

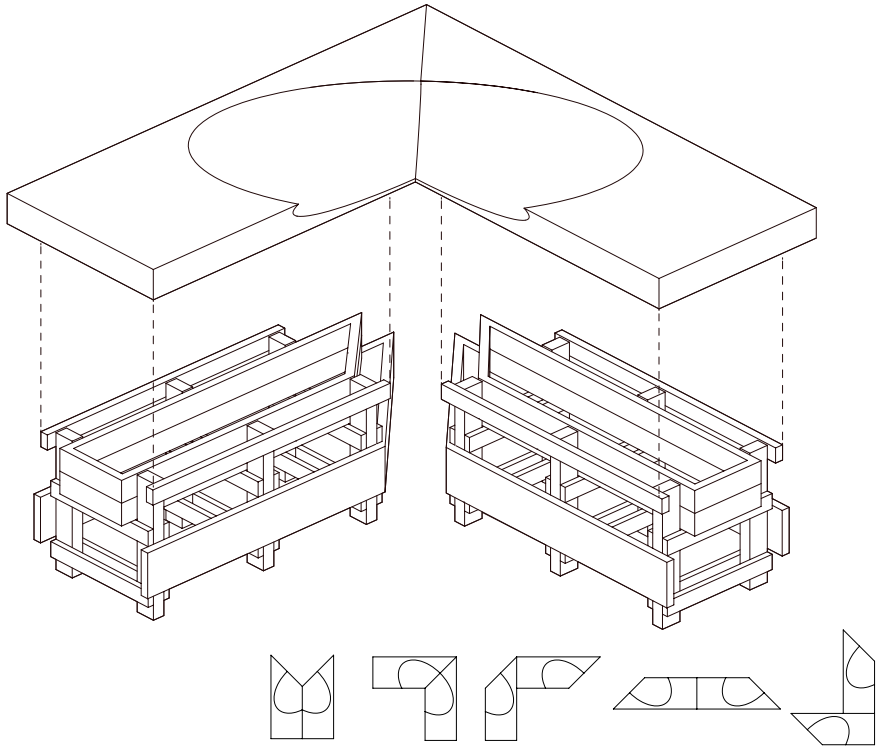
Introspection and Interaction:

Spatial Intervention

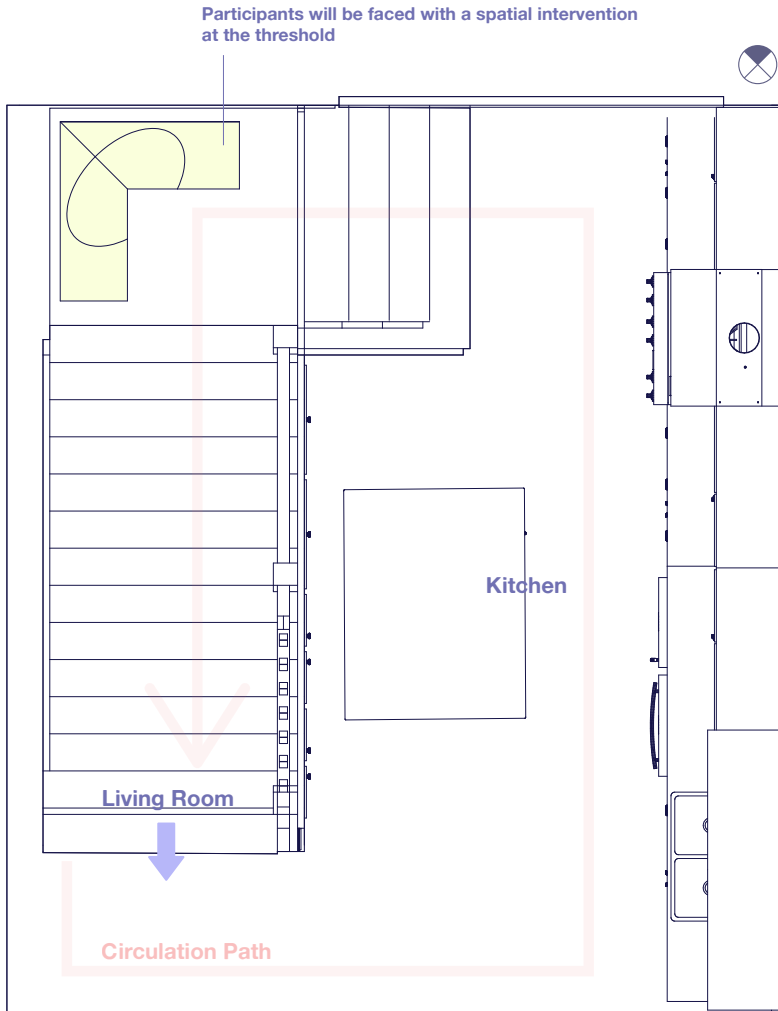
+

Conversation Chair



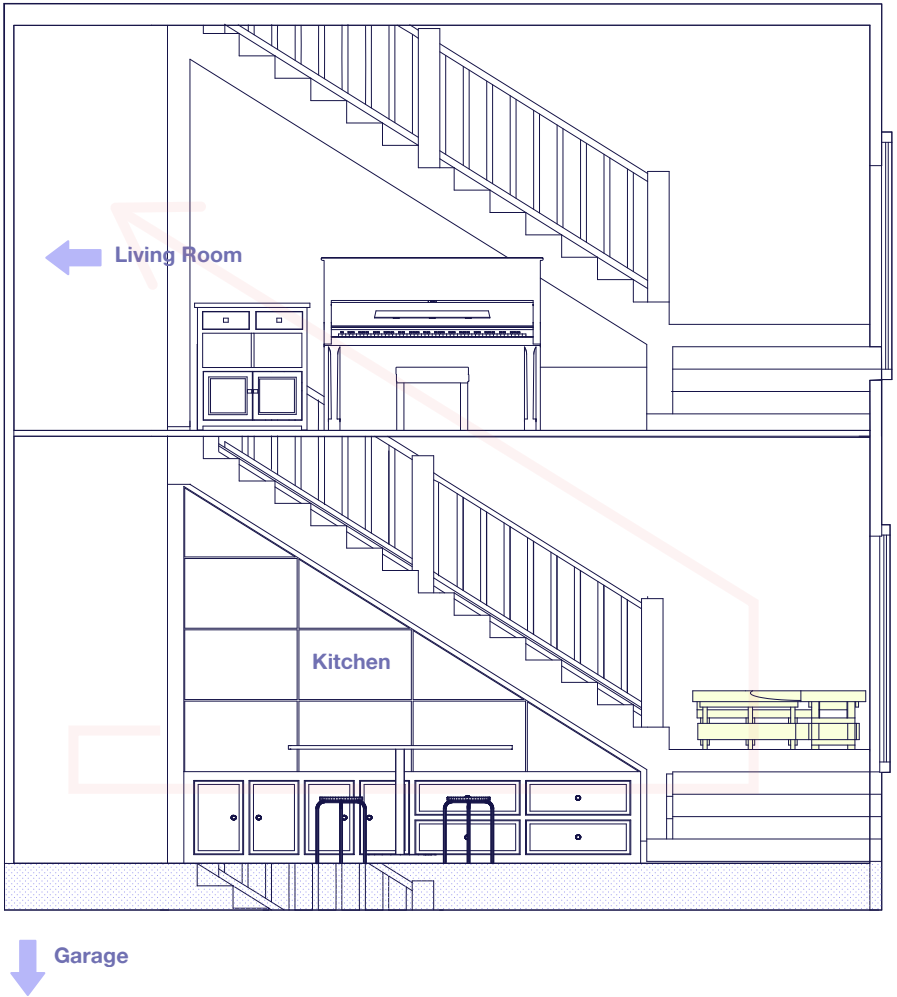


Interaction or
Introspection?



The mezzanine is typically a more open and less cluttered space. Its elevated position creates a sense of oversight and detachment from the busy activities below, emphasizing tranquility. Minimal furniture, such as the modular conversation chair, allows for spatial fluidity, with fewer objects obstructing movement or sightlines. The lack of clutter in this area is intentional, designed to foster introspection and reflection. With limited visual distractions, participants are more likely to focus on their thoughts or the interaction with their conversational partner, rather than the environment.

In contrast, the kitchen is a functional and busier space. It is often more cluttered, with various objects such as cookware, appliances, and utensils scattered or stored within view. This creates a more dynamic environment, constantly filled with movement, sound, and sensory input. The kitchen's clutter adds a sense of practicality but can feel overwhelming or distracting. Participants interacting in or near the kitchen may find their attention pulled in multiple directions due to the constant potential for activity, making it a less ideal space for introspection.



This is a study on how furniture, particularly the modular conversation chair, shapes interaction and introspection within a domestic space.

Controls

Participants:

All participants are between the ages of 18-21 and speak fluent English. All of them have never seen or sat on the chair, nor have they been in the space.

Prompts provided:

Reflective and conversational prompts are given to participants to focus their thoughts and dialogue.

Limited participant movement:

Participants are instructed to remain in the immediate area during the experiment to ensure focus on the chair and threshold.

The experiment involves participants interacting with the space (the stairwell threshold between the living room mezzanine and kitchen) through conversation and reflection.

Study Parameters

Proximity to each other:

Participants are seated a fixed distance apart, but the chairs are modular, allowing for flexibility in adjusting how close they are seated.

Movement of the chair:

The movement or adjustment of the chairs will be tracked, including how often participants shift their seating position.

Flow of conversation or reflection:

Observations on the depth and fluidity of interaction, whether participants linger, pause, or continuously engage will be noted

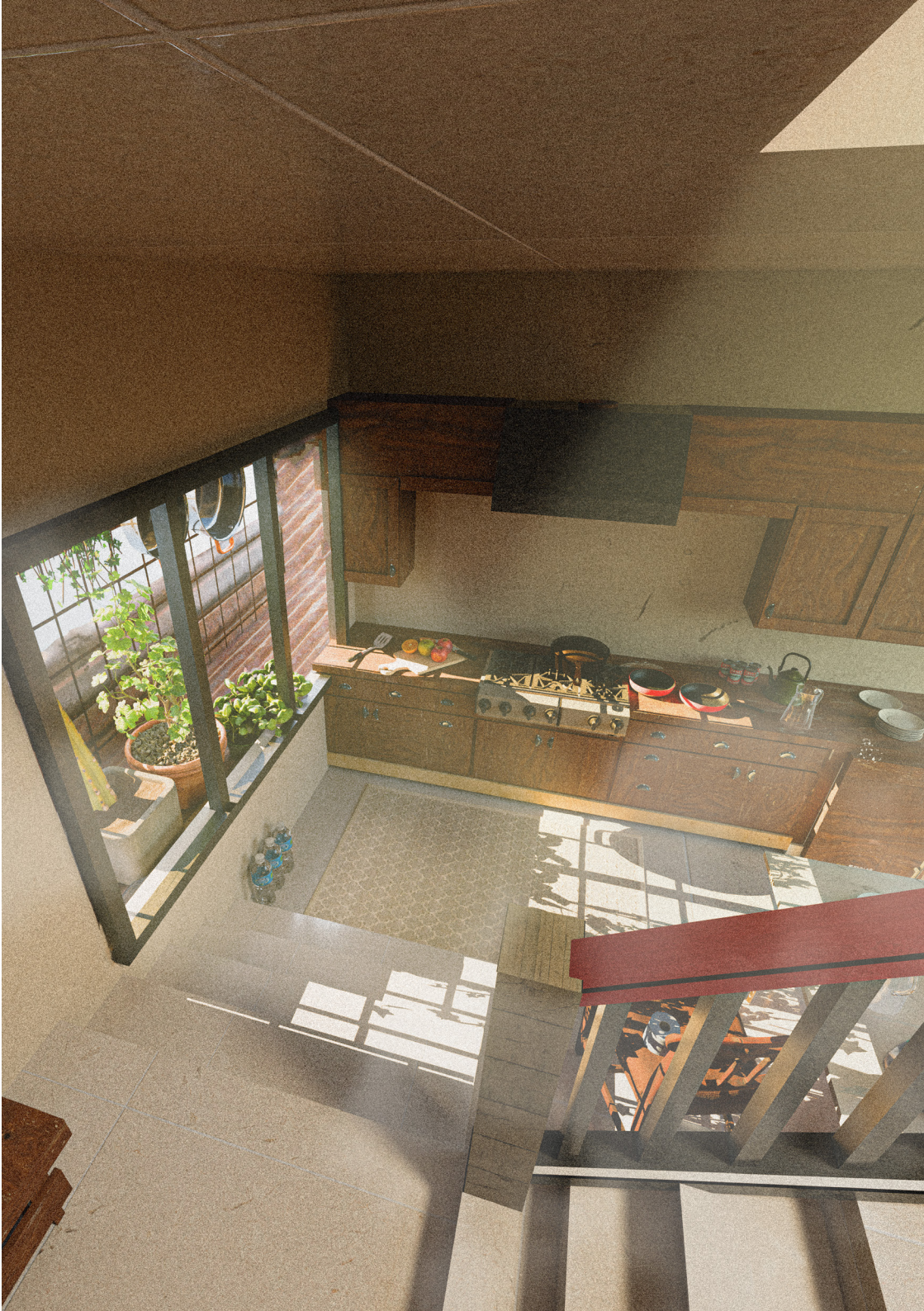
Physical interaction with the chair:

Any body movements or adjustments made while sitting (leaning, fidgeting, etc.) will be noted.

Non-verbal cues:

Facial expressions, gestures, and other body language during interactions will be recorded.







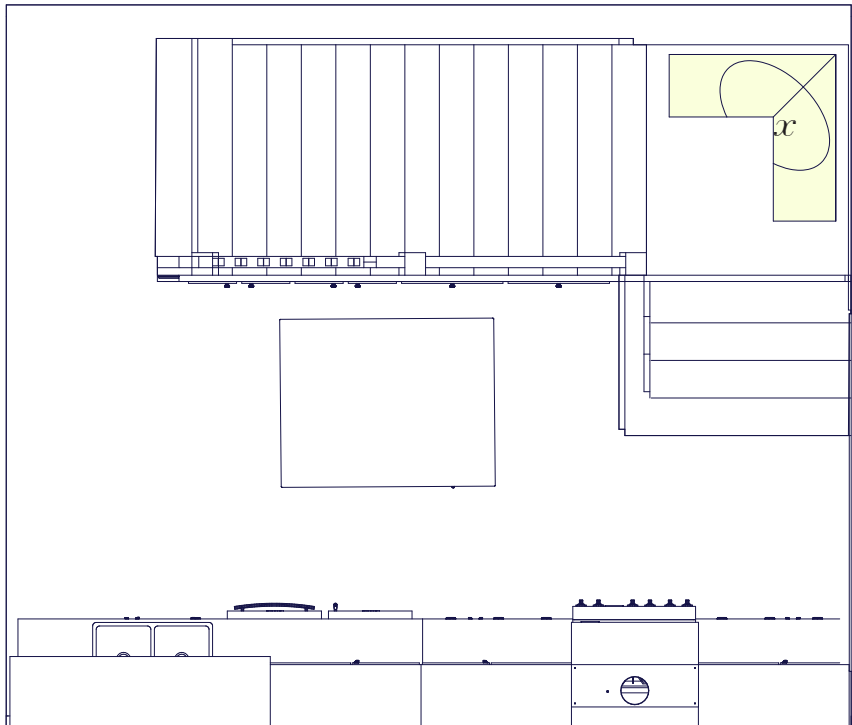
The Reflection Rounds are designed to create a space for participants to engage in introspection, using prompts as a guide for their thoughts. Each participant was given a different reflection prompt related to personal experiences, emotions, or their perception of the environment.

Participants were asked to sit on a modular chair placed at the threshold between the living room mezzanine and the kitchen, a location intentionally chosen to influence their sense of spatial awareness. Before seating, participants had time to walk through the space, acclimating themselves to their surroundings.

Reflections

#01 Hayden J.

Duration in Space: 15 minutes



Observations

Initial Movement



Posture



Body Adjustment



Contemplation



Verbalized Thoughts



Non-Verbal Cues



Physical Comfort



Time Perception



Psychological Comfort



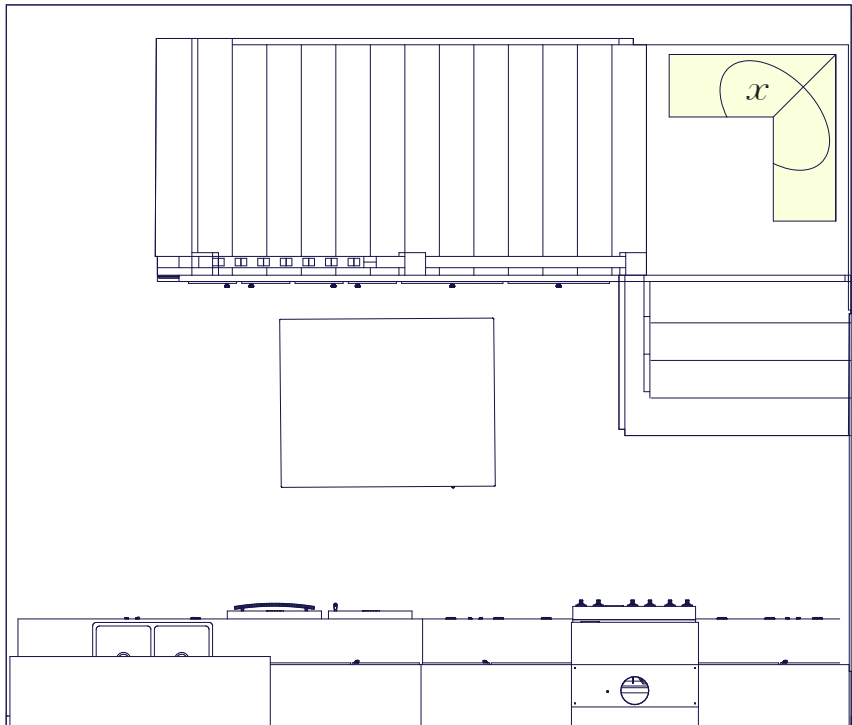
Cognitive Engagement



“When I was reflecting on my prompt, the clutter in the kitchen really caught my attention. It wasn’t just the visual clutter, but the overall feeling of the space. There was this subtle pressure—like a list of things that needed to be done, even though I wasn’t actually doing anything at that moment. The dishes in the sink, the half-empty coffee mug on the counter, the groceries that hadn’t been put away yet—it all created this background noise in my mind. I found it hard to settle into my thoughts because there was this constant distraction. In contrast, when I turned toward the mezzanine, the light coming in from the living room felt completely different. It was softer, more diffused, and it seemed to create a sense of calm. I remember thinking how the light almost had a personality of its own, guiding my thoughts in a way the kitchen couldn’t. The clutter of the kitchen made me feel confined, as if my thoughts were boxed in. But the living room, with its open space and ambient light, made me feel like I could think more freely. It was like moving from a cramped mental space to one where I could stretch out and really explore the prompt I was given. In that moment, I felt myself pulled toward the living room—I think it’s the way the space interacted with my state of mind. The clutter didn’t just impact my focus; it actively pushed me to seek out the clarity that the mezzanine offered.”

#02 Pearl T.

Duration in Space: 20 minutes



Observations

Initial Movement



Posture



Body Adjustment



Contemplation



Verbalized Thoughts



Non-Verbal Cues



Physical Comfort



Time Perception



Psychological Comfort



Cognitive Engagement



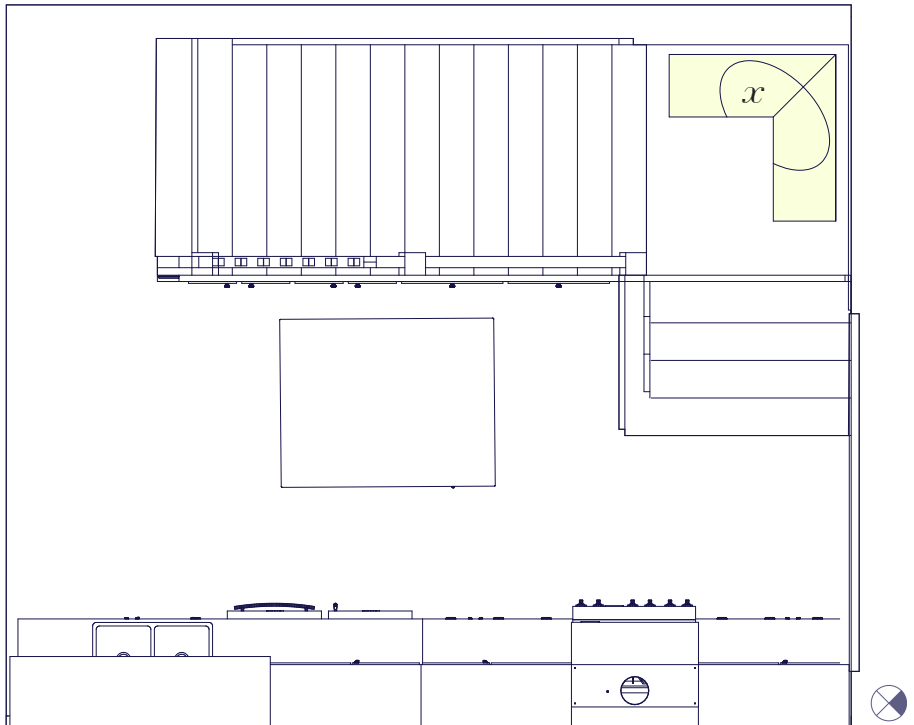
“Sitting at the threshold between the kitchen and the mezzanine, I became hyper-aware of the unevenness of the staircase. Every time I shifted my position, I felt the difference in the heights of the steps beneath me. It created a subtle but persistent discomfort, which I couldn’t fully ignore.

It’s strange because, on one hand, I was trying to focus on my prompt about accomplishment, but my body kept fidgeting, as if the space wouldn’t let me settle. The sensation of the uneven steps made it difficult to sink into a relaxed state. I kept thinking about how the instability of the staircase mirrored the instability of my thoughts in that moment.

In contrast, when I looked toward the mezzanine, the open space there seemed so much more grounded. It was almost like the living room wanted to offer me stability, while the kitchen was full of distractions. It made me wonder how much our physical environment dictates our mental state.”

#03 Pan C.

Duration in Space: 31 minutes



Observations

Initial Movement



Contemplation



Posture



Verbalized Thoughts



Body Adjustment



Non-Verbal Cues



Physical Comfort



Time Perception



Psychological Comfort



Cognitive Engagement

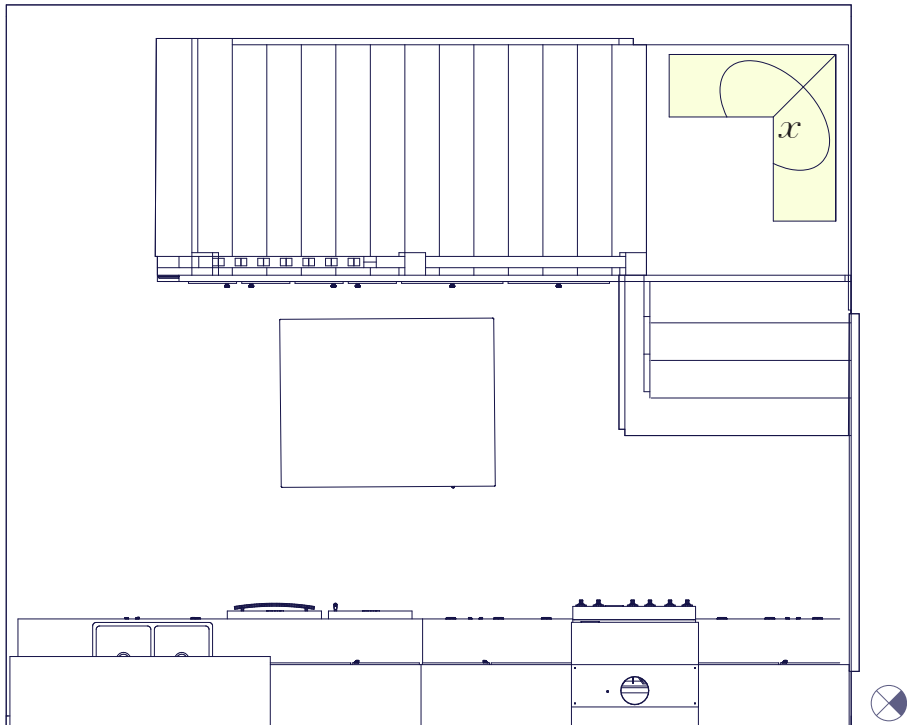


“As I reflected on my recent accomplishments, my eyes kept getting drawn to the reflective surface of the kitchen counter. It acted almost like a mirror, catching the light and reflecting back a distorted version of the clutter. It was distracting in a way that felt deeper than just visual noise—it was as if the counter itself was trying to remind me of everything I hadn’t finished. The living room, though, was like the exact opposite. The ambient light over there wasn’t sharp or direct, it was more diffused, creating a calm, steady glow. The space there felt quieter, more contemplative.

As I shifted my gaze back and forth, I realized how different the two areas made me feel. The kitchen felt active, almost restless, while the mezzanine and living room areas seemed designed for thought and stillness. This clear division between the two spaces kept affecting how deeply I could reflect, like I was stuck between wanting to get away from the mess and being anchored by it.”

#04 Jimmy Z.

Duration in Space: 13 minutes



Observations

Initial Movement



Posture



Body Adjustment



Contemplation



Verbalized Thoughts



Non-Verbal Cues



Physical Comfort



Time Perception



Psychological Comfort



Cognitive Engagement

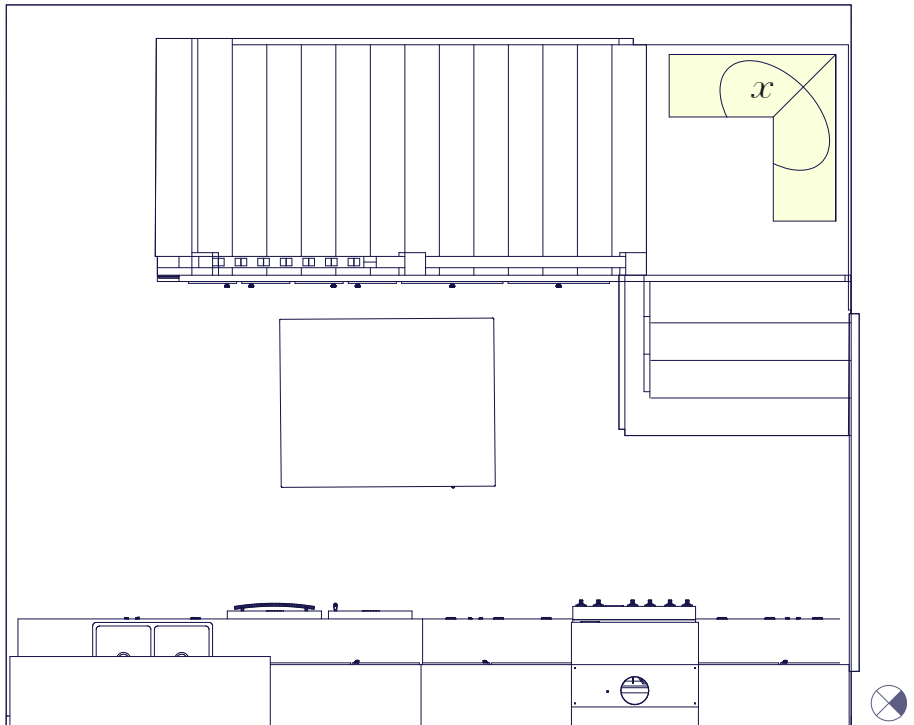


“While sitting in the space, I couldn’t help but notice the persistent humming of the fridge from the kitchen. It wasn’t loud exactly, but in the silence, it became this background noise that I just couldn’t tune out. It kept drawing me back into the kitchen mentally, even when I was trying to focus on reflecting. The kitchen felt almost alive with the constant noise and movement—clanging dishes, the slight squeak of a cupboard door left ajar.

It all added up to this sense of busyness. But when I turned my attention toward the mezzanine, there was a striking contrast. It felt like a different world up there. The living room space was much quieter, almost tranquil, with nothing but soft sounds from outside filtering in through the windows. It was in that quiet, still space that I finally felt like I could start reflecting in earnest. The difference between the two spaces—the noisy, cluttered kitchen and the serene mezzanine—was stark, and it really shaped how I processed my thoughts.”

#05 Meiyi F.

Duration in Space: 13 minutes



Observations

Initial Movement



Posture



Body Adjustment



Contemplation



Verbalized Thoughts



Non-Verbal Cues



Physical Comfort



Time Perception



Psychological Comfort



Cognitive Engagement



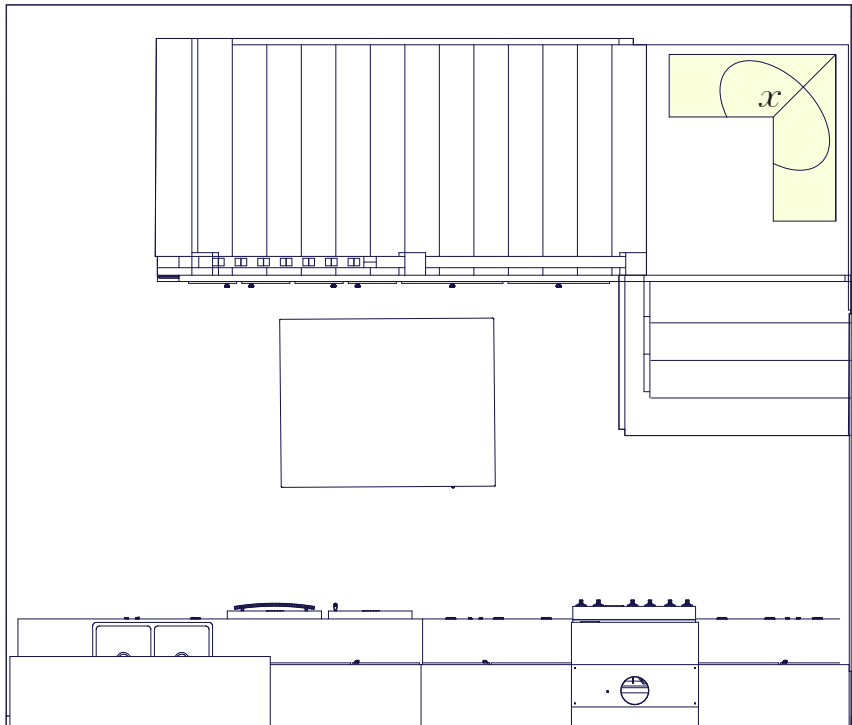
“The staircase felt like this transition point between two entirely different atmospheres. As I sat there reflecting, I felt almost caught in the middle, like the kitchen’s energy and the living room’s calm were tugging at me from opposite directions. The kitchen, with its clutter and noise, was so hard to ignore. Even though I was physically sitting on the stairs, I kept feeling mentally drawn back into the kitchen, with all the distractions it held.

Meanwhile, the living room, just a few steps away, felt like this peaceful sanctuary. The light from the windows softened everything in the mezzanine, making it feel like a space that welcomed reflection. It was hard to reconcile these two extremes—on one hand, the chaos of the kitchen, and on the other, the serenity of the living room. It’s like the physical division of the spaces mirrored the division in my mind.

I found it difficult to fully relax until I focused my gaze entirely on the mezzanine.”

#06 Faye C.

Duration in Space: 18 minutes



Observations

Initial Movement



Posture



Body Adjustment



Contemplation



Verbalized Thoughts



Non-Verbal Cues



Physical Comfort



Time Perception



Psychological Comfort



Cognitive Engagement



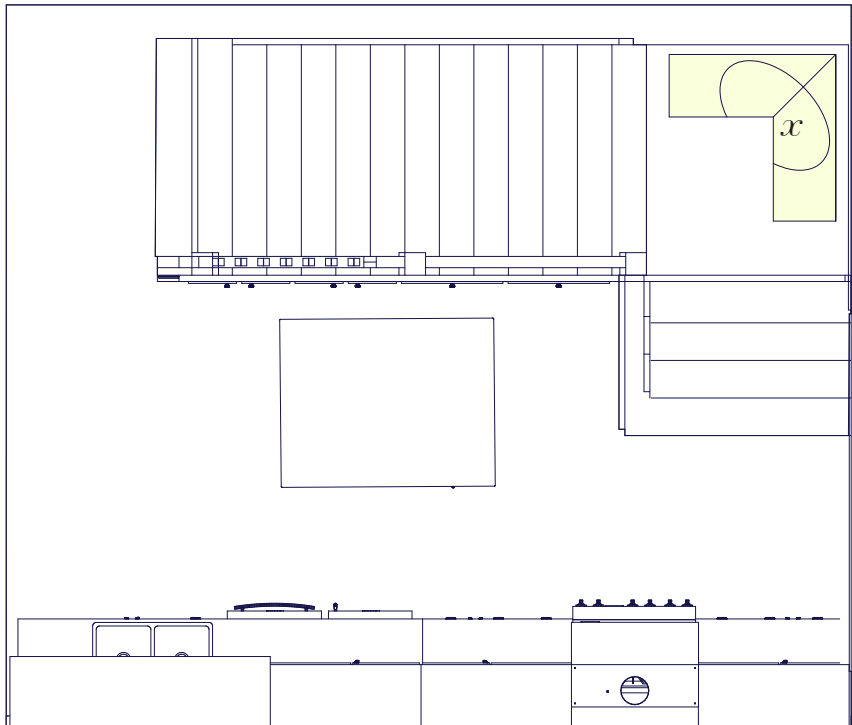
“Reflecting on my prompt while sitting on the stairs, I noticed how much the clutter in the kitchen created a kind of mental noise. Every time I started thinking, I’d catch sight of something—an unwashed dish, a pile of mail, a cup left on the counter—that would pull me right out of my thoughts.

The kitchen was demanding my attention in a way that made it hard to focus.

In contrast, the living room felt like it was designed for introspection. The way the furniture was arranged, the soft lighting, the wide-open spaces—it all felt so much more conducive to thinking. Even though I wasn’t sitting in the living room, just looking at it made me feel calmer. The kitchen, meanwhile, felt chaotic and unfinished, like it was full of tasks waiting to be completed. That contrast made me realize just how much my environment impacts my ability to reflect deeply.”

#07 Zach D.

Duration in Space: 11 minutes



Observations

Initial Movement



Posture



Body Adjustment



Contemplation



Verbalized Thoughts



Non-Verbal Cues



Physical Comfort



Time Perception



Psychological Comfort



Cognitive Engagement



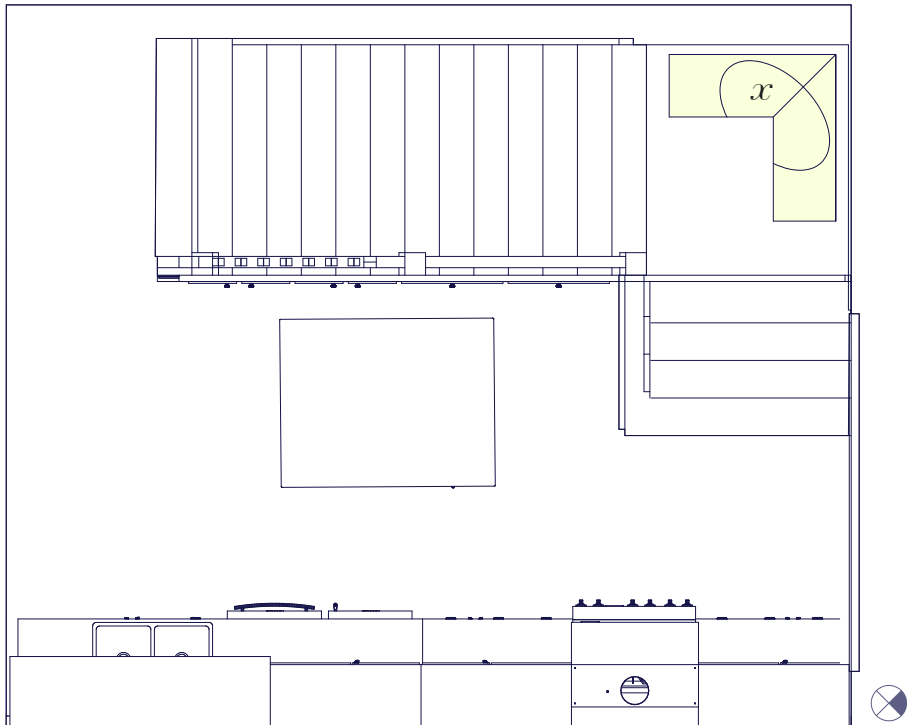
“The unevenness of the steps beneath me was something I couldn’t stop thinking about while I reflected. It’s a small thing, but it really affected how comfortable I felt in the space. The difference in the steps’ height made me fidget, and each movement took me out of the reflective headspace I was trying to get into. The kitchen’s proximity also didn’t help—there was so much going on in that space, so much visual clutter, that I kept feeling drawn back into it.

The living room, though, was where I wanted to be. The light over there was so much softer, and the air even felt calmer. I kept thinking that if I could just move over to the mezzanine, I’d be able to think more clearly.

The kitchen’s energy, its messiness, made it hard to focus, while the living room felt like the exact opposite, a place designed for quiet contemplation.”

#08 Miki T.

Duration in Space: 22 minutes



Observations

Initial Movement



Posture



Body Adjustment



Contemplation



Verbalized Thoughts



Non-Verbal Cues



Physical Comfort



Time Perception



Psychological Comfort



Cognitive Engagement

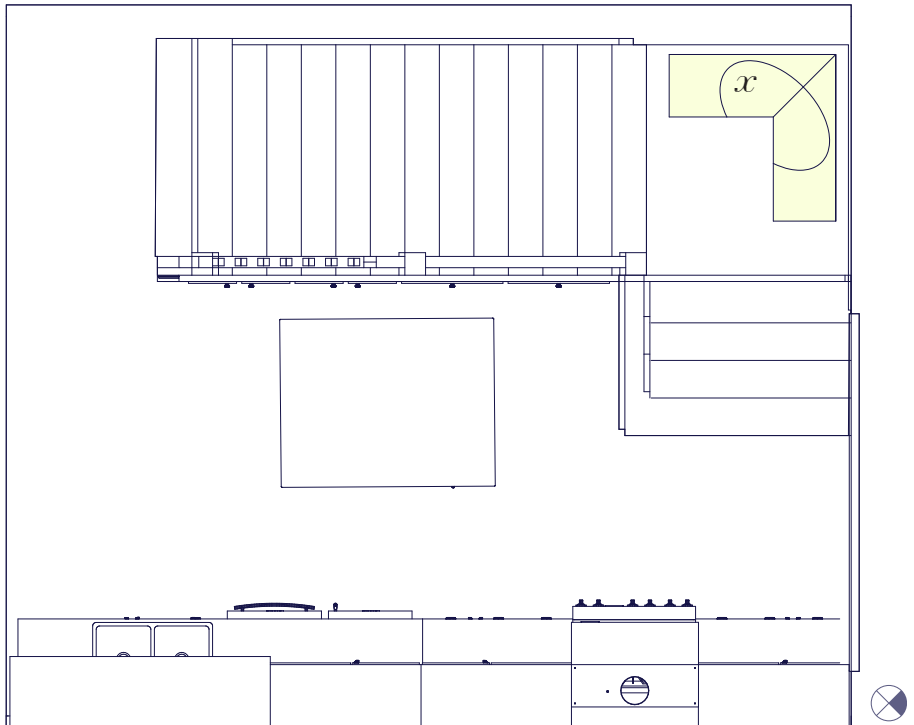


“When I first sat down to reflect, I couldn’t stop glancing over at the kitchen. It was like the clutter and the lingering smells from a recent meal were pulling me back into that space, even though I was supposed to be focusing on my thoughts. I realized that every time I tried to dive into my reflection, the kitchen seemed to interrupt. The left-over utensils, the unfinished tasks—it all reminded me of things I hadn’t yet done. But when I turned my gaze toward the living room, especially the mezzanine, the atmosphere changed completely. The light filtering in from the windows felt almost soft, and the minimalist arrangement of furniture gave the space a sense of calm. I started to realize that my thoughts were more fluid when I focused on the living room, almost as if the space itself encouraged reflection.

The kitchen, in contrast, felt like a place of action, a reminder of daily responsibilities, and I couldn’t entirely escape that energy.”

#09 Alex G.

Duration in Space: 8 minutes



Observations

Initial Movement



Posture



Body Adjustment



Contemplation



Verbalized Thoughts



Non-Verbal Cues



Physical Comfort



Time Perception



Psychological Comfort



Cognitive Engagement

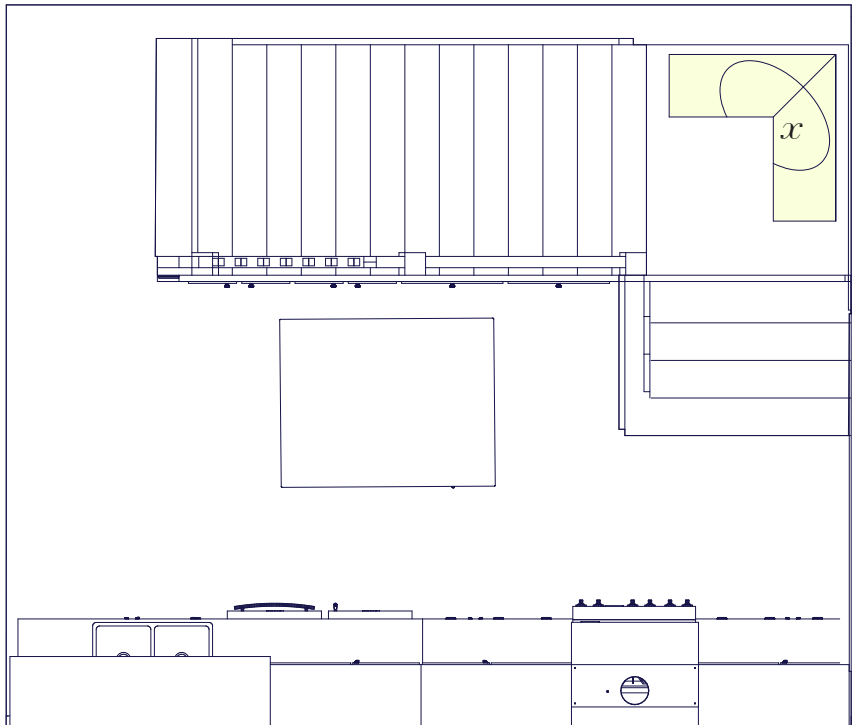


“Sitting on the stairs between the kitchen and the living room felt like I was caught between two completely different worlds. The kitchen, with its cluttered countertops and the faint noise of the refrigerator humming, felt busy. Even though no one was in there, it seemed full of life and unfinished tasks. I kept getting distracted by the small details, like a coffee cup left out or the pile of papers near the fridge. In contrast, the mezzanine and living room were serene, almost meditative.

The open layout and the way the light spilled across the floor made that part of the space feel like a retreat. I found that every time I let my gaze drift toward the living room, my thoughts became clearer. It was like the space was influencing my ability to focus. I realized that I was more restless when thinking about the kitchen, but as soon as I mentally shifted to the living room, I felt more relaxed, able to delve deeper into my reflection.”

#10 Zheng P.

Duration in Space: 10 minutes



Observations

Initial Movement



Posture



Body Adjustment



Contemplation



Verbalized Thoughts



Non-Verbal Cues



Physical Comfort



Time Perception



Psychological Comfort



Cognitive Engagement



“While reflecting, the kitchen felt like this constant, looming presence. Even though I was physically closer to the mezzanine, my mind kept wandering back to the kitchen—its clutter, the mess on the counters, the sound of the faucet dripping. It felt like the kitchen was demanding my attention. It was hard to stay focused because every small detail of the kitchen was calling out to me, like unfinished tasks waiting to be dealt with.

On the other hand, when I looked toward the living room, I felt an immediate sense of relief.

The light there was softer, and the open space felt more inviting. The living room had a kind of natural calm to it, like it was designed to support reflection. It became clear that the kitchen represented the chaos of daily life, while the living room felt like a sanctuary for thought. The contrast between the two spaces shaped my experience; I could only get into a reflective mindset when I blocked out the kitchen and focused on the tranquility of the living room.”

The Conversation Rounds explore how the design of space facilitates interpersonal interaction and dialogue. For this round, participants were grouped into pairs and asked to engage in conversation based on thought-provoking, yet open-ended prompts.

Each pair was seated on a modular chair arrangement that allowed them to interact both with each other and the space itself, focusing on how proximity and physical surroundings could influence the flow of conversation. The participants were encouraged to converse naturally, responding to the prompt but allowing the discussion to flow into any direction.

The goal was to observe how the environment—particularly the transitional space between the living room and kitchen—impacted not just what was said, but how it was communicated, with attention paid to verbal engagement, body language, non-verbal cues, and the natural pauses or silences that occurred during the exchange.

Conversations

Conversation Pair #01

Duration in Space: 29 minutes

“During our conversation, the dynamic between the kitchen and living room became almost palpable. Initially, we settled into a cozy spot near the living room, but the kitchen was directly in our line of sight. As we began chatting, it felt like the kitchen was a silent participant in our dialogue. The clutter—dishes piled up, the refrigerator door ajar, and groceries waiting to be unpacked—created an almost chaotic energy that was hard to ignore.

I could feel myself getting distracted, thinking about the tasks that awaited me in there. My partner seemed to sense this as well, as they glanced toward the kitchen frequently. At one point, they commented, ‘It feels like there’s a lot going on in the kitchen, doesn’t it? It almost feels alive.’ That remark sparked a conversation about how domestic spaces influence our mental state. We talked about how kitchens often symbolize both nourishment and stress, representing a flurry of activity contrasted with the peacefulness of the living room.

Observations

Balance of
Speaking



Conversation
Flow



Body Adjustment



A + B:

Physical Comfort



Psychological
Comfort



Physical Comfort



Psychological
Comfort



Time Perception



Cognitive
Engagement



Time Perception



Cognitive
Engagement



As we continued, our conversation naturally drifted from lighthearted topics—like our favorite meals and the latest TV shows—into deeper territories, like how our homes reflect our lifestyles. It was as if the clutter in the kitchen, a physical manifestation of our busy lives, pushed us to confront those very realities. When we eventually shifted our seating towards the mezzanine, the atmosphere transformed. The light became softer, the chaos of the kitchen faded into the background, and I found that our conversation deepened significantly. We started sharing personal stories about dreams, aspirations, and the challenges of finding balance in our lives.

The space felt open, inviting us to explore more intimate subjects. The contrast was striking: in the living room’s light, our dialogue felt free and expansive, while near the kitchen, we seemed confined to more mundane discussions. It was fascinating to experience how simply changing our orientation in the space could unlock new layers of conversation.”

Conversation Pair #02

Duration in Space: 16 minutes

“At first, I didn’t realize how much the surroundings influenced our conversation. We were sitting on the edge of the living room, facing the kitchen, and I could hear the hum of the refrigerator and the faint clinking of dishes being washed. It almost felt like an unwelcome reminder of everyday chores as we began our discussion. Initially, we talked about light topics, sharing anecdotes from our weeks and making jokes, but I couldn’t shake the feeling that the kitchen was tugging at our attention. Every so often, one of us would mention something related to the kitchen, whether it was about meal prep or a recent cooking disaster. It was strange how those thoughts crept into our conversation, weaving their way in without us realizing it.

As the conversation progressed, we both began to reflect on how our home environments influence our state of mind. My partner noted, ‘The kitchen has such a strong presence, almost like it’s guiding our discussion.’ That comment shifted our focus from casual chatter to a more serious analysis of our personal spaces. We explored the idea of clutter—how it represents both creativity and chaos—and how the kitchen, being the heart of the home, often embodies this duality.

Observations

Balance of Speaking



Conversation Flow



Body Adjustment



A + B:

Physical Comfort



Psychological Comfort



Physical Comfort



Psychological Comfort



Time Perception



Cognitive Engagement



Time Perception



Cognitive Engagement



Eventually, we decided to move towards the mezzanine. The change in environment was immediate. The light was softer, and the space felt more open. It was as if the physical act of moving to a different area allowed us to shed the distractions from the kitchen. Here, our conversation blossomed into discussions about life goals, relationships, and our values. I remember feeling a sense of liberation, as if the room itself was inviting us to dig deeper into our thoughts.

The contrast between the kitchen’s immediacy and the mezzanine’s spaciousness was profound; it shaped the nature of our dialogue in ways that I had not anticipated. Where the kitchen felt chaotic and grounded, the mezzanine felt ethereal and expansive, creating a stark juxtaposition that made our conversation richer and more meaningful.”

Conversation Pair #03

Duration in Space: 26 minutes

As we began our conversation, we positioned ourselves near the living room while still within sight of the kitchen. Right away, I could feel the kitchen's clutter pulling at my attention—the disarray of pots and pans, the half-empty bags of groceries, and the lingering scents of the previous meal. It created an interesting tension. While we initially aimed to discuss lighter topics, like recent movies we enjoyed, the kitchen's presence kept bringing us back to reality. My partner and I exchanged smiles as we both acknowledged the distraction, leading us to joke about how 'domestic life' can invade our conversations.

Soon enough, the clutter in the kitchen became a topic of discussion itself. We began to talk about how spaces reflect who we are. My partner shared, 'I find that when my kitchen is cluttered, it affects my mood. I feel overwhelmed, like I can't think clearly.' This comment resonated with me, and it led us to explore how clutter not only affects our physical surroundings but also our mental state. We started reflecting on our own experiences—how the state of our kitchens often mirrored the chaos or calmness in our lives.

Observations

Balance of Speaking



Conversation Flow



Body Adjustment



A + B:

Physical Comfort



Psychological Comfort



Physical Comfort



Psychological Comfort



Time Perception



Cognitive Engagement



Time Perception



Cognitive Engagement



After a while, we decided to shift our focus and physically relocate towards the mezzanine. The moment we turned our attention away from the kitchen, I noticed a shift in our conversation. The energy was lighter, and we were able to delve into deeper discussions about our aspirations and dreams. It was like the mezzanine gave us the permission to explore the more profound aspects of our lives. The contrast between the kitchen's chaotic energy and the mezzanine's calm was striking, allowing us to understand how much our environment influences not just our conversations but the depth of those conversations.”

Conversation Pair #04

Duration in Space: 32 minutes

“Initially, I didn’t think much about the impact of the surrounding space when we began our conversation. We sat near the threshold between the kitchen and the living room, and almost immediately, the chaos of the kitchen seemed to seep into our dialogue. Every time I glanced over, I noticed the dishes piled high and the lingering smell of last night’s dinner, which was distracting. My partner made a comment about the kitchen’s clutter, likening it to ‘life happening in real time.’ This struck a chord with me; it was as if the kitchen was a reminder of everything that needed to be done, tugging at my attention like an unresolved task.

As we talked, I felt the kitchen pulling our conversation toward mundane topics—like what we had for dinner and the challenges of meal prepping for busy weeks. We soon found ourselves sharing personal anecdotes about our own kitchen struggles, which felt relatable but also limited. My partner mentioned that kitchens often feel like pressure cookers for conversation, where the environment shapes not only what we talk about but also how we express ourselves.

Observations

Balance of Speaking ① ○ ○ ○ ○ ⑤
one-sided balanced

Conversation Flow ① ○ ○ ○ ○ ⑤
frequent pauses flow

Body Adjustment ① ○ ○ ○ ○ ⑤
none frequent

A + B:

Physical Comfort ① ○ ○ ○ ○ ⑤
comfortable not so much

Psychological Comfort ① ○ ○ ○ ○ ⑤
comfortable not so much

Physical Comfort ① ○ ○ ○ ○ ⑤
comfortable not so much

Psychological Comfort ① ○ ○ ○ ○ ⑤
comfortable not so much

Time Perception ① ○ ○ ○ ○ ⑤
fast slow

Cognitive Engagement ① ○ ○ ○ ○ ⑤
distracted focused

Time Perception ① ○ ○ ○ ○ ⑤
fast slow

Cognitive Engagement ① ○ ○ ○ ○ ⑤
distracted focused

Eventually, we decided to move towards the mezzanine, and that’s when everything changed. The minute we shifted our physical location, the clutter from the kitchen faded into the background. The light in the mezzanine was softer, and I felt a sense of calm wash over me.

We began discussing deeper topics—our dreams, our fears, and what we truly want from life. It was astonishing how much the space influenced our thoughts. I realized that the kitchen’s presence had, in a way, boxed us in, whereas the mezzanine felt expansive, inviting us to explore bigger ideas. The contrast between the two areas was incredible, as it guided our conversation from mundane daily tasks to profound life reflections.”

Conversation Pair #05

Duration in Space: 17 minutes

“As we started our conversation seated near the living room, I was acutely aware of the kitchen behind us. The clutter — everything from half-opened cereal boxes to unwashed dishes — created an almost claustrophobic energy that was hard to ignore. At first, we tried to keep our conversation light, discussing trivial matters like recent TV shows and weekend plans, but the atmosphere felt heavy with the reality of the kitchen. I couldn’t shake the feeling that we were being watched by the clutter, almost like it was silently critiquing our dialogue. My partner brought up the idea of ‘living in a state of unfinished business,’ and suddenly, our light conversation turned into a discussion about how the mess around us affects our lives and relationships.

We shared stories about how our kitchens often represent more than just a space for cooking; they symbolize our routines and responsibilities. My partner noted, ‘It’s interesting how a space can dictate our mood. I feel stressed in a messy kitchen, while a clean one makes me feel more at ease.’ Their words resonated with me, and we began to explore how our homes shape our experiences and conversations.

Observations

Balance of Speaking



Conversation Flow



Body Adjustment



A + B:

Physical Comfort



Psychological Comfort



Physical Comfort



Psychological Comfort



Time Perception



Cognitive Engagement



Time Perception



Cognitive Engagement



Eventually, we decided to physically move toward the mezzanine. The moment we did, everything shifted. The air felt lighter, and the conversation flowed more freely. We delved into deeper subjects, discussing our personal goals and the pressures we feel in daily life.

The difference in energy was palpable; while the kitchen had confined our dialogue to practicalities, the mezzanine opened up a world of possibilities. It felt as if the room itself was encouraging us to be more open and vulnerable. The stark contrast between the two environments taught me how much our surroundings influence not just our conversations but the essence of those discussions.”

Findings

Influence of Space on Conversations:

- The physical environment significantly shapes the nature and depth of conversations.
- Clutter in the kitchen often distracts participants, pulling their attention away from deeper topics.

Kitchen Dynamics:

- The kitchen is perceived as a space filled with both nourishment and stress, reflecting daily responsibilities.
- Participants often default to mundane topics when seated near the kitchen, such as meal prep and chores.
- The kitchen's clutter creates a chaotic energy, impacting psychological comfort and engagement in conversation.

Transformation in Mezzanine:

- Moving to the mezzanine shifts the atmosphere, creating a sense of calm and openness.
- Participants reported feeling more relaxed and willing to delve into personal topics once in the mezzanine.
- The mezzanine facilitated discussions on aspirations, relationships, and deeper life reflections.

Contrast Between Spaces:

- The juxtaposition between the cluttered kitchen and the serene mezzanine highlights how physical space can influence mental states.
- Conversations near the kitchen felt constrained, while those in the mezzanine were expansive and liberating.

The study revealed that the physical environment plays a critical role in shaping conversations, particularly when contrasting two key areas: the cluttered kitchen and the serene mezzanine. Participants consistently noted how the kitchen's chaotic nature distracted them from deeper dialogues.

The presence of clutter—dishes piled high, groceries waiting to be unpacked, and the lingering smell of previous meals—created a tense atmosphere that often pulled their attention away from the conversation at hand. This dynamic forced conversations toward mundane topics, such as meal preparations or household chores, reflecting a sense of immediate responsibilities rather than deeper emotional engagement.

As participants shifted to the mezzanine, the change in environment had a profound impact. The air felt lighter, and the space appeared more open and inviting. Participants reported an increased sense of calm and relaxation, which enabled them to delve into personal discussions about aspirations, relationships, and life challenges.

This transformation was stark; conversations near the kitchen were confined and limited by external distractions, whereas those in the mezzanine flourished into meaningful exchanges. The physical act of moving away from the clutter provided a psychological release that facilitated more profound reflection and sharing.

The contrasting experiences between the kitchen and the mezzanine highlight the significance of physical space in influencing mental states and interactions. Participants recognized how their surroundings affected not just what they talked about, but also how they felt during those conversations.

The kitchen, with its disarray, symbolized stress and routine, while the mezzanine represented a space of freedom and exploration. This distinction emphasizes the potential for intentional spatial design to enhance communication and connection among individuals, reinforcing the importance of creating environments that support meaningful interactions.



**YUSHAN L.
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