(*Inaudible words are indicated by \*\_\_\_\_ followed by a number in brackets. Control F then \* will take you to the next asterisk, and the corresponding place on the recording is shown by the number in the brackets).*

**Interview - 151013.001.**

Transcriber : Barbara Hellyer.

|  |  |  |  |
| --- | --- | --- | --- |
| 1. **1** | **Code** | **INT: OK. So, um, you just told me a bit about how long you’ve been doing DBT, so …** |  |
| 1. 2. |  |  |  |
| 1. 3. |  | REC: Yeah. |  |
| 1. 4. |  |  |  |
| 1. **5.** |  | **INT: … you started it …?** |  |
| 1. 6. |  |  |  |
|  |  | REC: I started January 6th, and I graduated early to mid-August – I’ve completely forgotten the date. There’s a picture of the certificate on my ‘phone [giggles], but yeah. | 7 months in DBT |
|  |  |  |  |
|  |  | **INT: And what sort of things did you kind of work on? What things are you … ?** |  |
|  |  |  |  |
|  |  | REC: Um, well there’s three modules in, like er, you usually do one – well you can do two if you want - … |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: … um, I only did the one, but you have … um, at the beginning of every um, module, you have two weeks of Mindfulness … |  |
|  |  |  |  |
|  |  | **INT: Right.** |  |
|  |  |  |  |
|  |  | REC: … and, er, we have inter-personal effectiveness, um, … yeah, inter-personal emotion-regulation, and loving kindness And then of course there is mindfulness … |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: … for each module. And then the, of course, we have the two weeks of Mindfulness at the beginning. Yeah, [chuckles]. |  |
|  |  |  |  |
|  |  | **INT: Cool. Um, and how did it go then?** |  |
|  |  |  |  |
|  |  | REC: It went really well actually. And, of course, there were some difficult bits, um, which can be expected sometimes. Um, they’d touch upon uncomfortable subjects. I mean … its … I guess its needed really. I’d touch on the parents who know how to deal with it, but yeah. It was overall a good experience. I made some wonderful friends there. | Positive experience of DBT  Acceptance of some difficulty within DBT |
|  |  |  |  |
|  |  | **INT: Yeah?** |  |
|  |  |  |  |
|  |  | REC: Yeah, the girls from my group - ‘cos we were a group of all girls - absolutely lovely. I go to college with one of my friends from there’s little sister , yeah. So that was good. | Positive about relationships in the group |
|  |  |  |  |
|  |  | **INT: What we’re going to do …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … is I’m just going … um, because we’re going to be talking about Mindfulness …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … just to kind of get us thinking that way, um, turn back on, we’re just going to watch a little video clip :-** |  |
|  |  |  |  |
|  |  | REC: OK. |  |
|  |  |  |  |
|  |  | ***Video*** |  |
|  |  |  |  |
|  |  | **We’re not going to do Mindfulness exercises, it’s just to get us thinking.** |  |
|  |  |  |  |
|  |  | REC: OK. |  |
|  |  |  |  |
|  |  | **INT: Right. So … how does that compare to, kind of, the Mindfulness that you did in the group?** |  |
|  |  |  |  |
|  |  | REC: We did a lot of that kind of stuff in-group. |  |
|  |  |  |  |
|  |  | **INT: Yeah.** |  |
|  |  |  |  |
|  |  | REC: Um, usually at the beginning of every week, well ‘cos … um, we had it on Thursday evenings, so about two hours, and at the beginning of each session, um, we’d do like a Mindfulness exercise. So usually it would be something like that, like … or um, mindfully walking, or just something along those lines. So it’s familiar, yeah. | Mindfulness exercises at the beginning of the group |
|  |  |  |  |
|  |  | **INT: OK**. Are there any Mindfulness exercises that particularly stick out for you that’s …? |  |
|  |  |  |  |
|  |  | REC: Um … probably body scan, which is … | Use of the body sticks out |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: … more like emotion reg, but it does help me. Do you want me to explain it? |  |
|  |  |  |  |
|  |  | **INT: Mmmm, please.** |  |
|  |  |  |  |
|  | Use of mindfulness language | REC: Um, basically, um, you set what [\*name] calls bum on chair feet on floor, so you’re completely grounded apart from your hands – um, well you can put them on your legs like that, or usually we do um, half smile willing hands which is like, yeah … And so you sit there; you shut your eyes, and the room is completely silent; you can have like, um, is it called yoga music in the background, but we usually didn’t. | Use of the language of the teacher  Bum on chair feet on floor, half smile willing hands |
|  |  |  |  |
|  | Noticing sensations | And so um, the therapist would like start right from the tips of your toes, and like notice sensation in your toes, bring it up to your heels, up to your legs, and then it would go all the way up to the top of your head, and then all the way back down. | Noticing sensations  Bring it what is it? *Awareness?* |
|  |  |  |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Calming down | REC: And it … usually I personally use it as a way to, like, calm myself down in, like, drastic situations. And yeah, it was a bit difficult it in those, but it did help a lot. | Used in difficult situations even though it was difficult. Calming down  Drastic situations – need calming  It helped |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: There’s also um, … I wouldn’t really call it a Mindfulness exercise either, but um, to give … it’s actually one of the skills I studied … | Difficult to separate skills from each other |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Calming | REC: … which is basically you put um, cold water on the eye section of your face, and because um, that’s … I think it’s what … one of them said that there’s like um, it’s a subconscious thing, and like you put … you can either splash water on your face or you can completely submerge your face in cold water, and just, it kind of just calms you. Yeah. | Linking to calming again |
|  |  |  |  |
|  |  | **INT: OK. So, so body scan …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  | . |  |
|  |  | **INT: … um, you said it, the effect was almost to calm you?** |  |
|  |  |  |  |
|  | Focus on one thing | REC: Yeah. Calm you; bring you er … It makes you focus on one thing at a time. | Focus on one thing at a time– is this useful  Bring you where? |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Changes in the body | REC: So, like, um, even if you’re not feeling anything in your body at all, the way that the therapist says it, like, and you’ll now … like, notice the sensation in your foot; and for me personally, I don’t know whether this is just because of what was happening at the time, but you could feel like little, like, tingles, because … | Using focus changes feeling in body –tingles  Things happening that don’t fully understand – tingles , sensations |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: … you’re completely focussed. And then like, and you feel ‘em all the way up. Yeah. | The focus causes the tingles  The tingles continue through your body |
|  |  |  |  |
|  |  | **INT: And so how did that affect you, kind of noticing …?** |  |
|  |  |  |  |
|  | Strangeness of experience  Gaining control | REC: It was strange for the first couple of times I did it; I was just like, this is playing with my mind, like … It was weird, but you get used to it, and you’re like, even in drastic situations, like, I do have control over myself, and I can think specific things at specific times, but it’s just the skills that are required to do something. And that was what they teach you in skills group. | Playing with my mind  Weirdness but you get used to it  Drastic Situation  Found out that do actually have control of myself  I can choose what I think  Skills that are required – like that’s what I always needed  Very informed by how it is taught in group |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: As well as in um, one-on-one sessions. But mostly skills group ‘cos we, um, I didn’t bring it today sadly, but we have our big, like, folder of a … |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: … all the modules of worksheets and um, handouts, and this, that and the other, which I still do go through now if I’m in a tough time. And yeah. | Returning to ideas from DBT even though its finished |
|  |  |  |  |
|  |  | **INT: So then there’s something about playing with your mind?** |  |
|  |  |  |  |
|  | The experience of Just  Simplification | REC: Yeah. Like, at first, like, it’s … I don't know really how to explain it. Its like when you’re just sitting there completely silent and just listening to what the one person says, ‘cos usually you can do it one-on-one, I have a recording on my ‘phone of [\*name] doing it … | Hard to explain  Just sitting  Completely silent  Just listening to one person  *Something about stripping back to simple – just- states* |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Mind influencing the body | REC: … just, like, if I need to do it, um, in an area where it’s hard, I’ll put the headphones in and then I do it. But, like, it’s kind of tricking your mind into making your body feel things – well personally, this is just me – but of course as I said, the sensations are going up your body, like, are like little tingling sensations, and maybe it’s because I was completely focussed on that one body part, and my mind was making me do something to it. | Use of mindfulness outside of sessions  Is what I’m feeling real?  Mindfulness tricks your mind into making your body feel things  Focus leads to your mind acting on your body  *Putting focus on the body leading to sensations – seems to leave her feeling a little estranged and connected to her body at the same time.* |
|  |  |  |  |
|  |  | But, like, it was, it was strange for the first couple of times. And then when you get used to it, and it’s like I know this is going to happen if I completely focus. | Expectation of the sensations the next time  Strange at first but you get used to it |
|  |  |  |  |
|  | Thoughts drift | But yeah, like with Mindfulness it’s … it’s … What the man said in the video, if your thoughts drift, it’s easy for your thoughts to drift. | Mindfulness – thoughts drifting |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Changing the nature of the mind  Calming | REC: ‘Cos we have hectic minds; it’s what happens, like, we don’t usually think of one thing for a long, a longish period of time. But when you have to, like, it just … everything goes, slows down and you just chill. It’s like … It’s kind of a … well, yes, it’s meant to be a form of relaxation, ‘cos everything, so you’re thinking of one thing, then another, then another, then another, and then… With Mindfulness exercises you’re just sitting there for elongated periods of time, thinking of one thing and doing one thing, with nothing else, like, whizzing around in your head. And it’s very calming. And relaxing. And it’s like … it grounds you in a way. Yeah. | *Showing insight into what mindfulness is ‘aiming’ to do changing the nature of the mind*  Hectic minds moving from one thing to another  When you have to (use mindfulness) get sense of things slowing down  Chilling – taking the heat out of the situation  *Making a contrast between non mindful mind – thinking of one thing after another and the mindful mind thinking of one thing and nothing else -*  Is it relaxation – because it reduces the thoughts going through your head  Just sitting there  Slowing things down  Doing and thinking one thing stops things whizzing  Calming  Relaxing  Grounds you –*Idea of being on something solid, being settled, safe?* |
|  |  |  |  |
|  |  | **INT: Have there ever been any times when it hasn’t been calming?** |  |
|  |  |  |  |
|  | Wilfulness/Stubbornness get in the way | REC: There, there has been, yes, when I’ve been in er, what they would call “Wilful moods” where I’m just stubborn and not wanting to do part, and doing it because I have to do it, not because I feel it will help. And that’s kind of, the kicker with Mindfulness – if you don’t want to do it it’s not going to work. | When it doesn’t work its due to wilfulness  Need to be in the right frame of mind  Stubbornness and mindfulness don’t work together.  The hard thing (kicker) about mindfulness is that if you don’t want to (feel like) doing it, it won’t work |
|  |  |  |  |
|  | Takes effort | And, er if you’re not 100% focussed it’s not going to work. You’ve got to be, like, OK, bumpf. Not, Oh! What about this? What about this? Like. It works if you want it to, and you try for it to. It’s not just going to happen, simple. Yeah. | Need to be 100% focussed! *there is an optimum amount of focus which will make mindfulness ‘work’*  Bumpf - *?just do it?*  Too many questions distract from the mindfulness – *what about this?*  Easy to be distracted by other concerns  Have to want it and try for it |
|  |  |  |  |
|  |  | **INT: And what’s the difference between the times that you notice it working, and the times that you don’t?** |  |
|  |  |  |  |
|  |  | REC: In what way? |  |
|  |  |  |  |
|  |  | **INT: So, when you say it works, what is it doing?** |  |
|  |  |  |  |
|  | Coming back to yourself  A break from real life | REC: It calms you, and like it brings you back to yourself, instead of thinking about everything else going on, like daily stresses and whatnot. It just brings you back to you, and just … your mind, and just letting everything calm down for a moment before whizzing back up into real life again. | Brings you back to yourself  Not thinking about the external stuff – daily stresses.  You are in your mind – not real life  Calm  Mindfulness is on a different level to real life whizz back up into real life  Everyday life is whizzy; mindfulness is calm |
|  |  |  |  |
|  |  | **INT: Can you remember um, … the first time that someone told you about Mindfulness? What …?** |  |
|  |  |  |  |
|  |  | REC: Yes. I can because I was very judgemental [chuckles] … | Using mindfulness term – judgemental  Judgemental of mindfulness |
|  |  |  |  |
|  |  | **INT: Oh right!** |  |
|  |  |  |  |
|  |  | REC: … ‘cos they teach you not to be … |  |
|  |  |  |  |
|  |  | **INT: Yeah.** |  |
|  |  |  |  |
|  | Negative first impression  Need openness to start | REC: … and like don’t judge your judgements as one of the therapists would say. And um, yeah, I, was well, this is a load bull crap. And then one, like, even my parents thought that. My Mum was a bit more lenient to the fact of, and she’s actually very good at it now. She uses a lot of the terminology just in day-to-day conversations, just because, ‘cos um, there’s an adult’s skills group as well, for the parents and carers. | This is bull crap  Even parents thought it was bull crap  Needing to be lenient to take on mindfulness *give it a chance* |
|  |  |  |  |
|  |  | **INT: Oh, I see.** |  |
|  |  |  |  |
|  | Unclear purpose at first  Being able to turn to mindfulness in difficulties | REC: My Dad on the other hand was like, No, this is a load of shyte, No. [giggles]. And he came round in the end. But um, … yeah. Um, at the beginning I did think that it was a load of crap and that they were just saying it ter, just to say it, I guess. But, like, now, it, it is a part of my everyday life, and like, if I am in a stressful situation and I need to just stop and calm down, it’s there … | Move from it being crap to it being there in every day life  They were just saying it because……*didn’t seem to have a clear purpose to begin with*  When I need to stop and calm down it is there *like a trustworthy friend?* |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: … and it’s really helpful, even though I’ve graduated now, I’m not completely … ‘cos of the one-on-ones – but if I don’t have a way to contact [\*name], or if I don’t have a way to do what I need to, its there and it really does help. | Use as an alternative to immediate help from another person  Its there *dependable* |
|  |  |  |  |
|  |  | **INT: Mmmm. So you were thinking of it as a load of crap, can you remember then how it felt to then actually start doing it?** |  |
|  |  |  |  |
|  | Unsure of purpose to begin with  Process of getting to understand  Surprise when realise | REC: I was wilful at first. I just … I laughed about it, I’m not going to lie. Um, but yeah. It, it was strange. Um, tsk, I actually remember my first day group – I joined at the same time as another girl with, we joined on the same day – lovely girl she was. And um, we did a Mindfulness exercise after everybody had been introduced, and usually you’re asked to close your eyes; if you don’t want to you don’t have to, but usually it just helps me if I do close my eyes, so I’m just like looking around the room at different things. And I was just sitting there, I was just like, why? What, What’s the point in this? We’re just sitting here doing nothing, listening to some recording that just makes me laugh a little bit. And then once, like, you go on and on and on and you do it, and you start to notice what it’s doing to you in a positive way. It was just like, Oh! Wow! It, it’s weird really. But I guess that’s the whole point of the therapy just to, well it’s helpful [chortles]. But yeah. | To begin with wilful – *didn’t want to try?*  Laughed at it  Not connected to the exercise to begin with  Why? What’s the point  At the beginning it was just sitting down an looking around  Just sitting –doing nothing  Laugh a bit  Have to go on and on and on to make it work  Surprise at the change of experience  After a while notice what it is doing to you  Weird |
|  |  |  |  |
|  |  | **INT: So have you ever um, had a time that you’ve talked about Mindfulness in your individual sessions?** |  |
|  |  |  |  |
|  | Mood effects openness to mindfulness  Focussing the mind on a task | REC: Um … I … really it’s just a part of, um, every session really. Um … if I’m in a particularly bad mood that day, which - I’m not going to lie, I used to be in a bad moods a lot, mood swings and this, that and the other – but um, [\*name] would usually go, OK, we’re going to do a Mindfulness exercise, because otherwise I’d get off topic and I’d think of other things; I’d just go off on little tangents about every-day life. And she’d go, OK! I’d love to hear about this, but, ‘cos - and she was genuinely interested, and still is, in my life – but she’d go, Oh Dear, but we need to do some work if we’re going to get you back on track. | Used in session to keep on track  Everyday life tangents – mindfulness on track |
|  |  |  |  |
|  | Letting go – openness | And so we did that, and usually it would be a body-scan, or we’d listen to a recording, um, or like, you’d just like, you’d turn your hands and let go, and do that with like each part of your body, and just something along those lines. And yeah! It’s … | Turn hands and let go letting go with each part of your body  Let go |
|  |  |  |  |
|  | Wilfulness a block to mindfulness | I don’t really remember a time when there wasn’t a bit of Mindfulness within the session. Yeah. Apart from one time where I was … Oh, I was so wilful, I wouldn’t even speak, Oh Good Lord! [chuckles]. Not one of my proudest moments. | *Looking back and feeling a little ashamed of wilfulness against DBT/ mindfulness; like looking back on younger, immature self*  *Openness to mindfulness like embracing maturity* |
|  |  |  |  |
|  |  | **INT: So what happened to the Mindfulness exercise then?** |  |
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|  | Mood dependent mindfulness | REC: I refused. I wouldn’t … I would look at [\*name] but I wouldn’t say anything other than a couple of words; I wouldn’t co-operate. And then in the end she just said, OK, this is getting nowhere, I will see you next week, and I hope you’ll be in a better mood. If not we’ll do something about it. | Relationship to mindfulness is mood dependent |
|  |  |  |  |
|  | Mindfulness changing moods | And the next week I wasn’t in the best of moods but I was in a bit of a better one, I was more co-operative, and my mood went from probably about um, a 20 before Mindfulness, and then it kicked up to about a 60 afterwards, ‘cos I was more chilled; my mind was a bit clearer; I just … | Mindfulness as a way of improving mood by helping to chill and clear the mind |
|  |  |  |  |
|  |  | **INT: So it changed your mood?** |  |
|  |  |  |  |
|  | Calming  Use in a crisis  Getting to the middle path  Taking control of emotions | REC: Mmmm. Very much so. ‘Cos it … as I said, it calms you down, if like you’re really angry and, like, in um, in a crisis mode really. Um, if you don’t have a way to contact the therapist or crisis line, and then, like, if you use your skills it calms you down and brings you back to um, well the middle path as we call it. ‘Cos we have a diagram which is emotion thinking, and like, um, rational thinking. And so, like, when you’re really upset, and you’re thinking about something, you think everything, like, your, your emotions um, taking control. And it’s the same kind of thing in, like, yeah. | Emotions central to her experience of mindfulness  Used in crisis mode  Getting back to the middle path – no extremes  Not letting emotions be in control |
|  |  |  |  |
|  | Getting to the middle path | Then when you’ve got like bridges which you build, you have the middle part, so you’re thinking, you’re taking into consideration the emotional suggestions, and the rational suggestions, and just walking the middle path, as we call it. | Building bridges  Taking emotions into consideration  Getting into the middle through mindfulness |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: Yeah. And that’s, yeah … it’s like black and white thinking, but you need to be in the grey. But yeah. | Getting away from black and white into the grey |
|  |  |  |  |
|  |  | **INT: And, so did you kind of talk about um, Mindfulness, like in your individual sessions, as, like part of what is it you do, some sort of solution thing?** |  |
|  |  |  |  |
|  | Mindfulness as a journey | REC: Yeah. Most of the time. Um, ‘cos we have goals that we set ourselves at the beginning of um, our journey – Oh pardon me, I drank too much water [giggles]. But um, so what my little exercise that I did was like where do you want to see yourself in a month? Three months? Six month? A year? Two Years? Five years? And, I would go through every week, and if its, like, we would write the dates of what it would be, and even though I’m not going to, well I highly, highly doubt I’ll be talking to [\*name] in five years, but I do have a copy of it, and each time I do something that I wanted to do within the time frame, I tick it off. | In context of planning for a positive future  Journey |
|  |  |  |  |
|  |  | And I, I don't know, I kind of do like a recollection kind of thing … |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Mindfulness in action | REC: … on how I achieved those goals Mindfully, yeah. And it’s like when [\*name] asks you questions, you can, you \*[00.16.48], but she says reply Mindfully. | Acting mindfully, achieving goals mindfully  Speaking mindfully  How is acting/speaking mindfully different/similar to experiencing mindfulness? |
|  |  |  |  |
|  |  | **INT: OK. So that sounds different to, like, Mindfulness as an exercise?** |  |
|  |  |  |  |
|  | Weirdness  Mindfulness as metacognition | REC: Yeah. Like, if you … it’s like [sighs] … It’s weird to explain it really. Um, like speaking Mindfully is like you’re taking notice of what you’re saying, you’re … | Weird to explain  Using mindfulness as a way of being aware of your words *(meta cognition)* |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Focus is important | REC: … not just saying it. It’s like we found that you can’t eat Mindfully while watching TV. You can’t, ‘cos you’re not doing one thing at one time; you’re not focussing. It’s … yeah. | The importance of doing one thing at a time to be mindful |
|  |  |  |  |
|  | Calming the chaos  Integrating into everyday life | It’s, it’s a strange subject really, but I … and it’s hard to explain, But I’ve kind of incorporated it into my daily life because … it just, it helps really. And it just, like, takes away the chaos of now-a-day life, and just lets everything slow down for a bit, and just calm down. But yeah. | Hard to explain because it’s part of everyday life *(novice to expert)*  Mindfulness takes away the chaos, lets everything slow down for a bit  Calms |
|  |  |  |  |
|  |  | **INT: And you, and you said sometimes you use like, ‘phone coaching and …?** |  |
|  |  |  |  |
|  | Mindfulness first aid | REC: Yeah, um … Well I have other recordings on my ‘phone and if I ever need them; I have um, I’ll usually, it’s just a group, like, if you need to contact your therapist you usually have their number … | Keeping the recordings near in case I need them – first aid kit |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: … and yeah. But um, we have … um… DVD and ‘phone support … |  |
|  |  |  |  |
|  |  | **INT: Yeah.** |  |
|  |  |  |  |
|  |  | REC: So each night there’ll be a different therapist, or they’d take shifts, or whatnot, and if you needed help with homework, or you needed help with an emotion that you’re feeling, you don’t know how to handle it, you’d call up … |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: … and usually you’d get a reply and you’d … I imagine you’d be on the ‘phone for about ten minutes. |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: And, like, they’d sometimes go through a well issue with you; they’d try and think of solutions with you. And I only ever used phone support once, I have a fear of going on the ‘phone. I just, … I … even though I work in a call centre, which is in a way battling fears, but I would just, I don’t like to use it, no. Even if, especially if it’s a therapist I haven’t met. |  |
|  |  |  |  |
|  | Use as alternative to support from others | Now if it’s [\*name] on it then that’s fine, I’ll call up. Or I’ll just call her. But if it’s another therapist, that isn’t one that was in the support group, I would refuse. I used it once after a particularly stressful day at school – I was actually at school when I called, and [\*name] picked up, and I was like, Oh dear! I really need your help right now, I’m in crisis; I do not know what to do; I, I need to regulate … I’m really finding it hard. And she’d like, OK, first of all you’re going to do breathing, so I need you to do 5:3:6. 5:3:6 is when you take in a breaths for five seconds; hold it for three; and breathe out for six. And you keep doing that until you’ve kind of just, like when, of course, when I get angry or upset or anything, I hyperventilate. | Way in to getting help from others  Needing to regulate |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Simmer down – calming  Getting to the middle path | REC: But it’s speeds my heart up; it … adrenalin is just … yeah. And so, calming my breathing down using 5:3:6 it just lets everything just simmer down for a second, and so I can walk the middle path again without being completely emotion in mind, and wanting to take drastic measures and doing target behaviours, which we’re not allowed … well, I wouldn’t say we’re not allowed to, it’s strongly disagreed on. | Simmer down for a second and walk the middle path again  Not completely in emotional mind – lead to drastic measures  Rules – not allowed to do target behaviours |
|  |  |  |  |
|  | Connection to others | But yeah, and … it, it, it’s strange really, but … It’s very helpful though, ‘cos with the ‘phone support and things, and even the recordings, personally, for me, it’s like you know you’re not alone even if you think you are. ‘Cos I know that sometimes, in that group, and in the emotions I was feeling, I did feel alone. And I went through the whole, Oh nobody understand how I’m feeling; nobody will understand if I tell them this, that and the other; and I know that at one time or another the girls in that group have felt that as well. | Not alone in the group  Connected to the group – *did this make it easier to become connected to mindfulness?*  Recordings of mindfulness better as youre not alone |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  | How does being in the group help to feel understood? *Mindfulness and understanding* |
|  | Influence of the group | REC: And most people do. Sometimes you just have those days where you’re terrible and you just think, Oh, nobody will understand, and nobody cares; this that and the other. Oh, I’m not gonna get through this. But you are, and you know that you’re not alone, and I … yes, it’s … ‘cos the friendships that you make in that group, they’re absolutely wonderful, ‘cos they know what you’re going through. | *How does being in the group increase mindfulness?* |
|  |  |  |  |
|  |  | ‘Cos, like I wish I could have been closer to some of the girls – we were all pretty tight, but um, I wish I could’ve been closer to some of them, and like, knew how to help them, ‘cos we, we helped each other, but we weren’t really allowed to go to the depth that we wanted to, just in case of triggers, and we didn’t want to do that to each other. | Using the group to help each other  Staying with the group rules |
|  |  |  |  |
|  |  | And so, like if it were something not too bad, like [\*name] had a bad day and I was feeling this, you could go to a friend from the group and usually they’d suggest skills. |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: And we had a rule. If somebody … if you’d go to someone for help and they suggest skills, you cannot say no. |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: But you’re not allowed to. |  |
|  |  |  |  |
|  |  | **INT: And can you remember ever, like, did you ever talk about Mindfulness in those conversations?** |  |
|  |  |  |  |
|  | Mindfulness as a solution to problems  Use of mindfulness language with others | REC: Some … Yes, I did actually, with a friend. Um, she was going through a very tough time, and she was having pretty much a mental breakdown; she didn’t know what was real any more; she was completely out of touch, and I was like OK, I want you to mindfully ground yourself. So I need you to think of, or look at five things you can see; four you can hear; three you can touch; two you can taste, and one you can smell. | Using mindfulness as solution for others  Using when things don’t seem real – being completely out of touch  I want you to mindfully ground yourself using the therapist words  Adding mindfully to actions to add some sort of character to it |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Changing mind states | REC: And so she went through that, - and we were on Face Book at the time – and so she wrote out to me each different point, and I said: OK, now I need you to regulate your breathing, so you can either do, I do 5:3:6 because my lungs aren’t the best, and so she did something else, but it was along the same kind of lines. I was like, OK, how is your mind feeling now? And she was, OK, it’s a bit clearer, but I’m still feeling really agitated and shaky and I’m not entirely sure what to do. | Checking into your mind – how is your mind feeling? *Different mind states feel different*  How clear is your mind |
|  |  |  |  |
|  | Grounding | I said, OK, if you need to, go through the grounding again; if not call your personal. ‘Cos they’re, they’re a lot more qualified than I am, and even though, yes, its good to talk to a friend, and they … you feel like sometimes people of your age can get it a bit more, then call your personal and they’ll be able to give you some solid support that, nine times out of ten, will help. | Go through things again if not working first time use due to continued shaky, unsure what to do state |
|  |  |  |  |
|  |  | And yeah. Its … |  |
|  |  |  |  |
|  |  | **INT: Do you use that in a crisis situation …** |  |
|  |  |  |  |
|  |  | REC: Yes. |  |
|  |  |  |  |
|  |  | **INT: … with your friend; can you remember times that you’ve used it in a crisis situation for you?** |  |
|  |  |  |  |
|  | Counteracts effects of emotional mind | REC: Yes. Um … Am I allowed to talk about, yeah , potential and trigger and such like? I was in a very bad place at, one night, and had a terrible day and I was unsure of whether I wanted to go on; and so I was completely in an emotion mind. I was saying, Oh no one cares; no one wants me. I’d had a fall, fallen, fall out with a friend, and I’ll end up, like losing her - we’d been friends for about ten years or so - and she said, I want nothing to do with you, simply for the fact of I was friends with somebody that she really did not like; and said, pretty much, its me or her, you choose. And I didn’t want to choose, simply because im not that kind of person. And she said, Fine, I want nothing to do with you, goodbye. | Situation feeling like not wanting to go on  *Emotional mind leads to negative cognition* |
|  |  |  |  |
|  | Calming  Stopping unhelpful behaviour | And that just sent me over the edge, I didn’t know what to do. I was in complete hysterics, and I was shaking; I nearly did a target behaviour, one of mine was actually self harm, which I do regret ever doing, which no one ever should do in the beginning, it’s terrible. But um, using Mindfulness I said, OK, you need to calm down; you need to … we have a thing called S.T.O.P; so it’s er, is it anagrams – is that the word? | Mindfulness allowed her to talk to herself – stop, calm down |
|  |  |  |  |
|  |  | **INT: Acronym?** |  |
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|  | DBT language helps to remember in crisis | REC: Acronym, that’s it, not anagram – what am I on? And so, S.T.O.P. S is Stop. T is take a step back. O is observation. And P is proceed mindfully. | Using acronym to remember in a tricky situation  Mindfulness described in an acronym – *to remember – to simplify- to make into a practical thing to use at times of distress rather than an exercise* |
|  |  |  |  |
|  | Practical application of mindfulness | And so when I was in a situation, like I, I was about to pick up a blade, and I was like, OK – ‘cos I have a poster we’ve stuck on our, on my ceiling, so if I’m ever in a situation like that, it’s something [\*name] recommended, so OK make yourself a poster, and so if you need it look at it. | Prompts to remember mindfulness when feeling really would up |
|  |  |  |  |
|  | Mind and body shifts  OK – taking a pause/taking stock | So I looked at it, on the ceiling above my bed, so I saw it, and I was, OK, stop doing what you’re doing; so I just completely stopped still; I took a step back; I did it physically because that is usually what helps me; so I was like, OK, observe what’s going on here. What am I feeling? What am I wanting to do? What should I do? | Stopping the reaction behaviour first  Completely stopped still  Observing what is and not reacting  Making a physical movement to aid a mental shift  *Use to understand feeling, intention and most effective action* |
|  |  |  |  |
|  | Following the rules | So I went through that, and I actually wrote it down. And then proceed mindfully, I was, like, OK; now what would we, what would you do in a mindful mind? You wouldn’t do this because you’re actually doing a target behaviour, which is frowned upon. And is actually um, breaking DBT code. Well we call it a code – once you’re in um, well once you’re in treatment, you’re pretty much, we’re not allowed to do that. Because before treatment I didn’t do it, in other words I did it when I was a lot younger, when I was about Year 8 and Year 9, and then I stopped for quite a while, and things took a turn - which was actually round this time - um, while I was in, when I was still in treatment, and I ended up doing it again, which I do regret to this day actually. | Writing down  Proceeding mindfully due to the ‘Rules’ of DBT/ mindfulness. External regulation  Mindfulness as a set of steps/ recipe for dealing with the situation |
|  |  |  |  |
|  |  | But um, yeah. Thinking of … I … if … [sighs]. It’s difficult really. |  |
|  |  |  |  |
|  |  | **INT: So you were trying to proceed mindfully …?** |  |
|  |  |  |  |
|  |  | REC: Yeah. And I was, like, OK, this is what I, this is what I want to do; this is what I need to do, and this is what I’m going to do. | Weighing up pros and cons through mindfulness  Able to identify differences between what she wants/needs and going to do |
|  |  |  |  |
|  | Using mindfulness to access other skills | And so I use self- soothe, which is another one of our skills; I went and I had a hot bath; so then … I may have had it a little bit too hot just so I felt like, I would say a form of pain, it was quite hot on my skin, but while it was hurting a teeny bit it was giving me that quick relief that I wanted without permanently harming myself. | Able to access another skill when being mindful  *Not completely regulated by the mindfulness* – too hot bath |
|  |  |  |  |
|  |  | And then while I was having the hot bath I put in Lavender Oil, which is a smell that I like, and it calmed me down. And when I washed my hair, and I just, I just helped me for a minute. |  |
|  |  |  |  |
|  | Taking stock – pausing  Mindfulness leads to decision making | And I was like, OK, what do I like to do? What can I do mindfully? And we did mindful colouring sometimes, which um, usually, you do little, all different pictures. But I have, and I actually still have that whenever I need to I do it; I use two specific colours from um, a pen-pack … | What can I do mindfully? A decision  Colouring  *Activity bound by other anxieties (using the right colours in the lines) - doesn’t seem like a very free activity* |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Making a decision to do mindfulness | REC: … and um, each time I used to do it there’s like a little section that I do each bit, and it’s like leaves and like blue flowers and this, that and the other; and I do that. And um, I actually bought a book, a big, thick colouring in book, but it’s sort of like a regular one, you find lots of different little sections that you have to colour in different colours – I have a rule that no two colours can be next to each other – and so if I really need it I’m like, OK pens out, do one of the sheets. | If I really need it  Making a conscious decision to do something mindfully because you need it – like taking your medicine |
|  |  |  |  |
|  |  | **INT: So what about doing that kind of colouring was mindful?** |  |
|  |  |  |  |
|  | Focussing on one thing  Tolerating urges | REC: Um, you had to focus on it; you couldn’t, like, stop and do something else and think of something else. You had to sit there, usually in silence, you can play music if you want to, but nothing with lyrics ‘cos it distracts. So you just sit there; you think about the colours that you’re using, and you … while making it look nice, like, I personally have to keep inside the lines otherwise I’ll throw it away, and I have to finish it, which really irks me because sometimes they’d stop you before you finish a section, and then if you tried to quickly do it the therapists were, like, No, put the pen down, radically accept that you haven’t finished, and move on. | The focus on the colouring was the mindfulness  Not distracting or doing something else at the same time  Using a lot of DBT language  *Even though being mindful using lots of ‘judgements’ and ‘rules’*  *Tolerate an urge to finish the colouring – the discomfort, distress* |
|  |  |  |  |
|  | Calming  Brings you back to you  Bringing different perspective | And usually it would take me … because the, the … it’s an A4 book, it’s very thick, and the pictures are rather big, and so it will take me about an hour, which gives me a lot of time to calm down and just think about the colouring. And then once … like if I think about the situation I was in before, like before I started the colouring, it kind of makes you realise that it wasn’t all that, and that it wasn’t as, like, drastic as I’d made it out to be, because emotionally you enhance what you’re feeling, like … and if you’re in a bad mood especially, it, like … once you feel something in emotion mind it will multiply it, and it will hurt. | Needing to do it for a long time  Giving space from the ‘drastic’ situation  Allowing the strong emotion to pass  Brings you back to you  Calms you and then you can think about it without the *colouring* of emotions  See the situation differently – it wasn’t all that, not as drastic as I made it out to be, changed perceptions  Emotions multiply – hurts |
|  |  |  |  |
|  | Allowing decisions  Allowing thinking  Different perspective after mindfulness | And so by going into, well using Mindfulness you, it calms you, and it bring … as I said, it brings you back to you for a minute, and then once you’ve done the tasks that you need to do to calm down, you try and go back and think about it, or you completely disregard it – it depends on what it is. But you can go back and think about it and be, like, was this actually as drastic as I thought it was? And usually it’s no. | Mindfulness stops multiplying the emotion so it wont hurt as much – self awareness  Choices about how to go back to thinking about the painful situation and whether to go back to it  After mindfulness – not as drastic as I thought it was |
|  |  |  |  |
|  |  | But yeah, that’s … |  |
|  |  |  |  |
|  |  | **INT: And can you, can you describe what it’s like in you when you’re doing the Mindfulness?** |  |
|  |  |  |  |
|  | Numbing pain  Forgetting physical and emotional pain | REC: It’s … I wouldn’t say it feels empty; I’d say it feels calm. ‘Cos, like, I have a lot of things wrong with my body, that’s um, my mind really, that’s just me, and while I’m doing Mindfulness I, it kind of just lets you forget about it for a minute, and just do what you’re doing. Like I have a really bad ankle at the moment – I managed to twist it on the weekend, and I have um, schizophrenia as well, and so I have, I constantly have voices and things and this, that and the other going on, and while doing Mindfulness it kind of numbs them out for a minute. | Not empty  Calm  Forget about what’s wrong with my body  Numbs unwanted symptoms  Temporary effect – for a minute changes the symptom *but doesn’t resolve the symptom* |
|  |  |  |  |
|  | Focus – pulling thoughts back  Quietens voices | And so that’s why I try and do Mindfulness as much as I can, especially when they’re getting too much, because, like, once you’re completely focussed – and even if your thoughts do drift you pull them back – and so you’re just doing what you’re doing and you, like, once all your focus is on what you’re doing, you don’t think about it. And for me personally they just get a bit quieter. | Bringing the focus back  Pulling drifting thoughts back  Reduces experience of voices  They just get a bit quieter |
|  |  |  |  |
|  | Chilling  Clearer thinking  Different perspective  Changing mood | Um, yeah … it, it really does help. Like, even all those little things; even if, like, you’re just in a bit of a bad mood sometimes, and once you do Mindfulness, and you think about the situation and you just chill, and then you can go back to it and be like, OK, this is the situation; this was the possible solutions; now what am I going to do from this experience, and put to a positive. Yeah. | Helps with ordinary bad moods  Clearer thinking  Different perspective on the situation  Get to a positive |
|  |  |  |  |
|  |  | **INT: So um, … what is it that makes you kind of know that you’re being mindful?** |  |
|  |  |  |  |
|  |  | REC: I guess the fact that everything else seems a little bit, just more distant. | I know I’m being mindful when other things seem more distant |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Mindfulness slows down chaotic thinking  Relaxation  Changes in mind state  Changes in body state | REC: Because, as everyone knows, day-to-day life now is chaotic; like, everything is just going at a million miles an hour, and with Mindfulness you kind of feel that everything is just slowed down for a minute and, like, … I personally really, really, really um, … the white \*[00.32.37] centre actually just down there, um, you would, we would sit there around the table and just close our eyes and everything would just kind of fade out for a minute; and once you just focussed and you just don’t really think anything and feel anything, you just are solely focussed on what, on um, sometimes a recording, sometimes the colouring, or just whatever – you’re just completely focussed, and you … it just like … it doesn’t … it kind of leaves your body heavy, like, you know after you’ve laid down for a while and you’re completely relaxed, you feel that afterwards and you don’t want to stand up. You kind of get that, and, yeah. You just … | Life is chaotic  Life is million miles an hour  Mindfulness slower  Contrasting mind states  Stop thinking and feeling – just focussed  Fade out for a minute  Body feels heavy like you’ve laid down and feel completely relaxed  Changed mind state, changed body state |
|  |  |  |  |
|  |  | **INT: And is that, is that a good experience or not?** |  |
|  |  |  |  |
|  | Relief of physical pressure | REC: To me it is, yeah. ‘Cos um, being in the course that I am and I’m on my feet all the time, like, I, I've, I do um, 9 till 6 three days a week – well two days, and then I do a 9 till 2.30 but um, I’m on my feet pretty much for all of that, apart from, like, the odd moment of when there’s a spare seat. | Relief of physical pressure |
|  |  |  |  |
|  | Escape from stress | But being able to just sit down and just not think about anything and just get away from just day-to-day life for even a couple of minutes, it’s just lovely. ‘Cos I know I’m still young, I, I don’t have, I have a part-time job, it’s only a few hours every night or so, but, like, the stress of that and the stress from school are just everyday stresses; they kind of just go away for a minute once you’re just thinking about what you’re doing. Yeah. | Escape from every day stress by focussing on what you’re doing |
|  |  |  |  |
|  |  | **INT: You said you kind of made it part of everyday life …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … um, do you think it will continue to be?** |  |
|  |  |  |  |
|  | Changes in coping style | REC: More than likely. ‘Cos, kind … comparing myself … like I know you shouldn’t compare, but … what I am now to what I was before I started therapy, and started DBT as a whole, and comparing the two different people, it helps so much. Like, before I knew about skills and different parts of your brain and what it does, and how it affects you and whatnot, before I knew all of that to put it bluntly I was a bit of a mess [giggles]. | I was a mess  After DBT as a whole  Understanding different parts of the brain and what it does has helped – *does understanding brain/mind help to understand concept of mindfulness?* |
|  |  |  |  |
|  |  | I, I didn’t know how to deal with any of the stuff I had, I just went straight to crisis, even if it was the tiniest little thing. But um, one of the therapists, and they used um, kind of analogy of um, we consider DBT and patients as their emotions are like burn victims | Used to go into crisis over the smallest things |
|  |  |  |  |
|  |  | It sounds strange but this is why. You can be standing by a window, and a regular person, and, like, a small breeze would come in and a regular person would just feel it, they’d notice it, they’d let it go. If a burn victim was standing by a window and a slight breeze came in it would hurt. It would sting, and it would affect them a lot more than it would a normal person. | Using analogy of burn victim – emotionally sensitive not normal |
|  |  |  |  |
|  |  | And that’s how we kind of consider our emotions. Like a normal person might say, for instance they failed a test, a normal person sometimes would be like, Oh, OK, I’ll try harder next time. Sometimes a DBT patient would be like, Oh my God! I, this is terrible, this is drastic, I don’t know what to do – breakdown. | Reasons why DBT patients need mindfulness more? |
|  |  |  |  |
|  |  | And it’s the same with emotions; like sometimes a normal person they feel a little bit sad, like, they’d pick themselves back up again. Then a DBT patient would feel morbidly sad. | Context of emotions she had to deal with through mindfulness/DBT |
|  |  |  |  |
|  |  | **INT: OK. And so how has Mindfulness been part of …?** |  |
|  |  |  |  |
|  | Regulating emotions  Calming the brain  Moving away from negative emotion | REC: It kind of … it regulates really. Like, if you’re in a terrible mood, like I used to be a lot, mindfulness kind of brought you away from it, and It’s just a way of, for me personally, it’s made me realise that the severity of the situation wasn’t as much as I thought it was. It … yeah… It just kind of makes you just think about it. Like once you’ve … ‘cos … I think of it like when you’re in crisis your brain is shaking; - well this is just a personal thing – like your brain is shaking, your thoughts are everywhere, you don’t know what to do. Mindfulness lets your brain calm down, think about the one thing that you’re doing, ‘cos it takes your mind off of it, and like gets you away from the emotion for a minute and just lets you, just be calm. | Mindfulness regulates emotion  Bringing away from terrible mood  See the severity of situation differently  Brain shaking – brain calm  Takes you away from the emotion so that you can be calm |
|  |  |  |  |
|  | Go back and think about problem  Needs persistence  Needs willingness | And then once you’ve calmed you can go back and think about it; and if you start shaking again, you can go back and do it again, and just do it and do it and do it until it’s worked. And sometimes it can take five minutes; it can take five hours. And that’s the kicker, because once you’re even a little bit wilful it’s not going to work. So you need to be in a mind state where you want to do it. | Mindfulness lets you take another look  Might need to do mindfulness for a while before it works  Really important how you approach mindfulness be in a mind state where you want to do it |
|  |  |  |  |
|  | New perspective | And so once you are calm and you feel as if you’re actually a bit more calm than you were, you go back and think about the situation, and you’re just like, OK, this is the situation on hand; this is what I’m feeling; this is what I’m thinking. Are these valid? | Judging validity of emotions with new found perspective |
|  |  |  |  |
|  | Self kindness/validation | And because we teach validation, so anything that, like, … validation normally … it’s like you say something and if someone does something good then you’re like, That was really good, I’m very proud of you, well done – Validation. And invalidation is like, Oh your thoughts mean nothing, you mean nothing. Be quiet. Yup. | Mindfulness allowing for self kindness/validation |
|  |  |  |  |
|  | Able to access truth | And so if you, like, validation you go on the truth, you don’t go on perceived truth; so when you’re in an emotion mind you think things that aren’t necessarily true, because personally when I’m in an emotion mind I will make things up to make the situation so much worse than it actually is. | Mindfulness as way into the truth away from emotional mind that adds to the situation through imagination |
|  |  |  |  |
|  | Using mindfulness in response to difficult situation | Recently me and my Mother had a fight – like, not a physical of course – but words were thrown and tears were shed and this, that the other – and in my own mind I thought, Oh she doesn’t love me, she doesn’t care; if she cared she wouldn’t say this. And then once, after doing a Mindfulness exercise I actually went on um, an app that we were given that um, you have, like five minute recordings. I was like … and one of them was actually one of the grounding ones that I use; I was like, OK, notice five colours in the room; so if we were doing it in this room say, so there is brown; there is like a navy colour; there is red; there is cream and there is white. | Use of mindfulness due to negative thoughts – she doesn’t love me, she doesn’t care. |
|  |  |  |  |
|  | Using senses to be mindful  Going back after a pause | And then you go, like, four things you could feel; at the moment I can feel my leggings on me; I can feel my jumper; I can feel my hair on the back of that, and I can feel a slight tickle in my throat because I’m a bit ill at the moment. Then you just keep going through that, and once you’ve finished it you can go back and think, and be like, OK. | Ive been mindful now I can go back and think  Senses used as a way of becoming mindful  Going back – *with fresh perspective*  Ok – taking stock |
|  |  |  |  |
|  |  | Like personally the argument was about um, I left college early on the Tuesday, well last Tuesday actually, because these girls had been making fun of the girl that was actually with me, and um, because we go to the same college, and she was in my last class, and she wasn’t there that day, and they were making fun of her, and that. I’m very protective of my friends, and so I, I wasn’t going to let that happen; and so I said some things that I really shouldn’t have to them, and then they obviously told out of college, and I should have gone straight home but I was, like, OK, how can I calm down? Because I was feeling awful, I didn’t want to do skills; I didn’t want to talk to anyone. I was like, OK, who can calm me down apart from myself? My boyfriend. So I got the bus and I went and saw him for the day. |  |
|  |  |  |  |
|  | Weighing up the situation | And I wasn’t picking up calls from my parents or my sister; I wasn’t talking to anybody; I got in a lot of trouble with my parents, and once we had an argument about it, I was like, OK, I need to think about what I’ve done. And so I thought, OK, this is what I’ve done; this is what I was feeling at the time; this is what I was thinking at the time, which parts of those are actually valid for me to think? What should I have done, and what am I going to do to repair it? ‘Cos repair is one, something that you use quite a lot in skills. | Allowing to break down situation and use other skills |
|  |  |  |  |
|  | Using another skill after mindfulness | So I was like um, a things that says in a folder, it’s like, If you’ve broken a window you don’t bring flowers for the window – you fix the window. And so, like, I left college early and I upset my parents in the process, so what was I going to do to repair? | Use of another skill after use of mindfulness exercise |
|  |  |  |  |
|  |  | So I went into college a little bit earlier; the um, lady said \*[00.41.24], which was a Thursday; and I did all I could to try and make my parents happy. And so I was … I did chores, I did … I was generally nice; if I was in a bad mood I wouldn’t bring it to them; I was … talked to my friends and then everything was OK. Which in … | Mindfulness as practical action |
|  |  |  |  |
|  |  | **INT: How would that have been different if you hadn’t have been Mindful?** |  |
|  |  |  |  |
|  | Mindfulness regulates emotion | REC: I probably would still be in the angry situation I was, to be honest. ‘Cos without Mindfulness my emotions would be here, there and everywhere. | Allow to move on from anger  Without mindfulness my emotions would be everywhere |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Calming  Being unsure of doing it right  Pause button | REC: ‘Cos, I don't know whether it’s the correct way to use it, which that’s a complete judgement, but um, I do use it as a calming tool, because life is, as I’ve said many a time, life is hectic and sometimes we can’t get away from it, like we can use it with um, like, leisure therapies, like the course I’m in, or some of that; or treating yourself, or just, like, taking holidays and … And if you can’t do any of that just sitting there and just blocking everything else a bit, and just focussing on one thing; just … it’s, it’s wonderful really; just knowing that you … it’s not exactly an escape, it’s more just a … a pau-, it’s a pause button on life for a bit. | Some uncertainty the doing it right  Wonderful -Not an escape – a pause button |
|  |  |  |  |
|  | Just breathing – no stress  Coming back to things | Like you don’t have to think about anything; you don’t have to worry; you don’t have to just stress about anything, you’re just doing what you’re doing for that set amount of time, and just breathing and doing what you need to do. And then once you’ve come back to the room per se, and you’ve picked yourself back up, you can choose to think about all these hectic things. [ Oh pardon me!] | Just breathing is what you need to do  Coming back to the room  Picking yourself up through the exercise  Choose to think about unpleasant things |
|  |  |  |  |
|  | Let you be you  Not allow stress to bother you | Or you can just chill for a bit, and just let you be you, and just water off a duck’s back, everything. | More resilient  Change of mindset  After mindfulness – stress is water off a ducks back |
|  |  |  |  |
|  |  | **INT: Yeah.** |  |
|  |  |  |  |
|  |  | REC: That’s how I use it really and that’s what I do. [chuckles]. |  |
|  |  |  |  |
|  |  | **INT: Um … and you said that er, your Mum and Dad had sort of …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … did you have conversations with them about Mindfulness? What sort of things do you talk about with them?** |  |
|  |  |  |  |
|  | Using mindful paradigm for action/speech | REC: Um … usually my Mum will say, OK, how can you say that Mindfully? Or, How can you say that non-judgementally? | How can you say that mindfully? Being reminded to use as a way of communicating more effectively |
|  |  |  |  |
|  |  | **INT: OK, and what does she … what does mean by that – how can you say it mindfully, or …?** |  |
|  |  |  |  |
|  | Think before you speak | REC: Well, how can you take notice of what you’re saying. ‘Cos sometimes, personally, I talk before I think. And so I could be saying something completely stupid and potentially offensive, and Mum will be like, OK, stop. How can you say that mindfully? So I’ll go back, I’ll think about what I’ve said - If I’ve said something offensive I’ll apologise - and then you either rephrase it or you just … you say it in a way where you’re actually, you’re thinking about what you’re saying. So it’s kind of think before you speak. | Others using it as a way of doing things – do it mindfully  Code for think before you do |
|  |  |  |  |
|  | Take a step back to consider speech/action | So you think about what you’re saying, and then it’s like, OK this is what I want to say, and then you say it. | Meta cognitive stance – think before you do/speak  Practical application to everyday life |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Slowing down  Considered speech | REC: So you don’t rush through everything, you just, yeah, it’s like a slow down. OK, this is what I’m saying; this is what I want to say, and this is what I want to be understood from what I’m saying – speak. | Not rushing  Slowing down  Insight into life |
|  |  |  |  |
|  |  | **INT: Um … and your Dad?** |  |
|  |  |  |  |
|  | Stubbornness doesn’t allow mindfulness  Reaction of this is rubbish (bull) | REC: My Dad, he still hasn’t completely grasped it even I’ve graduated. Um, my Dad works a lot so my Mum was usually the one going to the groups. He went a couple of times. He still thinks it’s complete and utter bull. Um … he, … he’ll … he tries with some of the skills, and with different aspects of the group, not particularly Mindfulness. Um, he refuses to do any of the exercises and things like that; he’s a stubborn man [chuckles]. | Others not understanding in the same way  Stubbornness- not allowing mindfulness  Refusal to do exercises –why? |
|  |  |  |  |
|  |  | **INT: What do you think puts him off?** |  |
|  |  |  |  |
|  | New age thinking  Not black and white thinking | REC: I don't know really. It just … he’s a very … [sighs] - what’s the word? – old-fashioned thinker. He thinks that some mental illnesses that are around nowadays, like depression, anxiety and all the ways of things … even, he thinks, some genders don’t exist, and some sexual orientations don’t. He’s very, This is how it is; this is how it’s going to be; this is what it was. Simple. | Mindfulness does not suit old fashioned thinking  Need to be able to think beyond the first thoughts or the black and white to be able to use mindfulness |
|  |  |  |  |
|  | Mindfulness needs an open mind | And my Mum’s more of an open-minded woman. She is … ‘cos some of the mental illnesses that me - are not necessarily me, but some of the people that I know have – she had no idea even existed, and the same with the genders and orientations and this, that and the other. She’s open to thinking about it and talking about it and potentially understanding and, yeah. | Open mindedness needed for mindfulness |
|  |  |  |  |
|  | Mindfulness easier for some people than others | But again my Dad on the other hand … my Mum she grasped Mindfulness like that [snaps fingers], like she was great at it; she still is actually. And she’ll use as much terminology as she can, like talking to me if I’m in a bad mood, or if I’m needing help. But my Dad will be like, Shut up and sit down and sort it. | Mindfulness comes easily to some people  Use of terminology vs actual practice  Use of terminology to reduce someone else’s bad mood  Mindfulness at odds with a just sort it out attitude. |
|  |  |  |  |
|  |  | It, it’s strange; it’s just how my parents are. I mean, my sister, she’s two years older than me, she hasn’t had the best time either. We both been when we were a young girl for our sizes – she’s not particularly big either. But I know I’m a bit on the heavy, but um, she is, I wouldn’t say skinny, she’s like … she’s an average size, and people will make fun of her; she had a very dark few teenage years, and she off at university now, um, studying child care, which is wonderful. |  |
|  |  |  |  |
|  |  | But um, … my Mum was very, very understanding of her position, and she’s the same with mine. My Dad, for both of us, not so much. But he would try and he would do what he could, but at the same time he would be stubborn to understand what was going on. But yeah. | Barrier to mindfulness was stubborness |
|  |  |  |  |
|  | Insight into emotions  Making crisis into a positive | And Mindfulness has kind of, it’s helped me and my sister and my Mum a lot, because we’re in the crisis … well mostly me and my sister to be honest, in crisis situations we’re like, OK, then this is what we’re feeling and thinking, and wanting to do; what are we going to take from this in val-, in validation to what we’re going to do and what would be positive. So it goes like that And it’s helped us through a lot of stuff. | Insight  Taking positive choices |
|  |  |  |  |
|  | Mindfulness is a tool  Calming  Getting back to me  Not thinking of the hard stuff | No matter how much people bad-mouth it, especially my Father, it’s a wonderful tool. Like, it gets me through day-to-day life, if I just need a minute to calm down for a bit; or even if I don’t really, I just try and do it, just to kind of get back to me really, instead of thinking about this, that and everything else. But yeah. | Other people bad mouth it – not universally appreciated or experienced positively  Do it sometimes without the crisis to get me back to me |
|  |  |  |  |
|  |  | **INT: And what did you make of kind of the people, like the group and stuff, how have they talked about Mindfulness?** |  |
|  |  |  |  |
|  | Therapist biased opinion  Therapist didn’t talk about the bad side of mindfulness | REC: They … [clears throat] … they were very hung-up about it. Like, … there was, there are three new main therapists that were there every day, well every time we went, and sometimes they’d swop over, and there’s like the other group, and then one of them actually left – she um, she retired I think, or she went onto a different job – and we got another woman. Absolutely wonderful. They’re brilliant people who run that group. And Mindfulness, they spoke about it in a way that, I don't really know how to explain it really … They … I wouldn’t say “bigged it up”, but like they were biased, but like not completely [chuckles]. So they’d be like, These are all the benefits of Mindfulness; yes, there are some, like, I wouldn’t say side-effects, well there are some bits that aren’t so great, but these are the benefits. So they’d be like that. | Therapists were biased  They bigged it up  They did talk about things that weren’t so great  Doesn’t ‘work’  Frustrating  Need to be in right mind set |
|  |  |  |  |
|  |  | **INT: And what were the bits that weren’t so great?** |  |
|  |  |  |  |
|  | Sometimes doesn’t work  Need the right mindset | REC: Sometimes it doesn’t work. Sometimes you’re not going to want to do it, and you will get frustrated with it. Um, you need to be in the right mindset otherwise it’s not going to work. Simple. Yeah. | Ups and downs in experience of mindfulness  Mindset very important |
|  |  |  |  |
|  |  | **INT: Is there anything, kind of, about Mindfulness that we haven’t spoken about? Anything that’s kind of been important to you about …?** |  |
|  |  |  |  |
|  | Common reaction – it’s a load of crap | REC: Not really, to be honest. Um … I think I’ve covered all bases [giggles]. Yeah. I guess, like a little side note this might be just for the reader’s purpose, but no matter how much people think that Oh, it’s a load of crap, it does work. Well, I’m living, breathing proof, as are all the girls in the group and all the people that are taking part in either the study or taking part in the therapy itself. |  |
|  |  |  |  |
|  | First impressions that it wont help  Need persistence | It, it’s difficult to start with, and you will think that its just, Oh it doesn’t matter, it’s not going to help, but it does. And it’s, it’s a wonderful thing really. Yeah. | Things difficult at the start  Easy to think its not going to help |
|  |  |  |  |
|  |  | **INT: What do you think made that change between …** |  |
|  |  |  |  |
|  |  | REC: I just \*[00.50.57]. |  |
|  |  |  |  |
|  |  | **INT: … it’s not going to work ?** |  |
|  |  |  |  |
|  | Giving it a chance  Need openess | REC: Yeah. I guess it became more open to, like, um, the sort of thinking of things, and sort of like giving things a chance. ‘Cos if you’re going to be stuck for your whole life and not want to do anything, then what the hell are you going to do, if you stick to your guns and you do nothing, but you do nothing new and you don’t take chances, then what’s, what’s going to become of you really. | Becoming more open  Giving things a chance  Mindfulness as an alternative to being stuck for life  Focussing on the element of choice – |
|  |  |  |  |
|  | Approaching with an open mind  Give it a go  Unexpected benefits | And yeah, like … and for instance, like OK, lets stop being bitchy about it, and lets just sit down, give it a go and see what happens. And the first time I did it and I did it, and yeah, it worked a bit, and I just felt a bit more calm. I was like, Ooh! OK, this could be going somewhere. And so I tried a little bit more to be more enthusiastic about it, and it really helped. | Having the right mindset  Trying to be enthusiastic  Not being stubborn  Ooh (surprised) this could be going somewhere |
|  |  |  |  |
|  | Doesn’t always ‘work’ | Of course there were some days where it didn’t exactly work, and there were times where I really didn’t want to do it, but in the end that wasn’t up to the actual um, Mindfulness itself; that was just me being stubborn. | Making the choice to use it  Your intention makes a difference |
|  |  |  |  |
|  |  | But yeah. |  |
|  |  |  |  |
|  |  | **INT: We’ll stop there.** |  |

Themes

Calmness

Slowing down

Insight into what is happening and Different perceptions of situations

Mindfulness exercise – mindfully acting/speaking

Making different choices

Being open

Getting back to you

Getting through difficult emotions

Using mindfulness as a pause from doing what she used to do automatically and relating to the situations in a different way. Using it to dissolve/ challenge unwanted emotions