# Drink Diary

This is a psychogeographic project called Alcohol Mood Maps, which aims to explore the relationship between alcohol, mood and space by documenting my experiences of drinking in different locations in Southampton city center and the resulting emotional changes.

I will collect personal data such as drinking time, location, alcohol type, and current mood in the field, and visualize these feelings in the form of a map.

The final work will be presented in digital or physical form, revealing the emotional trajectory of alcohol experiences in specific urban spaces.

My selected area

The red line is the normal walking path
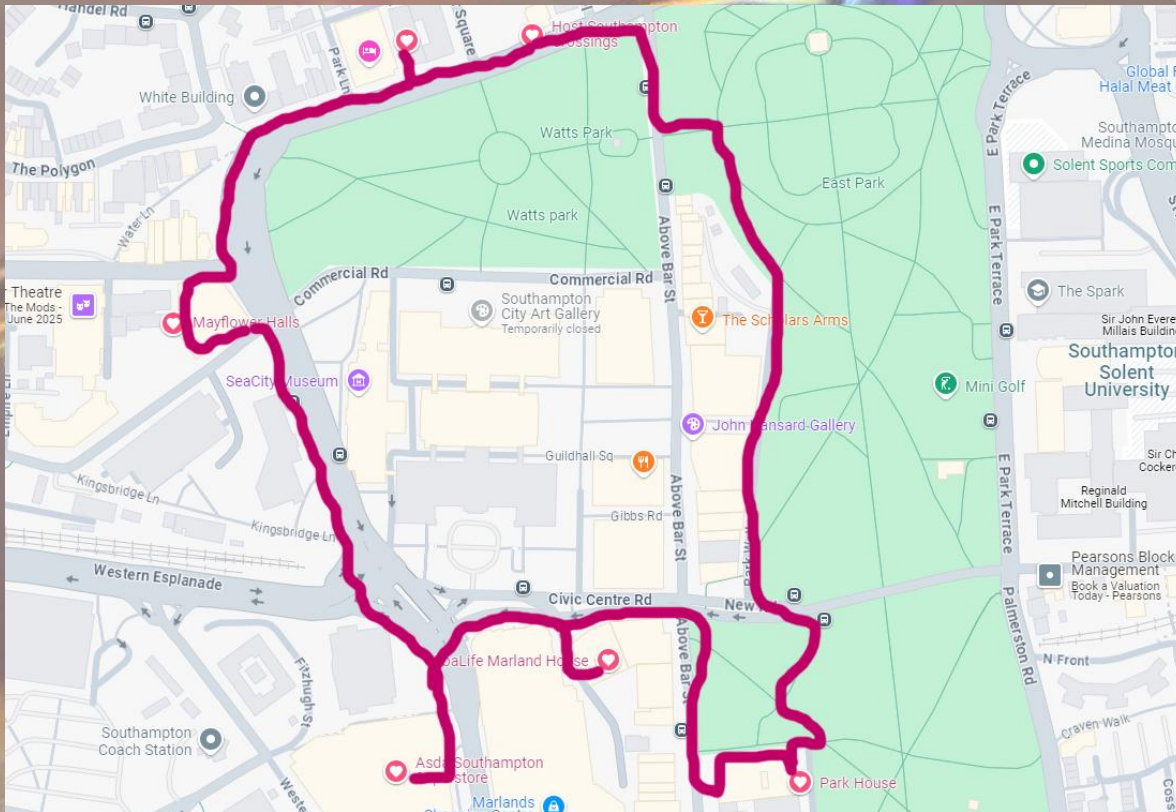
This project is themed "Alcohol Emotion Map", focusing on several student apartments and ASDA supermarkets in the center of Southampton, recording my drinking experiences in these spaces and the emotional changes before and after alcohol intake.

Through data collection and visualization, the project aims to explore how alcohol regulates emotions and interpersonal relationships in different locations, and present a personalized urban emotional journey in the form of a map.

INSPIRATION

The core content of psychogeography: Places are not only physical spaces, but also containers of emotions and memories.

I systematically reflected the relationship between "place-memory-emotion" in the map.

A structured method helped me transform "drinking experience in each place" into visual language
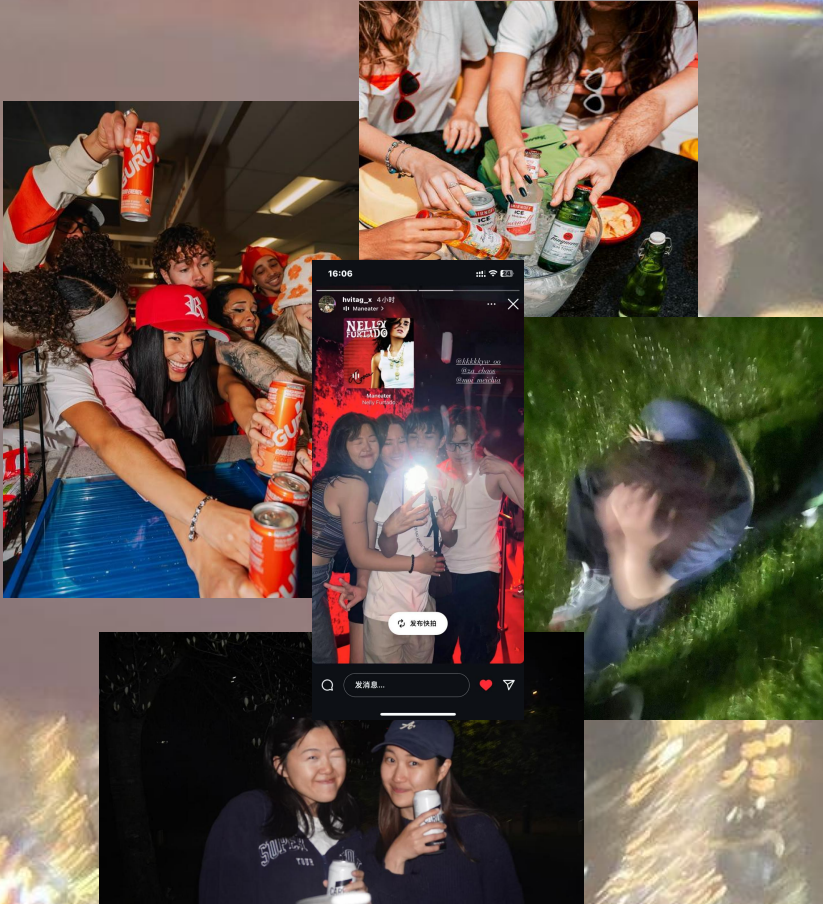
Red: Anxiety, conflict

Blue: Loneliness, fatigue

Yellow: Relaxation, happiness

Purple: Confusion, chaos

Gray: Emptiness, numbness

PACT ANALYZE

People Features:
Strong comprehension, able to perceive the emotional meaning behind abstract expressions

Resonate with "self-narrative" and "sensory experience", willing to participate in interaction or associate with own experience

Project activities:

Drinking at different locations and recording emotions (before/during/after)

Reviewing and analyzing the relationship between drinking and emotions

Collection context:

In multiple student apartments in Southampton city center, ASDA supermarket and surrounding areas

Mostly private spaces at night or after parties

Data is based on the author's self-recording and subjective emotional review

Technologies (use technology)
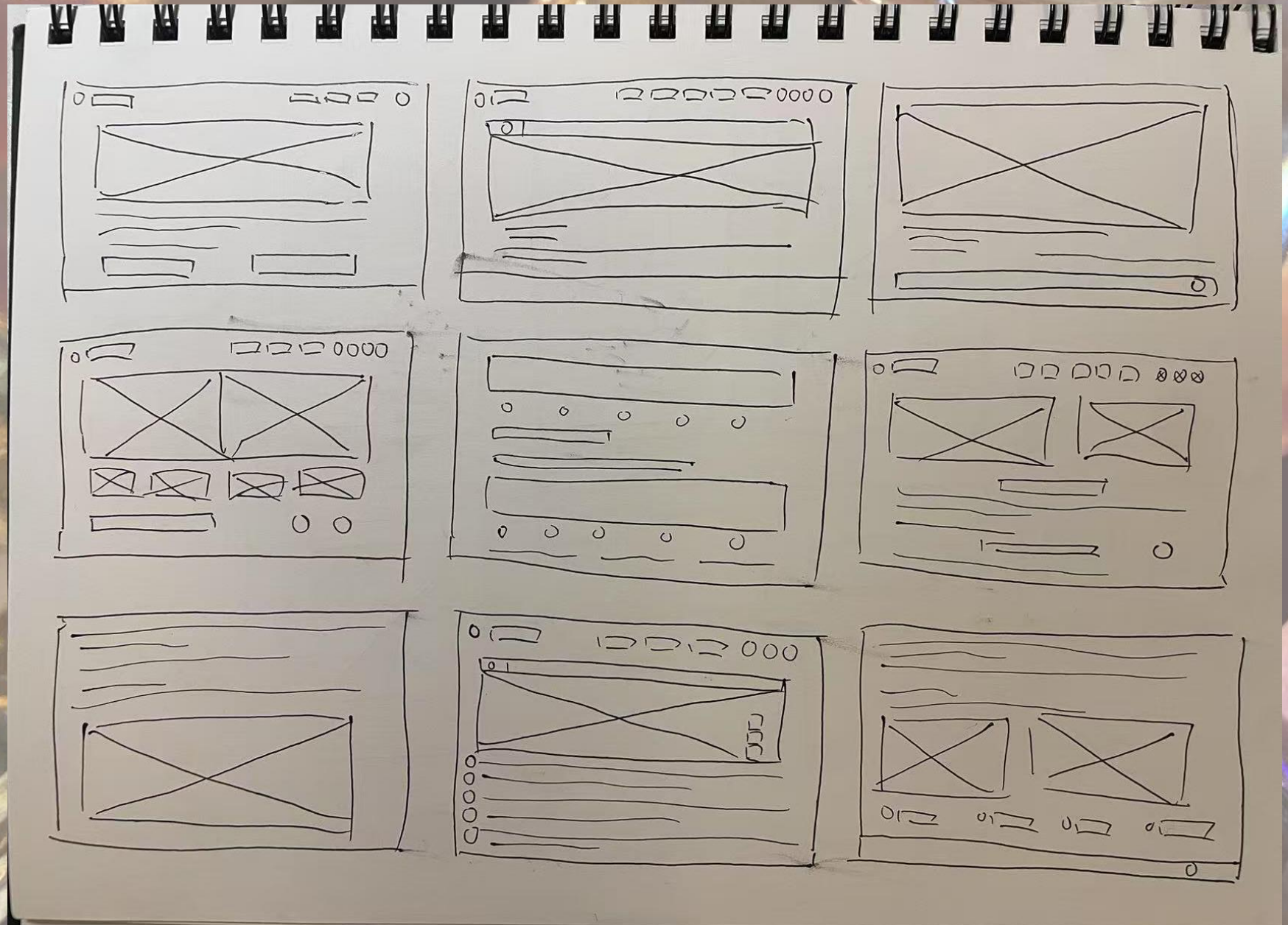Data recording tools:

Mobile memo/photo/voice recording

Handwritten diary and emotion tracking template

DRAFT

Spatial influence: How do different bars, clubs, or neighborhoods affect your drinking experience?
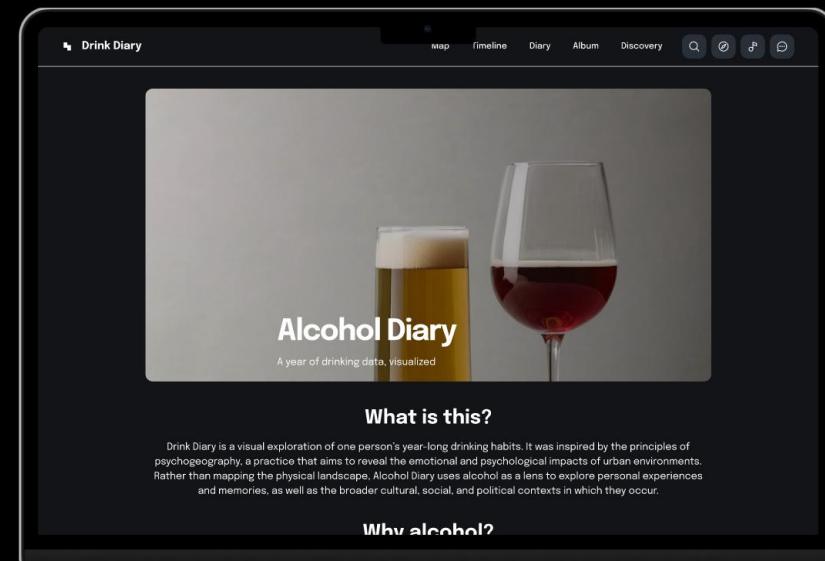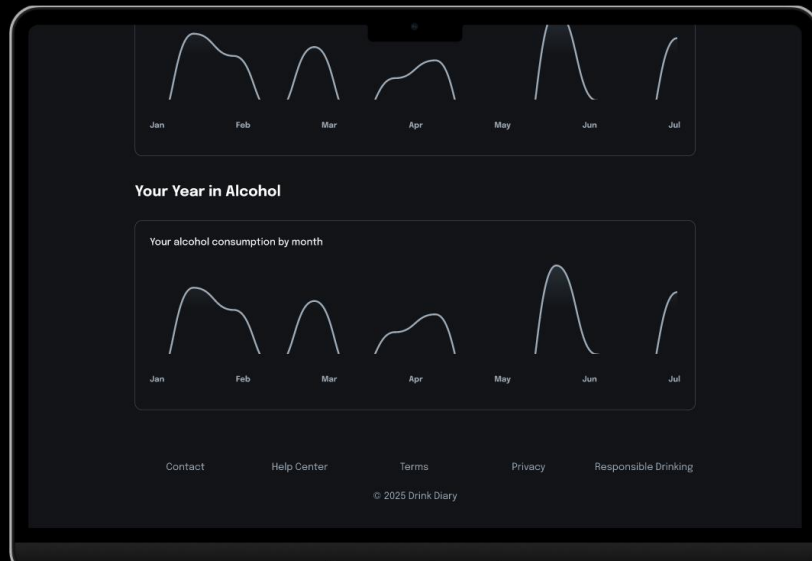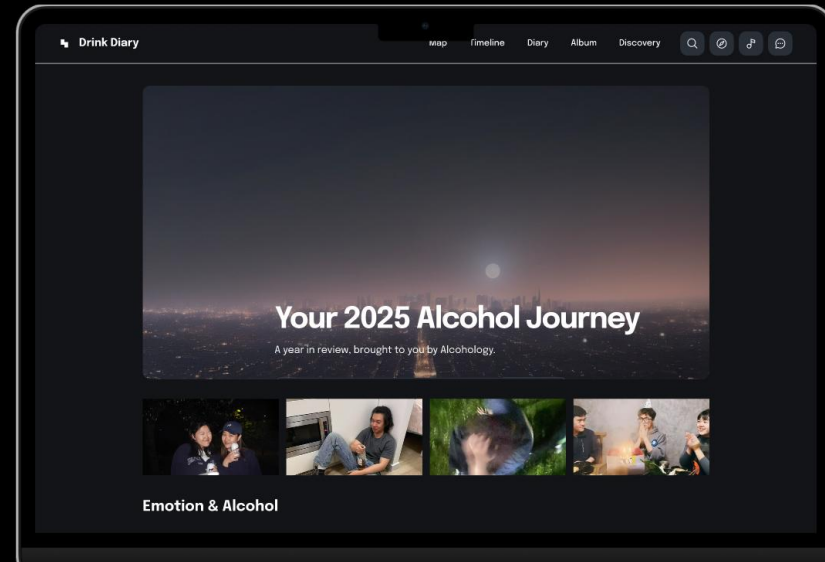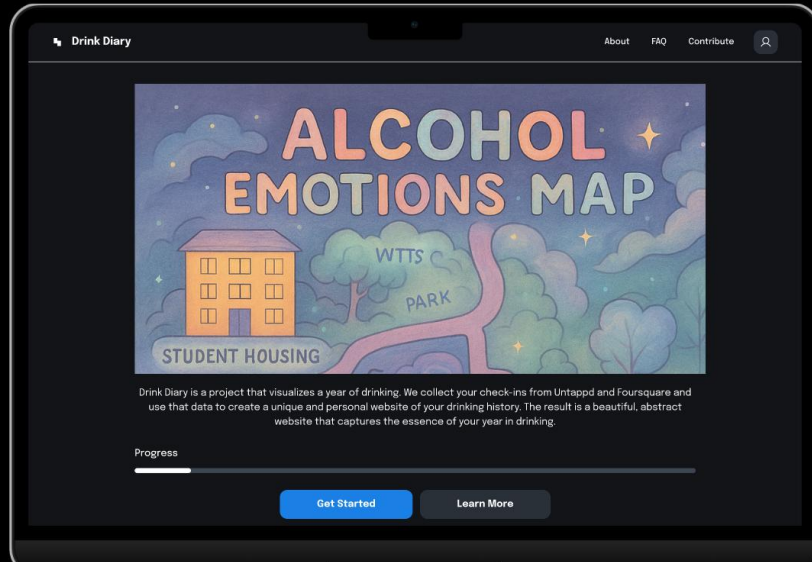
Time dimension: Are there any emotional changes at different times (e.g., drinking in the morning vs. drinking in the evening)?

Low fidelity model

OUTCOME

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