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| DBT takes time for change |
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| Taking time to understand mindfulness |
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| Uncertainty about doing it ‘right’ |
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| Key elements of mindfulness: focus on one thing; bringing thinking back from wandering |
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| Mindfulness is weird |
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| Mindfulness is confusing |
|  |
| Initial scepticism |
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| Just sitting there is non-connection to mindfulness |
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| Mindfulness as stupid |
| Difficult to do |
|  |
| Become frustrated |
|  |
| Mindfulness is Hippy (new age) |
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| Mindfulness taking time |
|  |
| Uncertainty about being right |
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| Timing of being introduced to mindfulness matters |
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| Difficult to understand the point to mindfulness |
|  |
| Suspending disbelief and jumping in |
|  |
| Focus on the body is difficult |
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| Focus on the body uncomfortable/ make things worse |
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| Preference for mindfulness as relaxation |
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| Mindfulness as a way of ordering (processing) thoughts |
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| Slowing thoughts down |
|  |
| Slowing thoughts down |
|  |
| Clearing up thoughts |
|  |
| Struggling with mindfulness of the body |
|  |
| Should I do more or less of the things I dislike |
|  |
| Insight in to emotions through physical awareness |
|  |
| Mindfulness as a way in to managing difficult situations |
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| Situation can become too difficult for mindfulness to work |
|  |
| Unable to measure the effects of mindfulness |
|  |
| Uncertainty about whether it is working |
|  |
| Uncertainty of doing it right |
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| Need to do mindfulness over a period of time to see effects |
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| Doing mindfulness because someone else tells you to |
|  |
| Taking a leap of faith |
|  |
| Mindfulness as embarrassing/silly |
|  |
| Using mindfulness language |
|  |
| Slowing thoughts down |
|  |
| Dealing with difficult input from the outside |
|  |
| Understanding emotions through body awareness |
|  |
| Focusing on an activity to self soothe |
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| Mindfulness giving space to breathe |
|  |
| Minfulness as focus on one thing |
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| Mindfulness dealing with difficult things from the outside |
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| Dealing with being overwhelmed |
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| Mindfulness as focussing on one thing |
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| Mindfulness helps to order thoughts |
|  |
| Dealing with the situation differently after a period of mindfulness |
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| Mindfulness focussed on a mindfulness exercise |
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| Using mindfulness language |
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| Uncertainty about the effects of mindfulness |
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| Things getting easier through practice |
|  |
| Initial negative effect |
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| Difficult to mindful of the body |
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| First experience was scary |
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| Mindfulness where no distracting activity is difficult |
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| Focussing on the body is difficult |
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| Different exercises more or less useful |
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| Discussing the exercise helps to understand – uncertainty about what the exercise is about |
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| Some types of exercise more or less accessible |
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| Should I work on the ones I don’t like/find difficult? |
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| Certain mindfulness exercises difficult due to personal characteristic |
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| Just sitting there = no connection to mindfulness |
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| Mindfulness developing over time |
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| Uncertainty as to place in her life |
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| Key elements to mindfulness: focus on one things, bring mind back when it wanders |
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| Uncertainty as to effect of mindfulness – why do we do it? |
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| Effect of mindfulness – awareness of feelings, slowing thoughts down |
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| Uncertain as to effects of mindfulness |
| Explanation needs to be down to earth |
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| Initial negative thoughts about mindfulness |
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| Needing to have time to understand |
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| Strangeness of mindfulness |
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| Being in it together |
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| Doing it because others are |
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| Mindfulness as silly |
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| Uncertainty of how a silly exercise can help |