**The challenge of mindfulness**

**Louise**

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| 50 | Mindfulness is weird  Mindfulness is confusing  Initial scepticism | REC: Yeah, yeah. I think it took a while … I mean I’ve only really … I still, mindfulness still really confuses me because it, its like why … its like why does it work, and its … At first I was like, this is so stupid [giggles]. Like, it seems like one of those weird meditation things, and … yeah. | Taking time  Continue to feel confused  Why does mindfulness work?  At first stupid *– still feel embarrassed? By giggles?*  Weird – because it’s like meditation |
| 82 | Focus on the body is difficult | Like I still … ‘cos there are the, like, different exercises, and there are ones which you kind of have to focus on your body, and things like that, and I find those ones really hard. But then, ones when I’m doing activities and focussing on doing the activities I find easier. And, yeah, my like individual therapist has said that we’re going to focus a bit more on, like, the body ones, and stuff like that … | Personal preference for activity.  How does she connect to focussing on her body?  Why is her therapist suggesting she do this?  Focussing outside of body is easier. |
| 90 | Focus on the body uncomfortable/ make things worse | REC: Um … I’m not really sure. [pause]. I don't know. I think maybe its just for different situations, ‘cos there was a time where I was, like … where it was … I was first doing mindfulness and I’d only really learnt about, like, the bodily sensation and kind of focussing on outside stuff, and I tried to do it when I in quite a, like, heightened state, and that didn’t really work, it … ‘cos when I was focussing on my body it just made everything worse ‘cos I was just like, Oh my God! My heart’s going so fast, and it just freaked me out more, like, yeah … I don't know, the activities … | Mindfulness in a heightened state difficult  Body focusing focussed on the difficult sensation – ‘made things worse’ rather than better. Could mindfulness make things worse?  Freaked out by the feelings in her body – when first doing mindfulness  *Where is mindfulness’ place in dealing with unwanted/uncomfortable feelings?* |
| 112 | Struggling with mindfulness of the body | REC: Yeah. Um, I’ve kind of … like, it’s mainly in the group that we do it, but I’ve … ‘cos at the start I really didn’t kind of get it, we did a couple of ones um, individually, like in individual therapy, um, like the body scan one, because that’s something that I was really, like, struggling with when I tried to do that the first time, like, I just, I couldn’t feel my body, I could feel my head but I couldn’t feel, like, anything down, like, yeah, being asked to focus on it, I was like, “I can’t do that”. And yeah, just \*[00.10.50]. | Needed more guidance for body focus  Focusing on the body was blocked –I can’t do that |
| 124 | Mindfulness as a way in to managing difficult situations  Situation can become too difficult for mindfulness to work  Unable to measure the effects of mindfulness | REC: Um … I’m trying to think. [long pause]. I think sometimes, like, ‘cos, you know, we like do the chain analysis, and things like that, and obviously it won’t come up, like, later in the chain, but its like maybe if I’d done some kind of mindfulness right at the start, then things wouldn’t, possibly, like, snowball. And its kind of come up like, like with that, but honestly its one of, like, … I feel like I’m quite confident with, like, the emotional regulation and distress tolerance, but the mindfulness I’m kind of not, and I don't know whether that’s just because its less, like … you can’t kind of quantify it, its this weird thing [giggles], that you, you can’t really tell whether its, like, is it working or not because its not something that’s, like, works. I don't know. It’s just weird. I find it really strange. | Mindfulness preventing the ‘snowball’  Can be too late to use mindfulness – not later in the chain  Low confidence with using mindfulness – it cant be measured, it is hard to tell if it makes a difference – is it working or not.  Not something that works – (in the conventional sense of cause and effect?)  Still weird  Strange  Mindfulness as mysterious |
| 128 | Uncertainty about whether it is working  Uncertainty of doing it right  Need to do mindfulness over a period of time to see effects | REC: Yeah. Yeah. ‘Cos, I don't know … like, … yeah. I guess it’s that same thing like you can’t tell if you’re doing it right, or whatever. And has it, like, worked or not. [giggles]. Um … because its supposed to be like this ongoing kind of thing. It’s not like just something you do once and it fixes this thing; like it’s supposed to be kind of, ongoing. It’s kind of confusing. Yeah. | Can’t tell if it’s right  Not instantly changing things – ongoing, no quick fix  *How long does it take to fix things?*  Why keep going with something that seems weird and immeasurable? What gives the push to keep trying it? |
| 226 | Uncertainty about the effects of mindfulness  Things getting easier through practice | REC: Yeah, yeah. For me at the moment, I’d say I need a bit more practise with it, but yeah. I don't know, I think some kind of, with reading I’ve become a bit more mindful because, yeah, I used to find it like really hard, and I’d just wander off and I’d be like I haven’t read any of that page, I don't know what’s going on. But I think I’ve … like, I can concentrate on it better and, I don't know whether that has anything to do with mindfulness, but … I think it kind of does ‘cos I just catch myself wandering off and I’m like, OK, that’s fine, but lets go back. Kind of. | Improved concentration  Activity based mindfulness  Unsure if mindfulness is the cause of better concentration  *Internal dialogue changed from Ive wandered off i don’t know whats going on to Ive wandered off thats fine lets go back.* |
| 230 | Initial negative effect  Difficult to mindful of the body | REC: Um … I think at first it was kind of a negative kind of, emotional effect, because, … I don't know. Like, I was suddenly being more aware of what I was feeling, and kind of, yeah, my body and stuff, and it was kind of like this is scary, [giggles]. Um … But I’m not sure, like now, whether it kind of has an emotional effect on me, but I’m not really sure. | Initially negative to be aware of what she was feeling and her body – this was scary  Unsure if there is a emotional effect now  Sudden awareness *after avoidance of awareness or just natural autopilot* |
| 242 | Mindfulness where no distracting activity is difficult  Focussing on the body is difficult | REC: Um … yeah, I don't know. Like, … I don't know. The only thing I can think of at the moment is that we did, like, er, one, an exercise in group where we actually like, have to, like, sit with the discomfort of, like, I don't know, just feeling like little things in our body that feel, like, uncomfortable and resist the urge to like do anything about them. And I found that really hard [giggles]. I was like … So yeah, it’s kind of uncomfortable in that way, sometimes. | Hard to sit with experience and not react  Resist the urge to do anything about the uncomfortable feelings – *not looking to change the feeling looking to change the urge associated with the feeling* |
| 266 | Certain mindfulness exercises difficult due to personal characteristic | REC: Yeah. I don't know. Like, I know, like, the visualisation one is just ‘cos I, I have real trouble visualising things in my head, um, and for me, personally, I don't know, I just find experiencing like body sensations really hard. So I think its just a personal kind of … | Personal reasons for not liking certain activities – or is it wider than that?  Not wanting to experience body sensations |
| 258 | Some types of exercise more or less accessible  Should I work on the ones I don’t like/find difficult? | REC: Um … I still kind of don’t do the kind of body sensation [giggles] ones, or like, well that first kind of floating, thoughts floating away on a leaf thing, ‘cos I can’t visualise things very well. But I’m like … its, it’s a bit hard to work out whether, so should I try and improve on that, or does it not matter, and I should just go with the stuff that works, or seems to be, like, going OK, and that I like. | Blocks to certain ways of being mindful – not imaginative enough, focussing on the body  Unsure whether to do more of the things that are difficult – does it matter if don’t do some of the exercises? Is it ok to stay with the ones i like?  *Are some mindfulness exercises more mindful than others? Is there a hierarchy away from distraction to embodiment?* |

**Kirsty**

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| 118 | Uncertain if doing it right  Mindful exercise right or wrong  Teachers not explaining enough | REC: Um, what made that tricky is because, like, um, we wasn’t, like, really told about how we was meant to do it, and, like, um, when, like um, when our, like, one of our DBT um, members of the team um, like did the gong thing, um, we all started, food in our mouth before, when we was actually not meant to do it yet. So we found that a bit like confusing as well. | Are we doing it the right way? Is it explained right?  Confusing  Not doing it right distracted away from the exercise |
| 330 | Weird  Just focusing on feelings feels not enough  Insight into feelings  Mindfulness ac calming | REC: Um, like, at first it was really weird, like, kind of just focussing on how we’re feeling, and, like, it was like really weird to, like, yeah, focus on how we’re feeling, and like, focussing on our physical sensation, what we’re feeling. Like, It was, like kind of really weird at first. But then, like, we was told to practise it, and um, when we was actually practising it a lot more it kind of just felt natural, it’s like focussing on how we’re actually feeling. Like, for example, when we’re having panic attacks, or something like that, we’re able to, like, recognise, like, symptoms, and, like, the physical sensations; so we’re able to, like, calm ourself down and bring us back into the moment. | Feeling weird again to focus in on feelings  Becoming natural  Focussing on **actual** feeling rather than what?  *Is there a sense of mindfulness showing things for what they really are?*  Understanding own experience better leading to better coping |
| 378 | External input  Distraction from thoughts | REC: No. Like, for example, when I’m being observed, is where we just have to, like, just, like, listen in to sounds and, like, stay silent. Like, that’s the one I kind of avoided because whenever I do that it just triggers so many thoughts and, like, I just can’t seem to, like, distract myself from all my thoughts when we have to stay silent. | Need the activity to distract from thoughts rather than being able to sit without the external stimulation.  Silence is difficult – can’t stop the thoughts coming |
| 432 | Rules – meant to  Im not doing it right | REC: … we were meant to, like, not judge when we’re judging other people, like not judging ourselves when we’re judging other people. And, like, that’s actually really hard, because like, obviously, like, everyone judges everyone else, like that’s just, like, a normal society. But, like, it’s so hard to, like, kind of think to myself, Oh no! we’re judging someone; Oh no, we can’t do that, ‘cos then we’re judging ourself for judging other people. It’s just really confusing. | Meant to - doing it because we’re told we’re not supposed to rather than seeing any benefits to being non-judgemental  Oh no! – not natural, takes a shift in thinking that seems very difficult |
| 532 | Unsure of mindfulness when uncomfortable feelings  Other people told me | REC: I think, like, what kind of … the difference it made is that, like, when I was actually in that moment, um, it didn’t really make a difference; I was like … ‘cos I, I wasn’t really thinking to myself I was being mindful; but, like, once I was actually told I was actually being mindful in that situation, it did kind of put me at ease a bit. | The idea that She was being mindful put her at ease even though in the situation she did not identify the mindfulness  Wasn’t helped by the mindfulness at the time  *When strong feelings aren’t being distracted from this does not appear to be useful to her although another person saw this as her being mindful* |
| 536 | Focussing on feelings  Confusion | REC: I think that what I was doing was actually I was, like, kind of, focussing in on, like, how I was feeling, really, like … even though \*[00.32.31] like observe mindfulness, like, things, like, that was, like, me being mindful, although I was being unmindful, but that was me being mindful ‘cos I was, like, able to focus in on, like, how I was feeling, like in that way. | Confusion about role of mindfulness and ‘unmindful’  Almost doesn’t seem enough for her to be just observing feelings – she didn’t seem to think this was really being mindful |

**Philippa**

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| 132 | Wilfulness/Stubbornness get in the way | REC: There, there has been, yes, when I’ve been in er, what they would call “Wilful moods” where I’m just stubborn and not wanting to do part, and doing it because I have to do it, not because I feel it will help. And that’s kind of, the kicker with Mindfulness – if you don’t want to do it it’s not going to work. | When it doesn’t work its due to wilfulness  Need to be in the right frame of mind  Stubbornness and mindfulness don’t work together.  The hard thing (kicker) about mindfulness is that if you don’t want to (feel like) doing it, it won’t work |
| 170 | Mood effects openness to mindfulness  Focussing the mind on a task | REC: Um … I … really it’s just a part of, um, every session really. Um … if I’m in a particularly bad mood that day, which - I’m not going to lie, I used to be in a bad moods a lot, mood swings and this, that and the other – but um, [\*name] would usually go, OK, we’re going to do a Mindfulness exercise, because otherwise I’d get off topic and I’d think of other things; I’d just go off on little tangents about every-day life. And she’d go, OK! I’d love to hear about this, but, ‘cos - and she was genuinely interested, and still is, in my life – but she’d go, Oh Dear, but we need to do some work if we’re going to get you back on track. | Used in session to keep on track  Everyday life tangents – mindfulness on track |
| 180 | Mindfulness changing moods | And the next week I wasn’t in the best of moods but I was in a bit of a better one, I was more co-operative, and my mood went from probably about um, a 20 before Mindfulness, and then it kicked up to about a 60 afterwards, ‘cos I was more chilled; my mind was a bit clearer; I just … | Mindfulness as a way of improving mood by helping to chill and clear the mind |
| 357 | Go back and think about problem  Needs persistence  Needs willingness | And then once you’ve calmed you can go back and think about it; and if you start shaking again, you can go back and do it again, and just do it and do it and do it until it’s worked. And sometimes it can take five minutes; it can take five hours. And that’s the kicker, because once you’re even a little bit wilful it’s not going to work. So you need to be in a mind state where you want to do it. | Mindfulness lets you take another look  Might need to do mindfulness for a while before it works  Really important how you approach mindfulness be in a mind state where you want to do it |
| 437 | Sometimes doesn’t work  Need the right mindset | REC: Sometimes it doesn’t work. Sometimes you’re not going to want to do it, and you will get frustrated with it. Um, you need to be in the right mindset otherwise it’s not going to work. Simple. Yeah. | Ups and downs in experience of mindfulness  Mindset very important |
| 455 | Doesn’t always ‘work’ | Of course there were some days where it didn’t exactly work, and there were times where I really didn’t want to do it, but in the end that wasn’t up to the actual um, Mindfulness itself; that was just me being stubborn. | Making the choice to use it  Your intention makes a difference |
| 134 | Takes effort | And, er if you’re not 100% focussed it’s not going to work. You’ve got to be, like, OK, bumpf. Not, Oh! What about this? What about this? Like. It works if you want it to, and you try for it to. It’s not just going to happen, simple. Yeah. | Need to be 100% focussed! *there is an optimum amount of focus which will make mindfulness ‘work’*  Bumpf - *?just do it?*  Too many questions distract from the mindfulness – *what about this?*  Easy to be distracted by other concerns  Have to want it and try for it |

**Maria**

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| 196 | Cant rush it  Practise  Awareness | Er, yeah, it does eh, actually help how … ‘cos you, you can’t rush it. And you really have to keep at it; it’s not just like do this for one day and then you’ll … No, you go away you do it more and more and more, and then it’s really good. I mean I’m mindfully aware that I’m not feeling particularly well today, but that’s OK. I’m a bit … | Cant rush it  Keep going and do more…that’s what makes it good  Able to sit with feeling unwell |
| 214 | Persistence | REC: … almost, do you know what I mean? Be aware, just go, I really want to do this; not just do it and then walk away and well that didn’t work. No, try it again, and again, and again till you … | Persistence with mindfulness |
| 248 | Restrained by physical illness | REC: it has happened, yeah. It’s not a case of resisting, I wouldn’t say per se. It was like, if you’re not feeling particularly - I mean, physically unwell, when I say unwell I meant physically unwell, not mentally - if you’re not feeling physically unwell it’s kind of hard because the physical element will always impact on your mental wellbeing, and sometimes that’s when it’s really tough to do it. ‘Cos if you’re physically unwell you don’t really feel like doing much anyway. And then it affects on your mental … you just, that’s when you need time out. You know, just to, you know, … It could be a chest infection, or whatever infection, you know, I’ve had that; I tend to … I do still try but it’s with em, not so much resistance, but I don’t have the energy to put into it, what I normally would. This is why the antibiotics start working. So that’s basically it I’d say. | Physical discomfort making mindfulness more difficult. You don’t feel like doing much – need time out –even from mindfulness  Mindfulness takes energy |
| 250 | Can forget to be mindful | And sometimes you do forget, you know, ‘cos you’re human. You think, Damn, you know, I should have used my Mindfulness there, and then I could have used that other skill in ECS, but you know where you should have used ‘em so next time round you can use them, so you’re always aware really. \*[00.39.14]. | Mindfulness isn’t automatic – you forget to do it |

**Rachel**

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| 45 | Wandering minds | REC: Um … I found it a bit difficult, ‘cos my mind wanders a lot. | Difficult due to mind wandering – connected to the idea that the mind should not wander. |
| 53 | Feeling unable to do mindfulness  Feeling passive in the process  Feeling mindfulness is imposed | REC: Well we were supposed to be able to, like, bring it back, but then I would get confused ‘cos I’m not thinking about what I’m doing, so then I don’t remember that I have to bring my mind back, so I’d get all in a muddle. But, um, … I did try. | Found the brining back of attention really difficult. Feeling unclear what part of the process is what she is ‘supposed’ to be doing. She notes that she did try but seems passive in the process – *confusion not remembering getting in a muddle all as things she cannot change?you can either do this or you cant.* Things particular to her that means she tried but did not succeed? *Why couldn’t she tolerate the muddle/ uncertainty about the process?* |
| 55 | Trying to pull back the mind | Like, when … I just kind of think about random things. But then sometimes I would be able to pull it back, but most of the time not really. | She noticed the process of starting to think about random things. She noticed that she had moments of ‘pulling it back’ (to where?) but most of the time *she seems to accept the wandering mind*. |
| 59 | Confusion  Paradox of mindfulness | REC: ‘Cos I just … I find it confusing; how can you think about pulling yourself back into the moment if you’re not thinking about it? Do you know what I mean? I know it sounds really confusing, but … | She seems to see a paradox in the mindfulness process – if your mind has wandered how can you pull it back? Speaking of the mind like it is separate |
| 71 | Supposed to do mindfulness  Unsure of how it works | REC: I don't know. Like, a couple of times I’ll have been wandering and then I’ll kind of feel like, Oh wait! I’m colouring. Yeah, I’m supposed to be colouring aren’t I? [chuckles]. And I’ll … that will bring me back, but other than I, I can’t do it. | Using the activity to bring her mind back – oh wait Supposed to be.  Quite a surprise to her that she is doing mindfulness. *Feel of the mindfulness not being her idea. Sounds like a young person daydreaming in a class and then remembering they have work that the teacher has set them*. S that a mindful moment in the classroom or just remembering? |
| 125 | Confusion  Aversive concept  Apologetic for not liking | REC: I don't know. I’m not sure. I don't know, but the word Mindfulness just sounds, it sounds stupid when you hear it, like Mindful … like what … what does it even mean, like, what can your mind be full of, I don’t, I don’t understand [giggles]. But, um, I don't know. I don't know, I don't know why I thought it sounded stupid. The word sounds stupid in itself, but … I don't know. Sorry. | What can you be mindful of? The whole concept is aversive to her. However she is sorry for this |
| 135 | Dont understand  Deficiency in me | Um … at first, at first I was just kind of, well, here we go again. But it was useful I guess. Some parts of it; some bits I didn’t really understand, but that might be because Im stupid | Here we go again – like a chore or a nagging parent  Negative self concept affecting the way in which approach mindfulness – need to have a level of intelligence to understand it?  If I don’t get it I must be stupid |
| 139 | couldnt understand | REC: I can’t remember specifically, but there were like things they were trying to explain, and I just didn’t, couldn’t get my head round it. | Cant get my head around it.  Her experience was that she should get it and therefore this would be experienced by others as annoying.  Difficult to reconcile the idea that she is being told this is her treatment and the experience of not understanding it and thinking it unnecessary. |
| 141 | Doesnt make sense  Felt stupid | And I, I felt like I was being really annoying, but obviously I was there to understand sort of, those questions. But I was just kind of like, you were saying this, but you’re also saying this – it doesn’t make sense. I can’t actually remember a specific time, but very much like once a week that I did ask stupid questions. | She feels that questioning it must be stupid – uncomfortable with the confusion. Feeling there’s something she’s not getting that everyone else is. |
| **197** |  | **INT: Oh, just were there any, the bits they talked about with Mindfulness that kind of stuck out for you.** |  |
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| 199 | Can’t remember the specifics –remember the principles  Calmimg | REC: I guess the basics of it, and the actual things I do, but I couldn’t put the names to the techniques or something, but … the actual things, probably yeah, I could … I just wouldn’t know what they were; could think about those things and use them to calm myself down or something, but I just wouldn’t know what they were. | Hasn’t developed the language of mindfulness – does this make a difference?  Central ideas stand out as being ideas that would lead to calming. |
| 207 | Don’t want to be on own to do it  Self consciousness in group - immature | REC: Um … couldn’t think of any I didn’t like; well, it was a bit difficult because they were doing it in a room full of immature girls, and they’d sit there giggling at each other. If, if I’d done it, like on my own – not that I want to be in a room on my own, like practice it and stuff – but … do you know what I mean? Just, it wasn’t … | Something about mindfulness gives them the giggles – self-consciousness, avoidance,  Avoidance of being on her own – does this make mindfulness difficult? |

**Sam**

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| 78 |  | REC: So we like watch, like, a video with no sound on it, and we had to, like, describe what was happening, but not like, just literally like what it was … |  |
| 82 |  | REC: … if that makes sense, like, and not say that’s weird, or something. |  |
| 86 | Weird process  Non-judgemental difficult  Naturally judgemental | REC: It’s weird ‘cos you’re like naturally, like, think, what … what the hell’s that like? What’s going on, and actually you’re, like, not allowed to say that. It’s a bit weird. | Finding the process weird going against what someone would naturally want to do. Recognising the urge to add an opinion to the story  Finding non-judgemental difficult |
| 102 | Waste of time if not liked | REC: Um, like what are we doing? Like, … I don't know. It just didn’t, didn’t really seem like it was very … like nobody really liked it. So like … just felt like a bit of a waste of time. | Mindfulness activity was a waste of time because no-one liked it. Were people able to be mindful in the situation? |
| 118 | Don’t know about mindfulness | REC: Um … I think it depends; like sometimes, like, you want to, like, take part in it and, like, you actually, like, try; and other times, just like, like … like play so you just … I don't know, sometimes it \*[00.05.33]. | More I don’t knows. |
| 134 | Strong emotions get in the way | REC: Like, struggling, like strong emotions that get in the way. | Mindfulness difficult when feeling stronger emotions |
| 142 | Mindfulness makes strong feelings more difficult to manage  Being asked to do something I don’t want to. | REC: ‘Cos so many things they do are, like, stay with the emotional, like, focus on it, or like focus on, like, your sensations, like, when you do that it just, like, gets even more bigger. | Putting the focus on a strong emotion makes it get bigger. So many things they do are stay with the emotion – feels aversive to her – being put upon |
| 154 | Can’t do it | REC: Yeah. Or I’d try and then, like, it would last about 10 seconds and I’d be like, I can’t do this. | I cant do this because the emotion is too big. |
| 210 | Focus on body is aversive | REC: Then I just feel uncomfortable, like, about your body, and then, like, when you feel like sensations, like, … and then you’re, like, focussing on them, then they, like, they get, like even more like distracting, and then, so you just get to feel really uncomfortable. And I don’t find it at all relaxing. I feel like it just makes you feel more, like, on edge, or however you’re feeling. | Focussing on the body leaves you feeling uncomfortable.  Associates feeling relaxed with mindfulness so if don’t feel relaxed then not being mindful |
| 234 | Cant crack it | REC: … like [\*name] brings up, like, tries to, like, sometimes, like, do a Mindfulness exercise to make me a wise mind, but, like, it’s … I just can’t crack this wise mind thing, so … | I just cant crack – as if it is a unfathomable code. |
| 238 | Uncertain about concepts  Personal inability | REC: Apparently there’s like, so it’s like your emotion mind where you’ve got emotions, and then there’s like… your like rational mind so where you, like, think through things logically; and apparently there’s, like, somewhere in the middle where you’re, like, logical and emotional at the same time, but I just can’t seem to be logical and emotional at the same time. | Apparently- like its completely unknown to her  Is it possible to b emotional ad logical at the same time? Is she being asked to do something that is too difficult? |
| 240 | I cant do it | And then that was … so there’s, like, a Mindfulness exercise where they’ll talk you through, like, how to get there, and I’ll, like, go with it, and I still just … I don't know, I just can’t get there. So … that’s all we’ve really done, like, Mindfulness in-group … um, individual, sorry, thus far. | I can get there – a destination that she is prevented from getting to despite being guided.  Ill go with it – she tries to follow the guide but just cant get there |
| 248 | It doesn’t work for me | REC: I just … I just stay in emotional mind. I don’t … I, like, text \*[00.13.05], I can, I don’t … wise mind just doesn’t exist within me, like, I just, I can’t do it. Yeah. I don't know. I’m not … yeah, I don't know, I, I’m not a very logical person anyway, so no. I don't know. Oh well. | Doesnt exist with me – why? Previous experience, temperament, age?  Believes it is inability to be logical |
| 270 | Haven’t given it a chance  When should I use it? | REC: Maybe. I don't think I’ve given it much of a chance, but I just wouldn’t know when to **use** it sort of, like. I don't know. | Hasnt used it because she wouldn’t know when to – when is the appropriate time to ‘use’ mindfulness. Very skills based language |
| 322 |  | REC: Um … I’m not really sure. Like, … I’m probably not the right person to explain it to someone. | Im not the right person – for mindfulness – something about other people that would make the m the right person. |
| 326 | Doesn’t understand | REC: Well, ‘cos, like, … I really … was … I’d probably, like, say something that, like the wrong thing, or, like, um, … like I don't know, ‘cos I’m not, like, I don't know, like … I don't know. Don’t know. | Really feels she doesn’t know anything about mindfulness despite having been part of the same training as others who have felt they understood mindfulness |
| 362 | Mindfulness not wanted when things are bad  Gives the opportunity to think negative thoughts more  Poor motivation through lack of connection | REC: Um … I think, like, things, things got harder and then I was, like, … I think it was more just like my mindset, so like when I was listening to it, like, - this was ages ago – but, like, I like, there was a part of me that did want to, like, get, get through it and stuff. And then, like, my, my … it wasn’t … obviously it wasn’t like the next one day, but it was after a while, like, well I just decided I couldn’t do it any more and, like, then I just thought there was no point using their skills, like, I don’t want to get \*[00.25.49]. So then I stopped. And then there came a point when I, like, couldn’t use it any more. Like I wasn’t, like, able to; and then, I guess, like, even though, like, I’ve come off that part, I mean it’s not I have, like, any motivation to be like, Oh yeah, I want to use it again. So, like, I just haven’t. | Noticed that she was less willing to listen to guided meditation when she was feeling bad about things in general.  This being hard caused her to believe that the meditations couldn’t make a difference  Came to a point that I couldn’t use them anymore – too painful to be shown the light of negative experience through a positive visualisation.  Notices a lack of motivation; possibly due to having no connection to the principles of mindfulness |
| 394 | Im not the right sort of person for mindfulness  Takes practice  Takes too long | REC: Yeah, they probably know quite a lot about it and, like, … phew, I don't know. ‘Cos I know pe-, like I know what some of them have said, like, oh, that you have to, like, practise it a lot. But I’m, like, the worst person at practising things, like. I just want to … when they say practise I just want to be good at it now, like, I hate, I hate having to, like, persevere or whatever; I just wanna know how to do it now. So probably, like, I dunno. Maybe they’re quite patient people. I’m just, like, guessing really, I don't know. | She feels she doesn’t have the right personality for practicing something that requires practice.  Process of learning mindfulness would take too long  Believes that the people who can do it must be patient. |
| 428 | Why would I do it? | REC: Like I can do it; I don’t feel like it changes anything. Like it doesn’t make you feel any different, like you kind of just feel they’re emotions; I’m just kind of, like, … I don’t really understand why I’m doing it, if that makes sense. Yeah. Like, yeah, I can’t remember any of it [laughs]. | Is able to observe and describe but that doesn’t change things. Doesn’t understand why observing and describing would change anything – why am I doing this? |
| 472 | Mindfulness is like homework – don’t want to do it. | REC: Just ‘cos, like, I haven’t used it in so long, like, properly, and it’s just like when you add, like … ‘cos you’re not, like, … you normally have, like, a routine of what you’re gonna do in, like, a day, and I just feel like changing it up a little bit, like … it just feels a bit weird, like, ‘cos I wouldn’t really be that motivated to do it, so it’s, like, … it would feel like … it’s kind of like when you’ve got, like, homework or something and you’re just like I really can’t be bothered to do it. Like I feel like I’d be like that, and I’d be like, Well seeing as I don’t have to do it, I might just not do it. I don't know. Like … [whispering] [laughs]. | Drawing a parallel to mindfulness practice and homework that you don’t want to do. |

**Tara**

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| 44 | Silence easier on own  Silence with others self conscious | REC: I don't know. I think it was more … like, when I’m on my own I can do it. Um, I, I did it um, … I went up to um, this forest that I like to go to, and just sat for a while, and when I was very sad, and it made me feel better, but I think it was because there were other people in the room; I think that staying silent with other people, like, watching you and stuff I just, I didn’t really like it. I felt really weird. | Silence was ok on her own silence with other people made her self-conscious |
| 104 | Sorts me out  Big things take a lot of time from mindfulness | But if it’s big things that usually take a lot of time out, ‘cos I’m like No, I need to properly calm down, and sort myself out before I sort them out. | Experiences that she needs to be calm herself before she can deal with external pressures.  Talking to herself – no, i need to properly calm down.  Increased internal dialogue? |
| 178 | Thrown in at the deep end  Couldnt explain it better – only be experience  Repetition useful | REC: I think we were kind of thrown in a bit. I think that, because it was the first activity we did, um, and they did that every single session, like, we did Mindfulness at the beginning, and we had a break halfway through, then we did Mindfulness again. Um, and although that helped, like, that, that meant that we were constantly doing it and constantly picking up these skills, it was, it was quite weird being thrown in there, like, straight away with something we didn’t really understand. | Being ‘thrown in’ feels like having no control and being fearful of what to expect.  Doing it a lot at the beginning felt uncomfortable because it was doing something weird time and again  She thinks the repetition was necessary |
| 180 | Repetition helps | A bit like I said early, like they think the only way to understand it is by doing it quite a bit, so I guess that was quite a good way. And when, when they tried to explain it I don't think any of us really understood. So … yes, yeah, being thrown in was a good idea, it just didn’t feel like it; it felt quite scary, like … being thrown in at the deep end [chuckles]. | The explanation of mindfulness made less difference to her than the repeated exercise of mindfulness.  She thinks there was a good reason to ‘throw them in’ but at the time she found it scary - |
| 202 | Self talk  Self control  Controlling thinking | REC: Um … actually just completely random things like, I, I’d just be colouring and then suddenly I’d think about, like, a film that I really want to watch, or recently, ‘cos um, I’ve been thinking about tattoos quite a bit, ‘cos I got my first tattoo like a few weeks ago, and um, I was ju-, like, I was colouring the other day – I can’t remember what I was colouring – but I suddenly thought, Ah, that’d be really cool as a tattoo, and I just couldn’t stop thinking about tattoos, but … it was … yeah, so stuff like, really random stuff that, they just kind of pop into your head and you’re, No [giggles], I’ve got to be mindful [giggles] . | Describing how her mind wanders and how she talks to herself – no I’ve got to be mindful |

**Vicky**

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| 48 | Mindful language | REC: Um, I had quite a few judgements about it to start with, you know, it felt quite sort of tedious to be looking at a blueberry for a minute and a half, you know, but afterwards it felt like … I’m not really sure how it felt, but it felt quite easy to \*[00.02.14] this afterwards. | Brings in language about mindfulness - judgements |
| 80 | More difficult if stressed  Focus  Get easier with practice | REC: No, I think if you’re in, like, quite a stressful situation it makes it harder to, harder to focus, but generally it’s easier to focus now than what it was when I first started. | Harder to focus when she is in a stressful situation  Has become easier to focus on the whole |
| 259 | Feeling exposed  Understanding inside herself | REC: Um … I suppose straight afterwards I didn’t like it. Like I didn’t like what I saw, you know, inside of me I suppose. But then I think it helped because it allowed me to, I suppose, expose, you know, myself to myself, um, and I was able to see, like, what was there. | Initially aversive to go inside of herself and think about what she was feeling and thinking –exposed; but she feels it was helpful – I could see what was there |
| 271 | Use of DBT language  Stay away from participating | REC: Um … probably like the, um, is it the mindfully participating in any way, it’s just sort of you have to just go and do it. Um, I do stay away from that, but that’s,… I think that’s simply because, you know, wilfulness, because I don’t want to go and do it. | Using DBT language – wilfulness (like resistance to therapy) – should she have to go along with things she doesn’t want to do? |
| 291 | Uncertain of mindfulness  Hard to let go of tension | REC: Um … I think like, am I right in say that like muscle relaxation, that’s like Mindfulness isn’t it? I don’t really like that one. Like, I don’t find it relaxing. Although I know it’s about like the relaxation of the muscles. Once I like, I tense my muscles it makes me feel very tense rather than like … I’m not able to face \*[00.14.47] the, re-, the relaxing them. So I find that one quite hard; it ends up making me feel quite tense. | Uncertain of what counts as mindfulness  Use of the body more difficult – focus on the body causes tension not relaxation. |
| 299 | I should do mindfulness  Wilful about being mindful  Feeling stressed due to wilflness | REC: Um, I think sometimes if I, I don’t particularly want to do it, you know, it’s quite hard to overcome, you know. Um, I think there are Mindful, Mindfulness activities that you can do to overcome wilfulness, but if you don’t want to do one in the first place it doesn’t really help to then be stressed into doing one to overcome the wilfulness, you know. | Ambivalent at times about whether she wants to do mindfulness and not comfortable with the idea of using mindfulness to be more motivated to do more mindfulness. This paradox causes her some stress. |
| 327 | Not sure what effects motivation | REC: Um, I really don’t know. Um … It’s just, it’s always one of those things you know. It either is there, or it isn’t; you know, you either want to do it, or you don’t want to do it I think sometimes. | Unsure of what makes the difference between want to do mindfulness and not wanting to do mindfulness |
| **329** |  | **INT: And if, and if you don’t? What then?** |  |
| 3319ky | Cant do it if not motivated | REC: I tend not to do it. Yeah. If I don’t want to do it it’s hard to then be able to, you know, feel motivated enough to do a skill to make me want to then do Mindfulness. |  |