|  |
| --- |
| **Emergent themes Interview 5** |
| Uncertainty |
| Concentrating on doing - not observing |
| Practical mindfulness |
| Active not passive activity |
| Wandering minds |
| Feeling unable to do mindfulness  Feeling passive in the process  Feeling mindfulness is imposed |
| Trying to pull back the mind |
| Confusion  Paradox of mindfulness |
| Feeling of no control of the mind |
| Supposed to do mindfulness  Unsure of how it works |
| What’s the point of mindfulness |
| Not a real therapy  Going against natural process |
| Use to calm me  Use to feel better |
| Dealing with distress  Think about something else |
| Changing reactions  Take a breather  Do something else to distract |
| Outisde activity to distract |
| Being in a different world  Forget problems  Focus on something else |
| Distraction |
| Cynical about mindfulness  It’s just common sense |
| Mindfulness will lose relevance |
| Confusion  Aversive concept  Apologetic for not liking |
| Dont understand  Deficiency in me |
| couldnt understand |
| Doesnt make sense  Felt stupid |
| Not sold on mindfuless |
| Change of feeling towards mindfulness (or DBT?) |
| Other people in the group made it more helpful  Teaching overly complicated |
| Module to complicated |
| Critical of DBT |
| Develop self control  Teaching should be briefer |
| Making decisions through mindfulness  Noticing internal dialogue |
| Im not like Buddha – im mindfully deficient |
| Can’t remember the specifics –remember the principles  Calmimg |
| Don’t want to be on own to do it  Self consciousness in group - immature |
| Group made it hard to focus –silliness |
| Use in a moment – not all the time  Useful but not central |
| Unsure of when to use |
| Deciding not to be mindful  Might be useful but that doesn’t man i will use it |
| Being mindful of the negative  Being mindful of unhelpful response |
| Desire to stay with negative emotions  Mindfulness not the genuine state |
| Mindfulness stops wallowing  Get hold of myself  Just do it |
| Changing emotional state  Concentrate on something else |
| Change emotional state |
| Slowing down  Listening to others |
| Paying attention  Distraction  Sub conscious |
| Not cure but management  Unsure of the longevity |
| Self control  Anger makes it difficult |
| Zoning out from unwanted situation  Focus on breathing |
| Control  CAlm |
| Disappointment that others not interested |
| Distracting  Calming  More thinking  Awareness of how you’re acting |
| Regulate not change emotion  Middle ground – thats being normal |
| Not over thinking Hard to sum up mindfulness |