|  |
| --- |
| Use of mindfulness language |
| Noticing sensations |
| Calming down |
| Calming |
| Focus on one thing |
| Changes in the body |
| Strangeness of experience |
| Gaining control |
| The experience of Just |
| Simplification |
| Mind influencing the body |
| Thoughts drift |
| Changing the nature of the mind |
| Calming |
| Wilfulness/Stubbornness get in the way |
| Takes effort |
| Coming back to yourself |
| A break from real life |
| Negative first impression |
| Need openness to start |
| Unclear purpose at first |
| Being able to turn to mindfulness in difficulties |
| Unsure of purpose to begin with |
| Process of getting to understand |
| Surprise when realise |
| Mood effects openness to mindfulness |
| Focussing the mind on a task |
| Letting go – openness |
| Wilfulness a block to mindfulness |
| Mood dependent mindfulness |
| Mindfulness changing moods |
| Calming |
| Use in a crisis |
| Getting to the middle path |
| Taking control of emotions |
| Getting to the middle path |
| Mindfulness as a journey |
| Mindfulness in action |
| Weirdness |
| Mindfulness as metacognition |
| Focus is important |
| Calming the chaos |
| Integrating into everyday life |
| Mindfulness first aid |
| Use as alternative to support from others |
| Simmer down – calming |
| Getting to the middle path |
| Connection to others |
| Influence of the group |
| Mindfulness as a solution to problems |
| Use of mindfulness language with others |
| Changing mind states |
| Grounding |
| Counteracts effects of emotional mind |
| Calming |
| Stopping unhelpful behaviour |
| DBT language helps to remember in crisis |
| Practical application of mindfulness |
| Mind and body shifts |
| OK – taking a pause/taking stock |
| Following the rules |
| Using mindfulness to access other skills |
| Taking stock – pausing |
| Mindfulness leads to decision making |
| Making a decision to do mindfulness |
| Focussing on one thing |
| Tolerating urges |
| Calming |
| Brings you back to you |
| Bringing different perspective |
| Allowing decisions |
| Allowing thinking |
| Different perspective after mindfulness |
| Numbing pain |
| Forgetting physical and emotional pain |
| Focus – pulling thoughts back |
| Quietens voices |
| Chilling |
| Clearer thinking |
| Different perspective |
| Changing mood |
| Mindfulness slows down chaotic thinking |
| Relaxation |
| Changes in mind state |
| Changes in body state |
| Relief of physical pressure |
| Escape from stress |
| Changes in coping style |
| Regulating emotions |
| Calming the brain |
| Moving away from negative emotion |
| Go back and think about problem |
| Needs persistence |
| Needs willingness |
| New perspective |
| Self kindness/validation |
| Able to access truth |
| Using mindfulness in response to difficult situation |
| Using senses to be mindful |
| Going back after a pause |
| Weighing up the situation |
| Using another skill after mindfulness |
| Mindfulness regulates emotion |
| Calming |
| Being unsure of doing it right |
| Pause button |
| Just breathing – no stress |
| Coming back to things |
| Let you be you |
| Not allow stress to bother you |
| Using mindful paradigm for action/speech |
| Think before you speak |
| Take a step back to consider speech/action |
| Slowing down |
| Considered speech |
| Stubbornness doesn’t allow mindfulness |
| Reaction of this is rubbish (bull) |
| New age thinking |
| Not black and white thinking |
| Mindfulness needs an open mind |
| Mindfulness easier for some people than others |
| Insight into emotions |
| Making crisis into a positive |
| Mindfulness is a tool |
| Calming |
| Getting back to me |
| Not thinking of the hard stuff |
| Therapist biased opinion |
| Therapist didn’t talk about the bad side of mindfulness |
| Sometimes doesn’t work |
| Need the right mindset |
| Common reaction – it’s a load of crap |
| First impressions that it wont help |
| Need persistence |
| Giving it a chance |
| Need openness |
| Approaching with an open mind |
| Give it a go |
| Unexpected benefits |
| Doesn’t always ‘work’ |