| **Subordinate Themes**  **Across Participants** | **Participant themes** | **Subordinate Themes**  **Across Participants** | **Service participants** | **Subordinate Themes**  **Across Participants** | **Participant themes** |
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| **Not seeking mindfulness but being told to engage with mindfulness** | 1. Beginnings 2. Uncertainty 3. Motivation 4. Imposed mindfulness 5. What’s the point? | **Mindfulness as contrary to everyday living** | 1. In the now 2. Modern day distraction | **The hope that mindfulness will change thoughts and emotions in difficult situations** | 1. Escape 2. Shifting internal landscape 3. Moving away from negative emotion 4. Reducing being overwhelmed |
| **Experiencing mindfulness as weird** | 1. Mindfulness is weird 2. Strangeness | **Finding that mindfulness takes persistence** | 1. Changing relationship 2. Practice 3. Need repetition | **Pausing rather than reacting** | 1. Process of mindfulness 2. Pause and Go back 3. Brings you back to you 4. Changing thinking 5. Stepping back |
| **Suspending doubts** | 1. Then and Now 2. Journey from non-believer to believer 3. Approaching mindfulness 4. Experiential 5. Change of opinion | **Internal focus intensifies difficult thoughts and emotions** | 1. Mindfulness makes strong emotions difficult to manage 2. Anxious about silence | **Grounding self in being calm** | 1. Calming 2. Slowing 3. Reduce stress |
| **Not everyone is ready for mindfulness** | 1. Not plane sailing 2. Turning point 3. Waking Up 4. Little impact 5. Timing | **Focused on external focus.** | 1. Using the external 2. Activity based mindfulness 3. The body 4. Focus | **Making different choices** | 1. New perspective 2. When to use mindfulness 3. Mindfulness in action 4. Self -control 5. Mindfulness leads to decision making 6. Changing reactions 7. Sort things 8. Practical mindfulness |
| **Not always having the desire to be mindful** | 1. Initial view of mindfulness 2. Is it relevant? 3. Wilful about being mindful | **The experience of ‘zoning out’ from the painful thoughts or emotions** | 1. Avoidance of difficulty 2. Distraction 3. Disassociate |  |  |
| **Doubting personal ability to be mindful** | 1. Barriers 2. Blocks to mindfulness 3. Confusion 4. I'm just not able to be mindful 5. Personal inability 6. Natural mindfulness | **The experience of becoming more aware of a painful thought or feeling** | 1. Just sitting there 2. Awareness 3. Acceptance 4. Being with the unpleasant |