you know...going through a lot of stuff. I don't bring up myself that much. But yeah, I also discuss my problems but in way so.... I just want to be that person for her who listens to her. Because she is a person again...she is a person who everybody goes to with their problems with any academic issue, personal issue whatever...ah...you know she is a kind of therapy kind of friend...yeah.

Can you tell me a little about your close friendships?

Close friendships...ah...type of close friendships I would say that you know if I will tell them about anything that I mess up. Even like if I talk about my family or myself or ...they will not be the ones who, will beOh... you are right you know....they will be like no at this moment you are wrong but they will not be judgmental or trying to teach me something...like you know like

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our parents try to do and other elders around you know just try to teach us some lesson you know...no...The friends I like you know, when you are talking like they want to listen to it.

اور کبھی کبھی آپ کے ذہن میں آپ کے دوستوں کی باتیں رہ جاتی ہیں۔

And you know, my friend said this to me, so I changed this thing. Just because my friend said that. Many time I listen to my friends' opinions and suggestions and advice and I apply those, so yeah. Those listen and don't judge.

How would you describe yourself as a friend?

Ahhh.... what I do in a friendship is just that I try my best. friendships for me is like not every time when it's convenient for you so you just you know be a friend and go and do the things that are supposed to do. Like I am a friend, like this friend of mine I will take her in as well...the whole.... like she is very close to me. I have friends. You know way before her I had friends. Like older friends of mine like 6 years, 10 years but no she is...some persons ...she is one of the people who is some of the kind. And she was going through very emotional you know, bad situation. And on my way back to university I just felt that I just sorted her and I was like no...she was noy well. I went to her house and I took flower and a chocolate and I was like yeah. I just to be there for her. I am like a friend who will go to out of her leverage, out of her convenience to do stuff for your friend. And yeah, I will make lunch for me and this classmate friend I have. I will not make her left out; I will not do that. Because I as a person, I have been through friendships you are talking about friendships maybe I might be going out of the line but basically its just like Ahhh...if a person has not gone through his experience in friendships later in his life, they are not able to manage their friendships properly as...It was me. Same case in the past but now Alhamdulillah's I can say that I am managing my friendships properly. It's also that what you are bringing to the table. If another person goes the same like, how you are dealing yourself with other person and how you yourself are. If you change yourself things change around yourself and I noticed that. You know all of a sudden, my friend started to text me first and put me first and all that. Because I was putting herself first not myself that was causing me peace at my friendships. There was nothing wrong with the friend or friendships, It was like I had to do some you know work on myself basically.

Can you describe a specific experience when a friend relied on you emotionally?

Basically, my friend was going through a very bad time and because of that, from a long time she is going through these personal, family issues and I just keep a check on her every single day. I text her; I call her. It's okay if she doesn't pick, I know she is going through a lot and I call her and she was crying and I listen to her how she was dealing with the whole situation. She was like no I am not comfortable on the call, I can't. I said its okay please text me if you had water? did you eat something? I make sure lukewarm...remember the situation me and my friend we were going back from university, I was so down she was tired but I saw that she was going through a lot so I wanted to make her feel nice. I cooked pasta for her, made rice and then I parcel it to her house. I was like

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if I can't be that much you know a person who can listen because she is not a person who says much, right. You can't do anything if a person is not saying anything. So, I was like no I can do this kind of support you know, I can make her to be nice and happy. This kind of emotional support I provide. I also have started to listen to my friends more than like saying. Because I don't think this kind of friendship is fair. If a person is saying and saying and saying the other one is just listening...no...okay that is also a thing but it should be sometime you have to listen sometime you have to say, it's that. Goes both ways

- **What made you learn that way?**

It was that she started to make new friends and I was not comfortable. Having other friends and this group like thing I have never done that. So many people like she is a kind of magnetic person you know, everybody catches. She catches everybody attention. Everybody wanted to be her friend and I was like okay I am losing something special. It might be selfish or insecure of me which I would not be like not agreeing like oh I don't want to admit. No, no I want to admit completely and I was like scared of losing. She is a very nice person, who is very special to me. So after all that stuff happened I was like no I just like I was not communicating to her, talking to other people about this thing that Ahhh I am losing my friend and she is like you know, not communicating with me and blah blah. but it was mw who was wrong there, but it's also that she was going through her own stuff and I didn't realized because I was so much you know into my own stuff...just be like Ahhh I am this and this and this that kind of victim mind that develop and I was like oh my god I am the one who did all this shit and then on one call she said no this cannot be. I am so done and all. And the whole year I literally worked on myself and I slowly gradually changed through other experiences as well which I had been going thorough other friendships that I made during that year, when she wasn't my friend. And the moment I realized when she called and said, "I don't want to talk to you. Stay in ...you know...whatever you do...and talk about whatever...Live your life and let me live. I don't want to make you cry, but this friendship has cost me so let's end this. It has made things harder and messy for us. It's on me so you don't have to cry". As I always use to keep a check on her even though we weren't in touch, like how she is doing. One day I have gotten to know she has fallen from stairs. I was literally like okay, now it's enough. It's been a year I have to reconsult with her. Whether she forgives me or not it doesn't matter. Through my mother and mother contacting with her mother. I went to her house and I got a big banquette and I cried so bad and I said sorry and she was like it's okay, I understand. She could see that I wanted to go to her. I realized that the moral of the story is, when she said I don't want to talk to you, I wanted to go to her and to talk to her. I realized that the moral of the whole story is, when she said I don't want to talk to you, I was like no, how can I? She is such a great person. I was like okay if she doesn't even consider me back as a friend. Even than I was like its okay. I just want her to know that I still respect her and give her justification of my mistake, a very bad, bad, bad mistake and I still do have some other regret. Things have been very smooth and have gotten back and very good but still I regret what I did. I think those kinds of moments they make you change. Hoes make you push your limits. You know you are like oh know I can't change myself or just like my past

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experiences, no, so yeah that's it. We have our 4th year of friendship no with one year gap in which we didn't talk. May be sometimes when we hold things so tightly, we tend to lose it, so that what's happened to me and her in that bond. I think like I was too much, like too.... much you know (laughs) you when two people are in a relationship and one person is like o my god, where are you? This and that, it's may be like too much. I was that kind of a person. You can't love someone like this. Just like kids get small baby chicken in Pakistan and they buy it and its like a color it like to play with it, they want to pet it. Unfortunately, by picking up by their throat they make them die. So, it's like how relationships die in friendships as well. When you try to be too close than the relationship or friendship that bond, it dies or fades away with the passage of time, if you don't give space to someone and you don't give them the same shoulder and you too rely on them, they should also be able to rely on you.

• **What must have been the gap behind communication?**

میرے خیال سے اس کی وجہ یہ تھی کہ اُس کی اپنی زندگی میں بھی بہت سارے مسائل چل رہے تھے۔ وہ بہت سی پریکٹسوں کا سامنا کر رہی تھی، اور اُس وقت اُس کے لیے میری طرف سے بھی کافی مسائل پیدا ہو رہے تھے۔ اسی وجہ سے وہ بہت زیادہ تھک چکی تھی۔

She didn't want to say anything or do anything about it.

دوسری طرف اُس کے اپنے بھی اتنے سارے فیملی ایڈجسٹمنٹ چل رہے تھے، وہ پہلے ہی بہت زیادہ تھکی ہوئی تھی۔ پھر اُس کے اوپر ایک اور مسئلہ لے کر جا کر بات کرنا اُس کے لیے مزید بوجھ بن رہا تھا۔ وہ اُس مرحلے پر تھی ہی نہیں کہ میرے مسائل کو بھی دیکھ پاتی۔ اسی وجہ سے ہمارے درمیان کیونیکیشن گپ آگیا تھا۔

How would you describe your role within your friendships?

میرا کردار اس طرح تبدیل ہوا ہے کہ

No matter what happens, wherever she is, whatever she is doing, there is a thing, you give a space. You give a free hand. All friendships have such things. Because of her I changed other friendships too. I don't like this as long as you don't have anything. As I told as a person if you change, you change in so many ways. So, i started changing myself with other friends too.

پہلے میں ان سے پوچھتی تھی: آپ نے کھانا کھایا؟ نہیں کھایا؟ گھر میں سب کیسے ہیں؟

پھر اگر مجھے کوئی بات کرنی ہو، کوئی بات مجھے تک کر رہی ہو، مجھے اُن کو کوئی بات بتانی ہو۔ بتانی ہی بتانی ہو۔ تب میں اُن کو بتاتی ہوں۔

اور میں بہت سوچتی ہوں کہ اچھا مجھے یہ کیسے بتانی ہے، بالکل ٹھیک اور واضح طریقے سے۔ اسی لیے میں عموماً دائیں نوٹس کرتی ہوں۔

I have noted that people cannot every time listen to your voice notes. They will not listen to a broadcast. Like I am very talkative person so but try now so it it a little balance that my extra talkativeness doesn't eat them all. Like they are not friend only but humans as well. Don't put someone on pedestal. Before that I used to do this,

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میں پہلے اگلے کو ہیڈ سٹل پر چڑھا دیتی تھی کہ بس نہیں، جو لسنٹر ہے تو بس وہ تو بہت اچھی لسنٹر ہے، یہ ہے، وہ ہے، یہ کرے گی۔ کیوں؟ مجھے بھی موقع ملے، میں بھی اس کے لیے کچھ اچھا کر سکوں۔

اب میں کوشش کرتی ہوں کہ ناؤ اینڈ دین، نفعے میں جب میں فری ہوتی ہوں اپنے کام سے یا مجھے کسی دوست کا خیال آتا ہے تو میں اسے ٹافٹ میج کرتی ہوں: "ہاں، آپ کیسی ہو؟" مجھے آپ کا خیال آیا، آئی مس یو، تو میں نے کہا آپ کو پوچھ لوں۔

میں اس کے بعد اور میسر نہیں کرنا شروع کر دیتی جب تک ان کا میج نہ آجائے گا کہ ہم ٹھیک ہیں، یا اگر وہ کہیں بڑی ہیں، اگر مجھے لگا۔

I will not be like see the phone and over think, like what is she is doing and why? you know like you develop into something very different or I can insecure, clingy. So, because of all of that the positive change I developed is that I do still care the same way but I show it in a different manner now, in a decent way so that another person doesn't gets bothered by it.

How did you come to take on the role of providing emotional support to your friend?

میں اپنی دوست کا وہاں سے دھیان ہٹانے کی کوشش کرتی ہوں۔

Like if a person is crying, if worried or just fed up. The first I tell them is just drink some water make something like to quit that situation if you can. And then I tell them that I will pray for you. And may Allah make easiness in your way so I also give them Islamic references too. That we are just humans and sometimes I also give them my own examples as well that I have also gone through, this...this this and this.... Like my friend were shocked, that she didn't even know-I didn't even know about it, I didn't talk to anyone, I didn't even tell any friend. She was like what? You have been through all of this and I was like. yes. I have been through all of this. I did not communicate anyone. It was like isolation works best for me...like that. I don't rush now, to tell me this and tell me that, it's okay what you want to share and what not or I will not tell you that your parents are worst nor I will say that you are right. I will just tell her that.

یہ صورت حال ختم ہو جائے گی، بس ایک گہری سانس لیں۔ اُس وقت میں صرف یہ چاہتی ہوں کہ اسے یہ احساس ہو کہ اس کے پاس کوئی ہے۔

بے شک اس کی صورت حال بہت عجیب ہے اور کچھ سمجھ نہیں آ رہا، مگر میں اسے فون پر بھی کروں گی۔ میری باتوں سے اور میرے بات کرنے کے انداز سے اسے یہ محسوس ہو کہ میں کہیں نہ کہیں اس کے قریب ہوں اور میں اس کے لیے موجود ہوں۔

Over time how has this role changed or developed?

میں نے یہ چیز اپنے اندر اس طرح اختیار کی کہ، جیسے میں نے خود بتایا تھا، یہ میری اپنی غلطیاں بھی تھیں۔ میں اتنی جذباتی طور پر سپورٹو نہیں تھی، یا شاید مجھے لگتا ہے کہ نہیں تھی۔ کیونکہ میرے دوست بھی بہت کم کہیں، اور ان تینوں میں سے میں ہمیشہ ان پر ہی جذباتی طور پر انحصار کرتی رہی۔

مجھے نہیں لگتا تھا کہ ان کے پاس اس طرح کے سنجیدہ مسائل ہوں گے کہ انہیں میرے جذباتی سہارے کی ضرورت ہو۔ میں تو ان پر ہی جذباتی طور پر انحصار کرتی رہی ہوتی تھی۔

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... پھر ایک وقت آیا کہ میں نے خود اس صورتحال کو اپنا لائیکر سوچا کہ نہیں، مطلب... یہ کیا ہو رہا ہے... بھائی

It's so pathetic, as a person If I see from other person perspective I will just be at number zero in this particular domain. So, I wanted to change myself and also after this friendship breakup that I have discussed earlier,

تو میں بہت ہی غلطے پوائنٹ پر پہنچ گئی تھی۔ میں نے پورا دن، پورا وقت، پورا سال آہستہ آہستہ اپنے اوپر کام کیا۔ میں نے باقی لوگوں کے ساتھ بھی دوستی کر کے دیکھی ہے۔ اپنا سب کچھ، اپنا سماجی حلقہ کھولنے کی کوشش کی ہے۔ اس میں مجھے کافی چیزیں سیکھنے کو ملیں کہ یہ نہیں ہو سکتا کہ آپ ایک ہی شخص پر اپنی ساری چیزیں انحصار کر کے بیٹھ جائیں۔

کسی دوست میں کیا خوبی ہے، کوئی دوست کیا خوبی رکھتا ہے، کوئی دوست کس چیز کے لیے ہے۔ آپ کے پاس چاہے بہت سارے دوست بھی ہوں لیکن اس کا یہ مطلب ہرگز نہیں کہ آپ کا ایک ہی بہت بڑا حلقہ ہو۔

مجھے بہت ساری چیزیں غیر مستقیم طور پر بھی سننے کو ملیں، اور تھوڑا بہت میں خود بھی ایک مشاہدہ کرنے والی انسان ہوں، اپنے آپ کو لے کر بھی، اور خود کا تجربہ کرنے والی بھی، مطلب موجودہ وقت میں۔ مجھے پتا ہوتا ہے کہ میں کیا کر رہی ہوں، سب کچھ مجھے پتا ہوتا ہے۔

تو میں اکثر اپنے دماغ میں ایسی صورتحال کو دوبارہ چلا رہی ہوتی تھی، جیسا کہ میں اب بھی کرتی ہوں۔ تو مجھے تھا کہ نہیں، مجھے یہ بدلنا ہے۔

اور جب میں زیادہ باتونی ہوتی تھی تب بھی مجھے ہوتا تھا کہ مجھے سننے والی بنانا ہے، لیکن میں سوچتی تھی کہ کیسے...

But somehow, I figured it out and now I have to be the emotional supportive person so that it should be both ways. Give and take should be on both sides.

کہ سامنے والا انسان اگر دوست بھی ہے تو وہ کوئی فرشتہ نہیں۔ اس کو بھی ایک وقت آتا ہے کہ اسے بھی آپ سے ایک سپورٹ چاہیے ہوتی ہے۔ تو یہ ہوا۔

What kinds of expectations do you feel are placed on you in your relationship with your friend?

Amm.... they just expect me... Ahhh.... you know like, talk about things. Basically, a friend expect from me is just to communicate with them. This was also my negative point earlier that I didn't use to communicate it with the person to whom I had issues with. I used to communicate it with someone else, like other than that person. So, I think, I need to talk to them directly not like why she did this and why that? This kind of things made situation worst for me, the issues I faced. One thing they expect from me is this. The other thing they expect is that I should not be harming my own self because of my own personal and emotional issues. Because they want to see me better, and I think when you work for your betterment than you can be good for others as well, that's how relationship will be also smooth.

What do you feel emotionally when you are supporting a friend during difficult times?

میں جذباتی طور پر بہت زیادہ پریشان ہو جاتی ہوں۔

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Like when I called my friend, she was crying, after the call, I was so disturbed that I was.... like....

وہ ایک دم سے آپ زون آؤٹ نہیں ہو جاتے۔

I felt zone-out. And Ahhh.... like because I say.... things replay in my mind. Again, and again. So that cry of her was in my mind. If some friend of you is very close to you, you get very sensitive. You have already lost them and then you get them back. You are like very much careful with them, like they are just like a piece of fragile.... glass.... or something. You are very careful I started feeling all of it and then I started discussing with my mother like...mother...this has happened with my friend. Please pray for her and I just pray for my friend and...mostly,

اگر میں نے کسی سے بہت زیادہ سپورٹ لی بھی ہے، یعنی حد سے زیادہ، اور کسی کو دبی بھی ہے، تو وہی میری دوست ہوتی ہے۔

It's like, all of that, I feel in my body, mind and I feel it like a kind of discomfort.... i talk to my friend and I get to know she is been through a lot so that make me feel so bad. Like if my friend tells me if somebody had hurt her, this and that, I get really angry like why, what, who are they? I try to feel in that person position.

- **Do you feel comfortable expressing your own tiredness or struggles?**

ہاں، میں نے اس سے کہا کہ مجھے بہت زیادہ پریشانی ہو جاتی ہے آپ کو لے کر اس وقت۔ تو اس نے کہا نہیں، اس طرح میں پھر آپ کو نہیں بتا پاؤں گی۔ پلیز آپ اپنے آپ کو بھی تھوڑا پر سکون رکھو۔

She said, don't involve yourself in it too much. Because it's also going to harm you...indirectly. I know you do care for me, love me, respect me, you do care but please don't involve yourself into in it too much that it harms you. I did communicate this.

- **Do you think this role was something you consciously chose, or did it gradually develop over time?**

Gradually developed after time but now I try my best to listen....as I say.

میں اب یہ کوشش کرتی ہوں کہ زیادہ تر خاموش رہوں۔ بہت کم مواقع پر ایسا ہوتا ہے، اور وہ بھی صرف کچھ کم لوگوں کے ساتھ۔

I will be in my old version.... (laughs). Talking and talking....and talking. And not realizing what I am talking about.

تو یہ بہت کم ہو گیا ہے۔

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Can you recall a time when supporting a friend felt difficult for you? How did you realize it was affecting you?

Ahhh... Overwhelming...yes, I did feel it over many times. There was this friend of mine, she was going to this stuff and ahh...she was being too much...and she was not realizing, sometimes she discussed with me things like I feel was just to be a supportive friend and I was myself going through a lot back then.

میرے خیال میں مجھے لگتا تھا کہ میں ایک اچھی دوست ہوں، یا شاید نہیں پتا کیا، میں ہی سب کا خیال رکھتی ہوں۔ لوگ ایسا نہیں ہوتے، وہ سوچتے ہیں کہ بس میں ہی کر رہا ہوں، اگلا بندہ کوئی کوشش نہیں کر رہا۔

This friend was same, just like my old version. Just ditto copy of my old self.

تو میں نے اتنا، اتنا زیادہ اس سب سے گزرا۔ ایک وقت آیا کہ میں نے کہا کہ پلیز... یہ کیا ہو رہا ہے؟ اور اس میں تھوڑی سی غلط فہمی بھی ہوئی، کیونکہ نیکیشن بھی ٹھیک نہیں رہی۔
... جیسے اسے بھی پتا ہے

That I am not allowed to go by indrive. She left me at university at 6pm. I haven't forgotten that. She left me. She communicated very late and I told her you should have inform me. I kept my distance ,later on we talked. The point is she never communicated anything on the spot; she must have tell me. Treat you friend like a friend. Do not be a person that make you feel overwhelming

یار اب یہ دوستی نہیں رہی، کچھ اور ہی بنتی جا رہی ہے۔ تو ایک وقت پر میں بھی بہت تنگ آ گئی تھی، جیسے سب کچھ بہت اور ویلنگ لگ رہا تھا۔ مجھے وہ ساری پرانی چیزیں یاد آنے لگیں جو پہلے ہوئی تھیں، اور میں نے شروع میں انہیں نظر انداز کر دیا تھا۔ میں نے کہا کوئی بات نہیں، مجھے بڑا انسان بننا ہے، کیونکہ میں نے بھی اپنی ایک دوستی میں ایسی چیزیں کی تھیں۔

تو میں نے سوچا کہ مجھے یہ سیکھنا چاہیے کہ دل بڑا رکھوں اور تھوڑا سا برداشت کر لوں۔ لیکن پھر بعد میں مجھے لگا کہ نہیں... میں کیوں وہی کام کروں جو میری دوست نے کیا تھا؟ اگر اس نے برداشت کیا تھا تو اصل بات یہ ہے کہ اسی وقت مجھے اسے روکنا چاہیے تھا، اسے بتانا چاہیے تھا کہ نہیں، تم غلط کر رہی ہو، یہ بند کرو۔

اس نے جو بھی کیا، وہ شاید برداشت کا مظاہرہ تھا، لیکن مجھے لگتا ہے اصل بات یہ ہے کہ غلط چیز کو اسی وقت پہچان کر اس پر بات کرنی چاہیے تھی۔

If somebody is crossing your boundaries you just tell them you are crossing your limits, please stop it. You are being too clingy and being... too much...for me. I can't handle too much. I am sorry.

• **Did you communicate?**

میں نے اس سے رابطہ کیا تھا، بالکل کیا تھا۔ میں نے اسے ایک پورا المانوس میج بھیجا تھا۔ پھر اس نے کہا کہ نہیں ٹھیک ہے، میں سمجھ گئی ہوں۔

پھر بعد میں بھی آہستہ آہستہ جب ایسی صورت حال ہوئی تو میں نے دوبارہ اس سے رابطہ کیا۔ پھر ایک خاموشی کے بعد اس نے اپنی طرف کی صورت حال بتائی۔ میں نے کہا ٹھیک ہے، میں نے اس کی بات بھی سنی۔ یعنی یہ نہیں کہ میں نے اسے سنا نہیں، میں نے اس سے پوچھا بھی کہ تمہاری کیا صورت حال تھی، تم نے ایسا کیوں کیا تھا۔

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میں نے کہا شاید میں نے غلط سمجھا ہو۔ لیکن پھر میرا یہ تھا کہ میں اس وقت خاموش رہوں تو بہتر ہے، اس لیے میں خاموش ہو گئی اور ایک طرف ہو گئی۔
اس نے بھی مجھے کہا کہ وہ اسے برقرار رکھنا چاہتی ہے، یعنی ایک باوقار اور احترام والی حد۔ چاہے کسی کے ساتھ کتنا بھی برا یا خراب تجربہ ہو جائے، لیکن اس حد سے باہر نہیں جانا چاہیے۔

I didn't want to be disrespectful towards her.

وہ میرے ساتھ بہت زیادہ حکم چلانے والی ہو رہی تھی۔ مطلب اس کے اپنے بھی مسائل تھے، لیکن جب میں اسے اپنے مسائل بتا رہی تھی تو وہ مجھے بار بار یہ نہ کرو، وہ نہ کرو، ایسے نہیں، ویسے نہیں، اس طرح... واقعی۔
میں اس وقت بہت الجھن میں بھی تھی اور تھوڑی جھکی ہوئی بھی، کیونکہ مجھے لگ رہا تھا کہ میں اپنی بات بھی پوری طرح نہیں پا رہی اور سامنے سے مسلسل درنگی یا تنقید آ رہی ہے۔

On the other hand, if (safa) like she is helping me out. Not like this friend as she is like

تمہیں یہ بھی نہیں پتا، ایسے نہیں، ویسے نہیں... اس کا رویہ، اس کا برتاؤ، اس کی شخصیت مجھے اُس وقت بد تیز لگ رہی تھی۔ مجھے وہ بہتر بنانے کے لیے نہیں لگ رہا تھا، بلکہ مجھے وہ سیدھا سادہ بد تیزی لگ رہی تھی۔ مجھے یہ بے ادبی محسوس ہو رہی تھی کہ میں ایک بات بتا رہی ہوں... ٹھیک ہے۔
مجھے پتا ہے کہ ہو سکتا ہے کبھی کبھار میں خود بھی تنگ کر دیتی ہوں، لیکن سامنے سے یہ انداز تو نہیں آتا چاہیے نا۔ میں کوئی غلط یا نامناسب بات بھی نہیں کر رہی تھی، پھر بھی اگر وہ آگے سے ایسا رویہ دے رہی تھی تو مجھے بہت عجیب لگ رہا تھا۔
میری دوسری دوست کے ساتھ کبھی بھی ایسا نہیں ہوا۔ وہ بس خاموش ہو جاتی تھی، اور میں اسے سمجھ بھی جاتی تھی۔ لیکن جب اپنی دوست آپ کے ساتھ اس طرح کا برتاؤ کرے، اور بار بار یہ کہے کہ تمہیں یہ نہیں پتا، تم ایسا نہیں سمجھتیں، تم وہ نہیں جانتیں... تو یہ بہت عجیب اور تکلیف دہ لگتا ہے۔

Sometimes, I used to feel like very pathetic. This was something very disrespectful and uncomfortable.

بالکل... بالکل ایسا ہی ہے۔ میں نے اسے سچ کہا کہ مجھے ہمدردی کی سمجھ آ گئی۔ اُس دوست کی چیزوں کا مجھے پہلے بالکل اندازہ بھی نہیں تھا۔ اب مجھے سمجھ آ رہی تھی۔

Because I was being full of myself previously.

مجھے اپنی دوسری دوست یاد آئی۔ مجھے یہ بھی احساس ہوا کہ وہ کہتی تھی، ”مجھے کوئی نہیں پوچھنا“ کیونکہ وہ خود ہر ایک کی مدد کرنے کے لیے ہر وقت موجود ہوتی تھی۔ ایک بندہ پہلے ہی پریشان ہو تو وہ دوسروں کے مسائل کیسے سنے اور کیسے انہیں سہارا دے؟ کیونکہ جو شخص پہلے سے ہی ذہنی دباؤ میں ہو، وہ دوسروں کی باتیں سن کر اور بھی زیادہ پریشان ہو جاتا ہے۔

تو میں نے یہ سیکھا کہ اسے مزید پریشان نہیں کرنا ہے۔

While supporting your friend, were you also dealing with your own personal challenges?

10

Yes, I was dealing a lot at that time. I had my own personal and individual challenges. She didn't try to understand me but even though I myself was having challenges I was also trying to understand her too. I didn't want to be disrespectful and mean. I took silence and a little distance as well. I didn't want to be ghosting as well. Like I still care about you as you are my friend and I still want to know how you are doing in your life. She hasn't changed much but still working on herself and I can see that.

After repeatedly supporting your friend, have you noticed any changes in how you feel or respond emotionally over time?

I feel uncomfortable. I had a thought that she might take me as wrong. What if she didn't understand and this leads to a fight. What if I was being unable to understand her and what if she does again and I will be unable to address it again as you know that as one thing repeats it gets harder to address it again. Maybe I can forgive her because the other friend of mine has forgiven me for such a big thing and how can I not. Maybe that's how karma took me and made me go through the things which I made my other friend to go into.

- **Have there been a times when supporting your friend made it difficult to attend to your own needs?**

At that moment it was very much tiring. I felt like I don't want to talk to this person anymore. As a person I have my own individual problems and while dealing with those issues how can I deal with all this so many stuff...like personal issues and then... friendship issues... like it was too much. It made me difficult to attend to my own needs. At that time, I had a lot of stuff on my own plate so I couldn't be dealing with her as well.

- **How did you cope with that feeling?**

At that moment I just need to not overthink it and just like make a silence... gap... first of all, distance...A respectful distance from her right. Even if I see her. Like quite salaam and like that. A right energy not very aggressive it's just an attempt to keep things aside. I had my other stuff like studies, exams so about this situation, my escapism was "work" and I was working...like...crazy. I didn't use to say anything because my mind was in a constant state of thoughts which were feeling overwhelming to handle to my only focus was to do a lot of work as a coping to get rid of them. So, I used to do a lot of work and work...that's how I have been coping with it.

11

She was trying her best but yeah, we are all humans we can't give our 100 percent every single time so I just tried to understand her by keeping a distance

Have you ever struggled to balance supporting your friend and taking care of yourself?

As I told you I was not seeing anyone, I was not eating anything. Because I was going through my own stuff a lot at that time too. I had to deal with a lot with my own problems as well and with the problems and expectations she was having on me. As I was supposed to be there for her even I myself was shattering or I can worst. My burden was a lot at that time. But being this thing was also going behind my back, where I was expected to carry it well. I was not taking care of myself not any source of help and eating, sleeping even doing my daily routine. I was so stressed down. Was crying on my own stuff that was happening and at the exact time I was also overwhelmed by this thing as well. Like O my God.... Already I am going through stuff than this friend of mine as well. I have to go this as well. I wasn't able to manage both so I just avoid her because I was unable to do anything.

Do you feel comfortable showing yourself a person who need emotional support in this friendship? Why or why not?

No, not at all. Communicating her like I do need some emotional support never happened. Now that I have sorted my issues and my issues are not that serious now. Not as much as they were at that time. Even though issues are being sorted but communicating that sounds shit. I am not a person who is used to discuss my stuff and understand whatever. Like how to do with this person because this person has made me.... make me feel.... doubt about her and tensions with me... So yes, I will not share it with her.

Has playing this supportive role changed how you see yourself?

Ahhh...because of all of the things that happened because of this person as well, as I can't skip her in this, so I was like No. Even with her in the Starting, you know, I used to share my personal issues so much that much openly. First of all, I started to talk about my issues so openly like with transparency to any friend of mine and then I started to put a little-to-little full stops on those relations because at the end I overanalyze a situation as I told you. I used to replay all those thoughts in my mind and I was like o my God. I over shared. So, I stopped oversharing. I think it made a relationship with myself.

- **How has this experience been?**

Ahhh.... like not a pressure.... but I would say.... a type of obligatory duty to do that as a friend, you are supposed to do that, you know. So yeah, maybe it was that.

- **When did you realized that?**

12

The moment when I realized it was when I started to have my own problems. The problem that made me into a stake. You know, at an edge. At that time, I felt very weak emotionally. I didn't use to talk to anyone.... Anyone. I also had to face this specific person at university every day. So, I was also I also have to be with this person as well. Like o my god. I had to be with her and spent time with her. She knew I had a hard time, as clearly, she could see me but she was in her own world by the way, I was not seeing anything like she looking into my world, be there with me but you know, like being like ok I need to be a little careful. I was not asking or expecting her to take care of me just a bit care for me. She is still a friend of mine There was a moment when I thought should I keep her as my friend or not but then I thought maybe I should try to be positive.

وہ بھی ایک انسان ہے۔

Maybe we as a person learn a lot. We grow. Maybe I should be not leave this.

How do you now interpret what happened during this experience?

بہت مہمی سا تھا۔ کچھ سمجھ نہیں آ رہا تھا کہ یہ ہو کیا رہا ہے، کیا ہو رہا ہے اور کیا نہیں ہو رہا۔ کیا چل رہا ہے یہ؟ امم... یہ کیا ہے؟ کبھی کبھی مجھے لگتا تھا شاید یہ کارما ہے۔

May be being with her as a friend. May be Allah is trying to teach me. You know, this is what you are doing to your old friends. Similar to this... so yeah.

What do you think people misunderstand about being an emotionally available friend?

مس انڈر سٹینگ وہ ایسے کرتے ہیں کہ آپ کہ اسم نام نہادہ بھی آپ کو اتنا نہیں بتا پاتے کہ دیکھیں نام میں بھی آپ کو سپورٹ یا آپ کو اتنا زیادہ نہیں سن سکتا اس وقت۔ یادہ اپنی بھی باؤنڈریز نہیں بتا پاتے اگلے کو ناجوان پر ریلا کی کر رہا ہوتا ہے۔ اسم نام نہادہ آپ کو تھوڑا سامنے والے کو گائیڈ کرنا پڑتا ہے اپنی باؤنڈریز کو لے کر۔ ہر کوئی انڈر سٹینگ نہیں کر پاتا ہے۔ آئی تھنک تھوڑا سا ڈسکلیمر دینا چاہیے۔ وہ الگ بات ہے کہ اگلا بندہ اتنا کھینچل بھی ہو کہ وہ آپ کو انڈر سٹینگ بھی کر سکے۔ آئی تھنک یہ الٹو بھی ہے... یہ الٹو بھی ہے۔

• How do you feel after sharing?

I feel a bit weird and disgusted because as I was telling you all those things were replaying in my mind. By discussing things, you replay a lot of stuff, so I was a bit gone into that moment.

Appendix K: Transcription 05

1

Participant 5

What is your age?

20

Are you comfortable speaking in Urdu or English during this interview?

Urdu

Is there a friend who usually comes to you to talk about personal or emotional problems, for whom you are always providing emotional support?

Most of the time.

- **How many close friends would you say you have?**

میرے قریبی دوست 3 سے 4 ہیں۔

Have you ever felt emotionally burdened after supporting a friend for a long time?

Yes

Can you tell me a little about your close friendships?

میرے قریبی دوست وہ ہیں جو اسکول کے وقت سے میرے ساتھ ہیں۔ وہ اپنے تقریباً ہر مسئلے کے بارے میں مجھے بتاتے ہیں اور میرے ساتھ شیئر کرنے میں بہت کفر ٹیل ہوتے ہیں۔

حال ہی میں یونیورسٹی میں میرے دو نئے دوست بنے ہیں۔ ان میں سے ایک کے ساتھ تھوڑا سا مسئلہ ہوا تھا، تو اس نے وہ بات مجھ سے ڈسکس کی، اور میں نے اُسے صحیح طریقے سے گائیڈ کیا۔

How would you describe yourself as a friend?

میں ایک اچھا سننے والا ہوں اور اچھا مشورہ دیتا ہوں۔ لوگ میرے ساتھ اپنے کسی بھی مسئلے کے بارے میں بات کرنے میں خود کو کفر ٹیل محسوس کرتے ہیں۔ ورنہ اکثر لوگ اس بات سے ڈرتے ہیں کہ اگر وہ کسی کو اپنی ذاتی بات بتائیں گے تو شاید وہ اس کا مذاق بنائے یا کسی اور کے سامنے ظاہر کر دے۔ یہ ایک بڑا مسئلہ ہے جس کی وجہ سے لوگ اکثر اپنی باتیں شیئر نہیں کرتے۔

2

میرا اپنا تجربہ بھی یہی ہے کہ میں آسانی سے کسی پر اعتماد نہیں کرتا۔ اگر مجھے کوئی مسئلہ ہو تو میں کوشش کرتا ہوں کہ اسے خود ہی حل کر لوں بجائے اس کے کہ کسی کے ساتھ ڈسکس کروں۔ ہاں، جب مسئلہ بہت مشکل ہو جائے تو میں کسی قریبی دوست یا اپنے بھائی کے ساتھ شیئر کر لیتا ہوں۔

اسی طرح جب کوئی میرے پاس آتا ہے تو میں کوشش کرتا ہوں کہ پہلے اسے اپنے ساتھ کفر ٹیبل کروں، تاکہ وہ کھل کر اپنی بات بتا سکے۔ پھر میں اپنی معلومات اور سمجھ کے مطابق اسے جتنا ممکن ہو سکے گا نیکو کرنے کی کوشش کرتا ہوں۔

Can you describe a specific experience when a friend relied on you emotionally?

آہ۔ میرا ایک دوست تھا، اُس کے والد کا انتقال ہو گیا تھا۔ میں خود بھی اس مرحلے سے گزر چکا ہوں، میرے بھی والد نہیں ہیں۔ میں صرف 5 سال کا تھا جب اُن کا انتقال ہوا۔ اس لیے میں یہ اچھی طرح سمجھتا ہوں اور محسوس کرتا ہوں کہ جب باپ نہ ہو تو انسان پر کیا گزرتی ہے اور زندگی کس طرح بدل جاتی ہے۔

جب اُس کے ساتھ یہ ہوا تو اُس وقت ہمارا اتنا زیادہ قریبی تعلق نہیں تھا، اور وہ بھی اپنی باتیں کسی کے ساتھ شیئر نہیں کرتا تھا، زیادہ تر اکیلا رہتا تھا۔ لیکن پھر میں نے اُسے کافی سپورٹ دی۔ میں نے اُسے سمجھایا کہ یہ سب اللہ تعالیٰ کی طرف سے ہے، اور ہر کسی نے ایک دن جانا ہے۔ آج نہیں تو کل۔

پھر اُس کی زندگی میں اور بھی بہت سی مشکلات آئیں، خاص طور پر مالی لحاظ سے وہ کافی کمزور تھا، جس کی وجہ سے اُسے کافی مشکلات کا سامنا کرنا پڑا۔ وہ اپنے گھر میں سب سے بڑا بھی تھا، اس لیے ذمہ داریاں بھی زیادہ تھیں۔ میں نے اُسے گائیڈ کیا کہ کیسے خود کو اور اپنے گھر کو سنبھالنا ہے، کیسے آگے بڑھنا ہے۔

اور جہاں تک مجھ سے ہو سکا، میں نے مالی طور پر بھی اُس کی مدد کی۔

How would you describe your role within your friendships?

میں ایک اچھا سننے والا ہوں اور ساتھ ہی اچھا مشورہ دینے والا بھی ہوں۔

How did you come to take on the role of providing emotional support to your friend?

یہ میرے خیال میں ایک نیچرل چیز ہے۔ شاید یہ میرے جینز میں بھی ہے، کیونکہ میرے بھائی میں بھی یہ خوبی موجود ہے۔ انہوں نے مجھے کافی سکھایا ہے۔ جب میں چھوٹا تھا تو مجھے یہ احساس ہو گیا تھا کہ انسان زندگی میں کئی مشکلات میں پھنس جاتا ہے۔

میرے بھائی میں یہ خاص صلاحیت تھی کہ وہ لوگوں کو سمجھ لیتے تھے۔ کہ کون کس مشکل سے گزر رہا ہے۔ وہ بہت اچھی طرح سمجھتے تھے کہ کسی مسئلے کو پہلے ہی کیسے پہچانتا ہے اور اگر اس میں پھنس جائیں تو کیسے نکلتا ہے۔

میں نے اُن سے بہت کچھ سیکھا ہے، خاص طور پر لوگوں کو سمجھنا اور انہیں صحیح وقت پر رہنمائی دینا۔

Over time how has this role changed or developed?

وقت کے ساتھ انسان اُن چیزوں سے سیکھتا ہے جن سے وہ خود گزرا ہو تا ہے۔ جیسے میں اپنے والد کے انتقال کے مرحلے سے گزرا، تو وہ ایک ایسا تجربہ تھا جس نے مجھے بہت کچھ سکھایا۔

3

اسی لیے جب آپ کے پاس ویسائی کوئی نہیں آتا ہے، تو چونکہ آپ کے پاس پہلے سے اس کا تجربہ ہوتا ہے، آپ زیادہ بہتر طریقے سے رہنمائی کر سکتے ہیں۔ اسی طرح زندگی میں جیسے انسان آگے بڑھتا ہے، مختلف تجربات سے گزرتا ہے، نئے لوگ ملتے ہیں، اور ہر دن کچھ نہ کچھ سیکھنے کو ملتا ہے۔ تو جو چیزیں وہ سیکھتا ہے، وہی آگے جا کر دوسروں کے کام آتی ہیں۔

جب کسی اور کے ساتھ ویسائی مسئلہ پیش آتا ہے، تو وہ اسے گائیڈ کر سکتا ہے کہ اس صورتحال سے کیسے نکلنا ہے اور اسے کس طرح ہینڈل کرنا ہے۔

What kinds of expectations do you feel are placed on you in your relationship with your friend?

اس طرح کے معاملات میں سب سے پہلی توقع یہی ہوتی ہے کہ سامنے والا شخص اعتماد کے قابل ہو۔ یعنی جس دوست کے ساتھ ہم اپنی بات شیئر کر رہے ہیں، وہ اسے آگے کسی اور کو نہ بتائے۔ اسی وجہ سے لوگ اکثر ہچکچاہٹ محسوس کرتے ہیں، خاص طور پر جب بات ذاتی نوعیت کی ہو۔

زیادہ تر لوگ اپنی پرسل باتیں ہر کسی کے ساتھ شیئر نہیں کر سکتے۔ وہ سوچتے ہیں کہ ہر بات ہر ایک کو نہیں بتائی جاسکتی۔ اسی لیے وہ صرف اپنے قریبی اور قابل اعتماد دوستوں کو ہی بتاتے ہیں۔

آج کل خاص طور پر بریک اپ جیسے معاملات میں بھی یہی دیکھنے کو ملتا ہے کہ لوگ اپنی بات صرف اپنے چند خاص دوستوں تک ہی رکھتے ہیں، کیونکہ وہ چاہتے ہیں کہ ان کی بات محفوظ رہے اور ان کا مذاق نہ بنایا جائے۔

Do you feel comfortable expressing your own tiredness or struggles?

میرے خیال میں بعض اوقات اپنا ذاتی تجربہ شیئر کرنا ضروری ہوتا ہے تاکہ دوسرا شخص زیادہ کفر نہیں محسوس کرے اور اعتماد پیدا ہو سکے۔ جب وہ یہ دیکھتا ہے کہ آپ بھی اسی طرح کی صورتحال سے گزر چکے ہیں، جیسے میرے ساتھ میرے والد کے انتقال کا واقعہ ہے، تو اس کے اندر یہ یقین پیدا ہوتا ہے کہ آپ واقعی اس کیفیت کو سمجھتے ہیں۔

اس طرح جب آپ اسے کوئی حل یا مشورہ دیتے ہیں تو وہ اس بات پر زیادہ یقین کرتا ہے کہ یہ صرف نظری بات نہیں بلکہ عملی تجربے پر مبنی رہنمائی ہے۔ اس سے اعتماد پیدا ہوتا ہے اور وہ شخص کھل کر اپنی بات شیئر کر پاتا ہے۔

• What do you feel emotionally when you are supporting a friend during difficult times?

مجھے ذاتی طور پر اچھا لگتا ہے کہ کوئی میرے ساتھ اپنے مسائل ڈکس کرے تاکہ میں اس کے کام آسکوں اور اسے مدد دیا رہنمائی دے سکوں۔

Do you feel comfortable expressing your own tiredness or struggles?

میں نے پہلے بھی کافی مشکل حالات دیکھے تھے، لیکن اس سے پہلے کبھی ایسا نہیں آیا تھا جو اس سے زیادہ شدید ہو یا کسی اور سی سطح کا ہو۔ مجھے لگتا ہے کہ میں شاید زیادہ محسوس نہیں کرتا کیونکہ میں پہلے بھی اس سے بدتر حالات دیکھ چکا ہوں۔ اسی لیے میرے پاس عموماً ان کے لیے حل ہوتے ہیں، لیکن کبھی کبھی میں سوچتا ہوں کہ شاید ہمیں یہی کرنا ہوتا

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ہے، حالانکہ ظاہر ہے کہ کوئی بھی شخص ہر وقت ایسا کرنا پسند نہیں کرتا۔ میں ہر وقت ان کی سپورٹ نہیں کر سکتا، لیکن جب مجھے لگتا ہے کہ میرے پاس تو اتنا ہی ہے تو میں کر لیتا ہوں۔ ہاں، کبھی کبھی میرے پاس تو اتنا ہی نہیں ہوتی تو پھر میں سوچتا ہوں کہ ابھی نہیں۔ اور اگر آگے پھر بھی کرنا پڑے تو وہ کبھی کبھی ہی ہوتا ہے۔

Have there been times when supporting your friend caused emotional strain or burnout, making it difficult to attend to your own needs?

اگر کبھی مجھے خود بھی کسی چیز کا احساس ہو تو بھی میں ترجیح دیتا ہوں کہ پہلے سامنے والے کی بات سنوں۔ اپنے ذاتی مسائل کو میں خود ہی منیج کرنے کی کوشش کرتا ہوں۔

- How did you cope with your own feelings?

اگتور کر کے

Have you ever struggled to balance supporting your friend and taking care of yourself?

میں اپنی مشکلات کو درمیان میں نہیں آنے دیتا۔ جو بھی میرے پاس آتا ہے، میں اپنی استطاعت کے مطابق اسے سپورٹ فراہم کرتا ہوں۔ لیکن میں دوسرے شخص کو کبھی یہ محسوس نہیں ہونے دیتا کہ اس وقت میں کن حالات سے گزر رہا ہوں۔ میں اپنی جدوجہد خود ہی سنبھالتا ہوں اور دوسروں پر اس طرح انحصار نہیں کرتا جیسے وہ مجھ پر کرتے ہیں۔ اسی وجہ سے میں اپنی مشکلات کا ذکر بھی نہیں کرتا اور نہ ہی کبھی یہ ظاہر کرتا ہوں کہ میں کسی مشکل یا جدوجہد سے گزر رہا ہوں۔

While supporting your friend, were you also dealing with your own personal challenges?

ہاں، کچھ لوگ ایسے ہوتے ہیں جن کا مسئلہ اتنا بڑا نہیں ہوتا، لیکن وہ اسی ایک چیز میں اتنا زیادہ الجھ جاتے ہیں کہ باقی زندگی کی باتوں کو نظر انداز کر دیتے ہیں۔ ایسے میں انسان کو لگتا ہے کہ انہیں سمجھایا جائے کہ دنیا میں اس کے علاوہ بھی بہت سے مسائل ہوتے ہیں، اور ہر چیز پر اتنا زیادہ وقت اور سوچ لگانا ضروری نہیں ہے۔

آپ بار بار یہ بات سمجھاتے ہیں کہ اپنا وقت ضائع نہ کریں اور چیزوں کو اتنا نہ بڑھائیں، لیکن پھر بھی وہ اسی میں گن رہتے ہیں اور باقی ذمہ داریوں یا مسائل کو نظر انداز کر دیتے ہیں۔ تب واقعی غصہ آتا ہے کہ وہ باقی چیزوں پر بھی نظر ڈالیں، صرف ایک ہی بات میں نہ الجھے رہیں۔

ایسے حالات میں غصہ آنا ایک فطری رد عمل ہے، خاص طور پر جب آپ کو لگے کہ آپ کی بات سنی نہیں جارہی اور آپ بار بار ایک ہی بات دہرا رہے ہیں۔ کبھی کبھی محسوس ہوتا ہے کہ انہیں سمجھا سچھا کر میں خودی تھک جاتا ہوں کہ بس کر دو، یا پھر خود اپنے ساتھ بھی بیٹھنا سیکھ لو کبھی کبھی۔ بندہ آخر کار ایک ہی چیز بار بار سمجھا سچھا کر تھک بھی جاتا ہے۔ آپ ہر وقت اس حالت میں نہیں ہوتے کہ صرف دوسروں کی سنیں اور انہیں سمجھاتے رہیں، کیونکہ آپ کے اپنے بھی بہت سارے مسائل ہوتے ہیں۔

- How do you attend to your own needs?

میری ضروریات کیسے پوری ہوں؟ میں کوشش کرتا ہوں کہ میں انہیں وقت دوں، جب انہیں میری ضرورت ہو تو میں ان کی بات سنتا ہوں۔ باقی جو مجھے لگتا ہے کہ اس کا مسئلہ بہت زیادہ تنہید ہے تو میں موجود ہوتا ہوں۔ اپنی ضروریات میں میں فارغ وقت میں دیکھ لیتا ہوں۔ لیکن اگر دوست کو ضرورت ہو تو میں اس کی بات سنتا ہوں، اپنی چیزیں چھوڑ کر۔

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میں کوشش کرتا ہوں کہ میں انہیں وقت دوں۔ زیادہ تر یہی ہوتا ہے کہ اگر انہیں کسی بھی وقت سپورٹ چاہیے ہوتی ہے تو میں دے دیتا ہوں، چاہے وہ رات ہو، دن ہو یا کوئی بھی وقت ہو، میں منع نہیں کرتا۔ میں نے کبھی نہیں کہا کہ "نہیں"۔

ہاں، مالی طور پر کسی کو مدد دیتے ہوئے کبھی کبھار اٹکار کرنا پڑتا ہے، لیکن جذباتی طور پر انسان پھر بھی سپورٹ کرتا ہی ہے۔

• **What can be the reason behind not sharing anything?**

میں کوشش کرتا ہوں کہ اپنے مسائل کسی کے ساتھ شیئر نہ کروں۔ مجھے اکثر یہ غیر یقینی محسوس ہوتی ہے کہ اگر میں دل کی بات کھول کر بتاؤں تو سامنے والا میرے بارے میں برا سوچ سکتا ہے یا مجھے بچ کر سکتا ہے۔ مجھے یہ بھی فکر رہتی ہے کہ اس سے میری اس کی نظر میں جو تصویر ہے وہ بدل نہ جائے۔

یہ بات اعتماد پر بھی آکر رک جاتی ہے، یعنی کیا میں واقعی اس شخص پر بھروسہ کر سکتا ہوں یا نہیں۔ اور جب کوئی شخص خود بھی ایسے تجربات سے گزر چکا ہو تو وہ بہتر سمجھ سکتا ہے کہ دوسرا شخص کیا سوچ سکتا ہے اور اس کے بارے میں کیا رائے قائم ہو سکتی ہے۔ اسی وجہ سے میرے لیے کھل کر بات کرنا مشکل ہو جاتا ہے۔

Do you feel comfortable showing yourself a person who need emotional support in this friendship? Why or why not?

ہاں، کوشش کی ہے اور بتایا بھی ہے، لیکن یہ بہت کم ہوتا ہے۔

• **How was that experience?**

اور وہ تجربہ یہ ایسا تھا کہ بس کچھ خاص نہیں ہوا۔ مجھے کوئی خاص جذباتی سہارا نہیں ملا۔ بس یہ ہوا کہ بتا کر دل کچھ ہلکا ہو گیا تھا۔ مجھے لگتا ہے کہ جس درجے کا جذباتی سہارا میں دوسروں کو دیتا ہوں، مجھے بدلے میں دینا نہیں ملتا۔ اس لیے اب میں اس طرح کی توقعات نہیں رکھتا، کیونکہ سامنے والا ویسا دے ہی نہیں سکتا۔ میں زیادہ دینے والا ہوں، لینے والا نہیں۔

سہارا دے دیتا ہوں مگر مانگتا نہیں، کیونکہ وہ اس درجے کا ہوتی نہیں سکتا جیسا میں چاہتا ہوں۔

جب شروع میں تھا تو میں آخر میں سب کچھ بتا دیتا تھا، لیکن پھر کچھ ایسے واقعات ہوئے کہ مجھے لگا اب بتانا ٹھیک نہیں ہے۔ لوگ سہارا دینے کے بجائے اکثر مذاق بنا دیتے ہیں، اور اگر آپ ان سے کہیں کہ کسی اور کو نہ بتائیں تو وہ پھر بھی وہی بات آگے بتا دیتے ہیں۔ جب میرے ساتھ ایسا ہوا تو پھر میں نے یہ کیا کہ اب میں اس چیز سے بچتا ہوں۔ لیکن اگر میرا کوئی دوست سہارا مانگے گا تو میں اسے ضرور سہارا دوں گا۔

• **How it felt?**

نہیں، دباؤ تو محسوس نہیں ہوتا، لیکن ایک احساس ہوتا ہے کہ اچھا لگتا ہے کسی کی مشکل میں مدد کر دی۔ مگر یہ نہیں لگتا کہ آپ بھی کسی سے مدد مانگ سکتے ہیں۔ اس لیے یہ کام بس ایک ذمہ داری کے طور پر کیا جاتا ہے۔ اور یہ بھی لگتا ہے کہ اگر میں نے مدد نہ کی تو میں خود مطمئن نہیں رہوں گا، کیونکہ وہ مشکل میں تھا اور میں نے اس کی مدد نہیں کی۔

مجھے خود اس بات کا زیادہ اندازہ ہے، کیونکہ انسان کو خود اچھی طرح بتا ہوتا ہے کہ اگر اس کے لیے کوئی نہ ہو تو کیسا محسوس ہوتا ہے۔ لیکن اب شاید کچھ خاص محسوس نہیں ہوتا۔

کچھ نہیں آتا یہ دباؤ ہے یا نہیں، مگر فرق بھی نہیں پڑتا۔

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- Was there a moment when you realized that supporting your friend was causing stress for you?

ہاں، ایسا ہوتا ہے۔ جیسے آپ کہہ رہے ہیں، جب کوئی چھوٹا مسئلہ ہو اور سامنے والا اسے بہت زیادہ اہمیت دے کر بار بار اسی پر بات کرے، رونادھونا کرے، تو شروع میں تو انسان پوری توجہ اور سہارا دیتا ہے۔ لیکن ایک وقت کے بعد لگتا ہے کہ اب اسے خود بھی اس سے نکلنے کی کوشش کرنی چاہیے۔

پھر جب بار بار وہی بات سنی پڑے، وہی سمجھانا پڑے، اور آپ کو پہلے سے پتا ہو کہ مسئلہ اتنا بڑا نہیں ہے اور وہ خود بھی سنبھال سکتا ہے، تو محض ہونا بالکل فطری ہے۔ انسان کو لگنے لگتا ہے کہ وہ ایک ہی کام بار بار کر رہا ہے، اور یہ چیز واقعی ٹھک کر دیتی ہے۔

مسئلہ یہ بھی ہوتا ہے کہ آپ صاف طور پر کہہ نہیں پاتے، کیونکہ سامنے والا پہلے ہی تکلیف میں ہوتا ہے اور آپ پر انحصار کر رہا ہوتا ہے۔ اس لیے آپ خود کو روکے رکھتے ہیں، مگر اندر ہی اندر بوجھ بٹار رہتا ہے۔

- Have you ever tried sharing your own struggles?

ہاں... اس عمل میں یہ ہوا تھا کہ جو چیز میں نے شیئر کی، اس کی وجہ سے تھوڑا مسئلہ بن گیا۔ وہ دوسرے شخص کے لیے اتنی اہم نہیں تھی، مگر اس چیز سے مجھے کافی دکھ ہوا کہ میں نے اس کے ساتھ بات شیئر کی اور اس نے میری مدد کرنے کے بجائے میرے لیے مزید مشکل پیدا کر دی۔

وہ ایک میرا تجربہ اچھا نہیں تھا، جس کی وجہ سے پھر میں نے اس کے بعد اسے نظر انداز کرنا شروع کر دیا۔ شاید وہیں سے میرے اندر بات شیئر کرنے یا بتانے والا سارا نظام ختم ہو گیا۔

How do you now interpret what happened during this experience?

اور اب بس ایسا ہے کہ کوئی آئے اور مدد مانگے تو میں اسے مدد دے دیتا ہوں، لیکن اب ویسا اعتماد نہیں رہا کہ میں کسی کو اپنی بات سنا سکوں۔

مستقبل میں یہ اس بات پر منحصر ہے کہ آگے کوئی ایسا دوست ملتا ہے جو مجھے سن سکے یا میرا ساتھ دے سکے، تو میں یقیناً اس کے ساتھ بات شیئر کر دوں گا۔ لیکن ابھی ایسا ہے کہ میں نہیں کرتا۔ اور مجھے لگتا ہے کہ اب شاید میرے لیے دوست بنانا بھی مشکل ہے۔

شاید مجھے اکیلے جینا آگیا ہے۔ اگر کوئی ایسا انسان ہو جو میری فطرت کو سمجھے اور میں اس کی فطرت کو سمجھ سکوں، تو ٹھیک ہے۔ لیکن اب نہ اس کی خاص خواہش ہے اور نہ ضرورت، بس یہ ہے کہ اگر کوئی ہو تو اس میں یہ خوبی ضرور ہونی چاہیے۔ دوست ایسا ہونا چاہیے جو قابل اعتماد ہو اور اچھا سننے والا ہو۔ میں اسے جو بھی بات بتاؤں وہ وہیں تک رہے اور آگے نہ جائے۔ اس کے ساتھ میرا تعلق بھی قریب کا ہو۔

What do you think people misunderstand about being an emotionally available friend?

ایک میرا اس سوال کا جواب بھی یہی ہے کہ جیسے میرا یونیورسٹی کا ایک دوست تھا۔ اس کے ساتھ میری اتنی زیادہ دوستی نہیں تھی، نہ ہم زیادہ اٹھتے بیٹھتے تھے، لیکن سبسٹر کے آخر میں وہ کافی قریب ہو گیا تھا۔ اس کے کافی مسائل تھے، وہ بہت پریشان تھا لیکن اس نے کسی اور کے ساتھ زیادہ بات شیئر نہیں کی۔ جب اس کا مسئلہ بتا تو اس نے مجھے تھوڑا سا بتایا، لیکن تب بھی وہ مجھے بتاتے ہوئے زیادہ مطمئن محسوس نہیں کر رہا تھا۔ اس نے بس اتنا کہا کہ اسے اس چیز میں مسئلہ ہے، پھر اس نے اس بات کو نظر انداز کر دیا اور چلا گیا۔

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جب ہم الگ ہو گئے تو اس نے دوبارہ وہ بات نہیں کی۔ میں نے پھر اسے مجبور کیا کہ وہ مجھے بتائے، تو وہ ہنچا ہنچا رہا تھا، لیکن میرے اصرار پر اس نے مجھے پوری بات بتادی۔ پھر میں نے اسے ساری رہنمائی دی۔ اس کے بعد اس نے مجھے کہا کہ اگر تم مجھے اتنا مجبور نہ کرتے تو میں کبھی تم سے بات شیئر نہ کرتا۔ تم نے اچھا کیا کہ مجھے بات کرنے پر مجبور کیا، کیونکہ مجھے تھوڑا مسئلہ تھا کہ کہیں تم یہ بات کسی اور کو نہ بتا دو۔

اس سے یہ بات بھی سمجھ آتی ہے کہ اس کا بھی یہی مسئلہ تھا کہ اسے ڈر تھا کہ اس کی بات آگے نہ چلی جائے۔ اسی لیے ہر انسان فوراً مکمل طور پر اعتماد نہیں کر پاتا کہ وہ اپنی بات شیئر کر سکے ہمیں اگلے انسان سے پوچھتے رہنا چاہیے، جیسے میں نے اصرار کیا۔ اس سے انسان کو یہ احساس ہوتا ہے کہ شاید واقعی کوئی اس کا مسئلہ سننا چاہتا ہے یا اسے سمجھنا چاہتا ہے۔ اور دوسری بات اعتماد کی ہے، کہ اگر وہ اپنی بات کھول کر کہنا بھی چاہتا ہو تو اسے یہ یقین ہو کہ یہ بات ہمیں تک محدود رہے گی اور آگے نہیں جائے گی۔

Appendix L: Transcription 06

1

Participant 6

What is your age?

My age is 20.

Are you comfortable speaking in Urdu or English during this interview?

It's alright as because I am a student of English literature and a pashtoon as well so both of Urdu and English will be okay.

Is there a friend who usually comes to you to talk about personal or emotional problems, for whom you are always providing emotional support?

Ahhh.... too much of them.

- **How many close friends would you say you have?**

وہ تقریباً اٹھارہ سال کے تو ہوں گے کیونکہ وہ میرے جو نیوز ہیں۔ میرے قریبی دوستوں میں انیس سال کے بھی ہیں اور اٹھارہ سال کے بھی۔ بہت سے ہیں۔

Have you ever felt emotionally burdened after supporting a friend for a long time?

I think I am comfortable with that.

Can you tell me a little about your close friendships?

My close friends are very sincere to me. We are grooming together. Whenever we are talking, we are talking from the heart. So, it's all about like that, what can I say more about it.

How would you describe yourself as a friend?

I think I am a good friend. I give emotional support to friends as well as whenever we meet there is a lot of laughs. I tend to enjoy a lot and make my friends enjoy with me.

Can you describe a specific experience when a friend relied on you emotionally?

وہ میرا ایک دوست تھا، مجھ سے تقریباً دو سال جو نیوز۔ وہ کسی کے ساتھ اپنی احساسات کا اظہار کرنا چاہتا تھا، لیکن اس کے پاس مناسب حالات یا وسائل نہیں تھے، جس کی وجہ سے اس نے ایک ایسا طریقہ اختیار کیا جس کے نتیجے میں وہ خود مشکل میں پھنس گیا۔ اس کی فیملی اس بات کو قبول نہیں کرتی تھی اور وہ اس پر بہت ناراض بھی ہوئے۔

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اس کی فیملی تک یہ بات پہنچ گئی تھی، اور اگر معاملہ مزید بڑھ جاتا تو اس کے لیے حالات اور زیادہ مشکل ہو سکتے تھے۔ اسی وجہ سے جب وہ میرے پاس آیا تو وہ بہت زیادہ پریشان تھا۔ وہ شدید اداس تھا اور اس کی حالت ایسی لگ رہی تھی جیسے وہ بہت دباؤ میں ہو، تقریباً قید جیسا احساس ہو رہا تھا

He was in too much crisis yes, too much crisis he was facing.

How would you describe your role within your friendships?

I think I am always sincere to my friends. I think I am a friend like...all of my friends are mostly illiterate as I am the only one in university and I study so I tend to give more advice and they tend to listen to me like elder brother.

How did you come to take on the role of providing emotional support to your friend?

No, I think my friends depend a lot on me. So that why.... yah, (pause) definitely. As in this particular friend case and many other they depend a lot on me.

Over time how has this role changed or developed?

I think it's from very beginning or its from start. I think it's very genetical. My father is also very considerate and too loyal and tends to listen. From than the things are being the same.

What kinds of expectations do you feel are placed on you in your relationship with your friend?

Be loyal and sincere.

What do you feel emotionally when you are supporting a friend during difficult times?

Emotionally (pause) I don't know to be honest (...) but I think I tend to provide them comfort in that moment so they can share. I think my focus shifts at their situation at that time I don't present myself with my own emotions at that time. Yes, may be (pause)

• Do you feel comfortable expressing your own tiredness or struggles?

In many cases I told them about my troubles. But I think it's a waste of time as they don't understand how many struggles you can be facing at that moment. I think there is no meaning of it. I don't think so sharing has ever benefited me or I ever felt satisfied after doing that with my friends. I think specially at this society while dealing with other difficulties you should be dealing with your own by yourself. I think you should do friends support but everybody should take their burden by themselves. yeah....

• Do you think this role was something you consciously chose, or did it gradually develop over time?

No, it's from the very beginning. Yeah...I think I help a lot to my friends in difficult time no one help me in the way that I am helping others. I think I realized it when I got admission in my

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university. Yeah...when I was about to get admission so there were many difficulties. No one helped me in that time. So, I think as I told you it is a total waste of time to share anything now. How can we share something when we already know it that the other person is not going to understand at all. So, I tend to take my all problems by myself instead of wasting my time or depending that someone is going to be there for me.

- **How do you feel about it?**

Yeah, and it make me sad. This make me into realization that I have given my blood to them but they cannot even help me out at anything. That just make me sometimes very much to even carry myself in that relation. And that moment.... there are literally no words to explain that moments...

But the point is they are depending on me a lot like at any inconvenience they will be texting me. Whatever their condition is and they know I am there to support them but when I need their support, I have zero.

Can you recall a time when supporting a friend felt difficult for you? How did you realize it was affecting you?

When I already know they won't be there for me. I will help them...I will...I will...again. But I know that I am hurt by myself. I know the situation is hurting myself but I will never stop giving them support. I think it all about the selfish people. The society creates the selfish people. So, it's coming in the form of these things to get hurt again and again. I think selfishness is the main or core summary of this problem. Selfishness is the main problem in this domain.

- **What made that situation difficult for you?**

Sometimes the other guys are selfless. So, they tend to help a lot. Sometimes your family background doesn't allow you to be selfish. So, they do that. I think we should follow Islam and we should help another person if he dislikes you. Br loyal to every person. Even they are not loyal to you. So, we should just keep them and be there for them.

While supporting your friend, were you also dealing with your own personal challenges?

Off course (pause) a person has many problems by themselves. As a boy in this society, we are expected a lot to focus on a secure career and to be able to meet family expenses. We have a lot of things going around and less of a support to sort them as we are expected to take on things by our own. To be honest we cannot just cry in a corner and just complain about it. We are expected to be brave and bold. So yes, sometimes it really is difficult to listen to or even engage with a person when you are struggling by yourself. However, when I go to university, I felt relaxed because at that time I was spending my time in university not with those friends. There was nothing for me frustrating had no incident before. So yes, staying away from them was peace problems arise when I have to go to them again and I just want to stay as far as I can stay from them but at the end I have to be there and everything is back with even worst or piled up even before.

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After repeatedly supporting your friend, have you noticed any changes in how you feel or respond emotionally over time?

Not much changes sometimes I feel like I am a Stronger one so that's why they come and sometimes I feel like maybe they have no one to rely on. However sometimes I do want to get rid of them because I already have so much to carry in life. They are not in education that much but I have to carry that as my goals in life. I cannot communicate that either because they will take it in a wrong way so yes still, I will have to give them special time even when I had so much pending on and yes solve their problems as well even though I have many as well. But I cannot tell them either because they is a huge gap in making them understand mine. A waste of time again. For a sober person. There are no words to explain it. I have no one simply and that is all.

After repeatedly supporting your friend, have you noticed any changes in how you feel or respond emotionally over time?

A lot of time or you can say when I am hometown there is no me time at all. They will be popping up and then there will be chaos. I not only have to be the problem solver which they create but I also have to be there to enjoy as well even when in don't want too. I don't know how but somehow, I feel like now it draining me a lot. I think instead of gaining excitement I am getting a role overload.

- **How you deal with your needs then?**

I support my friend many times in a very critical condition and after doing that I wait until they leave so that I can process and function properly and after surviving that chaos I think I need extra time of silence to recover from it or you can say I just want to avoid them to recover my peace again and try my best not to face them again. Which clearly is impossible at my home. Sometimes I do feel bad after trying to do that because all they expect from me is me but I cannot give more of me as it drains me a lot and all I feel is empty at the end of the day and a guilt of not completing my tasks as well.

Have you ever struggled to balance supporting your friend and taking care of yourself?

Yes, many times. I think I will leave my own work. Either the work is more important but I will leave it and be there for my friend. So definitely my needs will be at the background than.

Do you feel comfortable showing yourself a person who need emotional support in this friendship? Why or why not?

I Tend to laugh with them more because that's what is expected. Emotional struggles are something to be understood and be valued. Which I can say I cannot do with them but I can't depend on them. They will try to make me happy and enjoy rather than to listen to me. It's not their fault may be

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but not always I want to be having fun and I cannot make them understand that. So, I don't show it than and will avoid them when I need support.

Has playing this supportive role changed how you see yourself?

I don't know to be honest. I will gain be there for me as a selfless friend and a "come to" friend. I should give all to my friends. That is, I think what proves me a loyal friend.

Maybe I am a more composed person now. I know how to behave when someone share a problem with me or how to listen or to be there for them. However, I think I can't tolerate a lot of chatter now or I don't want to engage in new friendships because think I don't have the capacity to do that anymore. I think to be left alone is more peaceful now. I really feel drained now after hearing long conversation so I tend to avoid them.

- **What will you be feeling at that moment?**

I will gain be there for a selfless friend and a "come to" friend. I should give all to my friends. That is, I think what proves me a loyal friend.

I think I love challenges. I will be dealing with my challenges at a that time. But I will no burdenize them with myself. I will continue to support them no matter what. I think I am s strong one to not depend on anyone.

I think it is something we all choose to do. That what we as a society evolve. It is a good sign of strength, I guess. I think it is a very challenges thing to show yourself.

Do you feel comfortable showing yourself a person who need emotional support in this friendship? Why or why not?

I think we should be selfish may be sometimes. It's not always incorrect and I think it never happened in my life. May be because whenever the idea of support came, I just go to my father. I think I just go more to my family than my friend for support.

Has playing this supportive role changed how you see yourself?

I see myself as a selfless person to be honest. Thats doesn't always end up well but I think I was taught to be helpful and caring. I think the credit I will be giving to is my family. Because whenever your family background is Stronge you can do many things. So, I will take it to my family. Yeah, since my father is very cooperative even if I stop talking, he tends to come to me as I am your friend I will not leave you at any condition. I think he will never leave my side whatever condition I am facing. So that support me a lot and that may be fulfil my need as well to not depend on friends than.

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I think they are totally depending on me. They are doing zero percent doing by themselves especially when they are having problems with goals in their life and struggles along with those goals.

- **Has the responsibility of being emotionally available ever felt like pressure?**

Yes, when I am supposed to do a thing which I don't want to. (pause) Every time I have to be a giver. Like I should be a giver.

Was there a moment when you realized that supporting your friend was causing stress for you?

Yeah, when my problems popped out and I realized I had no one to rely on you. But I cannot even complain about it either. Because I have been doing it since long so they don't have to worry about me. Yeah, I think I will be listening to them even then. Yeah, sometimes that cause you always in a position to be a giver and forgetting what you need or I can say avoiding what you need but I will be there for them. That's how life works but it does teach you keep your things to yourself and solve your own struggles and pretend to be in control or I can say composed. Sometime it does feel like you are not yourself with the other person. Like if feels you are performing a duty in whatever condition you are but yes, we have to do it still. That's what I think we all are supposed to be doing.

How do you now interpret what happened during this experience?

I think it was a good experience to give support to my friend as a whole as I have given him support many times. I don't think so I will ever forget my experience because holding others through their struggles is something very responsible. Sometimes it does feel like being just used but I abruptly change it and say It is something sacred to feel that how much your friend depends on you. That do feel good when I get to know I am important but yes, I can be selfless with them. I am not a selfish person for them. I care for them whatever condition I am facing by myself and will not abandon them. But may be sometimes I could have been selfish I could have said, Well(pause) I need someone what you were not there but I didn't because maybe they cannot simply do that. However, this thing I learnt just taught me that in real like I really don't need any friend to express myself or depend on. I think I am good by myself when it comes to me.

What do you think people misunderstand about being an emotionally available friend?

I think my friends as they are uneducated. I don't think so they will understand anything. These are the main points which are causing me to not depend. I think that they are not able to give me the kind of advice or support I need at that moment. They are not able to understand my struggles at all. (pause) Definitely...this is the thing may be.

Because of this, I've started holding a lot in. Even when I'm struggling, I don't always say anything because I feel like it won't really be understood anyway. It creates this quiet distance between me

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and then they're there, but not really there in the way I need. Sometimes I wish I could just open up freely and feel supported without having to explain everything so much. But instead, I end up dealing with things on my own, and that can feel really heavy.

Appendix M: Transcription 07

1

Participant 7

What is your age?

19

Are you comfortable speaking in Urdu or English during an interview?

مجھے لگتا ہے کہ اردو بہتر ہے۔

Is there a friend who usually comes to you to talk about personal or emotional problems, for whom you are always providing emotional support?

سارے کے سارے صرف دوست ہی تھے، جن سے میں بات کرتا رہا ہوں یا جنہیں سپورٹ دیتا رہا ہوں۔

- How many close friends would you say you have?

فی الحال تو کوئی بھی نہیں ہے۔

Have you ever felt emotionally burdened after supporting a friend for a long time?

ہاں، اوپریٹلی ایسا لگتی دفعہ ہوا ہو گا۔

Can you tell me a little about your close friendships?

Boys Don't trust (...).

- Can you elaborate on that?

میں یہ دیکھتا ہوں کہ مشکل میں آپ کے ساتھ کون کھڑا ہوتا ہے اور کون نہیں۔ مجھے لگتا ہے کہ میں اُسی کو کلوڈ فرینڈ کہوں گا جس پر ٹرسٹ کر سکوں۔

How would you describe yourself as a friend?

میں ایسا دوست ہوں کہ جس کے ساتھ کھڑا ہو جاؤں تو آخری دم تک ساتھ دیتا ہوں، اور اگر کسی سے دل بھر جائے تو پھر اس کا چہرہ دیکھنا بھی پسند نہیں کرتا۔ دوستی میں یہ چیز بھی شامل کرتا ہوں کہ خوشی سے بڑھ کر میں سامنے والے کو بتاتا ہوں کہ تم یہ کر رہے ہو اور تمہارے لیے یہ چیز ٹھیک نہیں ہے۔

میں پہلے چیزوں کو غور سے دیکھ لیتا ہوں اور پھر آگے والے کو بتاتا ہوں کہ بھائی تم یہ کر رہے ہو اور یہ تمہارے لیے درست نہیں ہے۔

2

حال ہی میں میرا ایک دوست تھا۔ اصل میں سب ہی میرے دوست ہیں، وہ سب میرے دوست ہیں لیکن میں کسی کو اس طرح دوست نہیں سمجھتا۔ کیونکہ انسانی فطرت ایسی ہے کہ وہ انسان کو سمجھ سکتی ہے اور پرکھ سکتی ہے۔

جس انسان کو نفسیات میں دلچسپی ہو اور جسے ڈارک سائنس کالوجی کے بارے میں علم ہو، اس کے لیے کسی بھی شخص پر بھروسہ کرنا بہت مشکل ہو جاتا ہے کیونکہ وہ آسانی سے سمجھ لیتا ہے کہ انسان کہاں سے بول رہا ہے اور کیا بول رہا ہے۔ وہ یہ بھی سمجھ لیتا ہے کہ کون سے چالاکی کے حربے استعمال ہو رہے ہیں یا کوئی جھوٹ بول رہا ہے یا کیا ہو رہا ہے۔

اسی لیے ایک طالب علم ہونے کے ناطے مجھے اکثر چیزوں کا اندازہ ہو جاتا ہے کہ سامنے والا کیا کہہ رہا ہے اور اس کے پیچھے کیا نیت ہے۔ لیکن اس کے باوجود میں اپنی طرف سے ہمیشہ اچھائی کرنے کی کوشش کرتا ہوں۔ پھر جب مجھے سمجھ آ جاتی ہے تو میں خاموش ہو جاتا ہوں۔

میرے حالیہ طور پر بھی کافی دوست ہیں۔ اصل میں میرے جو نیز زبھی آتے ہیں، کئی کو لیکچر بھی ہیں، دوست بھی ہیں۔ ان سب کے ساتھ میں اشتہار بیشتا ہوں، تو کافی لوگ ہیں۔

Can you describe a specific experience when a friend relied on you emotionally?

ایک فٹبال سپورٹس ٹیم میں بہت لوگوں کو دی ہے۔ میری ایک ٹیم ممبر تھی، ایک لڑکی جو جو نیز تھی۔ اس کو بہت زیادہ ٹینشن رہتی تھی۔ تقریباً تین سال تک وہ اسی حالت میں رہی کیونکہ اس کی زندگی کا بیٹرن بہت زیادہ بدل چکا تھا۔

وہ اتنی زیادہ پریشانی لیتی تھی کہ کبھی کبھی اس کے جسم میں کچلی شروع ہو جاتی تھی اور آنکھوں کے سامنے دھندلا سا آ جاتا تھا۔

میں اس کے لیے ایسا دوست بن گیا تھا کہ میں ہی وہ شخص تھا جو اسے اس کیفیت سے نکال سکتا تھا۔ دوست بن کر میں نے اسے بہت سپورٹ دی۔ اور بھی کافی ایسے لوگ ہیں، لیکن شاید یہ ایک مثال کافی ہے۔

How would you describe your role within your friendships?

میں مشورہ دیتا ہوں کیونکہ میں زیادہ تر چیزوں کو پرکھ لیتا ہوں۔ اور اگر کوئی بات غلط ہو تو ضرور بتاتا ہوں۔ زیادہ تر میں یہی کرتا ہوں۔

How did you come to take on the role of providing emotional support to your friend?

میں نے بہت جلد ذمہ داریاں سنبھال لیں، اور وہ چیزیں جو دیکھیں جو اکثر لوگوں کو بعد میں سمجھ آتی ہیں۔ گھر میں رہتے ہی کم تھی، اس لیے مجھے اپنا راستہ خود بنانا پڑا۔ تعلیم، فیصلے، اور مختلف نظاموں کو سمجھنے کے تجربات میں نے زیادہ تر اکیلے کیے، اور انہی تجربات نے مجھے ایسا انسان بنایا جو دوسروں کو راستہ دکھا سکتا ہے۔

اسی وجہ سے میں اکثر لوگوں کو مشورہ دیتا ہوں، چیزوں کو ترتیب دیتا ہوں، اور کوشش کرتا ہوں کہ دوسروں کے لیے معاملات آسان ہو جائیں۔ مجھے حالات کو سمجھ کر آگے کا راستہ بتانے کی صلاحیت حاصل ہے، اور یہی میری ایک نمایاں خوبی ہے۔

لیکن میں یہ بھی جانتا ہوں کہ ہر وقت سب کا ہوجھ اٹھانا اور ہر ایک کو درست سمت دینے کی کوشش مجھے اندر سے تھکا سکتی ہے۔ رہنمائی کرنا میری فطرت کا حصہ ہے، مگر مجھے اپنی ذات کے لیے بھی جگہ بنانی ہوتی ہے۔

3

میں یہ سمجھ چکا ہوں کہ ہر انسان کو اپنی غلطیوں سے سیکھنے کا حق ہے۔ ہر چیز کو اپنے کنٹرول میں رکھنا نہ ممکن ہے اور نہ ضروری۔ میری ذمہ داری صرف راستہ دکھانا ہے، ہر قدم کسی اور کی جگہ چنانہیں۔

Over time how has this role changed or developed?

ایک بڑا بیٹا بڑا بھائی بچپن سے ہی اکثر خود بخود رہنمائی کا کردار سنبھال لیتا ہے۔ یہ صرف عربی تعلیم کی وجہ سے نہیں ہوتا بلکہ ذمہ داری، تجربات اور حالات بھی انسان کو اس طرف لے آتے ہیں۔ جب انسان مختلف مراحل سے گزرتا ہے تو اس کی سمجھ اور دوسروں کو سمجھانے کی صلاحیت مزید مضبوط ہو جاتی ہے۔

آج کل کی نئی نسل کے بارے میں یہ بات کافی حد تک درست ہے کہ انہیں صرف مشورہ نہیں بلکہ ایسا سہارا چاہیے ہوتا ہے جو ان کے مزاج اور ان کی سوچ کے مطابق ہو۔ اگر ان کو براہ راست سخت انداز میں غلطی بتائی جائے تو وہ اکثر اسے قبول کرنے کے بجائے براہ محسوس کرتے ہیں۔ اس لیے رہنمائی اور انداز دونوں کا توازن ضروری ہوتا ہے۔

اصل مسئلہ یہ ہے کہ اگر ہر وقت صرف نرم انداز میں حوصلہ دی دیا جائے تو غلطی درست نہیں ہوتی، اور اگر ہر وقت سختی کی جائے تو تعلق کمزور ہو جاتا ہے۔ اس لیے بہتر طریقہ یہ ہے کہ سچ بات بھی واضح ہو اور انداز بھی ایسا ہو جس میں سامنے والا خود سوچنے پر مجبور ہو جائے، نہ کہ وہ صرف دفاعی رویہ اختیار کرے۔

جہاں تک بات ہے منافقت کی، تو اصل میں مسئلہ یہ ہوتا ہے کہ جب انسان صرف دوسروں کو خوش رکھنے کے لیے بات کرے اور اندر سے سچائی کچھ اور ہو تو اعتماد کمزور ہو جاتا ہے۔ اس لیے بہتر یہی ہے کہ بات صاف ہو، لیکن انداز ایسا ہو جس میں سامنے والے کی عزت بھی برقرار رہے اور اسے اپنی اصلاح کا موقع بھی ملے۔

What kinds of expectations do you feel are placed on you in your relationship with your friend?

مجھے تو لگتا ہے کہ میں تقریباً ہر چیز پر پورا اترتا ہوں۔ وہ الگ بات ہے کہ میں بعد میں خود ہی لوگوں کو چھوڑ دیتا ہوں۔ اس کیس میں چھوڑ دیتا ہوں کہ وہ دھوکہ کرتا ہے۔ مثال اس کی یہ ہو گی کہ ہمارا ایک دوست تھا۔ سب اس کا اٹھنا بیٹھنا، جانا پینا سب ساتھ تھا۔ اب ان کو ایک چیز کا نہیں تھا پتا۔ یہ ایک سکرٹ بات ہے جو میں آپ کو نہیں بتا سکتا۔ ایک اس چیز کی بہت زیادہ کیوریوٹی تھی۔ جس کو کرنے کے لیے وہ سب کچھ کر سکتا تھا۔ اب میرے پاس کیونکہ میں اسٹارٹ اپس زیادہ لیتا ہوں جیسے انٹر پرائیور شپ میں تو ان چیزوں میں، میں زیادہ تجربہ رکھتا ہوں۔ تو میں نے ان کو ایک آئیڈیا دیا، بیج بنایا انسان کا، انہیں بتایا کہ یہ استعمال کرو اس سے تم اپنی ساری کی ساری پرالمرصل کر سکتے ہو۔ وہ سب کچھ بنا کے کر کے میں نے انہیں دے دیا حالانکہ سب کچھ ان کو میں نے ہی دیا اب جو بھی میں نے کیا میں نے اس کا پاسورڈ بھی نہیں رکھا، انہی کے پاس تھا۔ اب آگے جا کے ہماری لڑائی ہو گئی۔ میں نے اسے کہا آئندہ ایسا نہیں ہو گا۔ سو میسجی وہ مجھ سے ایکسپیکٹ کر رہا تھا کہ میں غلط کام میں اس کا ساتھ دوں۔ وہ چاہ رہا تھا کہ ہم دونوں مل کر غلط کام کریں۔ ایسی چیز ہوتی تو میں کرتا لیکن وہ غلط کر رہا تھا۔

سو میسجی کوئی آپ سے کیا ایکسپیکٹ کرتا ہے یہ اس بندے پر ڈیپینڈ کر رہا ہے۔ کچھ دوست آپ سے صرف اتنا ایکسپیکٹ کرتے ہیں کہ ان کے ساتھ بس کھانا پینا، بس یہ کچھ کھلا پلا دے۔ کچھ ایسے ہوتے ہیں جو صرف یہ چاہتے ہیں کہ انسان صرف سمجھنے والا ہو۔ اور کچھ ایسے ہیں جو چاہتے ہیں کہ یہ انکو مشن سپورٹ دینے والا ہو۔ کچھ کہتے ہیں کوئی سننے والا ہو۔ کچھ ہوتے ہیں جو بس یہ چاہتے ہیں کہ بس ہمیں کچھ سمجھا دے یا گائیڈ کر دے۔ اب لوگوں نے مجھ سے کیا ایکسپیکٹ کیا ہو گا شاید میں سوچ کے ہی بتا سکوں۔ لیکن جو بھی دوست رہے ہیں انھیں ساتھ ہی رہے ہیں۔ کیونکہ میں اچھا آبرورہوں اور پہلے ہی سمجھ لیتا ہوں، تو اگر مجھے اندازہ ہو جائے کہ کوئی غلط کر رہا ہے تو میں اسے چھوڑ دیتا ہوں۔

4

What do you feel emotionally when you are supporting a friend during difficult times?

یہ سوچ کر تو اچھا ہی لگتا ہے کہ میں نے کسی کی مدد کر دی۔ روحانی طور پر مجھے لگتا ہے کہ یہ چیز اچھی لگتی ہے کہ آپ کچھ اچھا کر رہے ہیں۔

- Do you feel comfortable expressing your own tiredness or struggles?

میں کمیونیکٹ کر لیتا ہوں لیکن صرف اس کے ساتھ جو اسی نیچر کا انسان ہو۔ لیکن یہ ڈسپینڈ کرنا ہے کہ اگلا کیا کرتا ہے۔

- Do you think this role was something you consciously chose, or did it gradually develop over time?

جان بوجھ کر۔ کیا کہتے ہیں نا کہ ایک انسان کی زندگی میں چیزیں ہوتی رہتی ہیں ایسے جن سے یہ چیز پیدا ہوتی ہے۔ ایک تو فطری طور پر بھی ہوتا ہے پھر اس کے بعد کچھ چیزیں ایسی آتی ہیں جن سے یہ چیز اندر آ جاتی ہے کہ اب یہ چیز خود سامنا کرتی ہے۔

اس دنیا میں آئے کا مقصد ہی یہی ہے کہ لوگوں کی مدد کرو۔ خدا نے ہمیں اسی لیے بھیجا ہے۔ فطری طور پر ہاں میں جس کچھ سے تعلق رکھتا ہوں وہاں پر دوستی، یاری اور ایک دوسرے کی مدد کرنا خون میں شامل ہے۔

لیکن وہ لوگ جو سمجھتے ہیں یا جو امن رکھتے ہیں، مگر جو نہیں سمجھتے تو پھر بالکل الٹ ہوتا ہے، یا تو بہت اچھے یا تو بہت برے۔ منافقت ہمارے ہاں نہیں ہے، ہو بھی سکتی ہے مگر میرے اندر نہیں ہے۔ ہاں میں جذباتی سپورٹ سب کو دیتا ہوں۔ ابھی بالکل پچھلی بات ہے ایک لڑکا آیا تھا میرے پاس۔ وہ اپنی فنانس اور کریئر اسٹریٹجی کے بارے میں بتا رہا تھا۔ میں نے اسے سپورٹ دی، جذباتی طور پر بھی اور مالی طور پر بھی، اور سارا روڈ میپ بھی سمجھایا۔ حالانکہ وہ اتنا قریبی بھی نہیں تھا۔

Can you recall a time when supporting a friend felt difficult for you? How did you realize it was affecting you?

نہیں ایسا کبھی نہیں ہوا۔ مجھے تو اچھا لگتا ہے اگر کوئی میرے پاس آئے لیکن ہاں جن کے ساتھ میرا دل صاف نہ ہو یا جن کے ساتھ میرا دل بھر جائے ان کو پھر سمجھانے کا کوئی فائدہ نہیں رہتا یا اگر کسی نے مجھے دھوکہ دیا ہو۔ میرے دوست تھے حال ہی میں میں آپ کو بتاتا ہوں وہ میرے ساتھ رہتے تھے میں نے ان کی بہت مدد کی جذباتی سہارا بھی دیا اور مالی طور پر بھی اور سارا روڈ میپ بھی بتایا حالانکہ وہ اتنے قریبی بھی نہیں تھے بہت سی ایسی چیزیں بھی وہ کر دیتے تھے جو نہیں کرنی چاہئیں پھر بھی میں ہمیشہ ان کے ساتھ ہوتا تھا چاہے کچھ بھی ہو جائے اس حد تک میں ان کے ساتھ تھا میرے لپ ٹاپ کا پاس ورڈ بھی ان کے پاس تھا اور اس سب کے باوجود وہ میرا لپ ٹاپ چوری کر کے لے گیا آدھے گھنٹے میں میں نے تحقیق کر لی کہ لپ ٹاپ اسی کے پاس ہے اور لوگ مجھے گالیاں دے رہے تھے کہ تم اس بندے پر شک نہیں کر سکتے جس کے ساتھ تم کھاتے پیتے ہو اٹھتے بیٹھتے ہو وہ سب مجھے غلط کہہ رہے تھے پھر میں نے ہی اسے نکلوا بھی لیا اللہ کی طرف سے کچھ چیزیں ظاہر ہو جاتی ہیں سامنے آ جاتی ہیں وہ مجھے پہلے کہہ رہا تھا کہ تم مجھ پر شک کر رہے ہو مجھے تو حیرت ہو رہی ہے اور پھر وہ اسی سے نکل آیا بعد میں کہتا ہے کہ میں بہت ندامت میں ہوں مجھے معاف کر دو اس کے ساتھ میرا تعلق بہت مضبوط تھا اب اس نے معافی مانگی میں نے معاف بھی کر دیا جہاں ملتا ہے سلام دعا دے دیتا ہوں اس سے زیادہ نہیں اب فاصلہ رکھتا ہوں تو ایسے انسان آپ کے لیے بہت زیادہ ذہنی دباؤ والا ہو جاتا ہے یا ان کو سپورٹ کرنا جبکہ وہ خود بتاتا تھا کہ اپنی دل کی باتیں میں صرف تم سے کر سکتا ہوں کسی اور سے نہیں اگر معاف نہ کرتا تو شاید اس کی شکل بھی نہ دیکھتا تو جذباتی سہارا میں نے اسے ماضی میں دیا تھا جو اب دوبارہ لیکن اگر اس کا ابھی کوئی بہت سنجیدہ معاملہ ہوا تو مجھے شاید پھر بھی کرنا پڑے گی، اور میں یہ بات جانتا ہوں۔

- What made that situation difficult for you?

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جذباتی طور پر آپ کو پتا ہے کہ پاکستانی معاشرے میں رہتے ہوئے اکثر یہ چیز کرنی پڑتی ہے۔ انسانی فطرت میں ایک منفی پہلو بھی ہوتا ہے، وہ مکمل طور پر ختم نہیں کیا جاسکتا۔ ہم دوسرے انسان کو مکمل بدل نہیں سکتے۔ اس لیے میں بھی یہی کوشش کرتا ہوں کہ اگر سپورٹ دینی ہے تو دے دی، لیکن اس سے زیادہ نہیں۔ اب میں کسی سے زیادہ توقع بھی نہیں رکھتا۔

While supporting your friend, were you also dealing with your own personal challenges?

ایسا تو ہمیشہ ہی ہوتا ہے۔ اسٹارٹ اپ میں آپ کو کیا پتا کتنے چیلنجز ہوتے ہیں۔ میری دو ڈگریاں ایک ساتھ چل رہی ہیں۔ یونیورسٹی میں پڑھ رہا ہوں، ارڈ میں میرا آخری سمسٹر ہے، اور دوسری ڈگری کا بھی پانچواں سمسٹر ہے، دس سمسٹر زورہ گئے ہیں۔ دو ڈگریاں اور پھر میں ہو سلائیٹ ہوں۔ سوچیں میرے اوپر کتنا لوڈ ہو گا۔ اس کے باوجود میں یہ کرتا رہا ہوں، میں پھر بھی اپنی اسٹریٹج کو سائیز پر رکھ کر اگلے کی سٹارٹ اپ ہوں۔

After repeatedly supporting your friend, have you noticed any changes in how you feel or respond emotionally over time?

چیزیں وقت کے ساتھ رویے بدل دیتی ہیں۔ حال ہی میں میں آپ کو بتاتا ہوں کہ میں نے ایک ٹیم ممبر کو جذباتی سپورٹ دی تھی۔ وہ میرے پاس آئی تھی، میں اکیلا تھا اور سامنے بہت سے لوگ ہوتے ہیں۔ میرے ساتھ کوئی نہیں ہوتا اور سب کو مجھے ہی سچ کرنا پڑتا ہے۔ میں ان سب کے ساتھ بہت اچھے طریقے سے رہا۔ بطور انسان میں سمجھتا ہوں کہ سب کے ساتھ اچھا انسان بن کر رہنا بہتر ہے۔ بطور دوست میں ان کے ساتھ رہتا ہوں، اور خود کو بوجھ بھی نہیں بناتا۔ مجھے ایک وقت میں بہت سارے لوگوں کو سچ کرنا ہوتا تھا جو میری اسیسمنٹ پر بھی میں کرتا تھا۔

آپ کو بھی بہت سے لوگ ملتے ہیں جو منفی بھی ہوتے ہیں، جن میں رنجشیں رکھنا یا سخت جواب دینا شامل ہوتا ہے، لیکن مجھے یہ چیز پسند نہیں۔ پہلے میں نے بہت کچھ برداشت کیا، شاید تین ماہ سے زیادہ۔ پھر مجھے بات کرنی پڑی۔ آپ ایک حد تک سامنے والے انسان کو سمجھ لیتے ہیں کہ وہ کہاں تک جاسکتا ہے۔ میں بالکل شک میں تھا، اور میرے خیال میں مجھے یہ سب سمجھنے میں تین ماہ لگے۔

ان سب چیزوں کے بعد بھی میں نے خود کو کنٹرول کیا اور وہ لوگ بھی حیران تھے کہ میں نے خود کو کیسے قابو میں رکھا اور پھر بھی اچھا جواب دیا۔ شاید آپ کو لگے کہ کوئی مجھے استعمال کر رہا تھا، لیکن اس وقت مجھے اس کا اندازہ نہیں تھا۔ جب آپ کو پیچھے کی ساری چیزیں بتا چلتی ہیں تو آپ پھر بھی فوری رد عمل نہیں دے سکتے۔ وہاں بھی میں نے پرسکون رہ کر بات سمجھانے کی کوشش کی۔ بس یہی ہے کہ خود کو کنٹرول کرنا پڑتا ہے۔

- Have there been times when supporting your friend caused it making difficult to attend to your own needs?

بہت زیادہ چیزیں ہوئیں، میں بہت زیادہ تنگید بھی ہو گیا تھا۔ ظاہر ہے کیونکہ میں نے اسے بہت زیادہ ایجوکیشنل سپورٹ دی تھی۔ صورتحال ایسی تھی کہ اس کے ساتھ اور کوئی تھا ہی نہیں، صرف میں ہی تھا۔ ہر چیز میں میں نے اس کی مدد کی، سڑک پار کرنے سے لے کر اس کا ٹرسٹ بلڈ کرنے تک۔ میں نے اسے کہا کہ میں تمہارے ساتھ کھڑا ہوں، تم جو چاہو کچھ بھی کر لو، اگر کوئی تمہیں کچھ کہے گا تو اس کا جواب میں دوں گا۔ ہر طرح سے ایجوکیشنل سپورٹ دی۔ لیکن پھر وہ مجھ پر بہت زیادہ ڈیپنڈنٹ ہو گئی، بہت زیادہ، یہاں تک

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کہ چھوٹی سے چھوٹی بات بھی مجھ سے شیر کرتی تھی۔ اس کی وجہ سے تقریباً تین مہینے اس کو سپورٹ دینے کے بعد میں خود آہستہ آہستہ ڈرین ہونا شروع ہو گیا، میری انری ختم ہونے لگی۔ جو میرے اندر ایک طرح کی طاقت یا حوصلہ تھا وہ بھی ختم ہو گیا۔ میں اس کو اس دباؤ سے نکالنے میں خود بہت زیادہ تھک گیا تھا۔

• **How did you cope with those feelings?**

میں نے لوگوں کے ساتھ ایسا رویہ اختیار کیا کہ سب کچھ ختم ہو گیا۔ ایک وقت ایسا آتا ہے جب اگر کوئی انسان سپورٹ کر رہا ہو تو وہ بھی تھک جاتا ہے، اور پھر اس کا اثر آپ پر بھی پڑتا ہے، آپ بھی ویسے ہی منفی ہونے لگتے ہیں۔ میں خود بھی منفی ہو گیا تھا۔

میں ہمیشہ یہی کہتا تھا کہ اچھے طریقے سے رہو، لیکن میرے ارد گرد تقریباً سب لوگ ایک دوسرے کے معاملات میں مداخلت کر رہے تھے۔ ہر وقت کسی نہ کسی کی بات منفی پڑتی تھی، کبھی اس کو، کبھی اس کو، کبھی کسی کی غلط فہمی، کبھی کسی کی شکایت۔ یہ سب حسد اور مقابلے کی کیفیت لگتی تھی۔

انسان ہوں، مجھے بالکل پسند نہیں کہ کوئی ہر وقت اس طرح کے کاموں میں لگا رہے۔ اسی لیے اب میں کسی سے بات کرنا بھی پسند (independent) میں ایک بالکل خود مختار نہیں کرتا۔ اگر کوئی مجھے متوجہ کرتا ہے تو میں جواب بھی نہیں دیتا۔

وہ سب لوگ مجھے رابطہ کرنے کی کوشش کرتے ہیں، لیکن مجھے نہیں پتا کہ ان میں حد ہے یا کیا مسئلہ ہے۔ پھر ایک دوسرے کو نیچا دکھانا شروع کر دیتے ہیں۔ مجھے یہ سب دیکھ کر بھی برداشت کرنا پڑتا تھا، کیونکہ اگر میں دکھاتا کہ مجھے یہ چیز بری لگتی ہے تو وہ پیچھے ہٹ جاتے۔

میں نے کئی لوگوں کے سامنے ایسا رویہ بنایا کہ وہ خود مجھے چھوڑ دیں۔ جہاں مجھے لگا کہ کسی کو سگریٹ پسند نہیں، میں نے ان کے سامنے سگریٹ پیہا، حالانکہ مجھے خود سگریٹ سے الرجی ہے اور میں پی بھی نہیں سکتا، لیکن یہ سب دکھانا پڑا کہ وہ مجھ سے دور ہو جائیں۔

آخر میں میں نے سب سے تعلق ختم کر دیا۔ میں نے کہا کہ مجھے وقفہ چاہیے، مجھے اپنی ذات پر کام کرنا ہے۔ میں بہت زیادہ منفی ہو گیا ہوں۔ لوگوں کے ساتھ مسلسل ڈیل کرتے کرتے میں ذہنی طور پر بہت تھک گیا ہوں، اسی وجہ سے میں نے سب سے رابطہ ختم کر دیا ہے۔ اب میں کسی سے بات نہیں کرتا، اور اگر میٹج آجھی جائے تو جواب نہیں دیتا۔

Have you ever struggled to balance supporting your friend and taking care of yourself?

ہاں، بات یہ ہے کہ ہر وقت ایسا نہیں ہوتا۔ اکثر میں تھکا ہوا ہوتا ہوں، لیکن اگر کوئی آکر کہے کہ مدد چاہیے تو میں اپنی چیزیں ایک طرف رکھ دیتا ہوں اور ان کی بات سن لیتا ہوں، ان کی مدد کرتا ہوں۔

Do you feel comfortable showing yourself a person who need emotional support in this friendship? Why or why not?

نہیں... جذباتی سہارا تو میں نے کبھی کسی سے نہیں مانگا۔ ہاں ایک دفعہ ضرور میں نے کہا تھا کہ یار میں تھک چکا ہوں اور اس سب سے میں بہت زیادہ ختم ہو رہا ہوں۔ اور میں نے یہ بھی کہا تھا کہ یار میری بات بھی سن لو۔ میں یہ سب چیزیں مزاق میں کر کے اب تھک گیا ہوں۔ اب میرا کسی سے کوئی تعلق نہیں رہا۔ اب وہ میری ترجیح بھی نہیں ہے۔ جو جتنا بات کرے گا میں اتنی ہی بات کروں گا۔

How do you interpret this experience?

انسان کا مقصد یہی ہے کہ وہ دوسرے انسانوں کی مدد کرے۔ مجھے اس بات میں کوئی مسئلہ نہیں کہ میں کسی کی سپورٹ کروں۔ میں خود بھی کہتا ہوں کہ آجائے۔ میں سوشل میڈیا پر بھی اکثر لوگوں کو جذباتی سہارا دے دیتا ہوں۔ بہت سی مختلف چیزیں ہوتی ہیں، کوئی مالی طور پر مضبوط نہیں ہوتا، کوئی جذباتی طور پر مضبوط نہیں ہوتا۔ ہر انسان کے مختلف مسائل ہوتے ہیں، اس لیے اپنی حالت کے مطابق فیصلے کرنے چاہئیں۔

اس لیے کسی کے آنے کی ضرورت ہے؟ میں خود بھی کسی کے پاس جا کر اس کی مدد کرتا ہوں۔ ایک انسان ہونے کے ناطے اگر آپ کسی کی مدد کر دیتے ہیں اور اس کی زندگی بہتر ہو جاتی ہے، یا اس کا مسئلہ حل ہو جاتا ہے، تو میں سمجھتا ہوں کہ میرا اس دنیا میں آنے کا مقصد یہی ہے۔ اور جب یہ مقصد پورا ہو جاتا ہے تو مجھے لگتا ہے کہ سب کچھ مکمل ہو گیا ہے۔

What do you think people misunderstand about being an emotionally available friend?

وہ سمجھتی ہی نہیں ہیں۔ وہ سمجھتی تو ہیں ہی نہیں، یہی اصل مسئلہ ہے۔ ہماری سوسائٹی ہی ایسی ہے۔ اگر دیکھا جائے تو جب آپ کسی کی مدد کرتے ہیں تو یہ آپ کی فطرت ہوتی ہے۔ آپ پاکستانی کلچر ہی دیکھ لیں۔ آپ کسی کا بھلائی کر رہے ہوتے ہیں، میں بھی یہی کر رہا تھا۔ میں ایک دوست بن کر اس کے ساتھ تھا، یعنی ہر طرح سے اس کی سپورٹ کر رہا تھا، کہ میں تمہارے ساتھ ہوں۔ اب میں کیا کہوں؟

میں نے اپنی طرف سے سب کچھ کیا۔ لیکن وہ نہیں سمجھتی۔ ہر طرح کی اسٹریٹیجیز اپنائیں تاکہ وہ اس حالت سے باہر آ جائے۔ لیکن پھر یہ ہو کہ ساری سپورٹ کرنے کے بعد وہی لوگ مجھے ہی باتیں سنائے لگے۔ زیادہ سے زیادہ چالیس دن میری مسلسل سپورٹ رہی ہوگی۔

بس یہی بات ہے کہ وہ انسان اس ایول پر آپ کو سمجھتی نہیں پاتا کہ اس میں کتنی ازبکی اور کتنا وقت لگتا ہے۔ اور کتنا محنت لگتی ہے جب انسان اپنی سب چیزیں چھوڑ کر کسی دوسرے کے مسائل سناتا ہے، اور اپنے سب کام پیچھے رکھ دیتا ہے جبکہ وہ خود بھی مختلف چیزوں سے گزر رہا ہوتا ہے۔

Appendix N: Qualitative Data Analysis Codebook

1

Qualitative Data Analysis Codebook

Table 1IPA Analytic Table

Code	Meaning of Code	In-Vivo Description
Approachability and Willingness to Help	Willingness to help without rejecting others.	جب کوئی پرالتم لے کر آئے تو میں کبھی نہیں کہتی کہ نہیں۔
Commitment to Helping	Consistent effort to assist another person.	میری پوری پوری رات گزر جاتی تھی اسے سمجھانے میں
Providing Guidance	Offering advice and direction to help a friend cope.	میں نے اسے صورتحال کے تمام مثبت اور منفی پہلو تفصیل سے سمجھائے۔ اس کے لیے میں نے دورا میں جاگ کر اس کے ساتھ بات کی اور اسے مکمل طور پر گائیڈ کیا
Facilitating Emotional Comfort	Creating a safe and comforting space for others to express their feelings.	میں اپنی طرف سے کوشش کرتی ہوں کہ اگلا پرسن ایزی فیل کرے۔ یا اگر وہ بات کرے تو اس کی جو فیشن ہے وہ ریلیز ہو جائے

2

Empathic Listening	Listening attentively to understand and support a friend's emotional experience.	I listen to her how she was dealing with the whole situation.
Problem-Solving Support	Providing solutions to help friends deal with their problems.	میرے پاس عموماً ان کے لیے حل ہوتے ہیں، لیکن کبھی کبھی میں سوچتا ہوں کہ شاید ہمیں یہی کرنا ہوتا ہے۔
Perceived Reliance	Viewing oneself as someone friends consistently rely on for support.	I think my friends depend a lot on me.
Perceived Responsibility	Viewing oneself as the primary source of a friend's emotional recovery.	میں اس کے لیے ایسا دوست بن گیا تھا کہ میں ہی وہ شخص تھا جو اسے اس کیفیت سے نکال سکتا تھا۔
Compensatory Caregiving	Providing the support one personally lacked.	تو میں کم از کم وہ بن جاتی ہوں جو مجھے کبھی نہیں ملا۔
Role Modeling	Adopting supportive qualities from an admired person.	یہ میری بچپن کی دوست کی وہ خوبی تھی جو مجھے لگتا ہے کہ مجھ میں بھی آگئی ہے۔
Assumed Supportive Role	Viewing oneself as the person others naturally seek during distress.	کافی لوگوں نے کہا کہ اگر کوئی پرالیم ہو تو ہم تم سے ڈسکس کرتے ہیں تو ہماری پرالیم حل ہو جاتی ہے یا فینشن ریلیز ہو جاتی ہے۔ اس طرح بار بار ہونے سے مجھے یہ فیمل ہونے لگا کہ اگر کوئی میرے پاس اپنا مسئلہ لے کر آ رہا ہے تو وہ اسی انٹینشن کے ساتھ آ رہا ہے۔

3

Peace Through Self-sacrifice	Believing harmony depends on putting oneself second.	Because I was putting herself first not myself that was causing me peace at my friendship.
Relational Self-Transformation	Changing oneself in response to friendship experiences.	I wanted to change myself because of this friendship breakup that I have discussed earlier.
Self-Blame in Role Formation	Attributing relationship loss to one's previous self.	Because I was being full of myself previously.
Familial Role Internalization	Viewing the supportive role as learned within the family.	شاید یہ میرے جینز میں بھی ہے، کیونکہ میرے بھائی میں بھی یہ خوبی موجود ہے۔ انہوں نے مجھے کافی سکھایا ہے
Perceived Familial Origin of the Helper Role	Viewing the supportive role as rooted in family characteristics.	I think it's very genetical. My father is also very considerate and too loyal and tends to listen.
Competence-Based Role Assumption	Assuming the helper role because of perceived knowledge and competence.	All of my friends are mostly illiterate as I am the only one in university and I study so I tend to give more advice and they tend to listen to me like elder brother.

4

Early Role Maturation	Developing independence through early life demands.	میں نے بہت جلد ذمہ داریاں سنبھال لیں، اور وہ چیزیں خود سیکھیں جو اکثر لوگوں کو بعد میں سمجھ آتی ہیں۔ گھر میں رہنمائی کم تھی، اس لیے مجھے اپنا راستہ خود بنانا پڑا۔
Internalized Helping Obligation	Feeling responsible for responding to others' emotional distress.	ہمیں یہ دیکھنا ہوتا ہے کہ یار ابھی یہ بندہ پریشان ہے، اس کی پر اہم سنتی ہے
Expectation of Emotional Reciprocity	Expecting mutual emotional support within friendship.	- دوست وہ ہوتا ہے جو دے رہا ہو تو وہی کیسیکٹ کرے، اگر مجھے کسی چیز کی ضرورت ہے تو آپ بھی ہوں آگے۔
Internalized Responsibility to Protect	Feeling personally obligated to avoid causing emotional harm.	کیونکہ بطور انسان آپ کسی کو ہارٹ نہیں کرنا چاہتے نا، اس لیے۔
Irreplaceable Helper Belief	Believing one's presence is essential during another's distress.	تو پھر یہ بھی خیال آتا ہے کہ اگر میں بھی نہ ہوں گی تو دوسرے پر کیا گزرے گی
Compassionate Role Acceptance	Remaining emotionally available by accepting others' limitations.	We are all humans we can't give our 100 percent every single time so I just tried to understand her.
Recognition of Shared Humanity	Viewing another person's vulnerability as a reason to remain supportive.	وہ بھی ایک انسان ہے

5

Obligatory Emotional Availability	Seeing helping others as something one is expected to do.	لیکن کبھی سوچتا ہوں کہ شاید ہمیں یہی کرنا ہوتا ہے
Relational Commitment	Believing one should stay with others during distress.	We should just keep them and be there for them.
Cultural Role Expectation	Experiencing support-giving as a socially expected role.	پاکستانی معاشرے میں رہتے ہوئے اکثر یہ چیز کرنی پڑتی ہے۔
Role-Induced Self-Neglect	Prioritizing another's emotional needs over one's own.	مجھے اپنی پرا بلز کو سائیڈ پر رکھ کے اُس کے لیے ہر نام حاضر ہونا ہے، چاہے مجھے یونیورسٹی چھوڑنا پڑے یا کلاسز چھوڑنی پڑیں۔ اُس کو چاہیے تو اُس کو چاہیے
Unreciprocated Emotional Availability	Being emotionally available for others without seeking support for oneself.	نہیں۔ میں نہیں بتا پاتی لوگوں کو کہ میرے ساتھ کیا مسئلہ چل رہا ہے، میں اُسے اُس طرح شیئر نہیں کر پاتی لیکن میں ان کے لیے پریزنٹ ہوتی ہوں
Suppressing Personal Needs to Maintain the Helper Role	Withholding personal distress to remain emotionally available for a friend.	میں نے اُس وقت اپنی فریڈ کو نہیں بتایا، کیونکہ مجھے اندازہ تھا کہ اگر میں اُسے یہ بتاؤں گی تو شاید وہ ڈسکشن کرنا چھوڑ دے۔ مجھے لگا کہ وہ شاید صرف مجھ سے ہی

6

		اس بارے میں بات کر رہی ہے، تو پھر اس کے لیے یہ مشکل ہو جائے گا
Supporting Despite Emotional Exhaustion	Continuing to provide support despite personal emotional distress.	I felt very weak emotionally. I also have to be with this person as well. Like, oh my god.
Self-Withholding	Avoiding sharing one's own emotional struggles.	میں کو ششش کرتا ہوں کہ اپنے مسائل کسی کے ساتھ شیئر نہ کروں
Unconditional Caregiving Commitment	Prioritizing others' emotional needs despite one's own struggles.	I care for them whatever condition I am facing by myself and will not abandon them.
Emotionally Burdened Caregiving	Continuing to support others despite one's own emotional pain.	I will help them again but I know that I am hurt by myself.
Setting Aside Personal Struggles	Ignoring one's own struggles to remain emotionally available.	میں پھر بھی اپنی اسٹرگلز کو سائیڈ پر رکھ کر اگلے کی سہا رہا ہوں۔
Competing Emotional Demands	Managing others' emotional needs alongside one's own distress.	میں دو چیزوں سے دو لہجہ اور دو ٹانگی لگتا ہے، کیونکہ میں دو چیزیں ایک ساتھ ہینڈل کر رہی ہوں: ایک سامنے والے کی ایویشنل نیڈ اور دوسری میری اپنی انٹرل اسٹریٹ۔

7

Self-Healing Through Helping	Using the act of supporting others to process one's own emotions.	اس کی سن کر، اس کو جو باتیں میں ساری تھی وہ اصل میں خود کو بھی ساری تھی تو ایسے کر کے
Vicarious Emotional Activation	Another person's distress evokes one's own emotional experiences.	ایسے کہہ سکتے ہیں کہ میرے فریڈ کی ڈسکشن میرے لیے ڈر گر پوائنٹ تھی
Intrusive Emotional Carryover	Repeatedly reliving another person's emotional experience.	She was crying, I was so disturbed that I felt zone-out. Things replay in my mind. Again, and again.
Negative Emotional Impact	Declining emotional well-being while supporting others.	میں بہت زیادہ نیگٹو ہو گیا تھا
Depleted Emotional Capacity	Experiencing fatigue as a result of emotional caregiving.	میں ایگزاسٹ ہو جاتی ہوں، 10 منٹس سے زیادہ میں نہیں بیٹھ پارتی ہوتی
Emotional Exhaustion	Feeling emotionally drained from supporting others.	میں بھی بہت زیادہ ایگزاسٹ ہو جاتی ہوں

8

Impaired Daily Functioning	Personal responsibilities affected by emotional strain.	میرا یونیورسٹی جانے کا بھی دل نہیں کرتا
Overwhelmed Emotional Response	Expressing intense emotions when emotionally overloaded.	کبھی کبھی میں چیخ بھی پڑتی ہوں
Perceived Toxicity	Recognition of an experience as harmful or unhealthy.	یہ بہت زیادہ ٹاکس تھا۔ اور... بس یہ ٹاکس تھا
Emotional Exhaustion	Feeling of gradual inner fatigue and emotional depletion.	آہستہ آہستہ اندر ایک عجیب سی تھکن جمع ہونے لگی، جیسے میں خود کو کہیں پیچھے چھوڑ رہی ہوں
Emotional Withdrawal	Desire to withdraw from interaction and avoid communication due to emotional strain.	کبھی دل چاہتا تھا کہ بس خاموش رہوں اور کسی کی بات نہ سنوں
Emotional Overwhelm	Feeling intense emotional distress due to accumulated personal burdens and difficulties.	It was so much. Personal issues than friendship issues. I was crying, overwhelmed. My burden was a lot at that moment.
Emotional Overwhelm	Experiencing intense distress due to feeling heavily burdened.	I was crying, overwhelmed. My burden was a lot at that moment

Limited Emotional Capacity	Feeling unable to manage additional interpersonal demands due to existing personal struggles	I had to deal with a lot with my own problems, I couldn't be dealing with her as well.
Frustration with Repetition	Feeling irritated or exhausted due to repeatedly experiencing the same situation.	انسان کو کتنے گھٹتا ہے کہ وہ ایک ہی کام بار بار کر رہا ہے، اور یہ چیز واقعی تنگ کر دیتا ہے۔
Emotional Suppression	Holding back emotions while experiencing an increasing internal burden.	آپ خود کو روکے رکھتے ہیں، مگر اندر ہی اندر بوجھ بڑھتا رہتا ہے
Emotional Depletion	Feeling drained and unable to give more due to excessive emotional demands.	All they expect from me is me, but I can't give more of me as it drains me a lot and all I feel is empty at the end of the day.
Emotional Fatigue	Feeling mentally and emotionally exhausted after prolonged conversations.	I really feel drained now after hearing long conversations.
Social Withdrawal	Avoiding interaction with others due to emotional strain or reduced capacity.	I tend to avoid them.
Emotional Exhaustion	Feeling tired and overwhelmed after repeatedly managing difficult situations.	میں یہ سب چیزیں کر کر کے اب تھک گیا ہوں

10

One-Sided Communication	Experiencing imbalance in conversations where one person's concerns receive more attention than the other's.	اب مجھے ایک چیز سناتے سناتے اس کا پورا دن بھی گزر جائے تو میں سن رہی ہوں گی، جب میں سناؤں گی وہ میری دوا بنیں گے اور اگلی وہ اپنی سارٹ کر دے گی۔ میں وہاں پر رک جاتی ہوں، اور وہ چیز زیادہ شو نہیں کرتی
Emotional Support Burden	Feeling reduced to the role of providing emotional support without receiving equal care or support.	اب مجھے ایسے لگتا ہے یہ صرف میری ایک ذیوائی ہے، بس میں ایک سسر ہوں، ایڈوائزر ہوں اور ایکو فٹل سپورٹ دے رہی ہوں۔
Lack of Emotional Reciprocity	Feeling that the other person does not show interest or provide support in one's personal experiences.	I was not seeing anything like she looking into my world, be there with me.
Self-Neglect	Prioritizing another person's needs while experiencing one's own emotional distress.	As I was supposed to be there for her even I myself was shattering.
Withdrawal After Negative Experience	Reducing emotional sharing and communication after experiencing a hurtful or disappointing interaction.	وہ ایک میرا تجربہ اچھا نہیں تھا، جس کی وجہ سے پھر میں نے اس کے بعد اسے نظر انداز کرنا شروع کر دیا۔ شاید وہیں سے میرے اندر بات شیئر کرنے یا بتانے والا سارا نظام ختم ہو گیا۔
Feeling Unrecognized	Feeling that one's emotional effort, time, and energy are not understood or acknowledged by others.	بس یہی بات ہے کہ وہ انسان اس لیول پر آپ کو سمجھ ہی نہیں پاتا کہ اس میں کتنی انرجی اور کتنا وقت لگتا ہے

11

Support Provider Burnout	Feeling exhausted from continuously providing support and experiencing the impact of another person's emotional burden.	ایک وقت ایسا آتا ہے جب اگر کوئی انسان سپورٹ کر رہا ہو تو وہ بھی تھک جاتا ہے، اور پھر اس کا اثر آپ پر بھی پڑتا ہے،
Lack of Reciprocity	Feeling that the support given to others is not returned during one's own difficult times.	I think I help a lot to my friends in difficult time no one help me in the way that I am helping others.
Perceived Lack of Support	Feeling unsupported or alone when seeking help from others.	When I need their support, I have zero.
Setting Emotional Boundaries	Limiting the amount of support provided to protect personal emotional capacity.	میں بھی یہی کوشش کرتا ہوں کہ اگر سپورٹ دینی ہے تو دے دی، لیکن اس سے زیادہ نہیں
Feeling of Isolation	Experiencing a sense of having no one available for support or connection.	اب اکے مجھے لگتا ہے کوئی بھی نہیں ہے
Feeling Misunderstood	Feeling that others do not understand one's thoughts, feelings, or experiences.	وہ سمجھتی ہی نہیں ہے
Self-Reliance	Managing personal situations independently without relying on others.	اپنی صورت حال کو خود ہینڈل کر لیتی ہوں

12

Perceived Lack of Support	Feeling that no one is available or present to provide support.	I was not seeing anyone.
Loss of Trust in Sharing	Reduced willingness to share personal feelings due to diminished trust in others.	لیکن اب ویسا اعتماد نہیں رہا کہ میں کسی کو اپنی بات سنا سکوں۔
Emotional Independence	Developing the ability to cope and manage life independently without relying on others.	شاید مجھے اکیلے جینا آ گیا ہے
Self-Reliance	Choosing to handle personal problems independently rather than relying on others for support.	I tend to take my all problems by myself instead of wasting my time or depending that someone is going to be there for me.
Reduced Expectations	Lowering expectations from others due to past experiences of unmet support.	- اب میں کسی سے زیادہ توقع بھی نہیں رکھتا
Feeling not understood	Feeling that another person is unable to understand one's experiences or emotions at a deeper level.	بس یہی بات ہے کہ وہ انسان اس لیول پر آپ کو سمجھ ہی نہیں پاتا
Self-Soothing Through Acceptance	Coping with distress by allowing thoughts to settle and trusting that emotions will eventually normalize.	اور تھک کر کر کے۔ پھر مجھے بھول جائے گا، پھر خود ہی سیٹ ہو جائے گا۔

13

Avoidance and Non-Communication	Coping by ignoring the situation and avoiding communication with others.	بس اگور، اگور، اگور۔ نہ کیونی بھنگ اپنی تھنگ
Self-Regulated Withdrawal	Choosing to pause communication to prevent saying something regrettable or being misunderstood.	اس وقت کسی سے بات نہ کروں، کیونکہ مجھے لگتا ہے کہ میں کوئی ایسی بات نہ کہہ دوں جو مجھے بعد میں نہیں کرنی چاہیے، یا جو غلط سمجھ لی جائے۔
Communication Avoidance	Avoiding communication to prevent emotional reactions, regret, or being misunderstood.	اس وقت کسی سے بات نہ کروں، کیونکہ مجھے لگتا ہے کہ میں کوئی ایسی بات نہ کہہ دوں جو مجھے بعد میں نہیں کرنی چاہیے، یا جو غلط سمجھ لی جائے۔
Difficulty in Forming New Relationships	Experiencing challenges in developing new social connections.	نئے دوست بنانا میرے لیے مشکل ہو گیا ہے
Establishing Boundaries	Creating limits to protect personal well-being and manage relationships.	باؤنڈریز کرینٹ کرنی چاہیے
Reduced Social Engagement	Experiencing a decline in interest or ability to engage socially.	میرے اندر سے سوشلائزیشن کی کوالٹی کم ہوتی جا رہی ہے
Social Withdrawal	Distancing oneself from a person and reducing social interaction.	میں بالکل اُس سے دور ہو گئی تھی، یونیورسٹی میں کوئی بات نہیں کرتی تھی

14

Loss of Social Connection	Feeling disconnected from others and experiencing a lack of relationships.	۔ اپ میرا کسی سے کوئی تعلق نہیں رہ
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