

# Pride

[00:00:00] **Wingshan:** Catch Feels is a five-part podcast made by 1525 Collective from Nottingham Contemporary in collaboration with artist Meera Shatki Osborne and DJ producer AG. It sits alongside a wider project and touring exhibition entitled "Making Histories," where different groups around the UK explore a single emotion in each session by sharing sounds, experimenting in textiles and simply talking about it together. This project is funded by Arts Council England and Garfield Weston Foundation. Our opening introduction music is called "Wholesome" by Kevin Mccleod.

[00:00:40] Episode Two: Pride.

[00:00:47] **Meera:** Can everyone think of a specific time that they felt pride. So, find a memory in your head, where you were feeling pride.

[00:01:05] Where were you when you felt like this? What was the weather like? What sounds were around you? Who was there? How did your body feel? Was it hot? Was it cold? What were you wearing?

[00:01:34] And once you've sort of thought about it in these ways, could everyone write down a list of. words that they associate with this memory, maybe four words, maybe five words, as many as you feel will sort of capture this memory.

[00:01:58] **Young Person 1:** I was thinking about when I was in my final year of uni and I did an exhibition, and it was like at this... like bar thing. And I was just thinking about how it was in the summer and it was like a really nice warm evening and it was really busy and that's just a weird memory now anyway, of being in like a busy bar I just went on YouTube and found like a busy bar sound - you can kind of tell it's America though, but. I'll just play it.

[00:02:39] **Young Person 2:** Well, the first thing I thought of was I guess, kind of literal as well as like my first time at London Pride. And that was just a feeling of... I was with like my friends and like her sister and it was just such a nice feeling like everyone knew each other and the feeling of collectiveness and yeah, I just felt really proud to be part of that as well.

[00:03:02] So my sound was just... I just found the clip of um the cheering and like the shouting of the crowds. I can play it.

[00:03:10] **Young Person 3:** I feel like my one is similar to Priya's - I instantly thought of Black Pride. I went in 2019 and after the Black Pride, I went to a club and it was like, it felt really good because it was like, both of my identities have been like Queer and being black were just put together. And it was just so nice to be in that space. And I just remember like me being tired, but the music was lit and just, yeah, it was just, it was just so fun. So, like, my sound is just me doing the percussion because it was like, I was reminded of like the loud music and just let the beat of like the songs, cause it was like soca, it was like dancehall. It was like all of that sounds. So i just did percussion. So, it was just me like banging on the table.

[00:04:19] **Wingshan:** For me, one of the words I wrote was bursting because you just want to share it, you know, when you're proud of something, you just want, you want to share it with the world. So my, my recording was just the kind of... what I tried to do a little voice of me busting.

[00:04:40] **Young Person 4:** I thought of when I was in my second year of art - of studying art and I had to do this project where we would make a pattern to put into tights. So, I had to like design these tights inspired by something that I really liked. And I had like these two designs and one was like inspired by my life here in England and the other one was inspired by - nothing really - I just made like some birds and flowers, but I didn't know which one to choose. So, my teacher told me, Oh, you should choose the one with flowers because it's very you. And like, it was, it looked like one of these Nazca lines, which I really liked in Peru.

[00:05:32] So it, that was the moment when I realized that my style was in my roots. So, I felt very proud of like, Where I come from and like my own culture. And I didn't realize before I was always pushing, like aside my culture. And I was like, Oh no, I should do something new, like something else. And she helped me realize that that's what I really like and what I really enjoy doing.

[00:06:02] So I made a sound with three sounds. I looked for birds because the pattern was with birds. I looked for a sound of like a fireplace, because I was feeling very, like, when you feel proud, you, you feel like hot in your chest and like your cheeks. And then I looked for a sound of wind because it reminded me of when I used to travel with my parents, between Argentina and Chile, and we would travel in the mountains. So, it's like where I come from and it's this sound that I made.

[00:07:15] **Young Person 5:** Yeah, that's about it. I'm actually trying to record emptiness because I don't think growing up, I didn't have this special sound or something to, to indicate pride or something. Maybe it's because of how I was raised or where I come from, but whenever I get a quietness, a peace that's like, there's a pride...Sort of a similar feeling to it. It's like everything's done, I've accomplished something. I could finally rest now have a, like a good recharging.

[00:07:51] **Young Person 6:** So I thought of my graduation, which technically got canceled, but we did have an online event and I had a small garden party because it was still like the middle of lockdown or technically, maybe the lockdown finished, but we were still in the tiers system. And I remember wearing a dress and having like drinks made and stuff like that. And yeah, specifically the award announcements and getting the prize for the best dissertation on my course. And so I sent over a sound of clapping. Yeah.

[00:08:27] **Meera:** Is pride a feeling that you have by yourself? Is it a feeling you have with others? And is it, or is it a feeling you have for others and how do those different prides change? Does pride make you happy? Can pride also like make you feel sad? And what does pride feel like inside you?

[00:08:52] **Young Person 7:** I was just going to say that I feel like to a certain extent, pride is something like, I don't know, this depends on whether you have like good friends or not. But

for me personally, I feel like pride is something you feel as a group when it comes to like, I basically mean when you're like Queer. If you have Queer friends, it's just like an experience that you can both share. And I feel like it makes you feel like you're part of a community because like, you should feel like that anyway but I think it really takes having other people around you who are like you to really like, feel proud of your identity and stuff. So that's my experience with it.

[00:09:24] **Young Person 3:** I feel like, well, I have like two ways of my experience, like, like Merla said is like pride of like its especially part of my identity being black, especially being like African and, and obviously with everything that's going on, just being so proud of like where I come from and every part of like my blackness and it's great - and then also like being proud of like other people when somebody is doing so well. It's like when you're... when you're so proud of someone it's such an amazing feeling. It's like, I don't know. It's kind of like you're exuding, positivity and good vibes. Like, because especially when you see somebody's potential and they go do well. And like, you just want, you just want the best for them. It's just such an amazing feeling. It's kind of, I don't know. It's very, I feel like pride is very, in that case, like shared in a way, or it's like... the energy from being proud of someone can be transferred. Like, cause I, I believe in energies and stuff and like what you give off, what you give off to somebody and it's just, yeah, if that makes sense.

[00:10:35] **AG:** Pride, I feel for myself is like more of like a quieter sound, but the pride I feel for like my friends and my community that's I feel like that's when I have the most energy, like. If I'm watching like a friend or like someone, someone who inspires me, like do stuff great I'm screaming. I'm like, yes! Clapping my hands loud. I was about to swear. Sorry, but yeah, a clapping of my hands loud is the way that I would say it, and yeah, I feel like being part of like a lot of communities, pride within your community I feel like that's the most like powerful sense of pride I have.

[00:11:23] **Meera:** Lachlan your sound and your description really resonated with me. When I think of pride, the timeline proud of myself is when I've got everything done and it's over. And it's never, it's never very congratulatory. It's like a very small pride. So yeah, that like silence of pride is like, I'd never thought of it like that, but it like completely resonated with me in a really like kind of deep (way).. But I, yeah, I definitely pride mainly with feeling proud of other people. Because I burst, I like burst with pride, sometimes when I'm around my friends, I'm just like proud of the fact they're alive and they're breathing, you know, like it will make me like overwhelmed with just like other people's existence and continued existence. Yeah, it comes to me very easily. That feeling.

[00:12:10] **Young Person 5:** Yeah, I could agree to that too. Like you feel more pride to others than yourself, usually. I mean, for me, I'm sorry for being pessimistic, but when I feel I accomplished something, I have more, a calm pride than like a very celebratory because usually what comes up with pride is just a lot of self-doubt - did I actually achieve it, did I actually do enough? It just comes from the anxiety of not achieving, actually achieving what I want to or excelling in my performance.

[00:12:45] **Wingshan:** But also I think there's an element where pride can feel like a sigh of relief because so often, and often with marginalized communities, pride relates to

overcoming a struggle. So, in a way it's, I don't know. I think there's a vulnerability in it. Isn't there? There's a, for me, there's a, there's a, there's a, I don't know. It's like an element of fear with my pride. And that's why it feels bursting. That was, it feels like a sigh of relief at the same time. I don't, I'm just trying to process my thoughts.

[00:13:23] I find, and this is why I guess community is so important to me and my work and my practice is because it's so easy to be proud of that. But that's the thing I think we all need to work through. But I guess the question I have for you all is, is pride intrinsically linked to struggle?

[00:13:42] **Young Person 7:** I think it is, cause it's kind of like a sense of accomplishment. You have to have accomplished something and probably overcome something. And there's lots of examples for that. But even in like for instance, AG's example, like being on stage and having people proud of you, like you still had to like, overcome so much to get there and worked so hard to like be, I dunno, presenting yourself and things like that. So, I think even if it's just like a bit that like a small amount that you're overcoming, I think it's still quite linked to some form of struggling.

[00:14:21] **Young Person 3:** Yeah, I agree.

[00:14:23] I feel like, yeah, I definitely agree with struggle, but sometimes I feel like pride is kind of in a way like a reward. Like the feeling is very like... cause it made me feel like I've gone through so much. I've done so much and yet I've achieved so much. So, it makes you more appreciative of like myself and how far I've come. Like, especially when you look back. Like, I dunno. I can't remember who said it, but like looking back at all, you've overcome. That nostalgia of it just makes you so grateful and yeah, it just makes you feel good about yourself and makes you feel assured that, you know, you can accomplish anything and you can do what you want. So, yeah.

[00:15:12] **Young Person 6:** I was thinking about that concept of struggle, like Wingshan said about struggle being intrinsic to feeling pride and I feel like it might not have to be so tied intrinsically. Like for example, pride can be instilled in children from, from young, but then does that relate to the parents' struggles? And then did they struggle with feeling proud of where they came from? For example. And then as a result kind of taught their children that, but yeah, it's just some thoughts.

[00:15:52] **Young Person 7:** But I feel like there's a difference between like a feeling of self-importance, which doesn't always have to be a negative feeling. Cause obviously you should have self-worth, but there's a difference between that and pride, like what you were saying with like instilling pride in children. I I'd see that more as like a feeling of self-worth and self-importance rather than, I don't know, maybe this is controversial, but I think I'd see pride differently to that. I think it's a separate thing.

[00:16:19] **Meera:** Yeah, that's interesting. It's like whether pride can exist as an entity in itself or whether you have to be proud of something.

[00:16:26] **AG:** I feel like it can, like, if I say... If I'm, if I'm like, I don't know, like, if I'm in a country where, like, I know there's like hardly any black people and then I see like a girl walk

down the street and she's just owning it and she doesn't care. Yeah. I feel proud of her. And maybe because maybe like with the... the background and the history. Maybe that's why I feel proud. So, there was like struggle or like, you know, there is like a form of negativity, but in that moment, when I'm feeling proud, I'm not registering that I'm just like feeling proud and like, yeah, like I'm happy.

[00:17:05] Like just with anyone when I see anyone like just living their authentic selves and like just being alive. Especially like with everything that's going on right now, I'm like, I've got that proud... I've got that pride. Like, yeah. So I don't know.

[00:17:22] **Meera:** And I don't think that the negativity has to be present in the positivity for both things to be in existence.

[00:17:32] **AG:** I don't, I don't either, but I think like when you say like yin and yang, like they are, they are together. They are, they, they, I mean, they are like, you know, like one is there because of the other, the other is there because of the other. So I feel like yeah. I'll just stop talking now.

[00:17:53] **Young Person 2:** Well, I think I feel that a lot more... well when I see other people like excel, I just, like, I think it is somewhat linked to struggle because I think if you know what someone else has been like going through, like at least like a little bit of context, I think you feel that a lot more. Literally, even if it's like the smallest thing, just being... The whole thing of being in the pandemic and the smallest thing of like, like making your bed or something. I think you still feel like proud of someone else, like proud of yourself, but also I don't really know what to say about it, but I, I keep on thinking of the phrase, like, putting your pride aside, like, you know, when you're in an argument and you just kind of have to... like yeah, put your pride aside. I mean, I don't really know what to think of that or how it would relate, but I don't know if anyone else has any ideas?

[00:18:56] **Young Person 1:** I was thinking about how I think it's one of the like seven deadly sins, which I don't know if that's like related to religion. I can't think where that comes from, but I feel like there's always this kind of like... guilt that should come with being proud. Like it's seen as obviously like a negative thing in that sense if it's a sin, but it depends on what you think on that obviously. But yeah, I think it's just got like a bit of a negative link.

[00:19:26] **Wingshan:** I guess that's why we feel so bad when we're proud of ourselves. Right?

[00:19:30] **Young Person 1:** Yeah, I think it is like more if you're proud of yourself, but like for other people, that's fine, but it's like, you shouldn't be proud of yourself in a way. Cause it's like you're big headed or something like that. But I don't know if that's also a bit of a like British culture thing. Cause it's like, we're all saying self-deprecating whereas like American people seem to be more good at being proud of their self and bigging themselves up.

[00:19:57] **Meera:** It's definitely like pride and being proud as well. I think that's something that a lot of us probably have been told we're not meant to be.

[00:20:06] **Young Person 3:** Yeah, I feel like, I dunno. I feel like I don't see... I understand that, like it can be seen as negative, but actual pride itself. I don't see as negative. I feel like there's a difference between, for example, being proud of yourself and being arrogant or being cocky, like there's different levels to it, but I wouldn't necessarily think that being proud of yourself is a bad thing?

[00:20:34] I feel like maybe a lot more, like a lot of things has been attributed... A lot of things that have been like, put with pride have been negative, but pride in itself to be proud of yourself. There's not, there's nothing wrong with it. Like it's okay to be prideful as long as you know, you're prideful, but you're not over your head, your prideful but you're humble. Like it has to be, it really depends like what you're prideful with, you know? If that makes sense.

[00:21:02] **AG:** I feel like having the emotion pride, like... Being proud of things is different to being a proud person. I feel like you see, like with like the seven deadly sins, like pride is a sin because being a proud person is meant to be the sin. But the emotion pride is, is, is more of an emotion and less of like, who you are as a person - do you get what I mean?

[00:21:34] **Young Person 7:** I don't know who said it first, but I definitely agree with them. I think it was Alexandra? Maybe,, I don't know. You said that it prides kind of like a warm feeling in your chest. That's I think the best way to describe it.

[00:21:53] **Young Person 1:** I hadn't really thought about pride before. To be honest, but yeah, I think it's like a warm feeling and it's like, again, it can be quite like overwhelming. Like people can cry in pride for other people and things like that. Or even if you're just proud of yourself, for like getting through something you could think back and just ...

[00:22:16] **Young Person 4:** I was thinking about like pride. And how it burns and how it's a very, like, it's a very strong feeling for me. And it makes like my cheeks burn. I feel it in my chest. And when I feel pride for myself or for things that I do, I was thinking about what Wingshan said, the imposter syndrome. Sometimes I'm like, Oh, is this like, right? Am I doing things right? Like, do I deserve this pride that I'm feeling? So, it makes you question yourself and your emotions sometimes in my case. But when it's like a shared feeling, you're certain about it, like, ah, this is so great. Like everyone's feeling the same. This is right. But then when it's personal, it's more like it comes with a little bit of questioning your like responsibility, like. I'm doing things right. I should keep doing them this way. So, I think most emotions make you question yourself and like the things that you're doing in some way, and especially when they are like so strong, such as pride. So yeah.

[00:23:33] **Meera:** You can close your eyes or if it's better just to find a point of focus. So, your eyes are still. So, breathe in through your nose and fill your belly with air and breathe out. Do this a couple of times until you feel comfortable in your breath.

[00:24:01] So, with your next out-breath, recite a mantra that makes you feel good. It can be a compliment to yourself, a soothing word, prayer, or whatever you feel like. Just repeat this eight times or as many times as you like.