

La Corrente

How can design support faith of
Catholic LGBT+ members in Italy?

APPENDIX



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Catholic LGBT+ members in Italy?

APPENDIX

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Master thesis

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APPENDIX B

Double Diamonds Approach

The double diamond approach is a design method that alternates **divergent and convergent stages** to approach a design problem. The model was designed by the British Design Council in 2004 and graphically illustrated by Bela H. Banathy. This approach is divided into four different phases: **Discover, Define, Develop and Deliver.**

In the **Discover phase**, the designer researches around the problem. By doing so, he/she will gain a profound understanding of the problem components and will not follow assumptions in the later stages of the process. This stage involves activities such as **primary and secondary research**, and one of the most important designer's goal is to gather **as much information as possible** about the needs of the chosen target group.

The **Define phase** is based on the data gathered from the previous stage. In this part, the designer analyses all the information collected in the research phase to **reframe the problem differently**. It is done to work with a clearer and specific problem that can be solved through a design intervention. Some activities involved in this phase are **clustering and selection of ideas based on previously selected criteria**.

In the **Develop stage**, the designer creates different solutions, or design directions, to find the most appropriate one that could **match the requirements of the previously defined design goal**. It is a convergent phase since designers both collect as many ideas as possible and gather inspiration from different sources. During this stage occur activities such as **idea generation workshops and brainstorming activities**.

Eventually, in the **Deliver phase**, the design solutions are tested and evaluated. It is recommended to do it whether possible with the chosen target group in the context. This is a convergent phase, therefore the ideas that don't fit the context are discharged, and only the ones that work are implemented. This process is done until a **final idea** is chosen as the solution to the design problem.

The **Discover and Develop phases** are considered as **exploring phases**. In these stages, it is important to create a creative environment that allows the designer to have different ideas and be open-minded about the investigated problem. On the other hand, in the **Define and Deliver stage**, it is important to assume the opposite attitude. In these phases, it is necessary to adopt a **structured mindset** to evaluate the results of the exploring phases and **choose the best design direction** based on the gathered data.

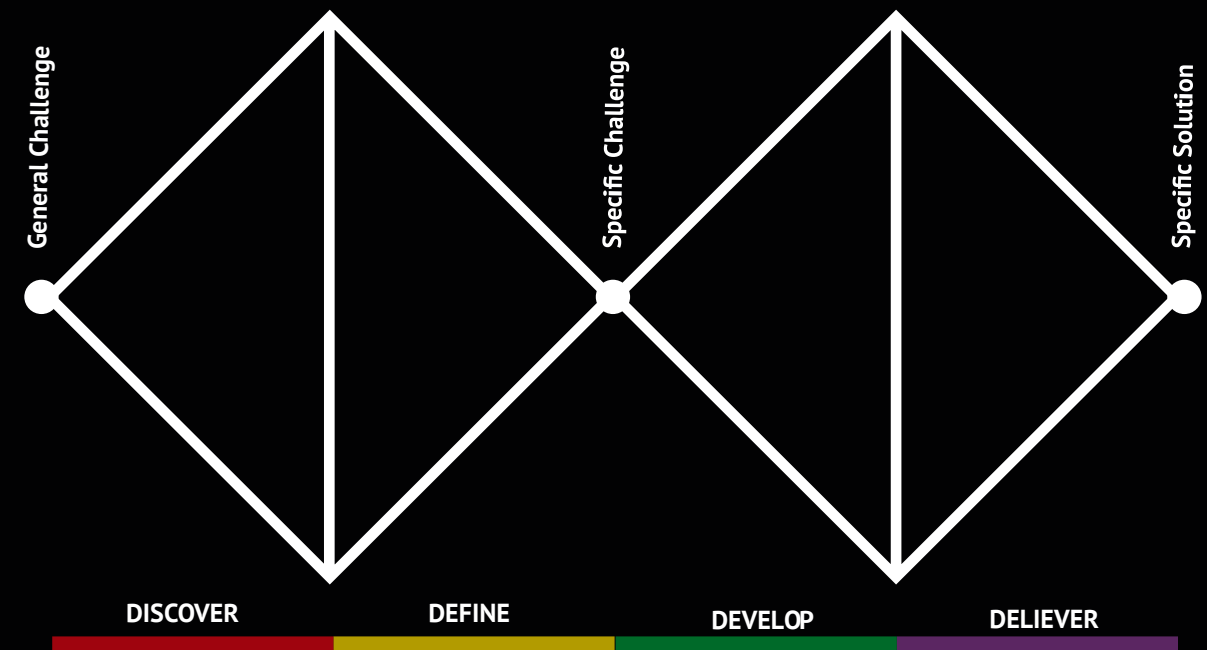


Figure 1
Visualization of the "Double Diamond" approach

APPENDIX C

Design for Rituals



According to the research made by Gino & Norton (2013) rituals can reduce negative emotions and increase performances. In the research, it has been highlighted how rituals can alleviate grief after losses, or boost confidence before high-pressure tasks. Backed up by psychologists, the research has, therefore, demonstrated that **rituals have a strong impact on people's thoughts, feeling, and behaviors**

We can define ritual as a repeated action done in a **specific situation**, instilled with **meaning** and symbolism that is carried out **the same way** each time it is repeated.

The nature of the ritual can be very different, depending on the participants involved and its scale. For instance, it can be performed by individuals or by a group of people, it can be on a large scale and be noisy or it can be private and quiet.

Despite the different nature, the goal of rituals is always to **help people to cultivate meaning from the ordinary**. Indeed, the difference between an action that is performed as a routine and a ritual relies on the **meaning of that particular action**. A ritual is always performed with a purpose, and its meaning is always clear to the person who is performing it, even when it doesn't make sense to a hypothetical external person who is watching the scene. The goal of this action is not to be understood by everyone, but to **provide significance to the person who is performing the ritual**.

The meaning of a ritual can differ in several ways. For example, we can have rituals that support important changes in life, and in this

case, religion-focused rituals are important cases. Indeed, funerals, weddings, and baptisms are only a few of the examples that are operated by mainstream religions to support believers in important transitions moments. Furthermore, we can have rituals related to being part of a community. Here the focus is the sense of belonging. This particular type of ritual is performed by sports teams. In this case, it is important to mention sororities and fraternities, sports teams or even family breakfast on Sundays. Rituals contain **three key factors: Community, awareness and intentionality, and Spirituality**.

The **community** aspect gets involved every time a person performs the ritual. Rituals make you **part of a larger scope** and symbolize a **connection** with everyone that has performed that ritual, or with anybody that is performing the ritual for you. It connects the person to a larger entity and with a sense of belonging.

The other factor includes **awareness** and **intentionality**. As was mentioned before, a ritual is not just a routine procedure, but it's a repeated action that involves awareness of people. The performer is **conscious** that **something intangible is happening**. He/She becomes **aware** of his/her actions and on the **symbolism** that the action is carrying. This key factor breaks away the monotony and repetition of routine actions.

Spirituality is the last factor that is considered while talking about rituals. This part is related to the **unexplainable forces** that are connected with the performed action, leveraging on the **emotional part of the person** instead of the

rational part of the brain. In this way, the person doing the ritual feels connected to higher forces.

As mentioned before, rituals are important because of their **meaning can be personal**, such as self-fulfillment, or social, such as connecting to a good cause. In either case, a ritual gives a **perfect opportunity for a designer** since rituals are the **embodiment of meaning**, and the products involved in them become the affordance to that meaning.

Designing for rituals means **designing for behavioral change**. When designers are asked to design for behavioral change, they have to take into account **motivation, ability, triggers, and feedback loops**. Besides, their target group must believe in their actions and their **purpose** if they want to achieve the desired change. All these features are taken into account by rituals (Ozenc, 2016). Indeed, by performing a ritual, people believe in the purpose of their actions and give special significance to that moment of their life. Furthermore, the performers identify with the story of other people who performed a ritual, since it is the representation of shared beliefs and values. By doing so, **the performer is changing part of his life**, either on a big or small scale (Ozenc, 2016).

Guidelines to design Rituals

According to Ozenc & Hagan (2017) rituals can be created by following a design process. In their work, they created a framework that can be applied when it comes to design rituals, based on patterns of interactions. First, the designer needs

to select a **specific context for the ritual**. This is described as a specific moment and place where the interaction will happen. When the goal is to design rituals, it is important to understand first when the ritual has to be performed, the moment of people's lives where it could be valuable to add a meaningful interaction. After deciding the context, it is important to have a prop, that in this case is **an object fulfilled with meaning**. The third element consists of the **repeated action** that the person is asked to perform, most likely using the objects that are involved in the ritual. Eventually, it is necessary to have a **narrative goal**. This element is what people want to achieve at the end of the ritual, such as empowerment of emotions, values or beliefs.

While designing for rituals is important to focus on its subjectiveness, by leveraging on symbols, values, and meaning. It is necessary to **focus on the experience** that the interaction will create, and not with the logic input-output relationship.

To do so, it is possible to follow three different paths:

1. **Create a new ritual by using the design process**
2. **Using already existing rituals as inspiration to create new interactions**
3. **Improve the design of already existing rituals to increase their meaning**

Objects in Rituals

In rituals, objects play an important role. According to the various researches made by the Ritual Design Lab (Derek, 2018), **objects are the main support to perform the ritual**, and since rituals are actions embodied of meaning, products can be the affordance to that specific meaning. Based on this, we consider products as influences

for our experiences, since they can work as a representation of certain emotions, values or beliefs. Therefore **the designer needs to think about the desired meaning while designing tools for rituals**. Meaning can be practical, emotional, intellectual or a combination of the three, but a product without at least one of these components results useless.

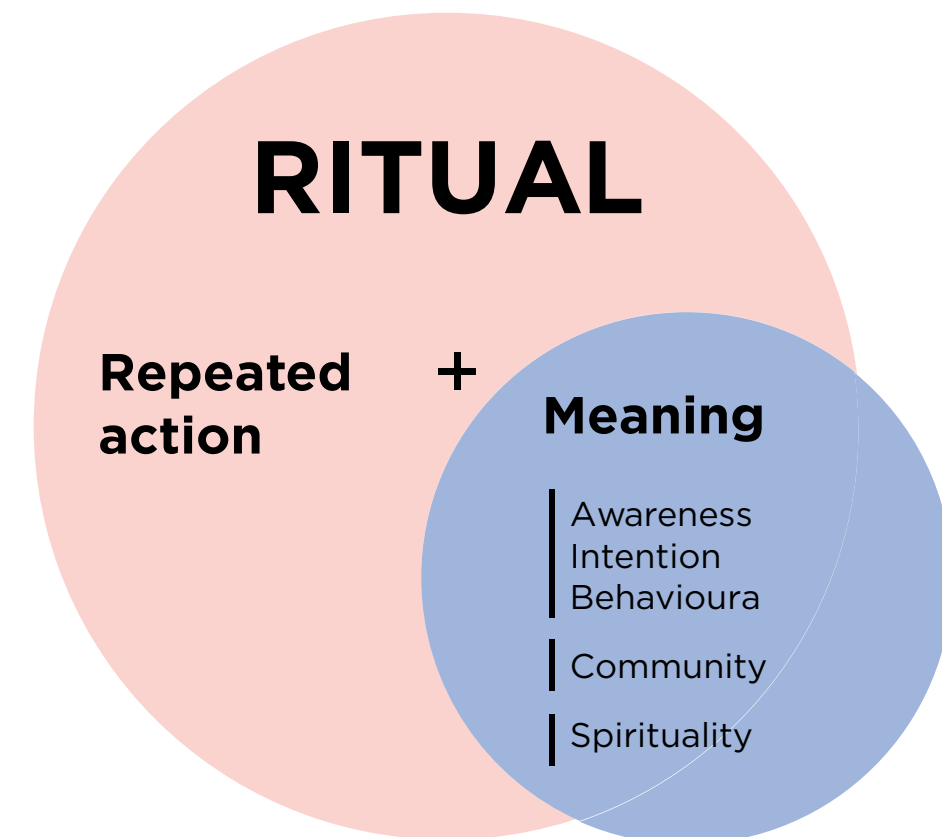


Figure 2

Representation of the main features that create a ritual

Examples of rituals

Some examples of design for ritual are:

In Memory Of

The project is about an urn in oak wood placed on a home altar that serves as a memorial or even a memento mori. The relatives can write with a brush and water on the sandstone a message for the deceased.

The “magical” part of this interaction is that the message slowly vanishes away, looking like it has been sent to the loved one.



The burning man

The burning man is an 8-day festival full of symbols and meanings. It takes place in the city of Black Rock City since 1986, a place that exists only for the duration of the festival. During these days people become part of a community that celebrates art, self-expression, and nonconformity. The most significant event of the festival is the burning of a gigantic installation with human features. This ritual happens at the end of the eight days, and it is done to represent cleaning, purification, and release. Furthermore, it is done to symbolize the destruction of the past and the clearing of space for the future.



Present Moments: a relaxing ritual for children

This project is designed for mood regulation of children to use before going to bed. Children during their relax activities can use a specific fragrance, in order to associate the scent to a relaxing mood. Then, the card containing the scent is used in the bedroom to increase relaxation for the nighttime. Since the child learned to associate the smell to a serene mood, the scent has an immediate relaxing effect. The purpose is to use this project every day, in order to increase its effects.



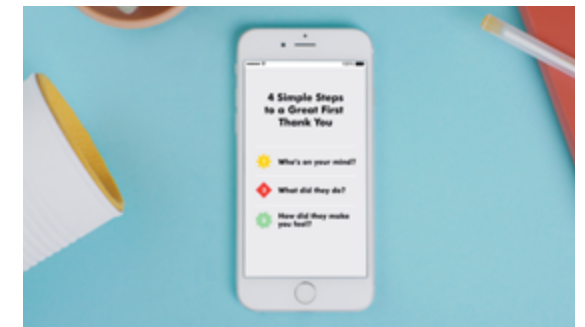
TinyTask

Tinytask is a set of different coins that aim to improve personal mental health and increase happiness. On each of the different coins, which are used as keyholder, it is indicated a task that the person has to achieve. The purpose of attaching it to Based on Sonya Lyubomirsky's research, this repeated procedure becomes a personal wellbeing ritual, since it increases personal happiness level boosted from personal motivation in doing the tasks.



Sincerely Sundays

This ritual has been designed to reduce the impact of blue Mondays. On Sunday night the app proposes you to send a specific gratitude message to a person you care about, and on Monday morning you will know through feedback that the person received your message. Expressing gratitude increases good feelings and in this case it booster positive vibes on Monday morning.



APPENDIX D

Design for Dilemmas

Dilemmas challenge designers to envision novel scenarios in which the conflict is resolved (Desmet, 2008). It is possible to define a dilemma as a **situation requiring a choice between equal alternatives**. In the field of design, it is possible to assume that when a dilemma is met, it is not possible to design a solution that fulfills both the concerns.

In the work conducted by Ozkaramanli it is described how dilemmas consist of: **(1) mutually exclusive choices at the behavioral level, (2) conflicting concerns at the cognitive level, and (3) mixed emotions at the affective level** (Ozkaramanli, Ozcan, & Desmet, 2017; Chapter 5 of this thesis). According to the work, the simultaneous fulfillment of both choices is difficult to achieve, and because of that people experience both positive and negative emotions for each alternative. **Each of the two opportunities involves “gain” and “loss”**, since the fulfillment of one of the two is related to the potential harm or fulfillment of the other personal concern.

However, it is possible to design for dilemmas according to three different guidelines:

1. Resolving dilemmas.

It means designing design solutions in such a way that the conflicting needs can be simultaneously fulfilled.

2. Moderating dilemmas.

It means to design a solution in such a way to create a hierarchy between the two needs, and fulfill one of them.

3. Triggering dilemmas.

In this way, the design intervention wants to create awareness about the dilemma itself, without fulfilling any of the needs

Resolving dilemmas

Designing for solving dilemmas means to provide a design solution that is able to **fulfill simultaneously both the conflicting concerns** experienced by the user. To do so, it is important to formulate the design dilemma according to the **right level of abstraction**. The more abstract is the formulation of the concern, the less related to the specific context its solution will be. The abstraction is beneficial for producing a **wider range of design solutions and innovative ideas**, however, the solutions will not be designed for the specific context. However, **abstract formulations are intangible by nature**, and their lack of physical references make concerns hard to describe. The **formulation of concrete concerns** involves specific elements of the context, and this makes it **easy to describe** them and easier to design for (Wiemer-Hastings & Xu, 2005). Concrete statements are more likely to **generate familiar and acceptable design solutions**. It is important then to evaluate for each specific case which is the most appropriate grade of abstraction and concreteness in the formulation of the dilemma.

The personal concerns that people experience are focused on **product, activity or identity**. **Product-focus concerns** are related to the most concrete level because the concerns involve **product attributes** or they are **embedded in a specific context**. **Identity-focus concerns** are the opposite since they work on the most **abstract level**. Since they focus on the **qualities of the**

person, such as values and aspirations, they are not necessarily related to the context. In the middle, we find **activity-focus concerns**, which focus on the **qualities of the activities related to the use of a product**. In this case, the concern is related to the context, but no product attributes are involved, therefore it can be seen as a middle stage abstraction between product-focus concerns and identity-focus concerns.

To formulate a concern in a different grade of abstraction it is needed to use two techniques called **laddering up** (interpretation) and **laddering down** (instantiation) (Reynold&Gutman, 1988). By practicing interpretation, therefore laddering up by asking why, the designer is able to discover the real concern that is hidden behind a concern. On the other hand, by asking how, and thus practicing instantiation, it is possible to identify a specific activity or product that can fulfill an abstract concern.

According to literature, there are different ways to **resolve a dilemma**. The first one is **blending**.

This consists of **combining characteristics** of two different products in a single one in a way that can fulfill both the concerns. **Fixing** is another strategy. It consists of **redesigning an object** that originally **fulfills one of the two different concerns** while ignoring or violate the other one. Here, the designer can redesign the solution in a way that the first concern is still fulfilled, but also fulfilling the other one. This is done by **modifying the characteristics of the product** or just adding new ones. Design **flexibility** into the product is a strategy that can be used while some product characteristics are preferred in some usage situations but not into others. In this case, the user can **decide whether to fulfill one concern or the other**. This doesn't necessarily solve the dilemma, but create an **alternative** between the two. Eventually, **Introducing new designs** is the final strategy. By following this direction, the designer creates a product that is **different yet related** to the product that causes the dilemma, even if it will not be related to its archetype.



APPENDIX E

Primary research plan



This schedule has been prepared to interview LGBT+ members with catholic- influenced spirituality in Italy. The main focus of this research is to find **patterns in people's spiritual journey to gather input to use later in the ideation phase**. This primary research aim to **explore personal spirituality, the impact of religion on personal spirituality and the personal needs and aspiration in terms of relationship with God of the target group**.

The interviews are conducted in the form of a **focus group of max 3 people** whether possible, to create a better discussion about the topic. If the participants don't want to participate in a focus group (they could be "in the closet" partially, or they just prefer to keep their sexuality hidden), the same schedule will be used for **single interviews**.

Participants

11 participants are going to be interviewed. They are all aged between 20 and 30 and they all identify as gay Catholics or lesbian Catholics. During the recruiting phase, they will be proposed to participate in the focus group format. In the case of a negative response, the classic one to one interview format will be applied

Privacy

To safeguard participants' privacy, all the interviews will be conducted in a private environment. This will be either participants' home or a rented reserved room. Furthermore, names and pictures of participants will be disguised to avoid their recognition

Research Questions

How Catholic homosexuals nurture their spiritual relationship with God and how they were able to merge homosexuality and spirituality?

What elements should be improved for a better spiritual relationship with God from the point of view of catholic-homosexuals?

Activities

1. Bring an object that is significant for your personal spirituality (20 min)

Goal: Gain information about the values that people attach to objects in the area related to their spirituality

Focus: The focus will be on the personal relationship that people have with their object that embeds part of their spirituality

Guide questions:

Why is this product important for you?

What does it represent?

What is the story behind it?

What emotions does it represent?

Perché questo prodotto è importante per te?

Che cosa rappresenta?
Qual è la storia dietro di essa?
Quali emozioni rappresenta?

Material:

Emotion deck

2. Personal History Timeline (30 min)

Goal: Obtain important insights about events/people that helped the person in merging spirituality and homosexuality

Focus: Personal history related to the journey of combining the two aspects

Guide questions:

This line represents your spiritual path. I ask you to draw, write, attach stickers, indicate the most interesting events of your spiritual journey. They can be people, events, places etc. There are no right or wrong answers!

What is the most memorable event? Why?

Why do you think these events are important? Which emotions did you experience? Why?

Questa linea rappresenta il tuo percorso spirituale. Ti chiedo di disegnare, scrivere, attaccare adesivi, indicare gli eventi più interessanti del tuo viaggio spirituale. Possono essere persone, eventi, luoghi ecc. Non ci sono risposte giuste o sbagliate!

Quali sono gli eventi più memorabili? Perché?

Perché pensi che questi eventi siano importanti? Quali emozioni hai provato? Perché?

Material

Timeline, gay stickers

3. Understanding your difference between Religion and Spirituality (15 min)

Goal: Gather information about the degree of spirituality related to the degree of religiousness, and whether some aspect of religion can be used in the future.

Focus: The focus will be on how people perceive their relationship with God, and their perception of the Catholic Church/ their community

Guide questions:

In this part of the interview I'm going to ask you to reflect on your personal definition of spirituality and your definition of religion. The first thing that I'm going to ask you is to place yourself in the circle. The more you put yourself to the center, the more you identify as spiritual and/or religious.

What are the main differences for you?

Why you placed yourself in this position?

Which elements are pushing you away from the center?

What drives you to be a spiritual person? What are the motivations?

In questa parte dell'intervista ti chiederò di riflettere sulla tua definizione personale di spiritualità e sulla tua definizione di religione. La prima cosa che ti chiederò è di metterti nel cerchio. Più ti metti al centro, più ti identifichi come spirituale e/o religioso.

Perché ti sei messo in questa posizione?

Quali elementi ti stanno allontanando dal centro?

Quali sono le principali differenze per te?

Material:

Targets sheets, gay stickers

4. Which elements of religion and spirituality put you down and which elements help you (20 min)

Goal: Gather information about which aspects of Religion are perceived as negative, and collect insights that may be included in the ritual

Focus: Personal history of the participant and his/her perception on how the current state of what the Church does

Guide questions:

In this part we will analyze the components of spirituality and religion that influence personal spiritual relationship with God. I ask you to mark the aspects of spirituality that have a positive or negative influence on your spiritual relationship with God, and I ask you to do it also for religion.

What did you write? Why? How does it feel?

In questa parte analizzeremo le componenti di spiritualità e religione che influiscono sulla relazione con Dio. Ti chiedo di segnare vicino ai "più" gli aspetti di spiritualità che influiscono positivamente, e ai "meno" quelli che influiscono negativamente sulla tua relazione con Dio, e la stessa cosa ti chiedo di farla per religione.

Cosa hai scritto? Perché? Come ti fa sentire?

Material:

Faith, Spirituality and Religion framework

5. Which needs were not fulfilled in your spiritual life? which are the needs that are not fulfilled now? (20 min)

Goal: Gather information about the struggles that people perceive during the process of combining spirituality and homosexuality

Focus: Personal history and emotions that people experienced during their journey

Guide questions:

Now I ask you to return a second back to the timeline. I ask you to make a comparison and analyze how you were then and how you are now. What are the difficulties you have been able to overcome in the context of faith?

How did you manage to overcome them?

Have you ever had moments when you gave up your faith?

Have you ever been angry with God? What emotions did you feel?

If so, how did you manage to overcome them?

What are the goals you're still working on?

How could you reach them?

Ora ti chiedo di tornare un secondo indietro, alla timeline. Ti chiedo di fare un paragone e analizzare com'eri allora e come sei adesso. Quali sono le difficoltà che sei riuscito a superare nell'ambito della fede?

In che modo sei riuscito a superarli?

Hai mai avuto dei momenti in cui hai abbandonato la fede?

Sei mai stato arrabbiato con Dio? Che emozioni hai provato?

Se si, in che modo sei riuscito a superarli?

Quali sono gli obiettivi su cui stai ancora lavorando?

In che modo potresti raggiungerli?

Material:

Emotions Cards, Needs Cards

6. How does your perfect relationship with God look like? (15 min)

Goal: Gather information about the core elements of a good spirituality

Focus: Participants current state of spirituality and the desired goal of the relationship between them and God

Guide questions:

For this part of the interview, I ask you to focus only on your personal relationship with God, which we are going to call spirituality. I ask you to imagine the ideal relationship, the one you aspire to, that you would like to have with God. I ask you to write the attitudes, thoughts, and behaviors towards the Lord that you would like to have, and moreover what you expect from the Lord in this relationship.

What motivates you to be a spiritual person? What are the motivations?

How do you pray? What are the activities you do most often? Why are you doing them?

Do you have a routine, do you have precise moments when you pray? Why those moments?

What senses are involved when you pray?

Do you have a metaphor that represents the way you pray / relate to God?

Per questa parte dell'intervista ti chiedo di focalizzarti solamente con il tuo rapporto personale con Dio, che per semplicità chiameremo spiritualità. Ti chiedo di immaginare il rapporto ideale, quello a cui aspiri, che vorresti avere con Dio. Ti chiedo di scrivere gli atteggiamenti, pensieri e comportamenti verso il Signore che vorresti avere, e in più cosa ti aspetti dal Signore in questo rapporto.

Cosa ti spinge ad essere una persona spirituale? Quali sono le motivazioni?

In che modo preghi? Quali sono le attività che fai più spesso? Perché le fai?

Hai una routine? Hai dei momenti precisi in cui preghi? Perché quei momenti?

Quali sensi sono coinvolti quando preghi?

Hai una metafora che rappresenta il modo in cui preghi / ti relazioni a Dio?

Material

The format between them and their relationship with God

Material to bring

black pages

markers

post-its

stickers

sensitizing material

emotion cards

presents

APPENDIX F

Material for the interviews and results



Figure 3
Timeline

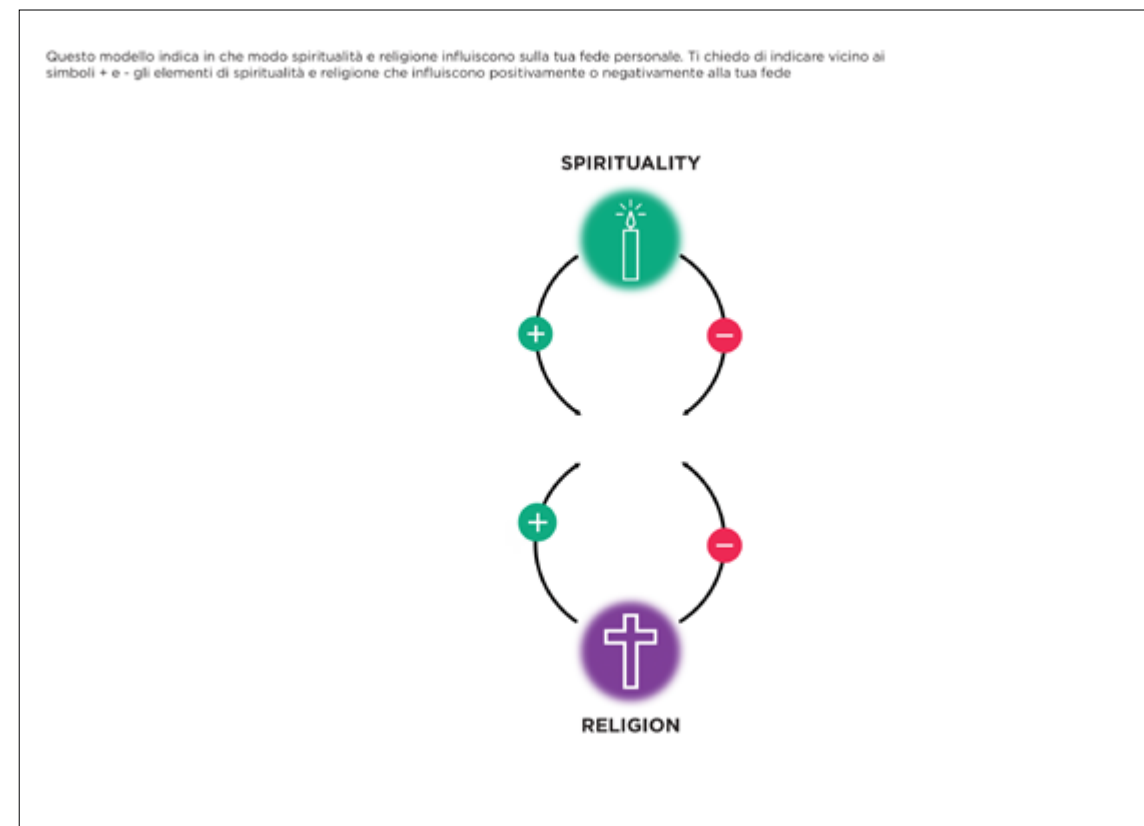


Figure 5
Spirituality and
Religion influences

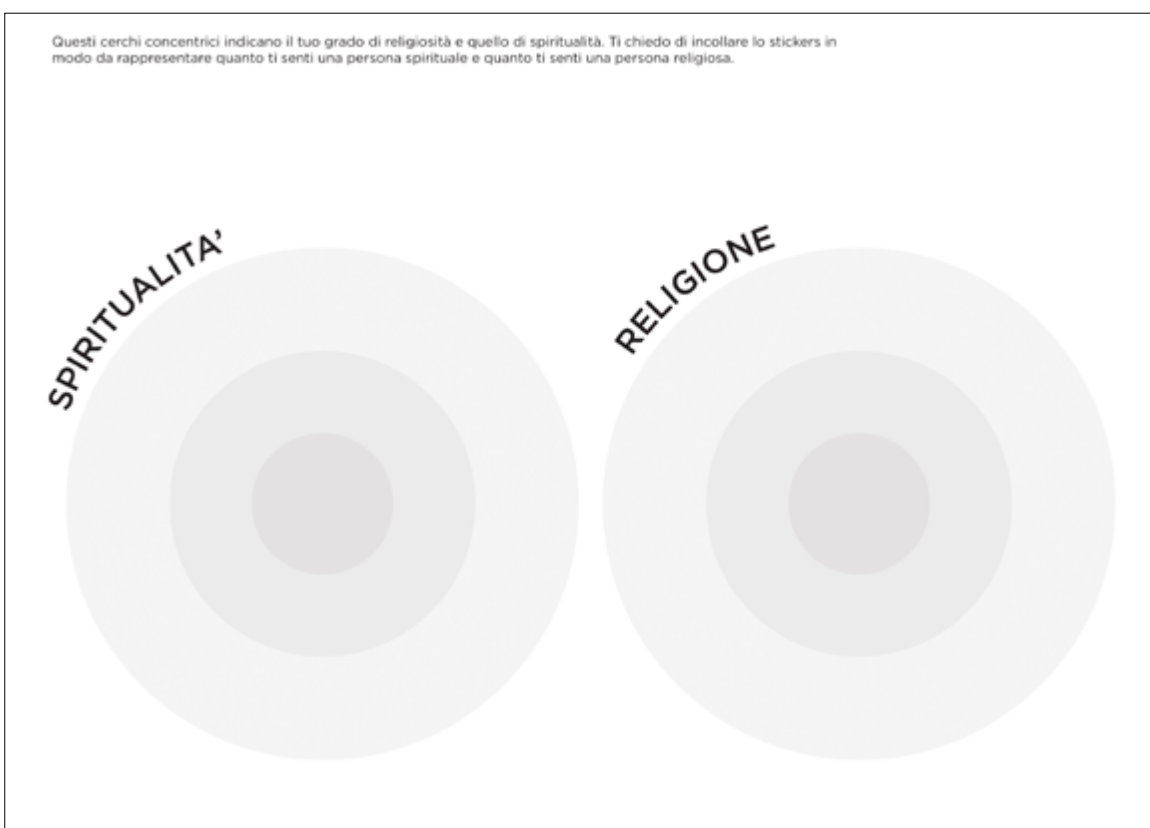


Figure 4
Spirituality vs
Religion

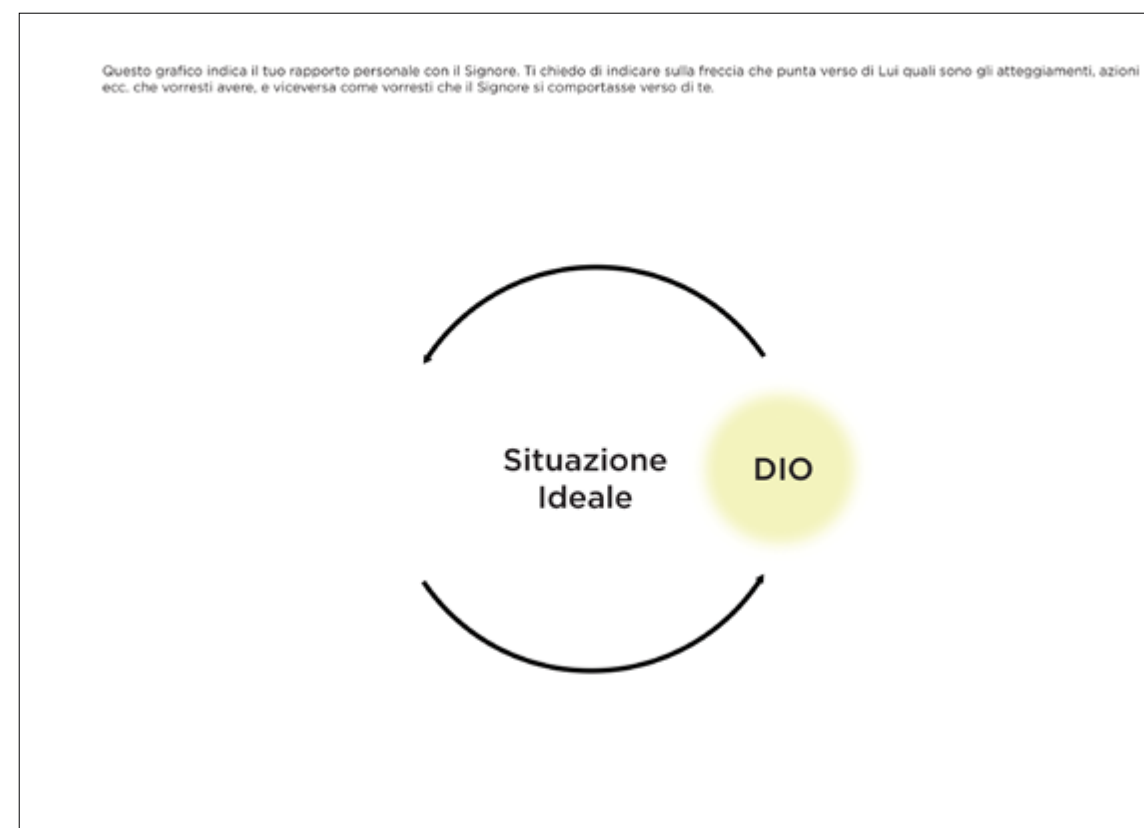


Figure 6
Personal
relationship with
God

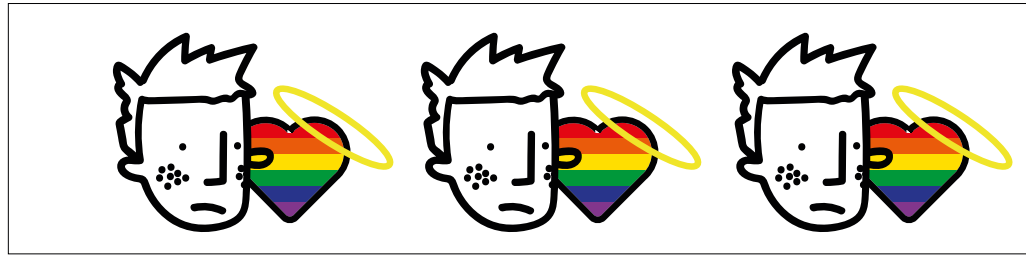
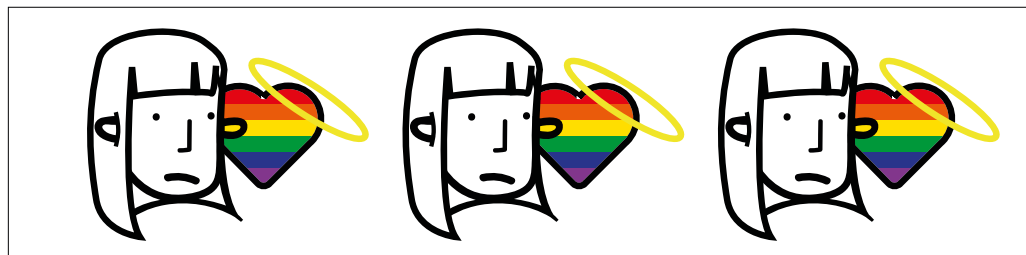
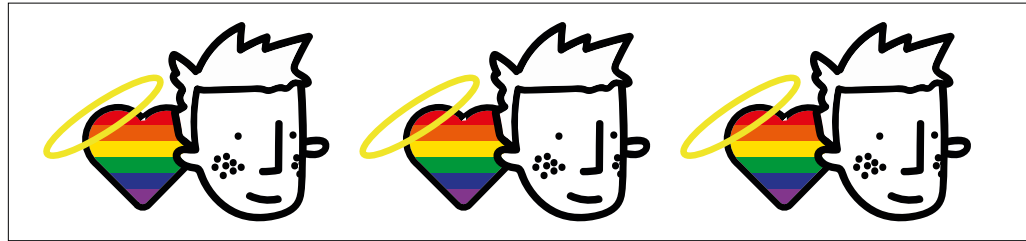
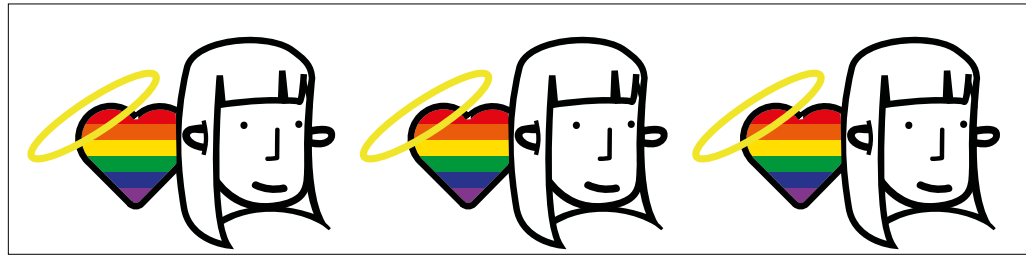
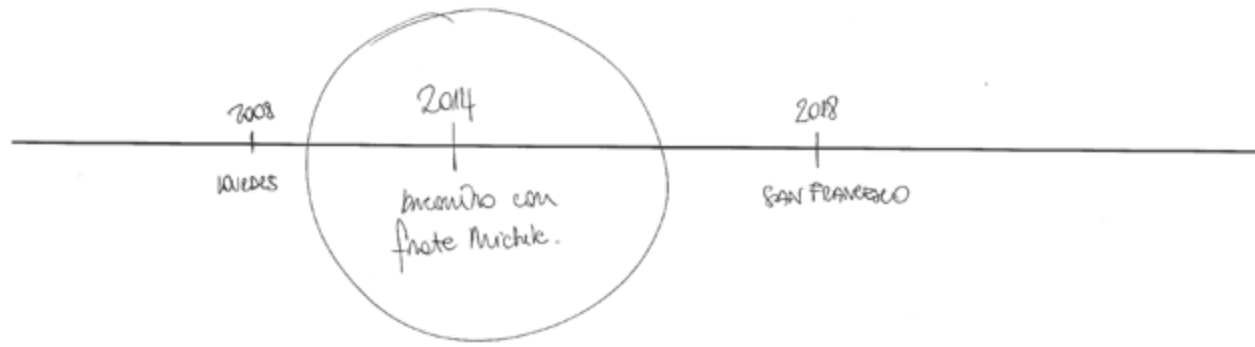


Figure 7
Spirituality and Religion
influences



Questa linea rappresenta il tuo cammino spirituale. Ti chiedo di disegnare, scrivere, attaccare adesivi, indicare come più ritieni interessante gli eventi principali del tuo percorso spirituale. Possono essere persone, eventi, luoghi etc. Non esistono risposte giuste o sbagliate!



Questi cerchi concentrici indicano il tuo grado di religiosità e quello di spiritualità. Ti chiedo di incollare lo stickers in modo da rappresentare quanto ti senti una persona spirituale e quanto ti senti una persona religiosa.

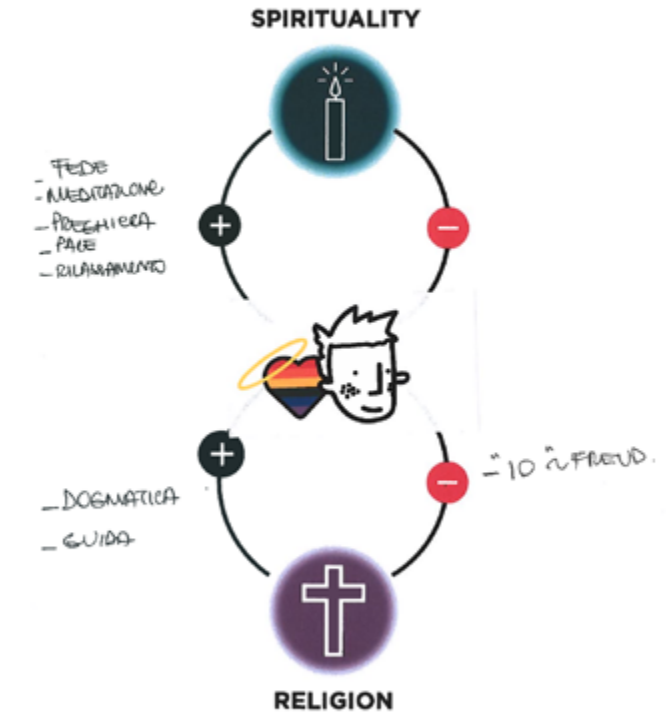
SPIRITUALITA'



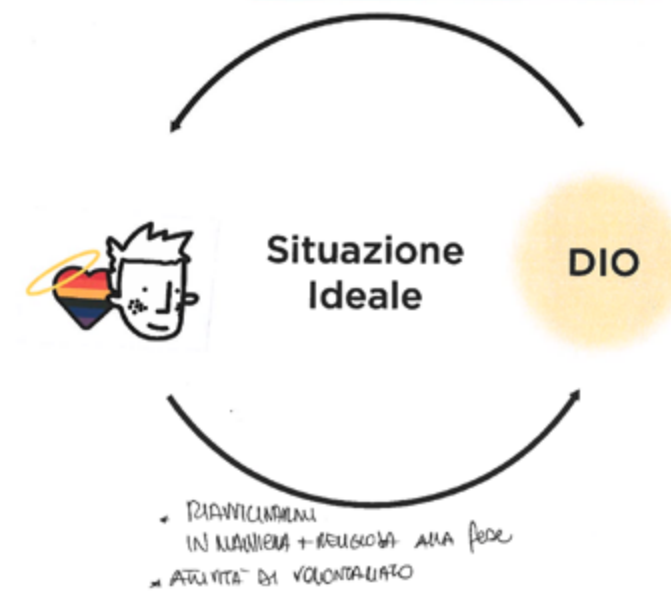
RELIGIONE



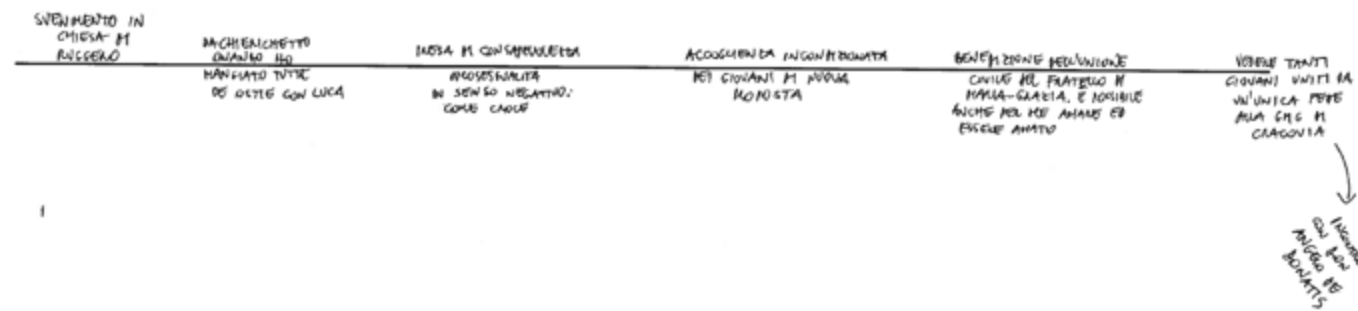
Questo modello indica in che modo spiritualità e religione influiscono sulla tua fede personale. Ti chiedo di indicare vicino ai simboli + e - gli elementi di spiritualità e religione che influiscono positivamente o negativamente alla tua fede



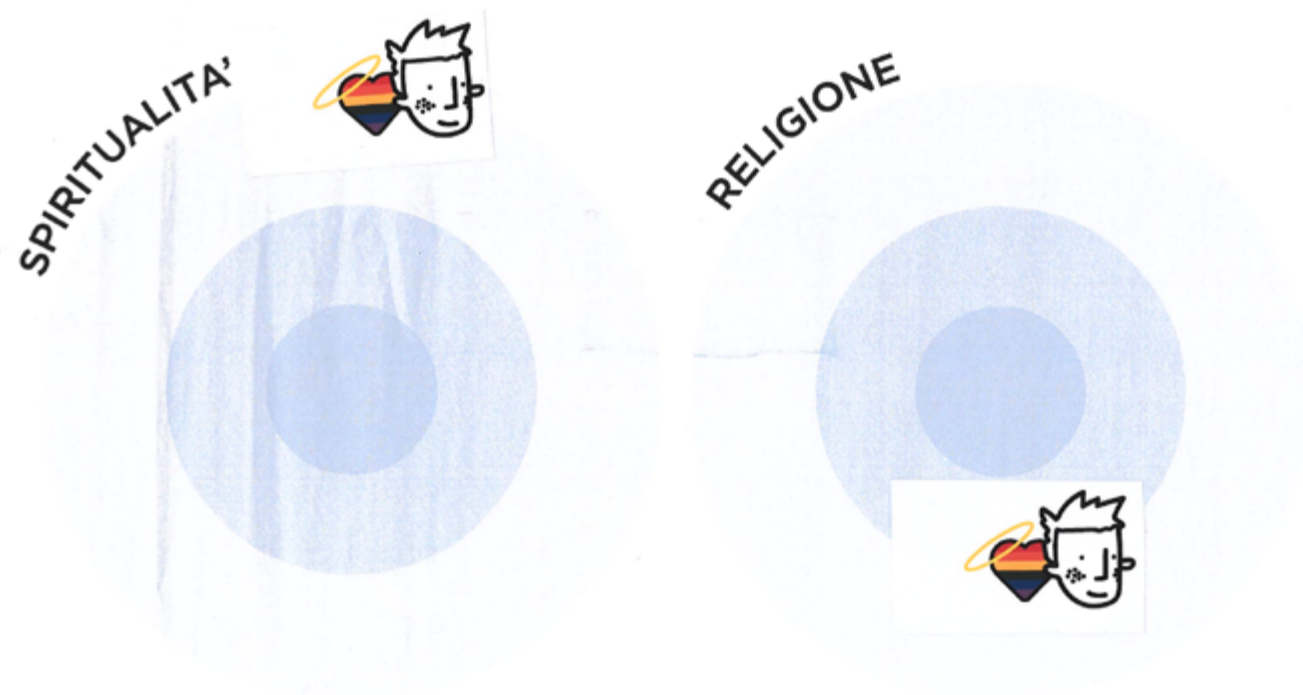
Questo grafico indica il tuo rapporto personale con il Signore. Ti chiedo di indicare sulla freccia che punta verso di Lui quali sono gli atteggiamenti, azioni ecc. che vorresti avere, e viceversa come vorresti che il Signore si comportasse verso di te.



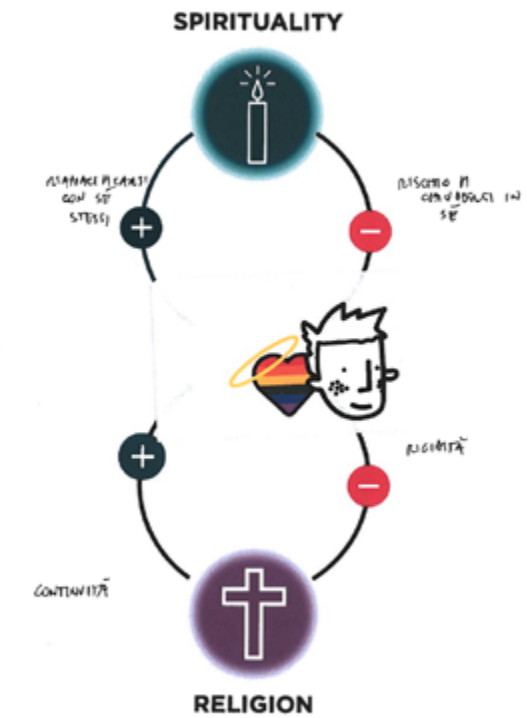
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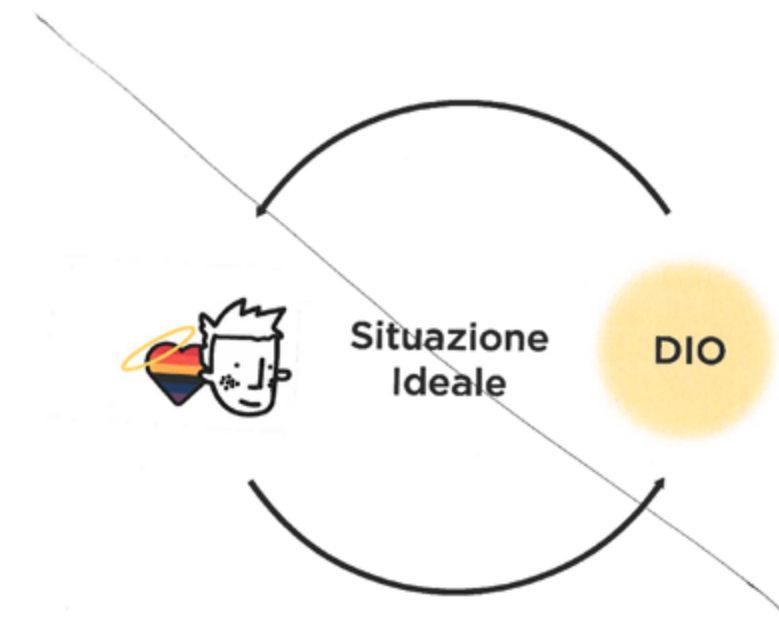
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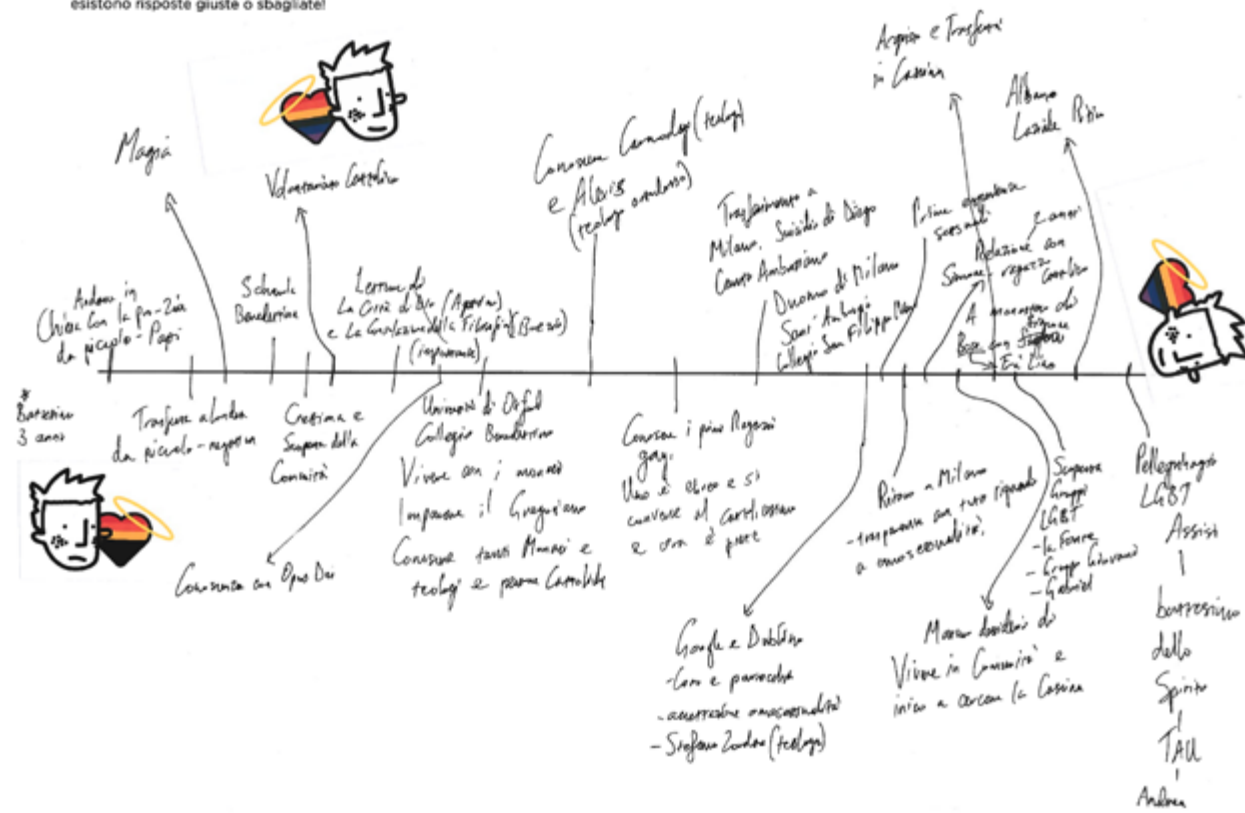
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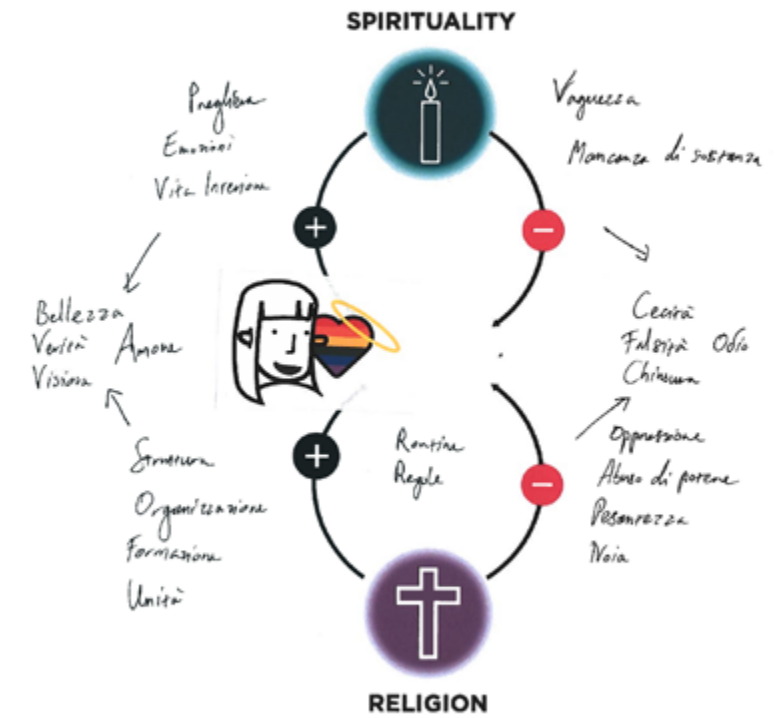
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SPIRITUALITA'

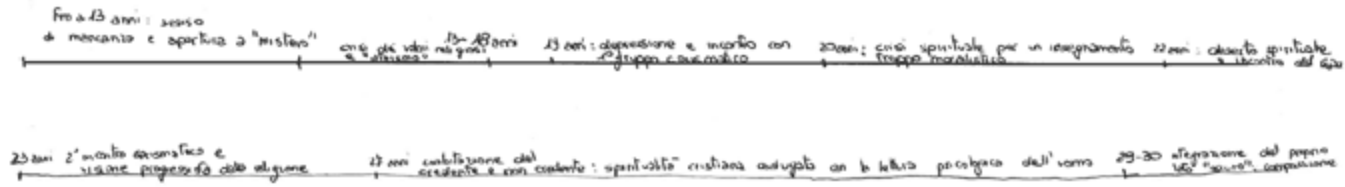
RELIGIONE



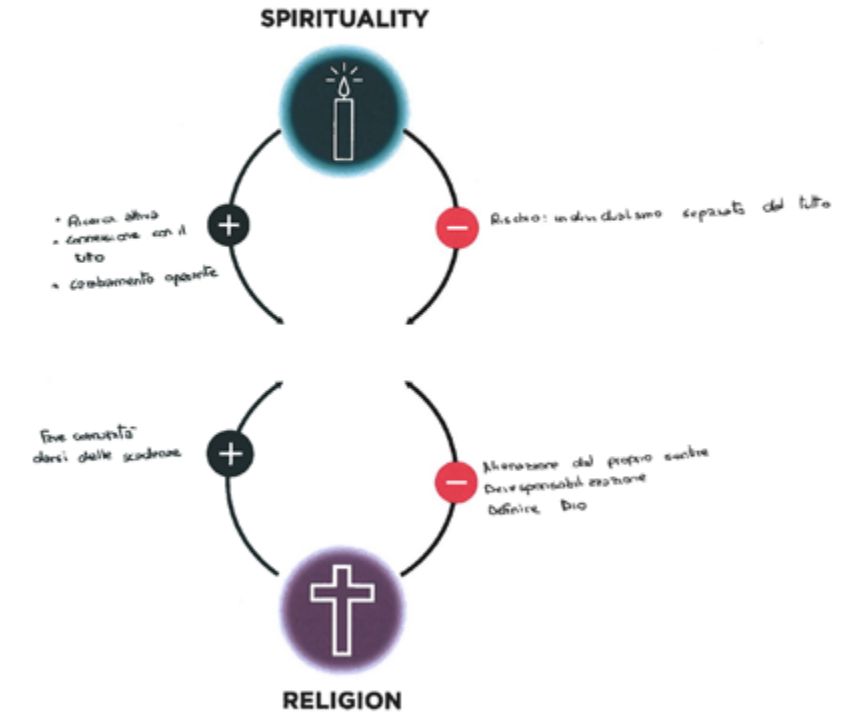
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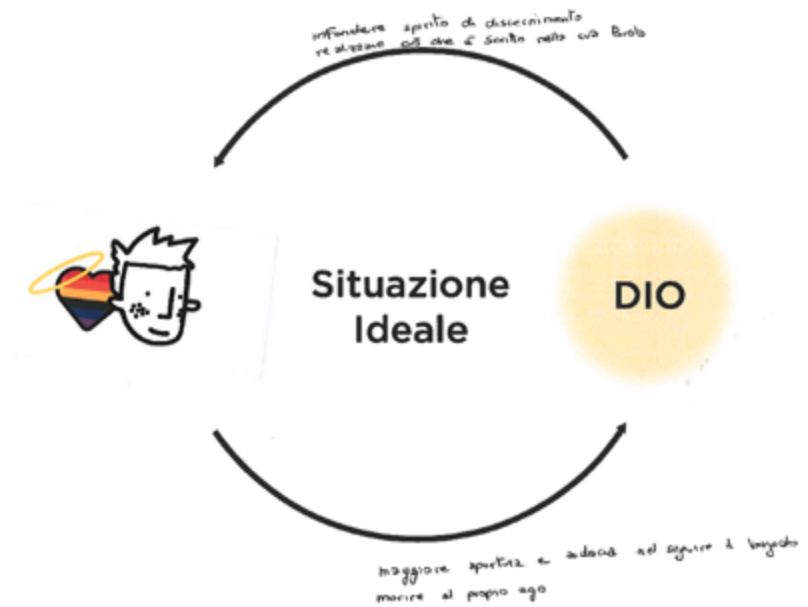
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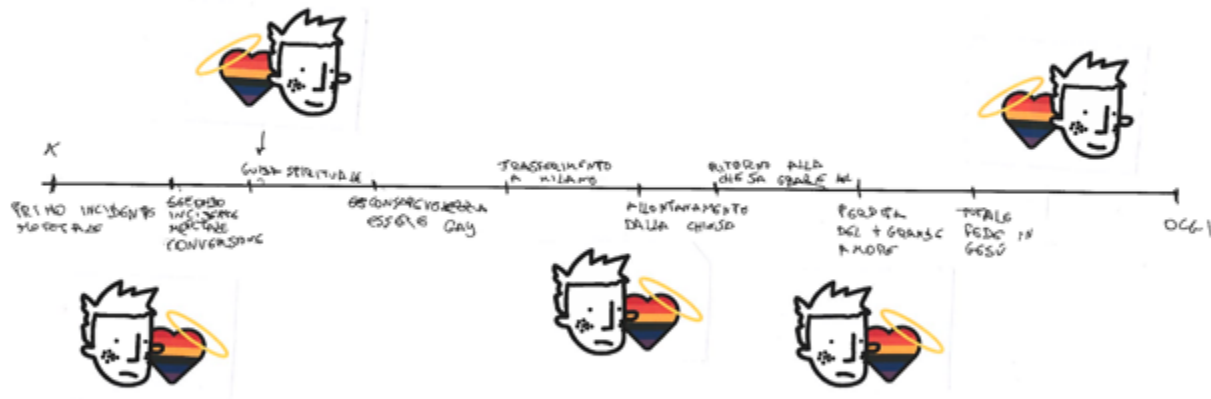
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SPIRITUALITA'

RELIGIONE



1. Questa linea rappresenta il tuo cammino spirituale. Ti chiedo di disegnare, scrivere, attaccare adesivi, indicare come più ritieni interessante gli eventi principali del tuo percorso spirituale. Possono essere persone, eventi, luoghi etc. Non esistono risposte giuste o sbagliate!



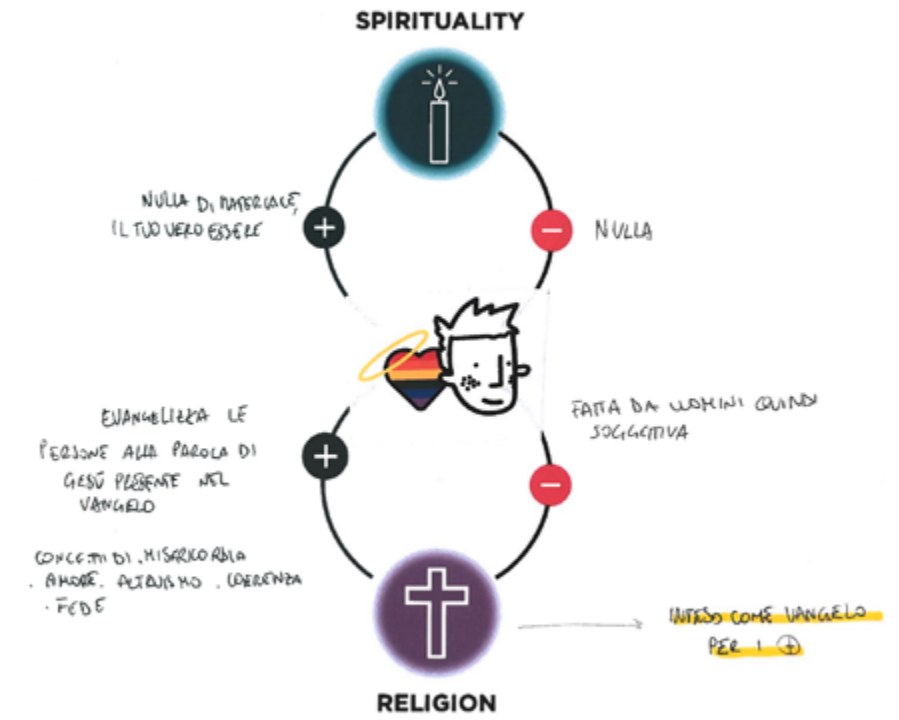
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SPIRITUALITÀ

RELIGIONE

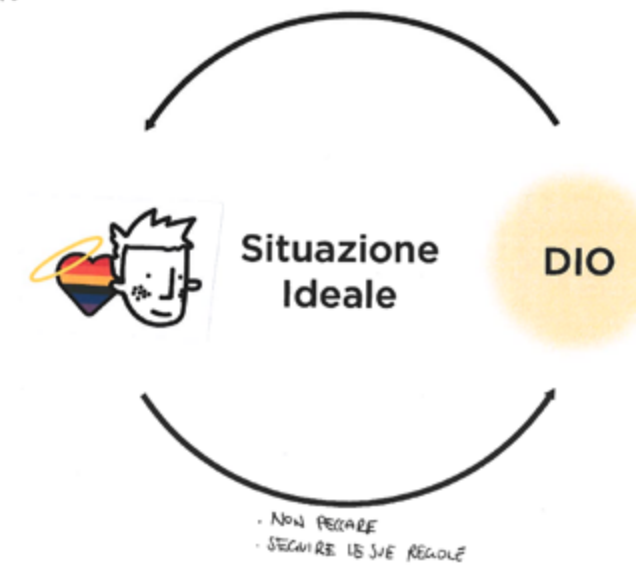


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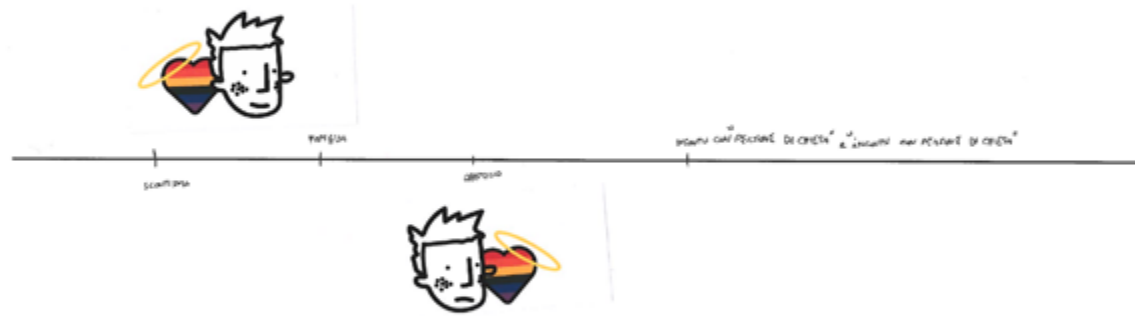


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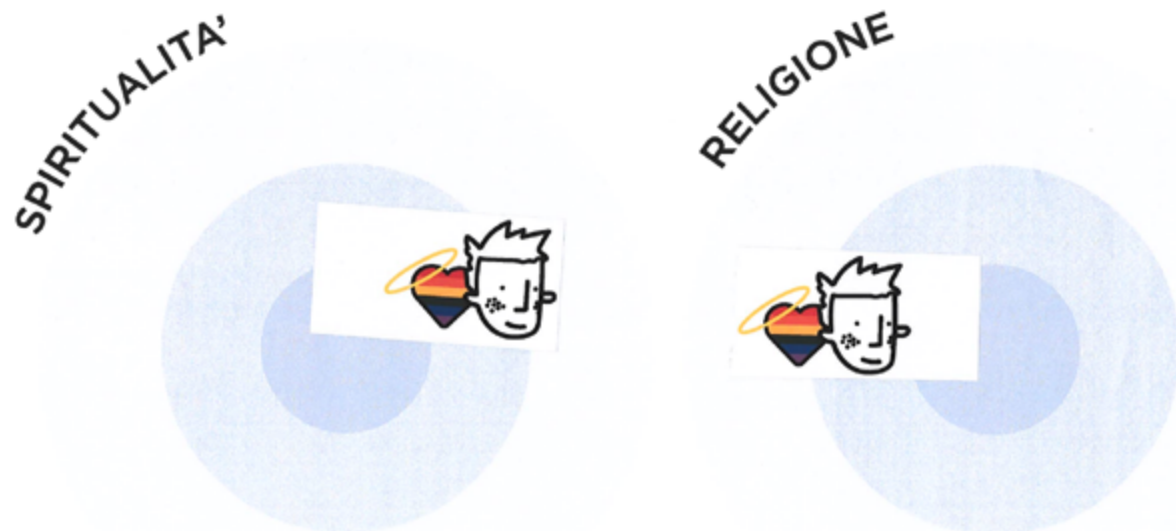
NON ESISTE IL RAPPORTO PERFETTO, PERCHÉ L'UOMO È IMPERFETTO



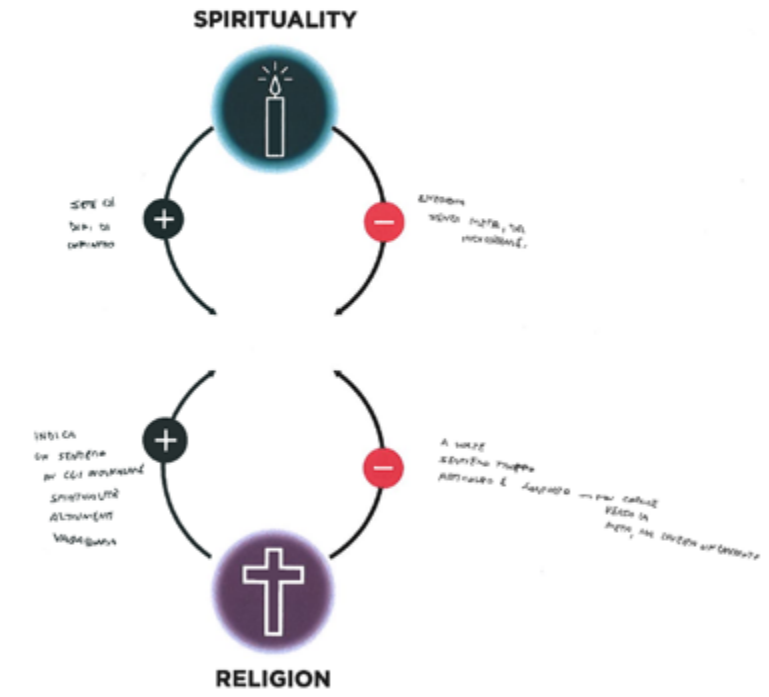
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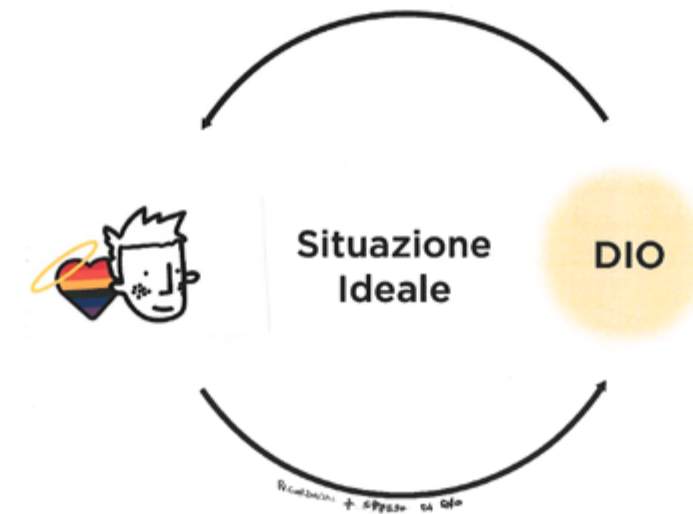
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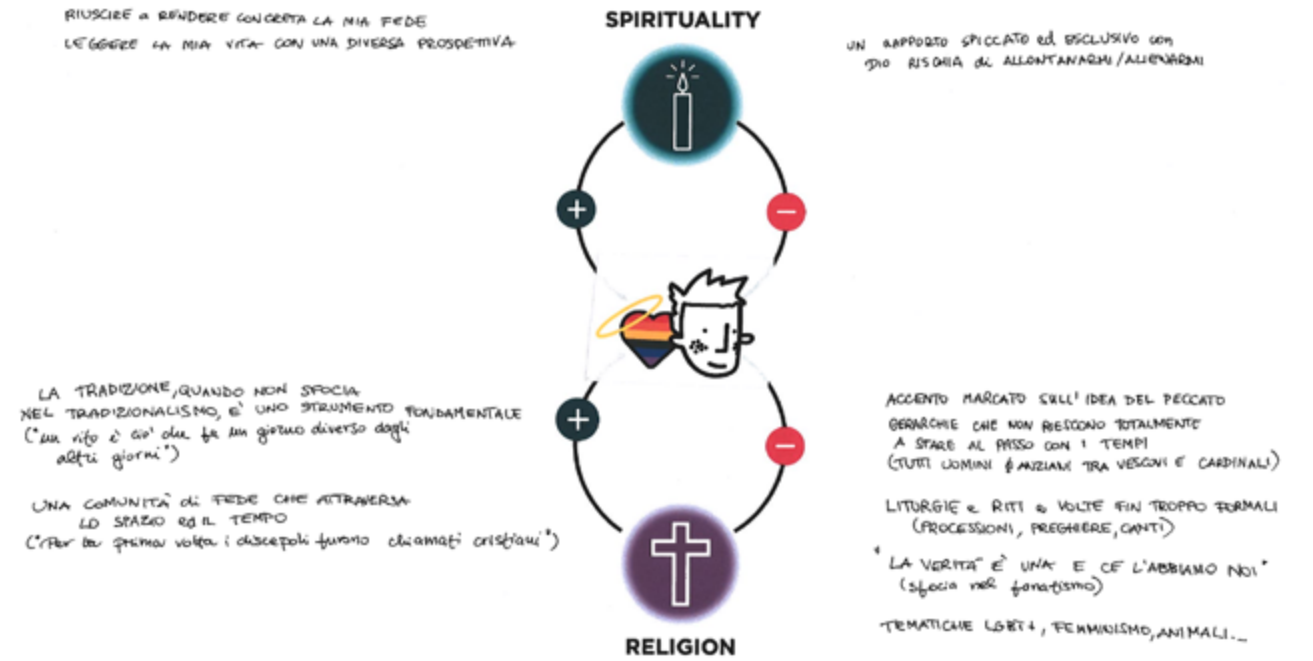
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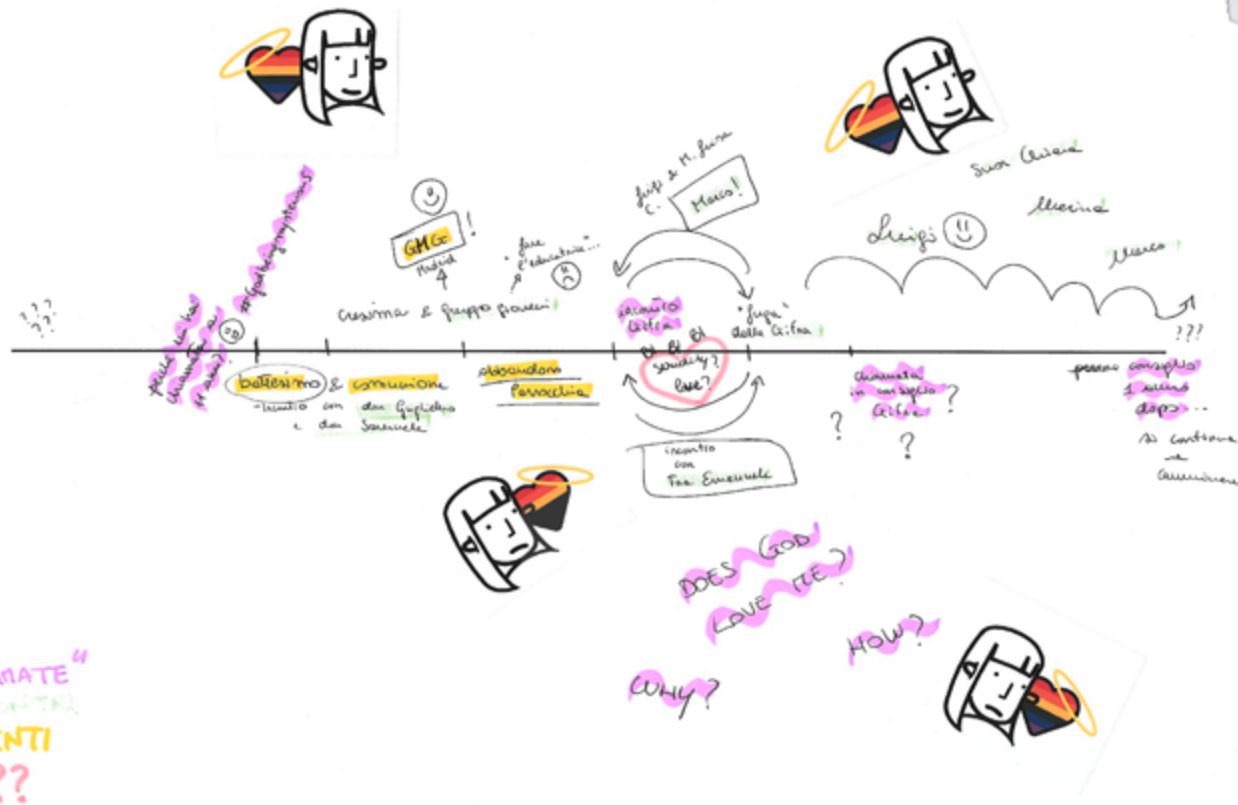
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"CHIAMATE" I PIÙ IMPORTANTI EVENTI ???

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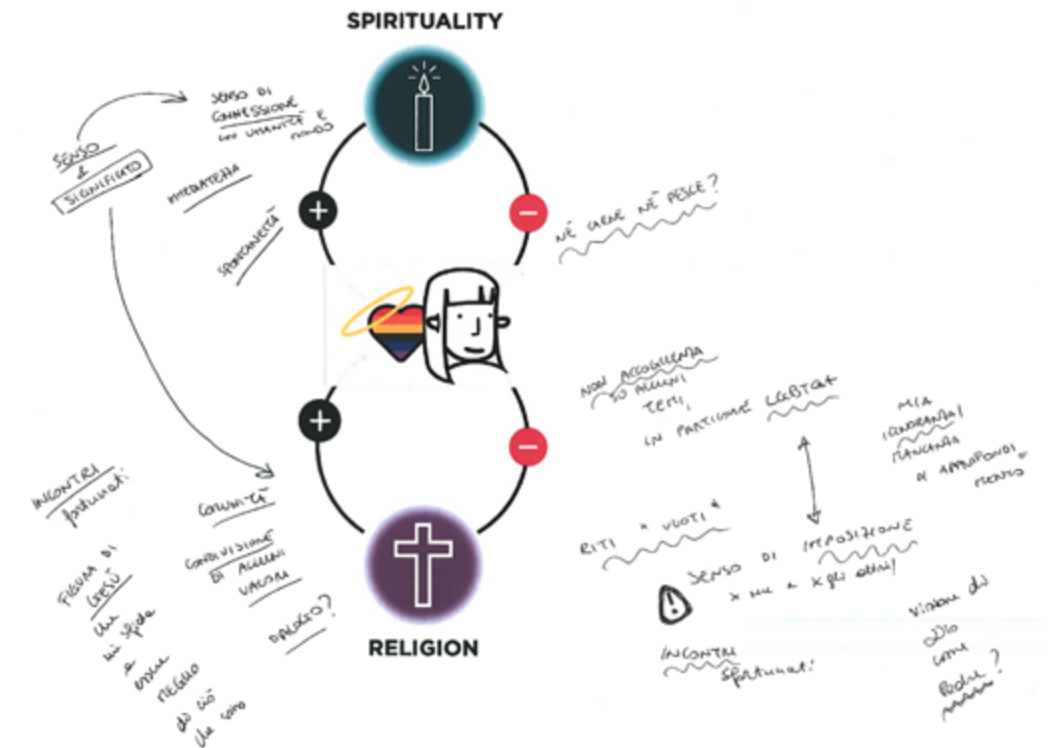
SPIRITUALITA'



RELIGIONE

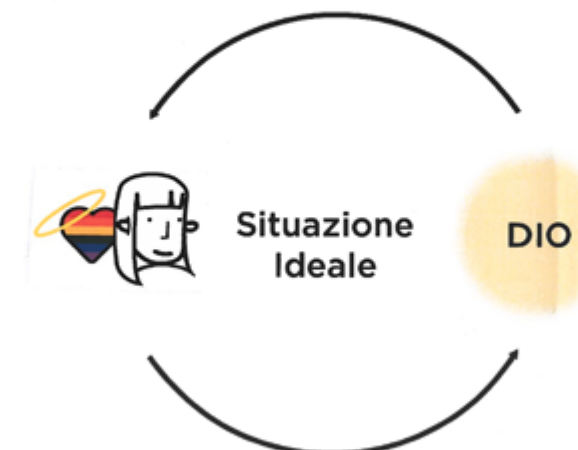


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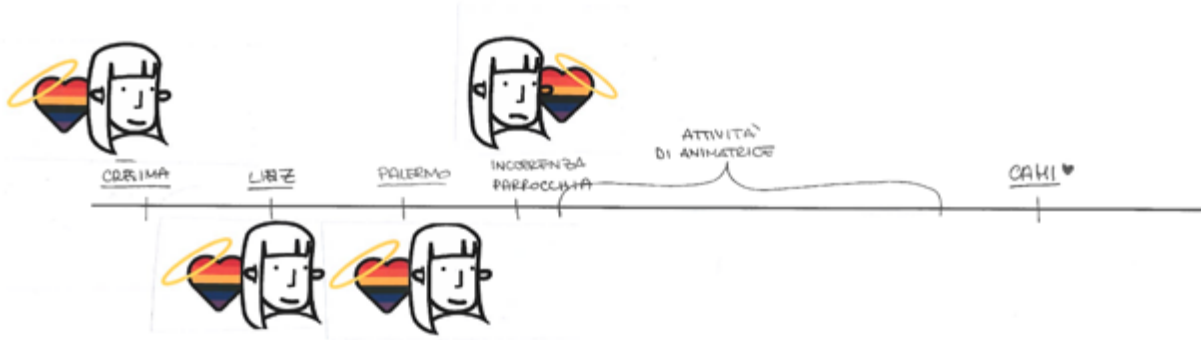
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- AIUTARMI A VIVERE LA SUA PATERNITÀ, PERCHÉ QUESTA PAPAIA PER ME HA UN SIGNIFICATO ATTUALMENTE QUASI SOLO NEGATIVO
- INSISTERE UN PO' LADDORE FICAZIA E DIFESA MI ACCONCOMANO...
- FARE PERCEPIRE IL SUO AMORE IN MODO PIÙ SOSTE C'E' UNO SIGNIFICATO... (e ho sempre bisogno di prove semi-tangibili e tante conferme per sentirmi sicuro)



- PREGHIERA REGOLARE (in proprio al momento e) (aiuto in proprio)
- LETTURA DELLE SCRITTURE QUANTE LA SETTIMANA (in proprio) (molto in proprio)
- RICERCA DI BANDO CON LUI SENZA CHE CI SIA SEMPRE UNO STIMOLO ESTERNO (in proprio) & DISCRIMINAZIONE (in proprio)
- MA TESTIMONIANZA AGGI ALTRA CHE FIGLIA DI DIO (in proprio)
- CONFESSIONE (non vedo da anni...)

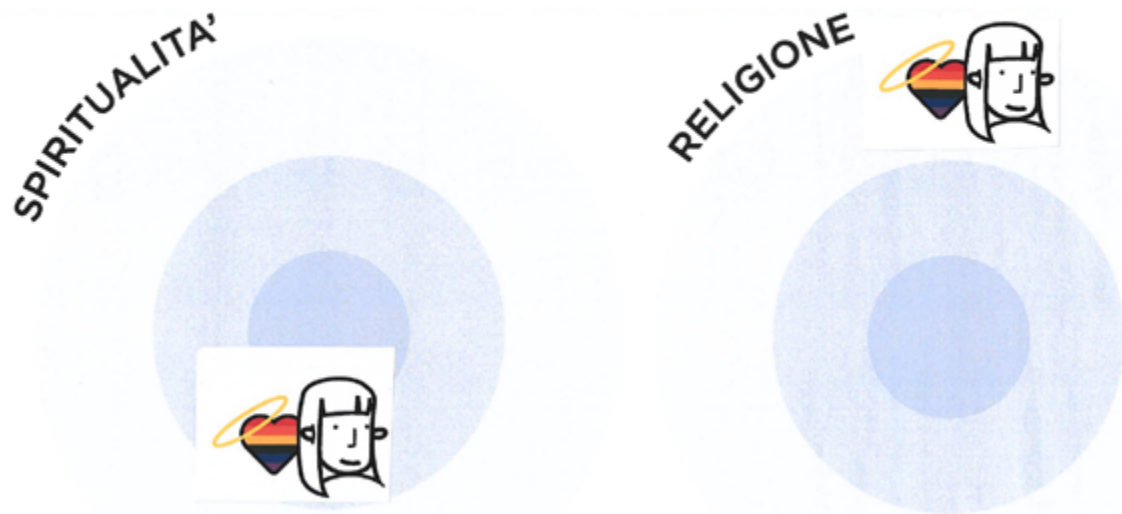
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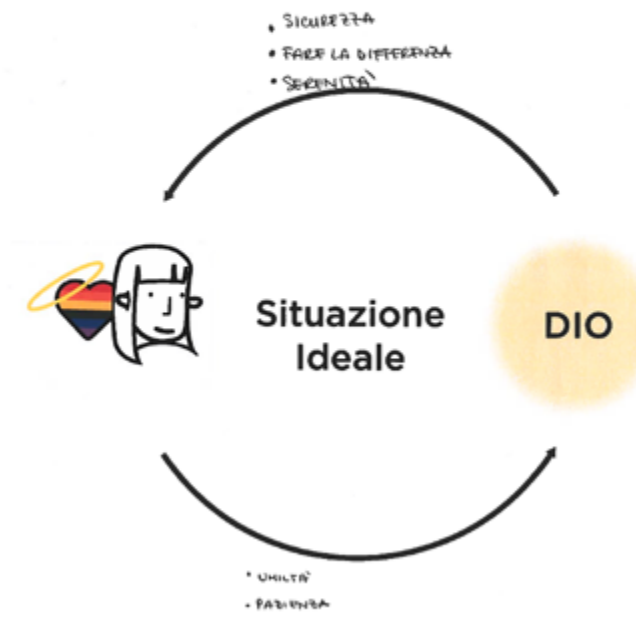
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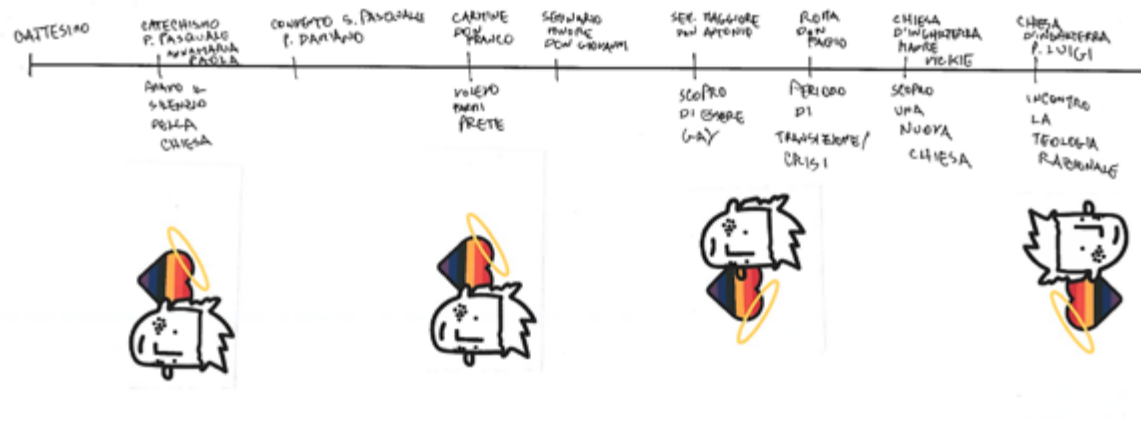
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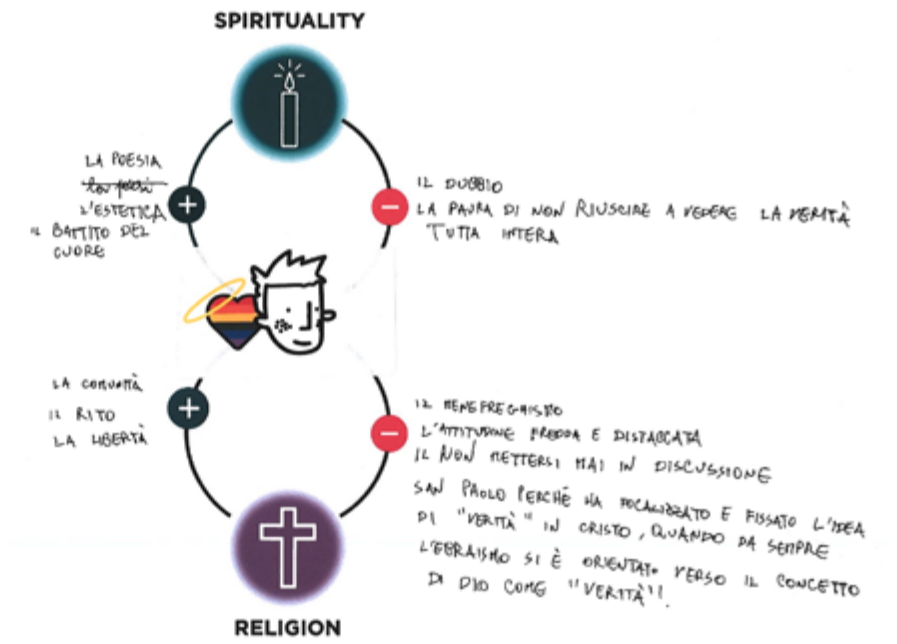
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APPENDIX G

Insights and Findings

Hereby are presented the clustered gathered from the primary research. Each of them is composed of sub-clusters based on quotes or material of the interviews and focus groups.

SELF-OPINIONS ON HOMOSEXUALITY

Homosexuality as a gift

Homosexuality as an obstacle for faith

Homosexuality as a non-problem

THE INFLUENCE OF RELIGION IS A GREY AREA

Church as a negative influence

Religion as a negative force

Rigid rules

Impositions from above

Non flexible institution

Human self entitlement

Unwelcoming church

Sterile rituality

Sense of guilt

Clergy as a negative influence

FAITH

Spirituality and religion as inseparable

EMOTIONS TOWARDS GOD

Anger against god

Seeking out more trust in god

God already does everything for me

NEED FOR GUIDELINES

The wrong companions of the journey

Community as a value

Intellectual dialogues

Sense of belonging

Collective praying

Intellectual faith

Meeting the right praying community

Need for guidelines

Inclusiveness of Catholicism

BEING CATHOLIC AS LIFE DIRECTION

Need of helping others

360 Catholic

SPIRITUALITY IS NECESSARY BUT NOT SUFFICIENT

Seeking time on your own

Spontaneous positive spirituality

Missing schedule for praying

Inner peace in praying

Ritual as a positive support

Negative aspects of Spirituality

Individualism

Self-reflection for nurturing faith

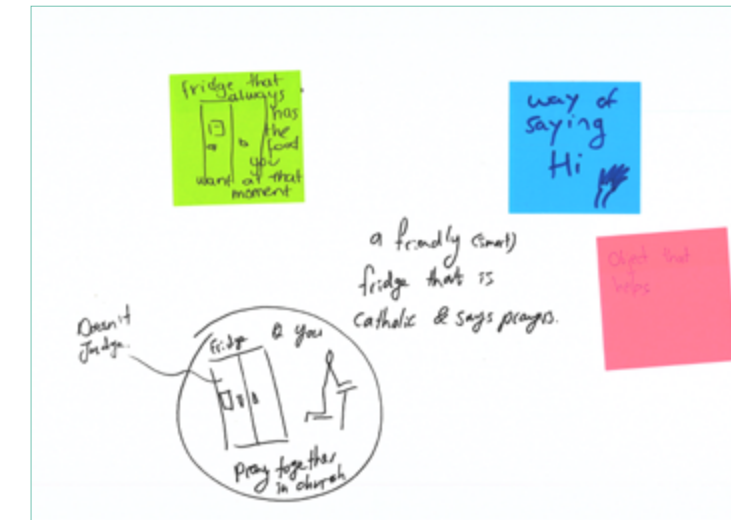
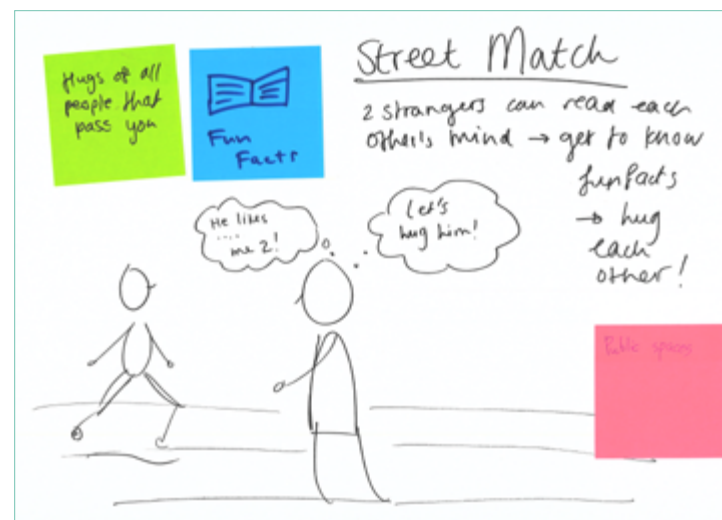
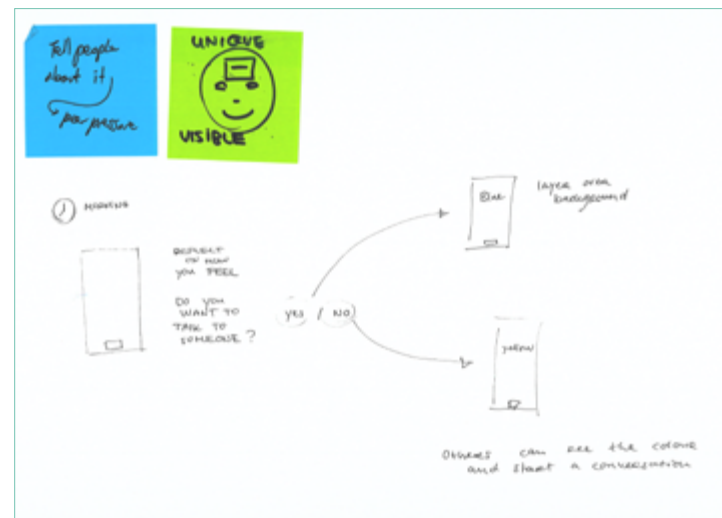
APPENDIX H

First Workshop session

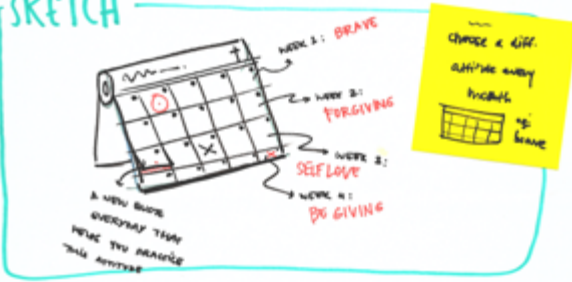
Three sessions related to the topic were carried out during the September edition of the elective Creative Facilitation from TUDelft. The results from these sessions were used as inspiration inputs during the ideation phase, since the three workshops happen in the earliest stage of this project.

Takeaways

Each of the three facilitators was able to approach the problem from a different perspective. This helped the designer during the ideation phase to see which ideas were more likely to be developed into a concept that suits the Design Goal and the Interaction Vision.



TITLE: DAILY DATES WITH GOD

SKETCH: 

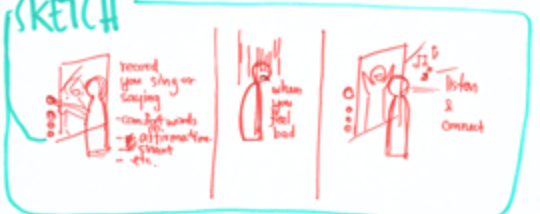
LITTLE EXPLANATION:

- EXPLORE DIFFERENT SELF MEANING
- FOR WHOLE WEEK.
- EVERYDAY there is a quote that leads to ~~the~~ practicing.
- So you can mix & match what you like.

QUALITIES/VALUES:

- EXPLORE
- CREATE OWN VALUE

TITLE: mirror, mirror on the wall who's the holiest of them all

SKETCH: 


LITTLE EXPLANATION:

- record you sing or words.
- listen when you need
- connect with yourself
- understand self meaning
- reinvent for better.

QUALITIES/VALUES:

- Personal
- Ritual
- Positive
- Spiritual connects with urself

TITLE: WATCH-OVER


SKETCH: 

LITTLE EXPLANATION:

QUALITIES:

- Self satisfaction
- Self learning
- Spreading the good

TITLE: RE-BIBLE!

SKETCH: 

LITTLE EXP:

=> Promotes a self-interpretation of the bible.

QUALITIES:

- See the good side
- Allows homosexuals to be spiritual and confident in religion

TITLE: BE YOURSELF INSPIRATION

SKETCH: 

LITTLE EXP:

QUALITIES:

- Positive influence

TITLE: UNVEIL MY INNER SELF

SKETCH: 

LITTLE EXPLANATION:

- EXPLORE LAYERS OF SELF MEANING
- WRITE & PERSONALIZE
- GIVE TO SOMEBODY THAT YOU WANT, WHOM YOU WANT TO BE UNDERSTOOD BY.

QUALITIES/VALUES:

- DIVIDE YOUR MEANING IN LEVELS (YOU CAN BE MANY THINGS)
- SELF-GUIDED
- REINSTATE - MAKE YOUR CORE CONCRETE

Gay icon speaks in short catholic night messages

621x listeners

Hi, welcome back with Ephraim the gay catholic.

EPHRAIM

SHOWER POWER

OF GAY CATHOLICS

ONLINE & ANONYMOUS

COMMUNITY

"BEST START OF EVERY DAY" - anonymous

always gives me a smile - gay catholic

during the day you inspire share sounds & prayers

every morning in the shower this is automatically played

you can share what you know others think about the same community feels ritual (first in daily life)

APPENDIX I

Second Workshop session

To generate more ideas to use in the ideation phase, an additional generative session has been prepared. Based on the dilemma selected in the analysis phase, the goal of the session was to gather as many inputs as possible to create possible design directions.

For this session, it has been decided to involve only participants with familiarity with the topic. Therefore, partakers were all designers with a Catholic background. By doing so, they didn't have to be sensitized about the specific dynamics, rituals, and prayers that occur in catholic environments. Furthermore, attention has been made to insert at least one LGBT+ member in each of the two groups during the session. This choice has been made to force each group to assume the point of view of an LGBT+ member, and therefore to apply it while designing solutions

PARTICIPANTS



WORKSHOP TIMELINE

Analysis of the dilemmas and definition of the Design Goal

Idea Generation

Presentation

Goal of the ideation session

Define the Design Goal of the Project
Idea generation and possible design directions

Dilemma

I want to be in contact with other people who were struggling with being homosexual and catholic but I want to stay in the closet

And I want that part of the solution includes a ritual

Schedule

First Part

(5 minutes) Icebreaker

(10 minutes) Introduction:

Explanation of the problem.

(10 minutes) Abstraction “why”

People are asked to abstract the problem in a why level to have a better understanding on the problem. It can differ in different ways

Material: Post-its, Pens, Big papers

(5 minutes) How to...

The group needs to create some How to's to narrow down the problem and select the one they think is the most appropriate.

Material: Post-its, Pens, Big papers

(10 minutes) Creation of the design Goals:

After abstracting the two concerns, participants are asked to create a design goal(s).

Material: Post-its, Pens, Big papers

(40 min)

Second Part

(5 minutes) Division in two groups and brainwriting on “How not to solve that problem”

The first ideas are discharged and people will start to think about innovative solutions in the following activity.

Material: Post-its, Pens

(20 minutes) Brainstorming about the design goal

In this phase the two groups are going to brainstorm about the different topics and create possible design directions.

Material: Post-its, Pens

(10 minutes) 2 C-Box

People are going to map on the SPIRITUALITY x FEASIBILITY matrix

Material: Post-its, Pens, Tape

(35 min)

Third part

(10 minutes) Explanation and Clustering together

People are asked to pick one idea at the time and explain it to the others. Also, by doing so, clusters are created.

Material: Post-its, Pens

(5 minutes) Analysis of the idea

The clusters are analyzed and concepts are created

Material: Post-its, Pens

(15 minutes) Idea definition

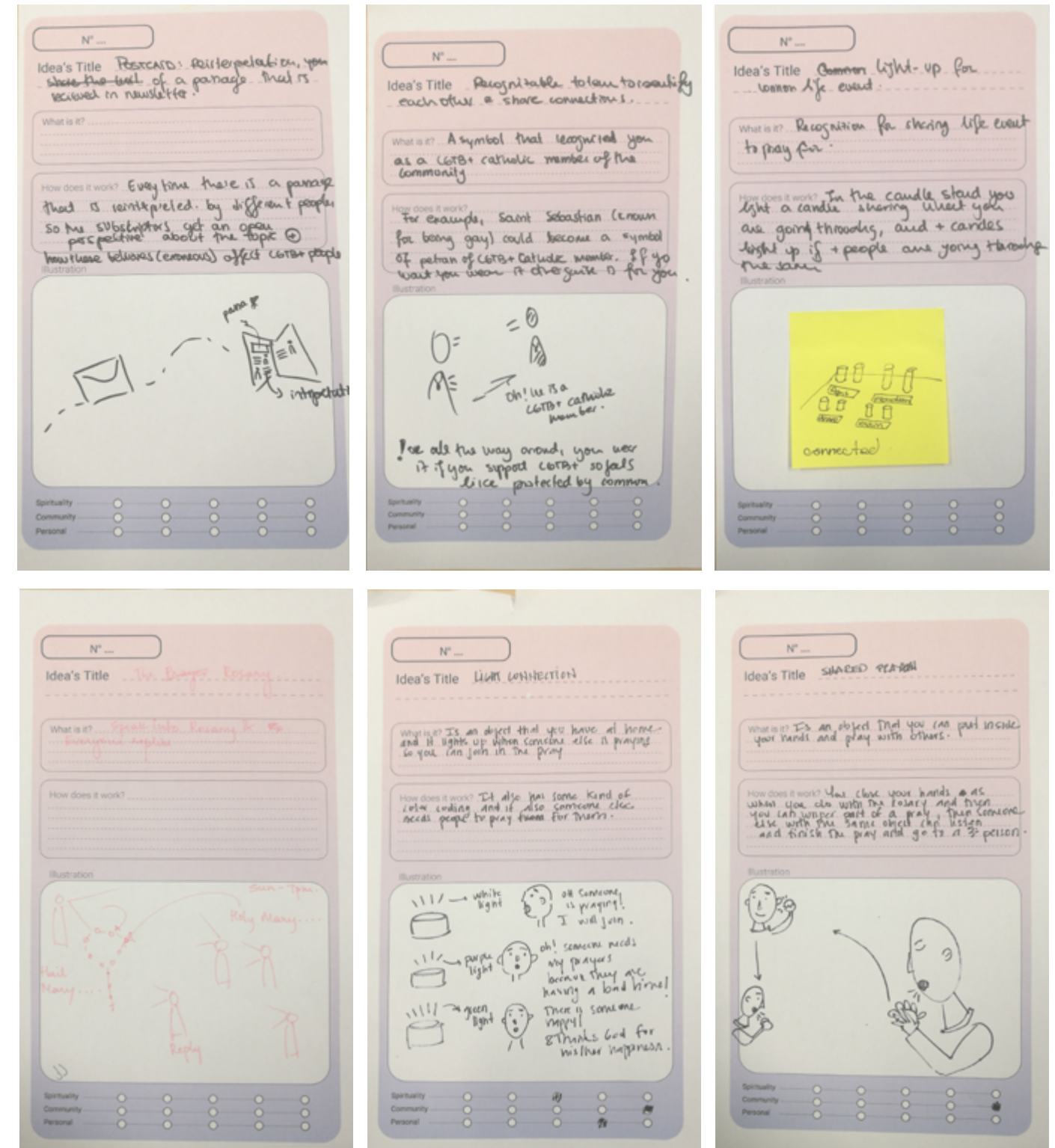
The ideas are defined together and the forms filled in

Material: Pens, Forms

(5 minutes) Cooldown activity

(35 min)

Results from the second workshop session



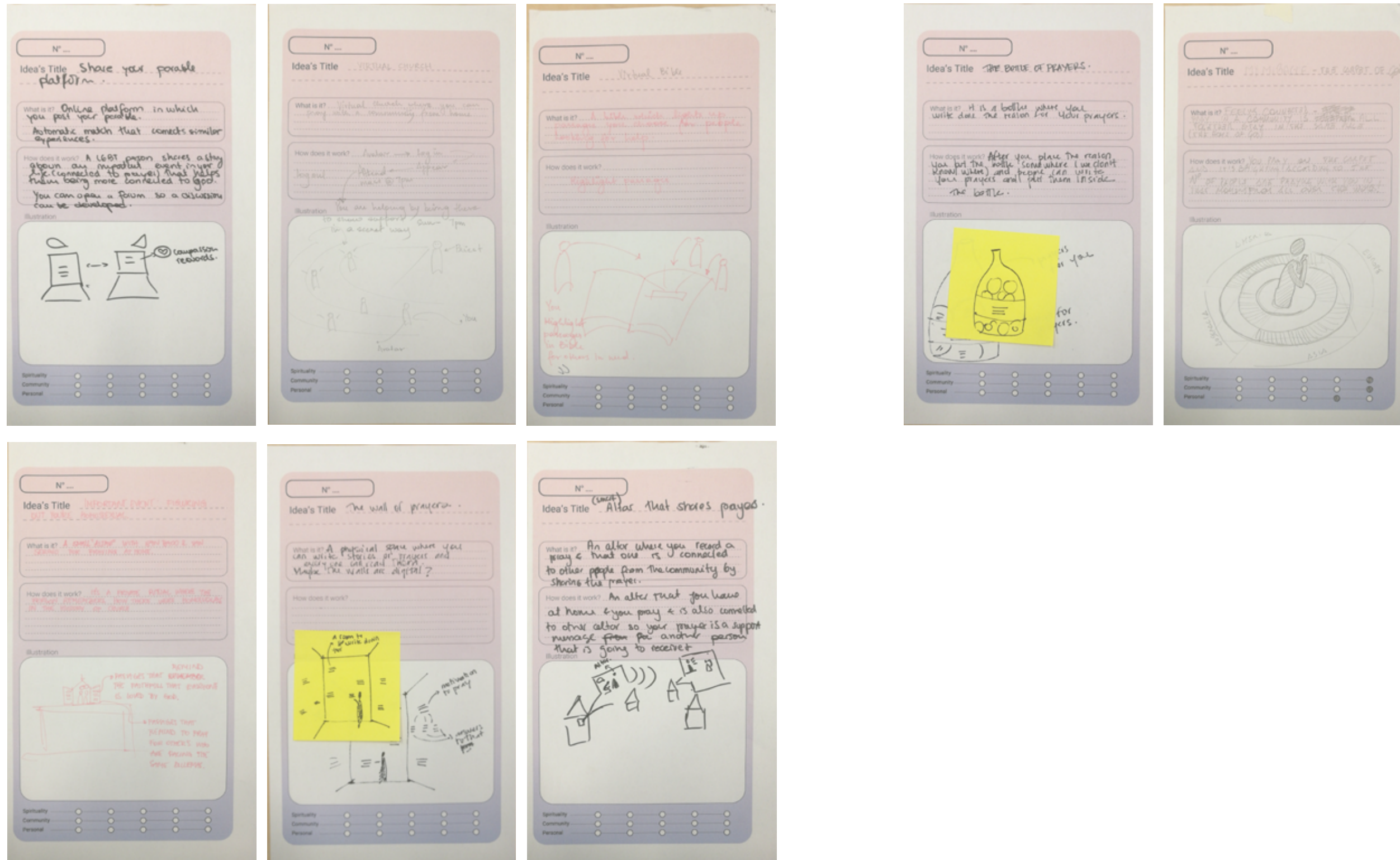


Figure 8
The pictures illustrates the outcomes from the session that have been analyzed and taken into consideration as inspiration source during the ideation phase.

APPENDIX J

Scenario Big Sibling

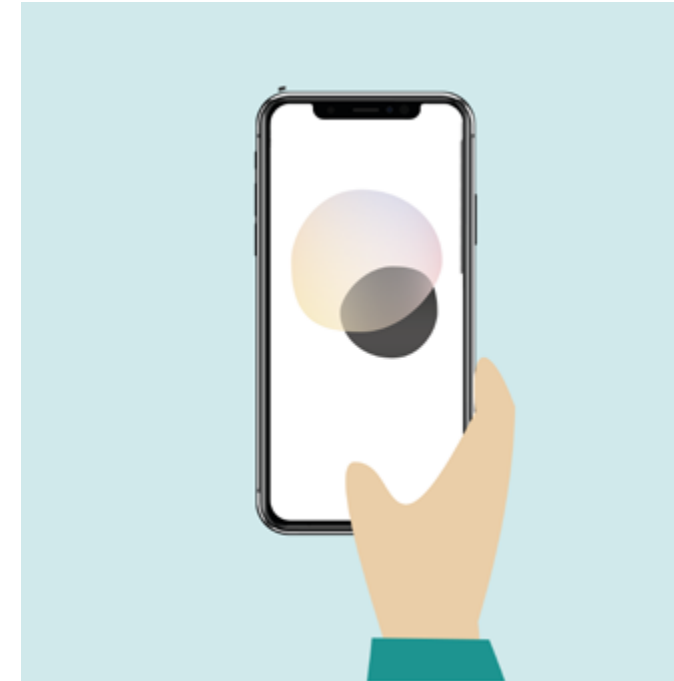
To create a clearer interaction of “La Corrente”, a scenario for Big Siblings has been created. In the following pages, it will be illustrated **how Big Siblings are envisioned to interact with the app**, the necessary actions to communicate with Small Siblings, and what is expected from them to become a source of support.



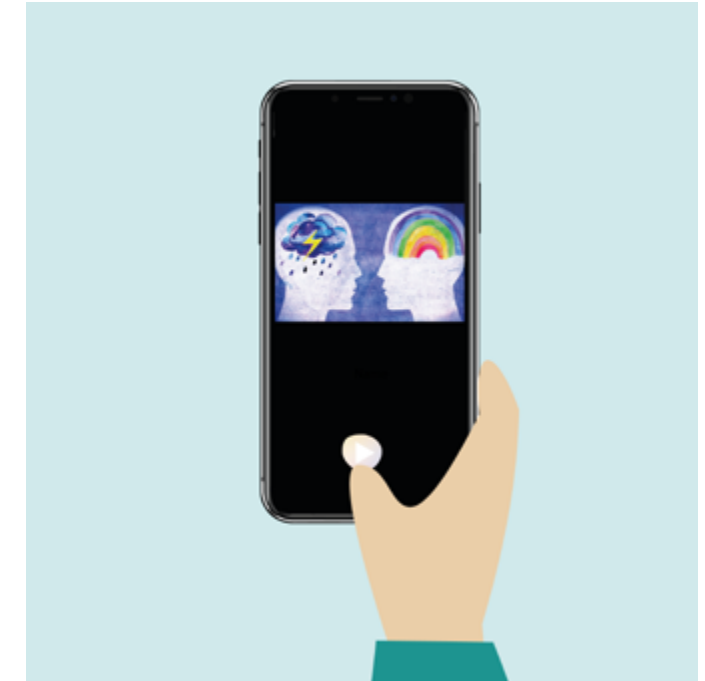
1. Big Siblings get to know “La Corrente” during one of the LGBT+ Christian meetings



2. The person asks to become a Big Sibling. When the application is accepted, Big Siblings will receive an email containing the link for downloading the application.



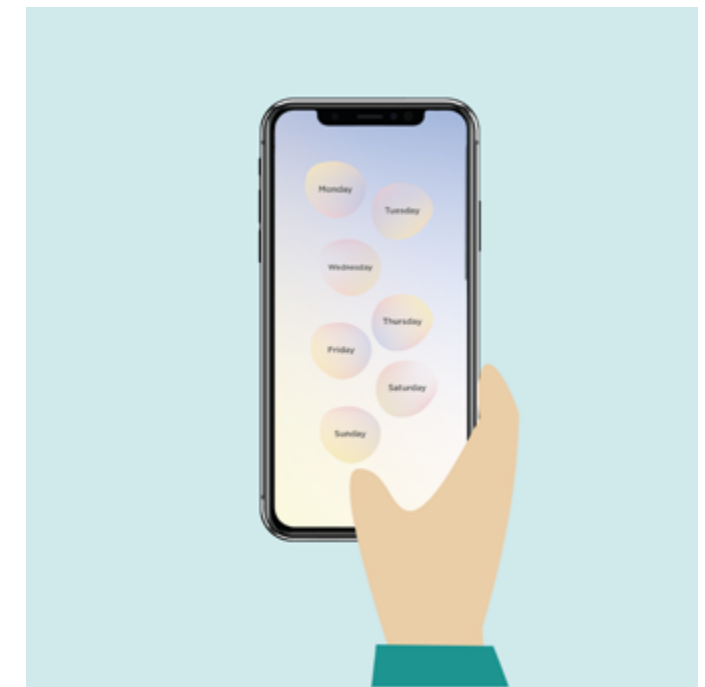
3. Big Siblings are guided through an introduction in which it is explained how the app works and what the Small Sibling is going to do.



4. The introduction explains to tell personal experiences rather than giving rules to follow for responding Small Siblings’ vocal messages



5. The Big Siblings register in the app with their general information (e.g. name, age, sexuality...) after the introduction.



6. They pick the days and time slots in which they are available for the meetings



7. After this phase, Big Sibling decides the number of Small Siblings that they can support.



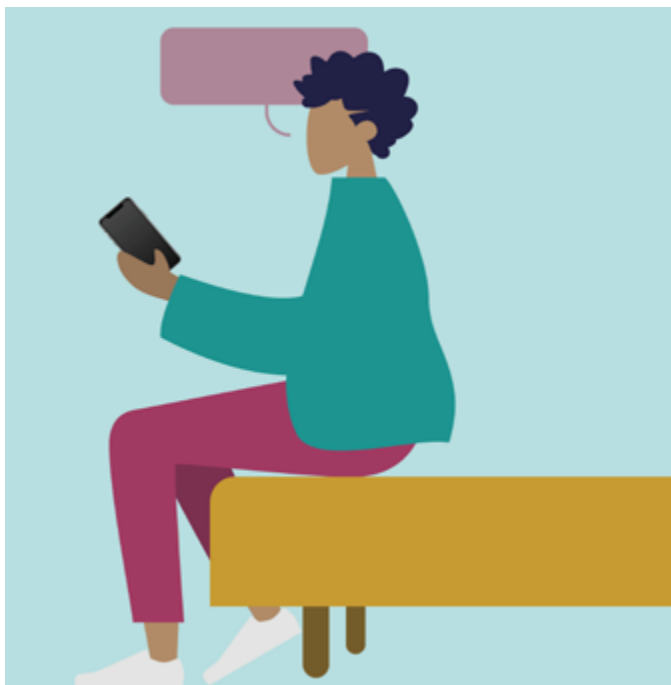
8. They will upload a profile picture to complete the registration. Small Siblings will receive it after the match.



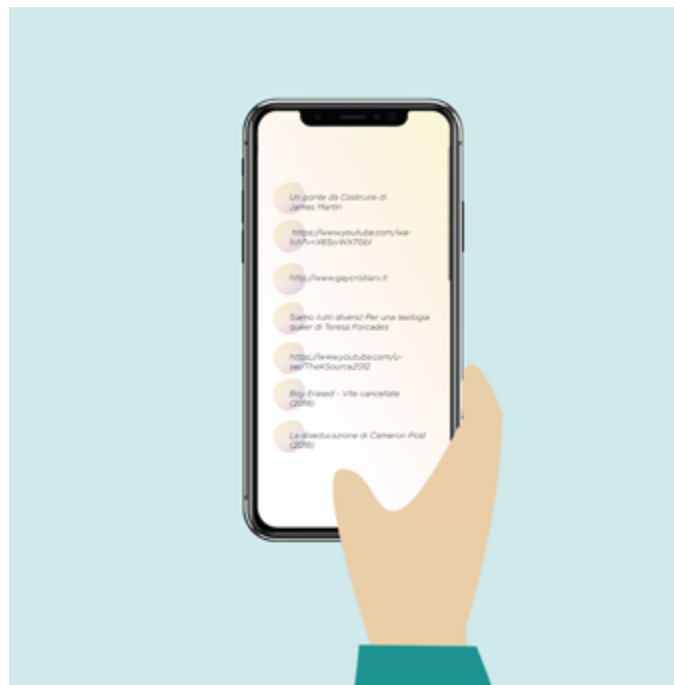
11. On their homepage, Big Sibling can see the assigned Small Siblings. When one of the black bubbles changes color, the conversation has started.



12. Big Siblings click on the bubble to hear Small Sibling's vocal message



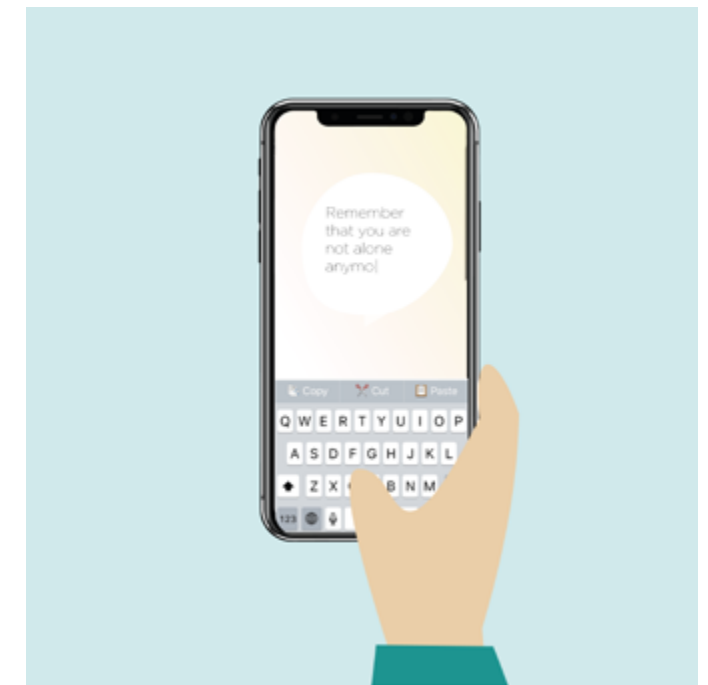
9. Furthermore, Big Siblings will record a video about their coming out. Small Siblings will receive it after the matching, and it will create an immediate emotional connection with them.



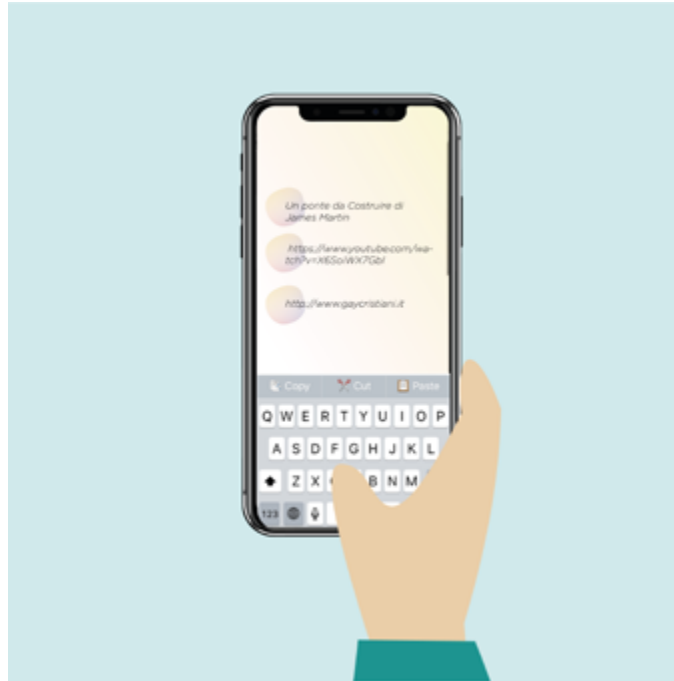
10. While Big Siblings wait for the meeting, they will collect material that could boost Small Sibling's reflections.



13. Big Siblings will answer by recording videos and sharing a personal experience related to the problem of the Small Sibling



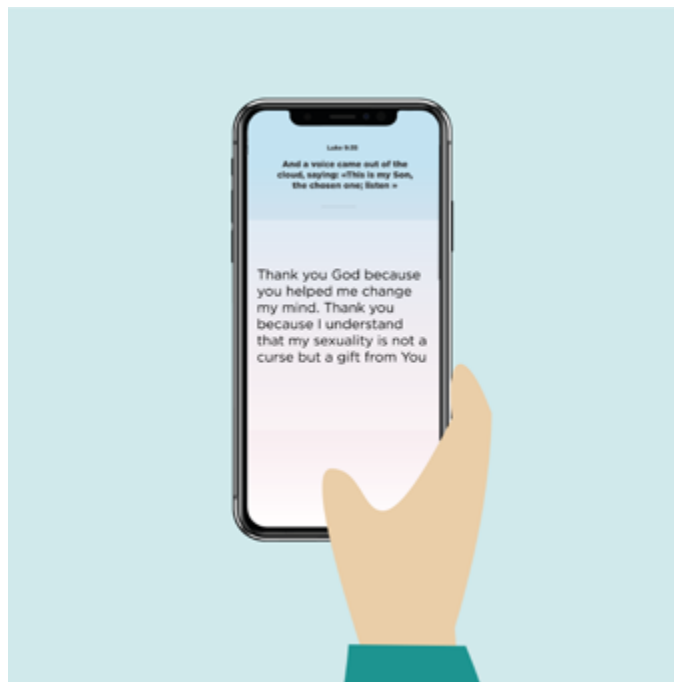
14. After the conversation, the Big Sibling will leave a message of love and support to the Small Sibling...



15. And Big Sibling will send the material for reflections. This includes both the passage from the Bible and links to other forms of material (e.g. books, articles, youtube videos...)



16. Big Siblings will be able to see their Small Siblings' progress by clicking on their bubble on the homepage.



17. Furthermore, they can see the prayer of Small Siblings by clicking on the small bubbles. This creates a stronger connection between the two people.

Figure 9
Complete scenario of Big Siblings

APPENDIX K

User Experience Test

To improve the overall experience of the navigation in the app, usability tests with the designed frames have been conducted. The goal of this activity was to **find weak points and unclear passages in the design solution, to correct them before realizing the final prototype.** To do so, a list of tasks was prepared.

Can you register in the application?

Is it clear what you need to prepare for the app?

How can you start a conversation with the Big Sibling?

What would you do to look back at a part of the conversation?

Can you check the material that the Big Sibling has given to you?

How do you have access to the ritual part?

Which steps do you need to do to have access to the steam part?

Can you return to the home page?

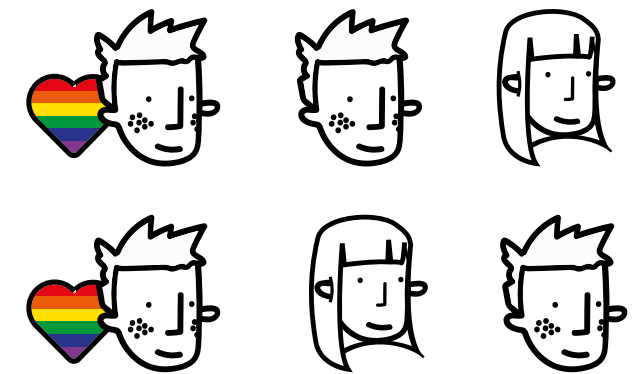
Preparation of the prototype

The prototype of the application has been prepared with two programs: Adobe Illustrator and Adobe XD. The first one has been used to create the visuals, while the second one to connect them and create a quick prototype of the app.

Participants

The test has been conducted in different settings. Since the focus of the tests was to understand how clear was the application, it was **not necessary to involve the target group** in it. However, it has been decided to test it also with **two Catholic LGBT+ members**, to be sure that the results were matching with the other participants.

Overview participants



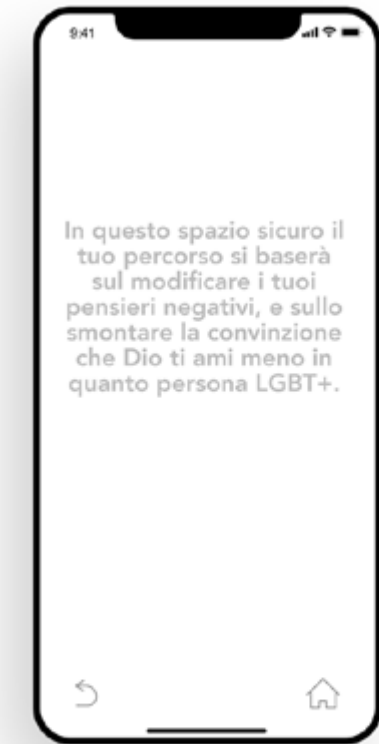
APPENDIX L

“La Corrente” complete overview

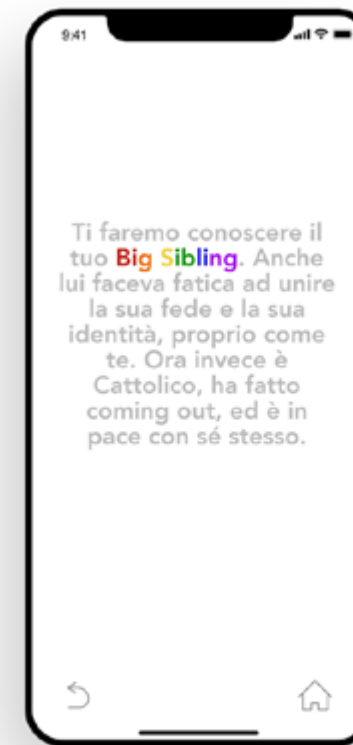
The application of “La Corrente” is composed of different interactions that guide Small Siblings through their moments of reflection. These pages illustrates all the designed frameworks of the application for Small Siblings divided according to the phases of the interaction. The visuals are inspired by the interaction vision, its qualities and by the moodboard, to create a delicate, poetic and ethereal looking application.



Introduction 1



Introduction 2



Introduction 3



Introduction 4



Introduction 5



Introduction 6



Introduction 9



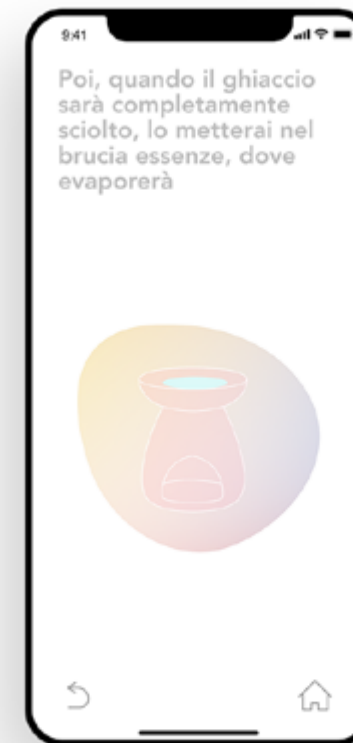
Introduction 10



Introduction 7



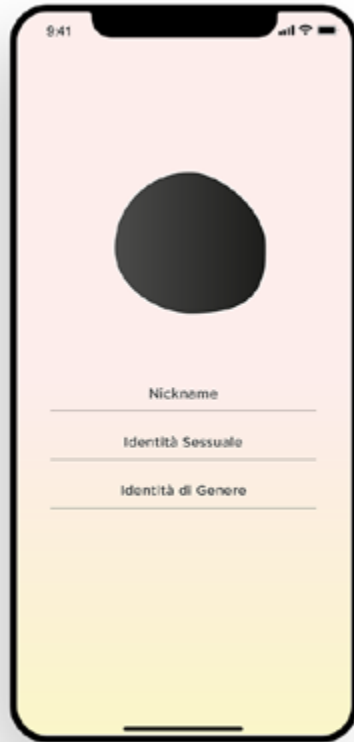
Introduction 8



Introduction 11



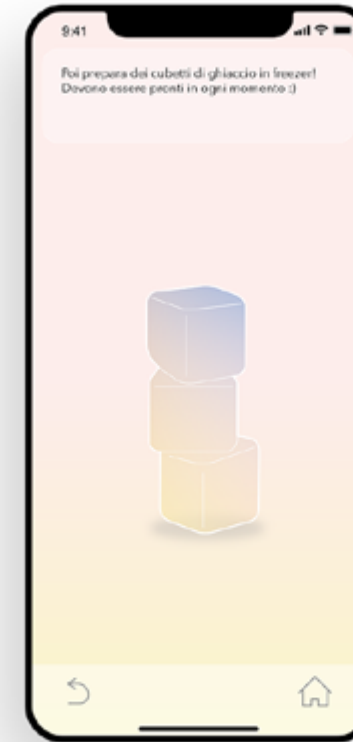
Introduction 12



Registration



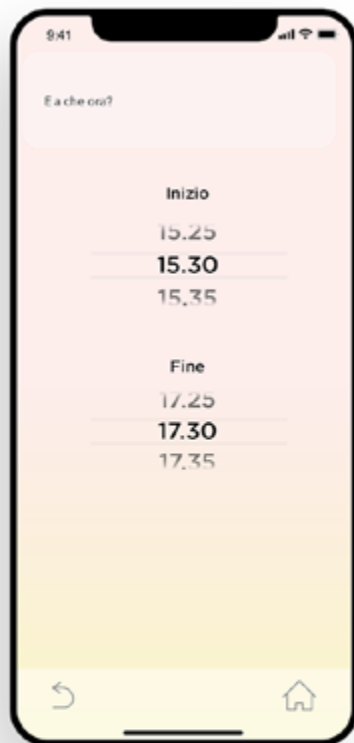
Selection of the day



Requirements for ritual 2



Welcome message from the Big Sibling



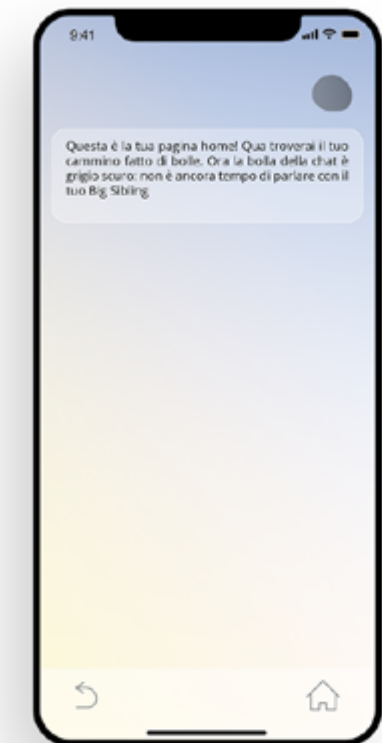
Selection of the time-slot



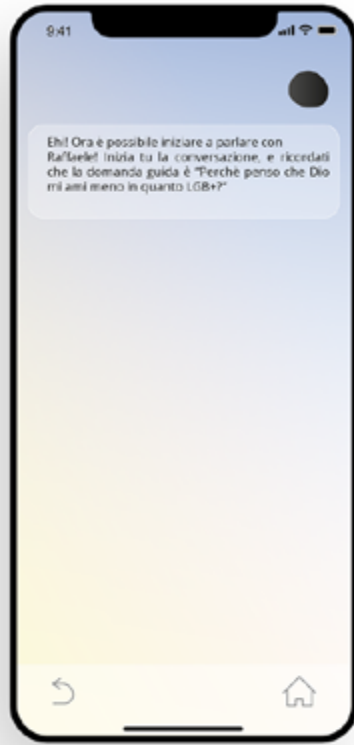
Requirements for ritual 1



Coming out video of the Big Sibling



Explanation of the small black bubble 1



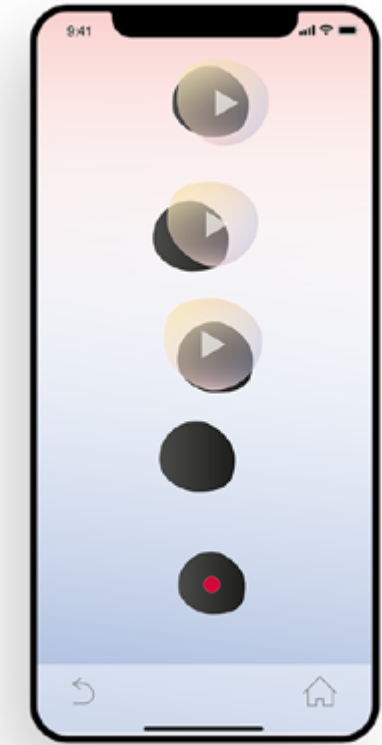
Explanation of the small black bubble 1



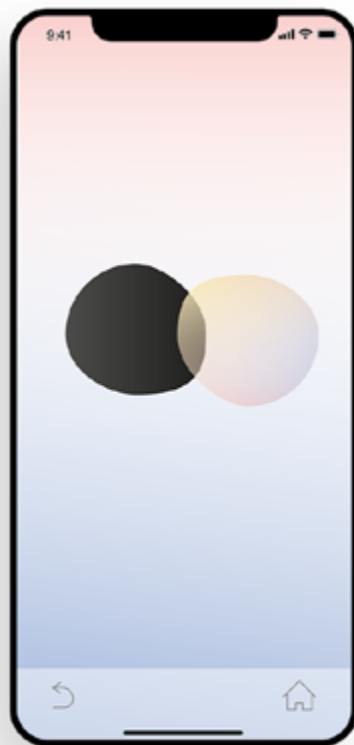
Audio recording interface



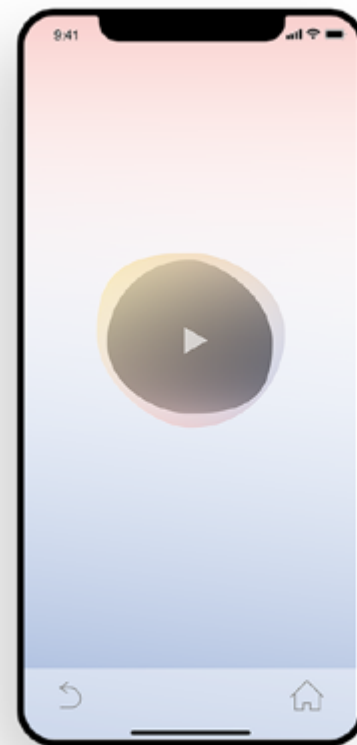
Video response from Big Sibling



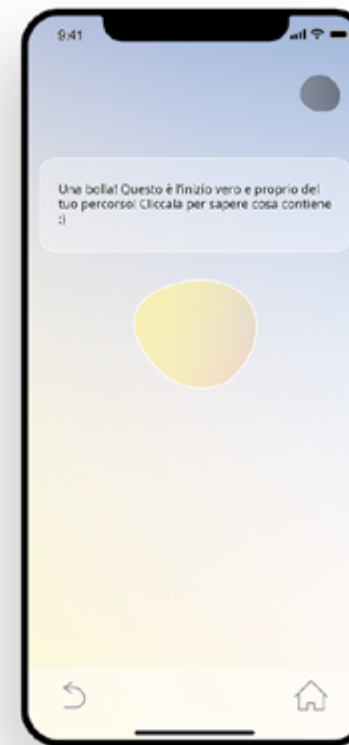
Overview of the chat



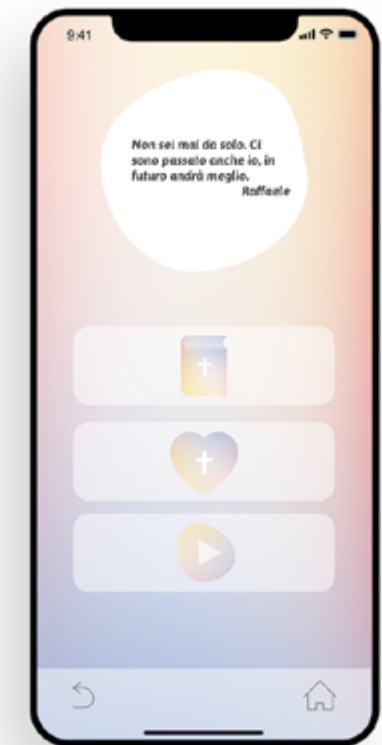
Response from the Big Sibling 1



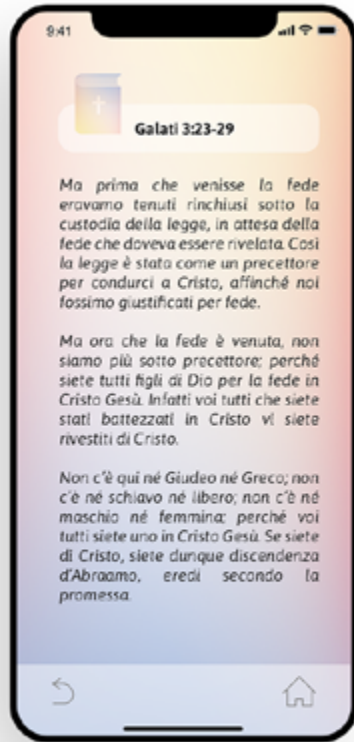
Response from the Big Sibling 2



Big Bubble in the main page



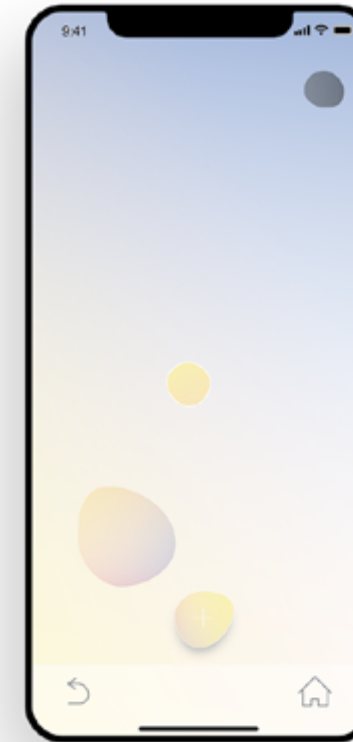
Content of the Big Bubble 1



Content of the Big Bubble 2



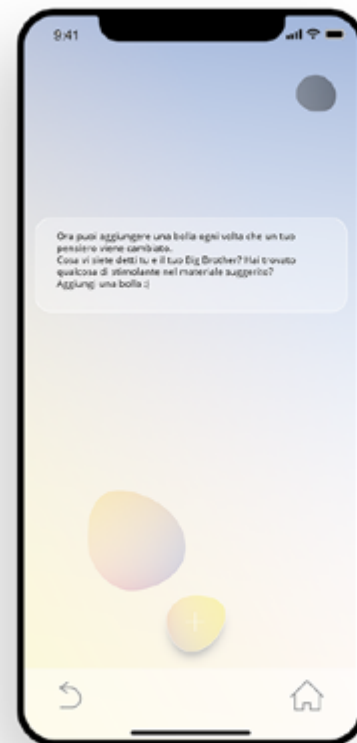
Content of the Big Bubble 3



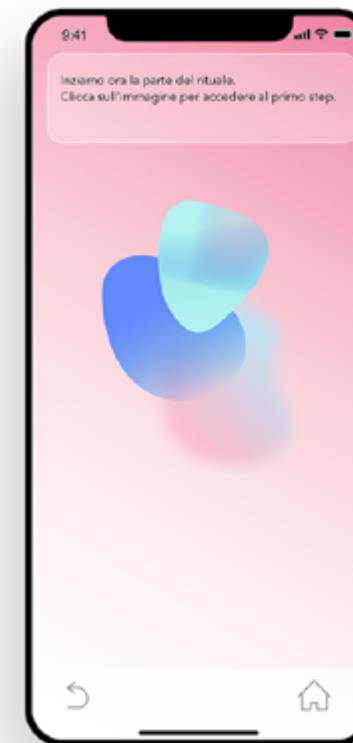
Explanation on how to add a small bubble 2



Content of the Big Bubble 4



Explanation on how to add a small bubble 1



Content of the Small Bubble 1



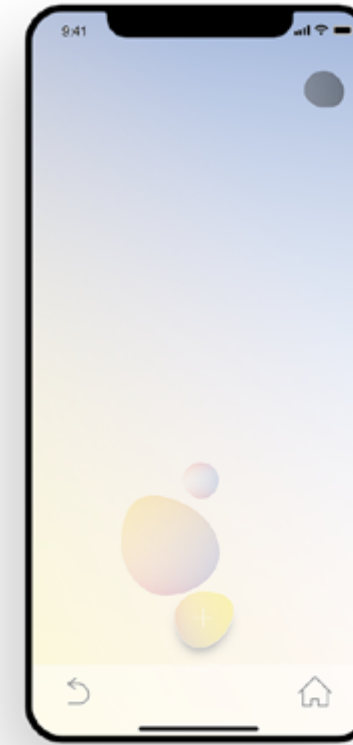
Content of the Small Bubble - Ice



*Content of the Small
Bubble 2*



*Content of the Small
Bubble - water*



Overview of the journey 1



Overview of the journey 2



*Content of the Small
Bubble 3*



*Content of the Small
Bubble - steam*

APPENDIX M

Validation of “La Corrente”

To validate the efficacy of the design solution, it has been decided to set up **user tests with the chosen target group**. The test focus on two moments: the one concerning **the interaction between Small Siblings and Big siblings, and the one related to the Ritual**.

Participants

To test the virtual conversation, three Small Sibling and three Big Siblings were involved. **Small Siblings were participants in the closet**, who were connected through the app with **Big Siblings they don't know personally**. This situation simulates perfectly the matching aspect of the application.

Digital conversation

It has been decided to use the app **Telegram as a medium** to test the relationship between Small Siblings and Big Siblings. This app allows people to connect without using their telephone number or real names, therefore **it keeps people's identity hidden**. Second, on telegram is possible to **send vocal messages and videos**, thus it creates a situation similar to the one imagined for “La Corrente”.

Participants received some instructions before the testing. Small Siblings were asked to **start the conversation by sending a first vocal message**. The conversation has to start by answering the question “**Why do I think that God loves me less as a LGBT+ person?**”. Big Siblings were asked to answer the vocal messages mainly by **sharing**

personal experiences and leveraging on their story, thus by following the guidelines related to empathy.

Digital conversation

After the conversation, Small Siblings are asked to **perform the ritual**. The ritual will be tested in two different variations: the first one according to the scenario thus **without using fragrances**, while the second one **with scents** in the “steam” phase. People will be asked to fill in a document created on Google slides while **doing their reflection moments**. The same visuals and instructions from the application were used, therefore these slides were meant to **mimic the interface of the app**. Small Siblings were asked to fill in these slides in each stage of the ritual.

After the test, **semi-structured interviews were carried out**, to analyze both Small Siblings and Big Siblings experience.

Digital Conversation

Small Sibling

How do you feel after this experience?

Which emotion did you feel before starting the conversation?

Did you feel safe?

Did you feel supported by your Big Brother? Why?

Which emotion have you experienced during the interaction?

Have you experienced empathy from the other person?

Have you experienced empathy with the other person?

Did it help you to overcome some thoughts you had in the correlation between your faith and your sexuality?

Would you repeat the experience?

Which moment did you like the most?

Which moment was the most difficult?

Do you think it has been useful?

Would you repeat the experience?

Italian translation

Come ti senti?

Quali emozioni hai provato all'inizio?

Ti sei sentito sicuro?

Ti sei sentit* supportat* dal Big Brother? Perché?

Che emozioni hai provato durante l'interazione?

Hai provato empatia con l'altra persona?

Ti ha aiutato a superare dei preconcetti che avevi nei confronti della tua fede e della tua sessualità?

Pensi di voler ripetere l'esperienza?

Quali parole utilizzeresti per descrivere questa interazione?

Qual è stato il passaggio più difficile?

Qual è stato il tuo passaggio preferito?

Pensi sia utile?

Quali modifiche faresti?

Big Sibling

How do you feel after this experience?

Which emotion have you experienced before and during the interaction?

Which moment did you like the most?

Which moment was the most difficult?

Have you experienced empathy from the other person?

Have you experienced empathy with the other person?

Would you repeat the experience?

Do you think it has been useful?

Would you repeat the experience?

Italian translation

Come ti senti?

Quali emozioni hai provato all'inizio?

Che emozioni hai provato durante l'interazione?

Qual è stato il passaggio più difficile?

Qual è stato il tuo passaggio preferito?

Pensi sia utile?

Quali modifiche faresti?

Hai provato empatia con l'altra persona?

Pensi di voler ripetere l'esperienza?

Ritual

Which are your overall considerations?

Is the connection between the passages clear to you?

Which meaning did you give to the three passages?

Did you like more with or without scent?

Do you think the reflection on the app is sufficient? or is the support in real life necessary?

Would you add or remove something?

How do you think it can be improved?

Italian translation

Quali sono le tue considerazioni generali?

Ti sembra chiaro il collegamento tra i passaggi?

Potresti spiegarmi il significato che hai dato ai tre passaggi?

Quale delle due versioni hai preferito?

Pensi che la riflessione sulla app sia sufficiente? o il supporto nella vita reale è necessario?

Aggiungeresti o rimuoveresti qualcosa?

In che modo pensi che possa essere migliorato?

Sapientia 16:22
Neve e ghiaccio resistevano al fuoco senza sciogliersi
Qual era la mia convinzione?
Queste prime fase riguarda l'elemento del ghiaccio. Scrivi la convinzione che avevi prima della riflessione. Poi prendi un cubetto di ghiaccio e mettilo in un bicchiere in camera tua.

Scrivi qua :)

Giovanni 4:14
Chi beve dell'acqua che io gli darò, non avrà mai più sete
Qual è il mio nuovo pensiero?
Il cubetto di ghiaccio, come il tuo vecchio pensiero, si sta sciogliendo. Sta diventando acqua. Descrivi qui qual è il tuo nuovo punto di vista sul pensiero che avevi.

Scrivi qua :)

Luca 9:35
E dalla nube uscì una voce, che diceva: «Questi è il Figlio mio, l'eletto; ascoltatelo»
Come posso ringraziare il Signore per questo cambiamento?
Versa l'acqua nel brucia essenze, immergi la punta delle dita e fatti il segno della croce. Ora scrivi una preghiera al Signore ringraziandolo per il tuo nuovo pensiero e consegnaglielo facendolo evaporare.

Scrivi qua :)

Figure 10
Slides prepared for the ritual reflections

