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| **Emergent Themes** |
| Observing |
| Mindful language |
| Mindfulness is simple  Already present in life  Observing |
| At first it was harder |
| More difficult if stressed  Focus  Get easier with practice |
| Wtih practice fewer intrusive thoughts |
| Focus is relaxing  Mindfulness makes more focused in life |
| Mindfulness make more effective  Practical mindfulness |
| Mindfulness helps with order  Doing one thing at a time |
| Reduction of stress |
| Focus for individual therapy |
| Focus |
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| More effectice therapy |
| Mindfulness helps to be more practical |
| Use to deal with unpleasant situation  Mindfully describing  Changing focus of thoughts  Feeling relaxed |
| Being free from worry  Focus on something else |
| Observing thoughts  Observing body sensations |
| Changing perspective on thoughts |
| Use of breathing  Observing thoughts  Changing content of thoughts |
| Thoughts coming and going |
| Use to change negative thinking |
| Relaxation through body scan |
| Focussing on the body helps  Stop thoughts jumping |
| Using with other skills |
| Feeling relaxed  Managing unpleasant situations  Not struggling against unwanted sensations |
| Change perspective on the situation |
| Observing without judgement  Absorbed in unpleasant experience  Not avoiding the aversive |
| Increased awareness  Increased control  Feeling vulnerable |
| Exploring inside |
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| Gaining insight  Going inside |
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| guided |
| Feeling exposed  Understanding inside herself |
| Able to stay with the aversive |
| Use of DBT language  Stay away from participating |
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| Cant just throw myself in |
| Motivation effects mindfulness |
| Uncertain of mindfulness  Hard to let go of tension |
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| Cant do it – feel agitated |
| I should do mindfulness  Wilful about being mindful  Feeling stressed due to wilflness |
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| Motivation effects mindfulness |
| Not sure what effects motivation |
| Cant do it if not motivated |
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| Mindfulness helps for stress |
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| Not just breathing |
| Can rely on breathing |
| Use of outside voice |
| More mindful than I think  Takes effort  Reduces agitation - calming  Reduces tension |
| Doing mindfulness more than Im aware |
| observing |
| Naming it as mindfulness is important  Already did mindfulness |
| Helps me get things done  Use when nothing else to do |
| Mindfulness is simple  Dont need external stimulus |
| Part of daily life  Do it without thinking |
| Use to reduce stress |
| Cant do it if wilful  Should do mindfulness |
| Cope with stress  Focus on what im doing  Feeiing relaxed  Not anxious |
| At ease with future  Wise mind |
| Learnt the theory |
| No extremes in thinking  Making decisions |
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| Noticing judgements |
| Finding ways to focus  Using the group |
| Using handouts |
| Can achieve more  Do things properly |
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| Can get daiy tasks done |
| Relieving tension |
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| Increased awareness |
| Identifying tension  Insight into feelings |
| Noticing something new |
| Noticing boy/mind |