(*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 - 160209-001. 17 yrs**

Transcriber : Barbara Hellyer.

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|  | **Code** | **Transcript** | **Exploratory Comments** |
|  |  |  | Normal font = Descriptive analysis  Underlined = linguistic  *Italics = interpretative* |
|  |  | **INT: So, being part of the emotional, the emotion coping skills group, yeah? And how long did you do it for?** |  |
|  |  |  |  |
|  |  | REC: Um … I think it started in September. | Around 5 months in treatment |
|  |  |  |  |
|  |  | **INT: OK. So a few months?** |  |
|  |  |  |  |
|  |  | REC: Er, well it was, like, ‘cos you know it was through modules, and I think it was like approximately six weeks in each one, apart from the last one which was, like, four. |  |
|  |  |  |  |
|  |  | **INT: Yeah.** |  |
|  |  |  |  |
|  |  | REC: I think. |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Uncertainty | REC: Sorry, it’s not very helpful. | Very apologetic – *as if thinking she’s already getting the interview wrong does she feel uncertain about the subject mindfulness* |
|  |  |  |  |
|  |  | **INT: OK. And you did some Mindfulness as part of those modules?** |  |
|  |  |  |  |
|  |  | REC: Yes, I did. |  |
|  |  |  |  |
|  |  | **INT: Um, we usually have a little video to watch, but my laptop’s not working, so um, the video was basically someone introducing a Mindfulness exercise, um, saying that he wanted the people to think about the sound of a bell being rung, and listen to that and try and focus on that without thinking about other things, and if other things came into their head, put their mind back on the bell. Tsk, so is that similar to the sorts of things you’ve done in the group?** |  |
|  |  |  |  |
|  | Concentrating on doing - not observing | REC: Yeah, but … like … what we were doing it wasn’t kind of … I don't know if this sounds nitpicking, but wasn’t focussing on something like outside, like a sound or a, or some-… I guess there was one time where they were, like, just listen to nothing, but then your mind tends to wander; we were kind of concentrating on what we were doing … | Describing the focus being on doing something rather than observing something. Although noticed that they had been asked to listen to nothing.  When focussing on nothing then the mind wanders  Apologetic – nitpicking she thinks she being overly critical but it seems important to her experience of mindfulness – *centrally the concentration on what they are doing* |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Practical mindfulness | REC: … like breathing, or like drawing or colouring … | Breathing – associated with something that we are doing is she associating observation of the breath as being active?  Idea of drawing/colouring is very familiar |
|  |  |  |  |
|  |  | **INT: Uh huh.** |  |
|  |  |  |  |
|  | Active not passive activity | REC: … like not … it wasn’t like what, sort of like listen to this. | *Keen to notice the difference from the example seems listening –passive the mindfulness they did active* |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: Do you know what I mean? |  |
|  |  |  |  |
|  |  | **INT: So it was a doing thing rather than …** |  |
|  |  |  |  |
|  |  | REC: Yeah. Yeah. |  |
|  |  |  |  |
|  |  | **INT: OK, and how was it? What was it like?** |  |
|  |  |  |  |
|  | Wandering minds | REC: Um … I found it a bit difficult, ‘cos my mind wanders a lot. | Difficult due to mind wandering – connected to the idea that the mind should not wander. |
|  |  |  |  |
|  |  | **INT: Uh huh.** |  |
|  |  |  |  |
|  |  | REC: So that’s me. Um … | So that’s me – is that all there is to it? I found mindfulness difficult because my mind wanders. *Does she think she is different to other people in that way?* |
|  |  |  |  |
|  |  | **INT: And what happened when your mind wandered? What was that like?** |  |
|  |  |  |  |
|  | Feeling unable to do mindfulness  Feeling passive in the process  Feeling mindfulness is imposed | REC: Well we were supposed to be able to, like, bring it back, but then I would get confused ‘cos I’m not thinking about what I’m doing, so then I don’t remember that I have to bring my mind back, so I’d get all in a muddle. But, um, … I did try. | Found the brining back of attention really difficult. Feeling unclear what part of the process is what she is ‘supposed’ to be doing. She notes that she did try but seems passive in the process – *confusion not remembering getting in a muddle all as things she cannot change?you can either do this or you cant.* Things particular to her that means she tried but did not succeed? *Why couldn’t she tolerate the muddle/ uncertainty about the process?* |
|  |  |  |  |
|  | Trying to pull back the mind | Like, when … I just kind of think about random things. But then sometimes I would be able to pull it back, but most of the time not really. | She noticed the process of starting to think about random things. She noticed that she had moments of ‘pulling it back’ (to where?) but most of the time *she seems to accept the wandering mind*. |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Confusion  Paradox of mindfulness | REC: ‘Cos I just … I find it confusing; how can you think about pulling yourself back into the moment if you’re not thinking about it? Do you know what I mean? I know it sounds really confusing, but … | She seems to see a paradox in the mindfulness process – if your mind has wandered how can you pull it back? Speaking of the mind like it is separate |
|  |  |  |  |
|  |  | **INT: So once your mind’s wandered off, even the thought of lets take my mind back …** |  |
|  |  |  |  |
|  | Feeling of no control of the mind | REC: Unless … unless … unless a thought brings you back into the moment, there’s no way of forcefully bringing yourself back if you’re not thinking about it. Like, ‘cos you know you can only focus on one thing … like, you can’t control something that you don’t know it’s happening – I do-, it’s like giving me, like, a mental breakdown; I can’t think about it, great. Do you know what I mean, really? I don't know. | A random thought could bring you back but you would have to wait for this to come along. *Where is the locus of control?* *The idea that intention to bring oneself back into the moment would be the process*. Conceputalisation of thoughts as taking turns and that a person has no control over what is in their head at any given moment. Is unsure how she could become more aware of mind wandering.  Challenging the ideas about cognition and meta cognition |
|  |  |  |  |
|  |  | **INT: But there was something that had been said about trying to bring yourself back into the moment?** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: And did you ever have the experience of bringing yourself back?** |  |
|  |  |  |  |
|  | Supposed to do mindfulness  Unsure of how it works | REC: I don't know. Like, a couple of times I’ll have been wandering and then I’ll kind of feel like, Oh wait! I’m colouring. Yeah, I’m supposed to be colouring aren’t I? [chuckles]. And I’ll … that will bring me back, but other than I, I can’t do it. | Using the activity to bring her mind back – oh wait Supposed to be.  Quite a surprise to her that she is doing mindfulness. *Feel of the mindfulness not being her idea. Sounds like a young person daydreaming in a class and then remembering they have work that the teacher has set them*. S that a mindful moment in the classroom or just remembering? |
|  |  |  |  |
|  |  | **INT: So can you remember the first time, um, someone spoke to you about Mindfulness? Can you remember what, what that was like?** |  |
|  |  |  |  |
|  | What’s the point of mindfulness | REC: Um … Well, the first time I heard about it was um, … um… um… was the person I see here, I don't know what it was, but um … like, when she first started talking about it I was like that sounds really stupid. I, like, warmed up to it when I went to the group, but the first time I heard about it I was like that, it sounds stupid, and unnecessary. | On an individual level was unimpressed by the idea of mindfulness  Stupid and unnecessary  Unnecessary seems a strange term as if being imposed without thought. As if it is doing something that has already been done in another way or doing something that is not needed. What would make it necessary and necessary to what? |
|  |  |  |  |
|  |  | **INT: Can you say more about that? Kind of what made it stupid and unnecessary?** |  |
|  |  |  |  |
|  | Not a real therapy  Going against natural process | REC: Well I heard the word “Mindfulness”, just like what does that even mean, but it sounds like some stupid scheme that someone came up with as an excuse. But … I don't know. I was just like how can you control what your head is thinking – you can’t. Your mind is your mind, it just wanders and it feels like the point of your brain, but … I don't know. It made more sense when I went to the group, ‘cos, you know, like putting it into practice and all that. | Someone came up with as an excuse .....for what? *Excuse to let people off the hook? Excuse for a real therapy?*  *No control over the mind – thats the point of the brain to wander. Is mindfulness going against the natural state of the brain?* Is it useful to go against the natural state of the brain or not? |
|  |  |  |  |
|  |  | **INT: So what made more sense?** |  |
|  |  |  |  |
|  | Use to calm me  Use to feel better | REC: Um … well the way they were explaining it, it was to calm you down, and that kind of … Oh, you can use it to calm you down, and stuff like that. And when you feel quite, you know, it can make you feel better. Um … | Picked up that the point of the mindfulness is to calm down and to feel better. What is she feeling when she’s feeling quite....used to feel better from a feeling. |
|  |  |  |  |
|  |  | **INT: And have you had …** |  |
|  |  |  |  |
|  |  | REC: That’s why it, yeah. So … | Trying to make sense of it? |
|  |  |  |  |
|  |  | **INT: Have you had that experience of it calming you down?** |  |
|  |  |  |  |
|  |  | REC: Well, I don't know. | Not clear that there has been an experience of calm |
|  |  |  |  |
|  |  | **INT: Or making you feel better?** |  |
|  |  |  |  |
|  | Dealing with distress  Think about something else | REC: I have done it a few times. When, there’s my sister who’s very annoying, um, when my sister, like, really annoys me, sometimes would just like no Take it back. Take it back. All good. And I was just thinking about the wind, and like, this sounds stupid but I have used it in real-life situations. | Used to deal with a distressing situation?  Choosing to think about something different rather than the situation  Why stupid to use in real life situation? |
|  |  |  |  |
|  |  | **INT: Can you think of any other real-life situations you’ve used it in?** |  |
|  |  |  |  |
|  | Changing reactions  Take a breather  Do something else to distract | REC: With my Mum; I argue a lot with my Mum. Most, most of the time about, like, political issues [giggles], it’s really stupid, but when … because my Mum can be so incredibly ignorant sometimes. I’m just like, no, I’m just gonna, I’m just gonna leave it, I’m just gonna take a breather, and, and do some colouring, and that. That’s, it’s basically arguments ‘cos I’m not very good at arguments, that I use it in. | Using it to stop the usual reaction to a situation. Being able to take breather away from a difficult situation. Being more aware of herself during arguments. |
|  |  |  |  |
|  |  | **INT: And, so you said about colouring – are there any other kind of things that you would choose to do?** |  |
|  |  |  |  |
|  | Outisde activity to distract | REC: Mmmm … this is gonna sound kind of, well, simple, but um, … like, I, I will watch, like, a film or TV and only focus on that, … | Distraction using a film. Only focus on the film. Focus with or without awareness? |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Being in a different world  Forget problems  Focus on something else | REC: … and like try not to let myself think of other things. It sounds like I’m going off into a different kind of topic, but like, like, staying in that world, and um, kind of forgetting about your own problems. Um, like, you know, just focussing solely on, on that, kind of calms you down; unless it’s like a stressful film, but … | Focussing on a film  Being in a different world? Forgetting about problems – distracting form where you are at. Interrupting rumination.  All this has a calming effect on emotions. |
|  |  |  |  |
|  |  | **INT: Uh huh. So …** |  |
|  |  |  |  |
|  |  | REC: … it’s not, it’s not your own problems you’re stressing about, so … | Other stressful things ie film are not the problem it’s your own problems |
|  |  |  |  |
|  |  | **INT: So the focus on the film gets you not thinking about other things?** |  |
|  |  |  |  |
|  | Distraction | REC: Yeah. Yeah. It’s just to distract myself really, that’s … I guess that’s what Mindfulness is, is just distracting yourself, when you think about it. | At the core belief that mindfulness serves to distract |
|  |  |  |  |
|  |  | **INT: So to begin with you kind of thought it was stupid, and you said something like, it’s just something people made up to …** |  |
|  |  |  |  |
|  | Cynical about mindfulness  It’s just common sense | REC: Well, OK, OK. Um, … I, I went to a Catholic school, so I have a lot of experience with, like, ski-, like, kind of like, stupid, like, marking schemes, and like just unnecessary things that they bring, for example into an exam, or into like your everyday teaching and stuff, like … I can’t remember what it was called but it was basically this thin they had to mark us on, and there was stuff in it like spelling and all that which is normal, but just so unnecessary, like, you don’t need to make a scheme round it, just, it’s common sense to mark on that kind of thing. | Is mindfulness just a scheme that sets aside ‘common sense’ of dealing with a situation?  To bring it together as a scheme is unnecessary?  Using a school analogy for the way in which mindfulness has been put together in DBT |
|  |  |  |  |
|  | Mindfulness will lose relevance | And I just, just … I don't know, I guess I was just like, just sounds like another unnecessary thing that they’re bringing into the world that’s going to get forgotten soon. | Questioning whether mindfulness will remain relevant. Thought that it will be |
|  |  |  |  |
|  |  | **INT: Can you remember what it was about it that sounded really unnecessary?** |  |
|  |  |  |  |
|  | Confusion  Aversive concept  Apologetic for not liking | REC: I don't know. I’m not sure. I don't know, but the word Mindfulness just sounds, it sounds stupid when you hear it, like Mindful … like what … what does it even mean, like, what can your mind be full of, I don’t, I don’t understand [giggles]. But, um, I don't know. I don't know, I don't know why I thought it sounded stupid. The word sounds stupid in itself, but … I don't know. Sorry. | What can you be mindful of? The whole concept is aversive to her. However she is sorry for this |
|  |  |  |  |
|  |  | **INT: So has it … have there been times when it’s been suggested again, maybe, in either group or individual sessions as a way of dealing with stuff? Can you remember any kind of specific things that, times when it came up?** |  |
|  |  |  |  |
|  |  | REC: When in-group they basically mention it really all the time But … |  |
|  |  |  |  |
|  |  | **INT: And what’s that like for you when it’s mentioned every week?** |  |
|  |  |  |  |
|  |  | REC: Well, kind of assumed it’s why I’m really there, so, yes. I mean I’d willingly gone into a group called Mindfulness Skills, so I kind of assumed that it would be a lot of Mindfulness skills, so I don't know. |  |
|  |  |  |  |
|  | Dont understand  Deficiency in me | Um … at first, at first I was just kind of, well, here we go again. But it was useful I guess. Some parts of it; some bits I didn’t really understand, but that might be because Im stupid | Here we go again – like a chore or a nagging parent  Negative self concept affecting the way in which approach mindfulness – need to have a level of intelligence to understand it?  If I don’t get it I must be stupid |
|  |  |  |  |
|  |  | **INT: What bits kind of didn’t you understand so much?** |  |
|  |  |  |  |
|  | couldnt understand | REC: I can’t remember specifically, but there were like things they were trying to explain, and I just didn’t, couldn’t get my head round it. | Cant get my head around it.  Her experience was that she should get it and therefore this would be experienced by others as annoying.  Difficult to reconcile the idea that she is being told this is her treatment and the experience of not understanding it and thinking it unnecessary. |
|  |  |  |  |
|  | Doesnt make sense  Felt stupid | And I, I felt like I was being really annoying, but obviously I was there to understand sort of, those questions. But I was just kind of like, you were saying this, but you’re also saying this – it doesn’t make sense. I can’t actually remember a specific time, but very much like once a week that I did ask stupid questions. | She feels that questioning it must be stupid – uncomfortable with the confusion. Feeling there’s something she’s not getting that everyone else is. |
|  |  |  |  |
|  |  | Um, what was your original question? |  |
|  |  |  |  |
|  |  | **INT: Um, … about what it was like when …** |  |
|  |  |  |  |
|  |  | REC: Bringing up Mindfulness? |  |
|  |  |  |  |
|  |  | **INT: Yeah.** |  |
|  |  |  |  |
|  |  | REC: Sorry. Um … I don't know, what do you mean? If, like, … what do you mean? |  |
|  |  |  |  |
|  |  | **INT: How did the, how did you feel about that, that it was being brought up?** |  |
|  |  |  |  |
|  | Not sold on mindfuless | REC: Well I guess that was, I would … I guess it was cool then ‘cos \*[00.12.35] kind of group. I wasn’t, I wasn’t thinking like, Oh Shut up! And just talk about something else. But, I don't know. | Wasn’t irritated by the mindfulness but something is not quite right for her about it |
|  |  |  |  |
|  | Change of feeling towards mindfulness (or DBT?) | At first I didn’t like it, and then I liked it, so … | Change of feeling towards mindfulness |
|  |  |  |  |
|  |  | **INT: And what do you like about it?** |  |
|  |  |  |  |
|  | Other people in the group made it more helpful  Teaching overly complicated | REC: Um … it's probably going off it a bit but I liked the people who were there. Very nice. We were all kind of in the same boat, so … Um … but the actual Mindfulness was quite helpful, I guess, \*[00.13.10]. Um, probably they could have taught it in a simpler way. I felt like we didn’t need six weeks for it. You probably need just like two hours, of someone was saying basically she was just distracting herself, and I would have gone up. | Felt mindfulness teaching was overly complicated to just say it was distracting yourself |
|  |  |  |  |
|  | Module to complicated | You can use it for this, this, this, this, this and this; and so thats the whole module done |  |
|  |  |  |  |
|  | Critical of DBT | I know they were different – you could probably fit it into like three sessions, I’ve got to be honest. That sounds mean and rude, but it’s kind of true. | Feels uncomfortable about criticising the therapy believing a criticism to be mean or rude |
|  |  |  |  |
|  |  | **INT: And what would they have fitted into those sessions?** |  |
|  |  |  |  |
|  |  | REC: Um … |  |
|  |  |  |  |
|  |  | **INT: What would be the important bits for people to know about Mindfulness?** |  |
|  |  |  |  |
|  |  | REC: [draws deep breath]. Um … well I mean they just would have compressed three modules into one session each, but I don’t quite know what each module is about. But yeah, like one session on each module. Um, basically though my advice to stretch it off from not punching people in the face, and stuff like that. |  |
|  |  |  |  |
|  | Develop self control  Teaching should be briefer | That was mostly what I took away from, and it was bad, huh? That’s basically what we talked about, not punching people in the face. Um … Yeah, I dunno; just compressing what they say into one session. | Felt the teaching was too drawn out and that centrally was about controlling urges to hurt other people |
|  |  |  |  |
|  |  | It, it felt like they were kind of like repeating as well a lot of things. |  |
|  |  |  |  |
|  |  | **INT: So how does Mindfulness get you from the feeling that you want to punch people in the face, to not doing it?** |  |
|  |  |  |  |
|  | Making decisions through mindfulness  Noticing internal dialogue | REC: I don’t have a lot of feelings for punching people in the face, it was jus-, it was that I was angry, just like that. Um, I don't know. ‘Cos you’re like … tsk, as I was saying it was like thinking about is it helpful? Is it useful? What’s the outcome going to be? And um, … you, like, it’s just thinking about stuff really; it’s like you kind of you’re like, Oh this person is being a little bit annoying, and, um, I want to punch them in the face, and then you just think, will I get in trouble for this? Will I regret this? Will I … I don't know. And if the answer’s yes then you just don’t feel like, it’s all good, it’s not worth it in the grand scheme of things. | Using mindfulness to make decisions by encouraging thinking about a situation. Coming to a balanced choice.  Description seems to be of an internal dialogue that she seems to be suggesting is different to what she might have experienced before |
|  |  |  |  |
|  |  | **INT: And is, … would … can you do that without Mindfulness?** |  |
|  |  |  |  |
|  | Im not like Buddha – im mindfully deficient | REC: Unless you're like......buddha I don't think so. I don't know. Um, … if you think about it I guess its common sense to, like, … you know, calm yourself down and think about if it’s worth it and all that jazz. And … But … I don't know. I never really thought about it until Mindfulness. | Mindfulness crossing over into common sense.  Seeing a distinction between the mindfulness she is taught and experiences and Buddha. Is there something about Buddha that made all of this easier? |
|  |  |  |  |
|  |  | **INT: Are there any of the um, like, bits of what they might teach about Mindfulness that stick out for you? So, I don't know, like, I don't know whether they spoke about wise mind, or that sort of stuff; so are there any kind of those bits about Mindfulness, not kind of the Mindfulness exercises as such, but the bits about it that stick out for you?** |  |
|  |  |  |  |
|  |  | REC: What’s wise mind again? I can’t remember what wise mind was? I know the name, but I can’t remember what we talked about. I’ll probably remember what it actually is, but I can’t \*[00.17.59]. |  |
|  |  |  |  |
|  |  | All the stuff near the end I don’t really remember it so much. We did something called Dear Man |  |
|  |  |  |  |
|  |  | **INT: Uh huh.** |  |
|  |  |  |  |
|  |  | REC: … [*whispers*] I’m assuming it was an anagram for, like, things you need to think about. I don't know, I can’t remember. I know that’s bad, but … That’s why I, also why I think it should be compressed, ‘cos I can’t remember everything from, like, 12 weeks, ‘cos, you know. I don’t remember, what was the original question [giggles]? | Feels bad for not connecting to the therapy |
|  |  |  |  |
|  |  | **INT: Oh, just were there any, the bits they talked about with Mindfulness that kind of stuck out for you.** |  |
|  |  |  |  |
|  | Can’t remember the specifics –remember the principles  Calmimg | REC: I guess the basics of it, and the actual things I do, but I couldn’t put the names to the techniques or something, but … the actual things, probably yeah, I could … I just wouldn’t know what they were; could think about those things and use them to calm myself down or something, but I just wouldn’t know what they were. | Hasn’t developed the language of mindfulness – does this make a difference?  Central ideas stand out as being ideas that would lead to calming. |
|  |  |  |  |
|  |  | **INT: Yeah, you couldn’t put names to them.** |  |
|  |  |  |  |
|  |  | REC: Yeah. So, um … I don't know, yeah. Probably could use them and practice them. [sniffs] |  |
|  |  |  |  |
|  |  | **INT: Are there any um, Mindfulness exercises that you did that you particularly liked, or didn’t like?** |  |
|  |  |  |  |
|  | Don’t want to be on own to do it  Self consciousness in group - immature | REC: Um … couldn’t think of any I didn’t like; well, it was a bit difficult because they were doing it in a room full of immature girls, and they’d sit there giggling at each other. If, if I’d done it, like on my own – not that I want to be in a room on my own, like practice it and stuff – but … do you know what I mean? Just, it wasn’t … | Something about mindfulness gives them the giggles – self-consciousness, avoidance,  Avoidance of being on her own – does this make mindfulness difficult? |
|  |  |  |  |
|  |  | **INT: So you were giggling and things …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … and what was the effect of that.** |  |
|  |  |  |  |
|  | Group made it hard to focus –silliness | REC: Well, kind of ruined it, ‘cos I’m maybe thinking about what the hell is she doing there, and wh-, do you know what I mean, like, [\*name] who was sitting across, the ginger one, she would do something really stupid like try and put a mince pie in a cup of hot water, its a true story and you just be looking at her, like, what the hell is she doing, and then we’d all like look at each other and just burst out laughing. And we’d be thinking like mince pies in water, not colouring or whatever we’re supposed to be doing. I don't know. | Distracting nature of the others in the group. Different people presenting differently in response to being asked to act mindfully  Experience of being distracted but having a desire to be focused  Sense of it being set like a task – we’re supposed to  Adolescent behaviour – would someone do this in an adult session. Is this because adolescents are finding it harder? |
|  |  |  |  |
|  |  | **INT: And how, how did what you did in group connect with when you weren’t in group? The Mindfulness exercises in group?** |  |
|  |  |  |  |
|  |  | REC: [yawns]. Um … sorry. Um … [long pause], how do you mean “connect”? Like, like – sorry. |  |
|  |  |  |  |
|  |  | **INT: Did the … did the … when you were doing it in group did it mean anything to you that made you think?** |  |
|  |  |  |  |
|  | Use in a moment – not all the time  Useful but not central | REC: When they were talking about some stuff you’d just be like, Oh yeah, tsk. I could use Mindfulness in that moment. Do you know, like, … Yeah, a lot of stuff they talked about was like, I can use that, wh-, um … or I did use that. Is that, is that your question answered? Yeah. | Identifies that mindfulness would be something she would use but the experience is of it not being really at the forefront of her mind |
|  |  |  |  |
|  |  | Like,… um … I’ve lost my train of thought. I don't know, sorry. Sorry. Ask another question. |  |
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|  |  | **INT: You were, you were talking about kind of the stuff that happened in group, whether it kind of connected to …** |  |
|  |  |  |  |
|  | Unsure of when to use | REC: Yeah. Um … there are real situations in life where I, where I guess I could use Mindfulness, on a um … Yeah, I dont know, I don't know. I feel like I can’t think right now. [*whispers*] Sorry. | I guess I could use mindfulness – feeling really unsure of the usefulness  Becoming more unsure of her answers to the questions |
|  |  |  |  |
|  |  | **INT: So there’s times when you th-, where you maybe look back and think, Oh I could have used Mindfulness there?** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
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|  |  | **INT: And what do you think means that you do or don’t in a situation, end up using it?** |  |
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|  | Deciding not to be mindful  Might be useful but that doesn’t man i will use it | REC: Er, first probably ‘cos I didn’t know that, but sometimes you’re just so angry, or upset, and like there’s a little voice in your head that’s saying, Well maybe you should try and be mindful, and then you’re like, Nah! Nah. Not right now. | Not right now – what about that moment was not suitable for mindfulness?  The little voice is almost like a conscience giving advice but there is something that prevents her from taking the advice. |
|  |  |  |  |
|  |  | **INT: How come?** |  |
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|  | Being mindful of the negative  Being mindful of unhelpful response | REC: Well, [sighs]. Like, you know the same situation is like you kind of enjoy being angry, like, [*shouting*] like I’m letting out so much steam right now, this is amazing. You also can end up like hands on the ceiling, so don’t like, you know, … in the moment you’re like this is wonderful, I haven’t, I haven’t shouted at anyone in ages. Um, and I guess I don’t use it then. Or, when I’m feeling like really sad. You know, sometimes sadness is, like, really addictive, and you just kind of … you’re sucked into a black hole, and actually it’s like, Just leave me here, I want to stay here in my dark pit of sadness. And um, … | Acknowledging the connection she feels to the emotions that perhaps she or others think she shouldn’t have. Acknowledging that at times she chooses to stay with that emotion. Is this actually being mindful too? She is fully aware of herself in the moment and of why she is choosing the action she is doing. Is the assumption that mindfulness should always have a aim of reducing ‘negative’ emotions incorrect? |
|  |  |  |  |
|  |  | **INT: And would it cross your mind to use Mindfulness, or …?** |  |
|  |  |  |  |
|  | Desire to stay with negative emotions  Mindfulness not the genuine state | REC: Sometimes I’d be like, maybe I could go and stretch myself, go watch, like, … Anime. Just something cheerful. Um, I like to go and watch, like, sponge bob square pants or or something, and like, make myself happy. But in the moment you’re like, no I don’t … I just want to feel the pain, and like, … Yeah, there are certain moments where you don’t just sit around, you just don’t want to be happy, not like, not like er, you know in a general sense, but like, you know, you want to watch a *sad* cat video or something, and you’re just like, Oh, I just want to cry over the rest of the night; in those moments, I guess, but I guess that’s not a real sadness. Although sometimes you do feel like real, genuine sadness at something, and then you just want to stay in that sadness. It’s getting too deep. | Questioning the idea that one should move on from negative emotions quickly. I just want to stay in that sadness – mindfulness willingness to be with what is or attachment to an emotion and not allowing it to move on?  Commenting on the genuineness of emotions |
|  |  |  |  |
|  |  | **INT: And so you wouldn’t use Mindfulness?** |  |
|  |  |  |  |
|  | Mindfulness stos wallowing  Get hold of myself  Just do it | REC: Um … sometimes, if I’m like, Right, I need to get a hold of myself, get a grip, and [*clicks fingers*] just, just, just do it; just be happy. Um, I guess that, in that moment I probably would try, but … um … | Get hold of myself  Just do it  Very purposefully thinking that mindfulness is a way out of wallowing in emotions |
|  |  |  |  |
|  |  | **INT: Then the Mindfulness would be some sort of activity that would …** |  |
|  |  |  |  |
|  |  | REC: It would probably be watching something, if I was feeling sad, because you just dont want to move when you’re sad, so just put the TV on and then just … | The task is one that fits with the emotion – a none active task if feeling sad. |
|  |  |  |  |
|  |  | **INT: And what would it do for you?** |  |
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|  | Changing emotional state  Concentrate on something else | REC: Um … [*draws in breath*], it’s like when, it’s like when you watch a scary film, and you have to watching something cheerful afterwards; that’s the only way I can describe it, like … it just makes you forget about what you were watching before, or what you were thinking about before. Tsk, and um, … although sometimes it doesn’t always work, because you kind of like, you’re watching something and you’re like, How dare you be happy right now when I’m feeling so crap. We’ve gone completely off topic, um, but well I guess that’s how I do Mindfulness. Just concentrate on something else. | Using mindfulness to change the emotion – forgetting the emotion before  However, acknowledging that forcefully changing an emotion can feel invalidating – how dare others feel happy when I am not  Just concentrate on something else –seems less mindful than when she was aware and connected to her emotion. |
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|  |  | **INT: Something that feels different?** |  |
|  |  |  |  |
|  | Change emotional state | REC: Yeah. ‘Cos then I don’t feel so sad. ‘Cos you’re not thinking about how sad you are, you’re just kind of … you know, thinking about the happy people on the screen. | Focus on the people on the screen  Focus on a different emotional experience to yours so that you feel different |
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|  |  | **INT: So now that you’ve um, kind of come to the end of the group, does it feel like Mindfulness will stay with you, or …?** |  |
|  |  |  |  |
|  |  | REC: I … I probably won’t remember that I did a whole group on it, but like the basics of it all probably. So … |  |
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|  |  | **INT: What do you think will stick with you the most?** |  |
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|  | Slowing down  Listening to others | REC: Just … just trying … just, … I don't know that, like, um … trying to like listen to what people are saying, and um, I mean, like in the Mindfulness sense, like, like, actually, if you’re in an argument or something like that *just slow down and listen to what they’re saying*. I have tried that, but … um, I’m not very good at that, ‘cos … | Slow down and listen to what they are saying - |
|  |  |  |  |
|  |  | **INT: So, the Mindfulness in that respect is about paying attention to them, or …?** |  |
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|  | Paying attention  Distraction  Sub conscious | REC: Yeah. I guess just paying attention to stuff, ‘cos what am I gonna … and ways to distract yourself. I guess that’s what I’m gonna remember. It probably won’t be like so much from memory, or like a conscious thing any more, do you know what I mean, like, more of a subconscious technique that I can use to work out what I’m gonna do. | Mindfulness will be present in the subconscious somewhere to help with making decisions – like a conscience |
|  |  |  |  |
|  |  | **INT: So you would be kind of \*[00.28.55] yourself, well I’ll do some Mindfulness now.** |  |
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|  |  | REC: I just feel like, calm yourself down, and it’ll be that. Yeah. | Central to thinking is ablut calming self down |
|  |  |  |  |
|  |  | **INT: So it would be calm yourself down, listen to what they’re saying?** |  |
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|  | Not cure but management  Unsure of the longevity | REC: Yeah. Should be … it sh-, … um … hopefully, hopefully, so I can actually manage my illness. Um, but it will become, like, a core thing. I don't know. Conscious decision of, right lets test out those techniques that those people taught me sixty years ago [laughs]. Um … [*long pause*]. Yeah. I probably will remember, like, some stuff. | Laughing that she will still think about it in 60 years as if she  Hoping that mindfulness will make a difference. Not cure but management |
|  |  |  |  |
|  |  | **INT: And what, what kind of, are the bits that make it more difficult?** |  |
|  |  |  |  |
|  |  | REC: Um … |  |
|  |  |  |  |
|  |  | **INT: Mindfulness.** |  |
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|  |  | REC: Do you mean like the … |  |
|  |  |  |  |
|  |  | **INT: What. …** |  |
|  |  |  |  |
|  |  | REC: … actual Mind-, like, like … |  |
|  |  |  |  |
|  |  | **INT: Yeah, what makes it difficult to do those things that you just spoke about?** |  |
|  |  |  |  |
|  | Self control  Anger makes it difficult | REC: Mmmm … [*long pause]*. Tsk, I get frustrated very easily. It took me a while to, you know, I talk about when I argue with my sister ~ she’s seven by the way, I know that’s incredibly immature of me but she is very annoying. And um, like, I … she, sometimes she can get so infuriating that I literally just wanna like grab her by the shoulders and like throw her out the window; obviously I’d never do that, ‘cos I’m not a murderer, but um, … you know, just like, because she gets so infuriating it took me a very long time to actually manage to calm myself down when I’m arguing with her. ‘Cos I get, I get frustrated so easily, and when people like, … but, people do the same right, where they put, when they’re hurt they just malicious laugh; my friend does it, my little sister does it, and it really, really infuriates me. And it took me a while to just feel like, no, it’s just … think about something else, ‘cos that kind of thing will infuriate me so, so much. I guess my anger gets in the way a lot. Um … | Mindfulness described as the self-control to react differently to an infuriating situation.  Who does she identify as – could she be a mindful person or a murderer  Anger makes being mindful difficult |
|  |  |  |  |
|  |  | **INT: So, have you had the experience of using Mindfulness when you are frustrated or angry?** |  |
|  |  |  |  |
|  | Zoning out from unwanted situation  Focus on breathing | REC: Yeah. Actually now I think about it, there’s one main time like I can think of, it was before I actually went to the group sessions, so I guess I knew about Mindfulness, but like, you know, um, - [*loud bang*] oops – that was in Denmark, in the car; my sister was being very, very, very annoying, and she was sitting in the middle ‘cos we’ve got lots of[00.32.11], so and she was like poking me, and being really, really annoying, and I was just, I was literally about to throttle her, and I was just like, No, no, no, no. I’m going to sit here, I’m just going to breathe; I’m just going to breathe. And um, … probably looked really odd ‘cos I went from screaming at her to, like, just sitting there, and then, and then OK, like zoned out, she started poking me which really annoys me, like, that’s one of the things that, like, really, really gets to me for some reason. I’ve got quite a low pain tolerance, so it actually hurt, and I don't know, I just kind of zoned out completely and just thought about breathing. | Zoning out – becoming absent to the situation as a way of not reacting in the way that the urges suggest |
|  |  |  |  |
|  |  | **INT: So you were able to tolerate?** |  |
|  |  |  |  |
|  | Control  CAlm | REC: Even thinking about it now I get very angry [chuckles]. But, like, in that moment I, I manage to, like, [*sniffs*] um, keep control, calm myself down. Yeah. Mmmm … basically all I find difficult is my \*[00.33.17] is how easily angry – easily angry, yeah? – um, and like, ‘cos just loads of things annoy me like other people’s ignorance, and stuff like that | There is a very lose sense of control that she looks to mindfulness to help her with keep control, calm myself down. |
|  |  |  |  |
|  |  | **INT: So you’ve never tried to explain Mindfulness to anyone else?** |  |
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|  |  | REC: I tried explaining it to my Mum. |  |
|  |  |  |  |
|  |  | **INT: Can you remember what you said?** |  |
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|  | Disappointment that others not interested | REC: I can’t remember exactly what I said, but I told her about the listening to what the other person was saying, and trying to, you know, talk it out. I tried it. My Mum didn’t. But um … just, yeah … I, I did try and communicate to my Mum but she didn’t give one so … that went down the drain. [*sniffs*]. | Wanted mum to understand about listening and talking a this related to her to being mindful – mindful speech |
|  |  |  |  |
|  |  | **INT: So if you were trying to explain Mindfulness in a nutshell what, what would you say?** |  |
|  |  |  |  |
|  | Distracting  Calming  More thinking  Awareness of how you’re acting | REC: Sorry – [*yawns*]. Um, what would I say? Um … Tsk … I don't know. Like, in a nutshell, it’s, it’s like a way to distract yourself and calm yourself down, and make you think about things more. And, mmmm … like, … [giggles], I don't know how to explain what I’m thinking. Like, just kind of being more conscious and aware of how you’re acting, and … tsk, this is going to sound really cringe, but I guess to be like more at peace as opposed to like angry and sad and lime fiery like. Mmmm, I don't know. |  |
|  |  |  |  |
|  |  | **INT: So it would change your emotions?** |  |
|  |  |  |  |
|  | Regulate not change emotion  Middle ground – thats being normal | REC: Not change your emotions, but regulate your emotions, and keep them … like, find the middle ground. Is that what wise mind is? I dunno. Um, but like to not be the extremes. That’s what wise mind is! Sorry, I’m just remembering now! Not to be, like, irrational and act, act out, like, you know, but not to think about things too carefully either, or to be too cautious, but to be a middle. [*sniffs*]. But like, yeah … I guess just make yourself as normal as possible [chuckles]. | Being mindful is being in the middle, being normal |
|  |  |  |  |
|  |  | **INT: So it gets you to normality?** |  |
|  |  |  |  |
|  | Not over thinking  Hard to sum up mindfulness | REC: Yeah. [*yawns*]. And I think it’s to not over-think things too much. That was a very big nutshell! Sorry. | Not to over think things – move away from rumination?  Its a very big nutshell – mindfulness is hard to sum up simply it means so many things |
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|  |  | **INT: That’s good.** |  |
|  |  |  |  |
|  |  | REC: Um, yeah. |  |
|  |  |  |  |
|  |  | **INT: Is there anything else that springs to mind about Mindfulness that we haven’t talked about today?** |  |
|  |  |  |  |
|  |  | REC: Mmmm … I don't think so, no. Sorry, I can only think about food right now. |  |
|  |  |  |  |
|  |  | **INT: That’s great.** |  |