Interpretation of interview 5

Sam is 17 years old. On the whole she talks about mindfulness as something that hasn’t had an impact on her. She doesn’t seem to have a strong opinion of mindfulness either way. She talks about doing the mindfulness exercises in the group but not thinking about mindfulness outside of the group.

Sam does identify with a time in her life when she was somewhat more connected to mindfulness through guided visualisation recordings. She was connected to these through the positive thinking that the recordings encouraged and she seemed keen to be able to adopt more positive thinking in her life.

Sam uses the term ‘I don’t know’ remarkably frequently throughout the recording. Mindfulness seems a mystery to her beyond the initial weirdness. Sam believes that she is unable to do mindfulness and has experienced mindfulness completely in accessible at times – in particular wise mind. She is unsure when she would use it in her life. On one hand she has experienced as not useful to her a times of high emotion but on the other hand she is not sure what the point would be of using it when she is calm. She wonders whether mindfulness might be helpful in feeling calmer and more in control but this comes from considering the theory and not her experience.

Sam notices in the group that being in a negative emotional state makes mindfulness activities unpleasant. She is especially put off by anything that involves thinking about the body or touch. She noticed that when she had previously used guided visualisation recordings that she has found them increasingly difficult to use when she was going through a difficult time in her life. She felt that she couldn’t use them anymore. This seemed to be because it increased negative thinking in the light of positive messages.

Despite believing that she has not understood mindfulness at all Sam makes some very articulate statements about mindfulness. Overall she doesn’t think that she is the right sort of person for mindfulness because she likes to be good at things quickly and doesn’t like to practice. She therefore thinks that she hasn’t given mindfulness enough of a go. She sees it somewhat like homework that is unnecessary and she doesn’t want to do so in the absence of any motivational factors she doesn’t really think about it.