**Problems with the philosophy/ is it relevant**

Aversive concept

It wont last

Its just common sense

paradox of mindfulness

Not sold on mindfulness

Not real therapy

Whats the point if mindfulness

Cynical about mindfulness

Mindfulness will lose relevance

Useful but not central

Might be useful but doesnt mean I will use it

Going against natural process

Mindfulness is not the genuine state

**Confusion**

Uncertainty

Unsure of when to use

Confusion

Doesn't make sense

Unsure of how it works

Don't understand

**I'm just not able to be mindful**

Felt stupid

Im not like Buddha - im mindfully deficient

Apologetic for not liking it

feeling passive in the process

Couldnt understand

Feeling unable to do mindfulnesss

Deficiency in me

**Its just distraction isnt it**

Think about something else

Focus on something else

Concentrating on doing not observing

Active not passive activity

Outside activity to distract

Do something else to distract

Distraction

Distracting

Distraction

**Giving control**

Making decisions through mindfulness

self control

develop self control

get hold of myself

control

Changing reactions

Listening to others

**Changing emotions**

Use to feel better

dealing with distress

Mindfulness stops wallowing

Changing emotional state

Change emotional state

regulate not change emotion

not cure but management of emotions

**Mindfulness of the negative**

Being mindful of unhelpful response

Being mindful of the negative

Desire to stay with negative emotions

deciding not to be mindful

**Ambivalence about the group**

Dont want to be on own to do it

Group made it hard to focus - silliness

Self consciousness in a group

Other people in the group made it more helpful

**Calming**

Calm

Use to calm me

Calming

Calming

**Disassociate**

Forget problems

being in a different world

zoning out from unwanted situation

**Wandering minds**

Trying to pull back the mind

Feeling no control over the mind

Wandering minds

**Over complicated**

Module too complicated

Teaching overly complicated

Teaching could be briefer

**Awareness**

Noticing internal dialogue

Awareness of how you're acting

**Slowing down**

Take a breather

Slowing down

**Imposed mindfulness**

Supposed to do mindfulness

Feeling mindfulness is imposed

**Focus**

Focus on breathing

Paying attention