

# WHY LIVE TINY? A NEW MULTI-DIMENSIONAL MODEL

## Why Live Tiny? A New Multi-Dimensional Model

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### Abstract:

Over the past decade, living in tiny houses has become increasingly popular among Americans of all ages. While the lifestyle has received much attention through reality TV shows, blogs, and on social media sites recently (Ford & Gomez-Lanier, 2017), little or no systematic research exists on what motivates individuals wanting to live “tiny”. To provide first insights into this new phenomenon, 30 people at varying stages of their tiny house journeys were interviewed. Audio recordings of the interviews (average interview: 67 mins) were transcribed and then analyzed in NVivo v11.0 using a blend of inductive and deductive coding strategies. Based on emerging themes, the authors develop a new multi-dimensional model of tiny living that centers around five core motivators of the *Good Life*: pursuit of autonomy, new experiences, sense of security, meaningful relationships, and value-consistent lifestyle. They conclude with a discussion on how prior strains and other structural forces can mediate this existential quest for the *Good Life*.

**Key words:** *Tiny house, lifestyle, downsizing, good life, alternative lifestyle, minimalism*

Ford, J., & Gomez-Lanier, L. (2017). Are tiny homes here to stay? A review of literature on the tiny house movement. *Family and Consumer Sciences Research Journal*, 45(4), 394-405.