(*Inaudible words are indicated by \*\_\_\_\_ followed by a number in brackets. Control F then \* will take you to the next asterisk, and the corresponding place on the recording is shown by the number in the brackets).*

**Interview – 160208-002.**

Transcriber : Barbara Hellyer.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Code** |  | **Exploratory Comments** |
|  |  | **INT: So you were in the DBT Skills Group, is that right?** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: And did you have individual sessions as well?** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: And how long did you do it for?** |  |
|  |  |  |  |
|  |  | REC: I’m, like, still doing it. |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: So I started in October … |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: … and then … but, like, I’d done quite a lot of other stuff beforehand. |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: Like some skills and stuff. |  |
|  |  |  |  |
|  |  | **INT: And how is it going for you?** |  |
|  |  |  |  |
|  |  | REC: It’s all right. [laughs]. |  |
|  |  |  |  |
|  |  | **INT: Do you come, like, twice a week? Once a week? Or …** |  |
|  |  |  |  |
|  |  | REC: Yeah, well twice ‘cos, like, one’s an individual, one for the group. |  |
|  |  |  |  |
|  |  | **INT: OK. It’s quite a lot of your time then?** |  |
|  |  |  |  |
|  |  | REC: Yeah. Uh huh. |  |
|  |  |  |  |
|  |  | **INT: So, … what we’re going to do is we’re just going to have a little um, look at this video, it’s very short and we’re not going to do the Mindfulness exercise.** |  |
|  |  |  |  |
|  |  | REC: OK. |  |
|  |  |  |  |
|  |  | **INT: [laughs].** |  |
|  |  |  |  |
|  |  | REC: [laughs]. |  |
|  |  |  |  |
|  |  | ~ Video plays ~ |  |
|  |  |  |  |
|  |  | **INT: OK. So was that anything like the sort of Mindfulness things you’ve done in-group and stuff?** |  |
|  |  |  |  |
|  |  | REC: No, not really. |  |
|  |  |  |  |
|  |  | **INT: OK. How’s it … how’s it different? What happens in, in your group?** |  |
|  |  |  |  |
|  |  | REC: I think we do, like, a different exercise each week, so … I don't know, like sometimes we’ve done like that loving kindness one … | Loving kindness as mindfulness. Connection to other people rather than relating to internal states |
|  |  |  |  |
|  |  | **INT: OK, what, what’s that about?** |  |
|  |  |  |  |
|  |  | REC: You like, just … you sit … well, it’s … you kind of sit there and, like, and send, like, kindness to people, like, in your head, like in your thoughts. |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: And then we’ve to … I can’t explain that. |  |
|  |  |  |  |
|  |  | **INT: OK. And what’s it’s like for you when you’re doing it then?** |  |
|  |  |  |  |
|  |  | REC: It’s a bit weird ‘cos you’re like saying to someone, like, something, but then they don’t know you’re saying it to them. |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | What difference does it make? | REC: So it’s kind of like how ‘s that help? | What difference does this make – how can it help if the person doesnt know you are sending them loving kindness? |
|  |  |  |  |
|  |  | **INT: OK, yeah.** |  |
|  |  |  |  |
|  | Understanding concept without connection to the practice | REC: And then we’ve done one like, you know, when you’re like describing something, but about, like, judgements and stuff like … I haven’t really done, like, listening to sounds. | Manner is very like she doesn’t get it but she seems to get it. |
|  |  |  |  |
|  |  | **INT: OK. And the describing about judgements, what’s … what’s that one? How does that work?** |  |
|  |  |  |  |
|  |  | 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 … |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: … if that makes sense, like, and not say that’s weird, or something. |  |
|  |  |  |  |
|  |  | **INT: OK. And how’s that for you when you’re doing that one?** |  |
|  |  |  |  |
|  | 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 |
|  |  |  |  |
|  |  | **INT: OK. Are there any other kind of ones that really stick out for you? Really stay in your mind the kind of exercise that you’ve done in a group?** |  |
|  |  |  |  |
|  | Mindfulness should be completely individual | REC: Yeah, we did one where you like all touched hands, and like just noticed … I didn’t like that one though. | Mindfulness of physical contact seems aversive |
|  |  |  |  |
|  |  | **INT: OK. How come?** |  |
|  |  |  |  |
|  |  | REC: You’re like so close to so many people, and it was like physical contact, and I was like, I want my own personal space please. |  |
|  |  |  |  |
|  |  | **INT: OK. And what was … what was the aim of it? What, what was it …?** |  |
|  |  |  |  |
|  | Mindfulness Exercise seems pointless | REC: I don't know. Like, just being mindful. But … that’s about it really. I don't know. | Uncertainty of the point of the specific exercise.  Lots of i don’t knows |
|  |  |  |  |
|  |  | **INT: And so what was going through your mind when you were doing it?** |  |
|  |  |  |  |
|  | 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? |
|  |  |  |  |
|  |  | **INT: How did you know no one really liked it? What was …?** |  |
|  |  |  |  |
|  | Too challenging  What’s the point of the exercise | REC: Like, afterwards, we like … it was said like we didn’t like … we like … ‘cos there was like well what did you think of the activity, and we were like don’t like it. | Was the activity chosen to specifically challenge them or make a particular point. Was the activity supposed to illustrative |
|  |  |  |  |
|  |  | **INT: And do you have that after every time you do the activity, a kind of …?** |  |
|  |  |  |  |
|  |  | REC: Yeah, normally they just say, Can you, like, give us some feedback, and then … |  |
|  |  |  |  |
|  |  | **INT: And, and, do you kind of give feedback and that?** |  |
|  |  |  |  |
|  |  | REC: Sometimes. Yeah. |  |
|  |  |  |  |
|  |  | **INT: So, what it’s kind of feel like when you’re doing the Mindfulness exercises?** |  |
|  |  |  |  |
|  | 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. |
|  |  |  |  |
|  |  | **INT: What’s the difference with those times? What the difference?** |  |
|  |  |  |  |
|  | Mindfulness difficult if don’t feel right | REC: Probably like how I’m feeling. | How she is feeling when she does a mindfulness exercise changes how she finds it |
|  |  |  |  |
|  |  | **INT: Mmmm. So sometime it feels easier to do than others?** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: And what’s … when is it easy? What, what are you feeling when it’s easy?** |  |
|  |  |  |  |
|  |  | REC: Like, I’m feeling like … um, … just like OK. Yeah. |  |
|  |  |  |  |
|  |  | **INT: And when it’s hard?** |  |
|  |  |  |  |
|  | Strong emotions get in the way | REC: Like, struggling, like strong emotions that get in the way. | Mindfulness difficult when feeling stronger emotions |
|  |  |  |  |
|  |  | **INT: OK, so when strong emotions get in the way, that’s harder to be Mindful?** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: How come?** |  |
|  |  |  |  |
|  | 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 |
|  |  |  |  |
|  |  | **INT: OK, so it’s something about having a strong emotion when you start?** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: It gets bigger as you’re doing the Mindfulness?** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: OK. And that’s the times that you wouldn’t do it?** |  |
|  |  |  |  |
|  | 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. |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: So in those 10 seconds what would happen that would get you thinking that, you know, you can’t do it.** |  |
|  |  |  |  |
|  | Not helpful  I cant do it | REC: I’m just like, I can’t do it really. Just, like, it wouldn’t be helpful. I don't know. | Not helpful to focus on a strong emotion. I can’t do it- is she being asked to do something that is unrealistic? |
|  |  |  |  |
|  |  | **INT: And the times when, … if there are ever times when it is helpful?** |  |
|  |  |  |  |
|  | Exercises in group not relevant to outside | REC: I don't know, like, I don’t really use, use Mindfulness, like, outside of, like, group and stuff, ‘cos it just … I’ve just found that it hasn’t been helpful, so just haven’t really used it very much. So I can’t really, like, say. Yeah. | Hasn’t found mindfulness useful haven’t used it much- can it be helpful without trying outside of the group as the mindfulness in group is illustrative. How come she doesn’t believe mindfulness will not be helpful? |
|  |  |  |  |
|  |  | **INT: And can you remember kind of when you were first told about Mindfulness?** |  |
|  |  |  |  |
|  |  | REC: Um … I actually don’t … I was told about it ages ago, but like I can’t remember, like, exactly, like, who by and, like, when . |  |
|  |  |  |  |
|  |  | **INT: Can you kind of remember what it was like being told about it? What you thought about it to begin with?** |  |
|  |  |  |  |
|  | Very little impact | REC: No. It was … I … it was a long time ago. Um … I don't really know. I really just thought, like, … sounds all right. I don't know, I literally can’t remember at all. I don't know. | Being told about mindfulness in the first place didn’t have a big impact – sounds alright. |
|  |  |  |  |
|  |  | **INT: So it was a really long time ago, before you started the …?** |  |
|  |  |  |  |
|  |  | REC: Yeah, it was probably like two or three years ago. |  |
|  |  |  |  |
|  |  | **INT: OK. So it was brought up, what, by someone just randomly? Or someone, like, to do with your care or, … why was Mindfulness brought up that long ago before you started DBT?** |  |
|  |  |  |  |
|  | Elements of mindfulness in other approaches | REC: Yeah, I remember people in care talking about it. I don't remember, like, just like friends and family and stuff had said stuff, like … I don't think they used a word like “mindfulness”, but they’d like use, like, use … how they used it and stuff, like to help when they weren’t in a good place and all that. | Wondering whether there are elements of mindfulness in other things that people use to help. Seen as being for when you’re not in a good place.  Are the things taught in mindfulness unique to mindfulness – people describe mindfulness but don’t use that word. |
|  |  |  |  |
|  |  | **INT: OK. And you think you probably thought it was all right …** |  |
|  |  |  |  |
|  |  | REC: Mmmm. |  |
|  |  |  |  |
|  |  | **INT: … and when you then started doing it in the group what did you think of it then?** |  |
|  |  |  |  |
|  |  | REC: Well, like, I’d used it probably, like, over a year ago, but they were, like, not how they, like, use it in-group and stuff, but like … |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Is this mindfulness? - uncertainty | REC: … I didn’t really call it Mindfulness, I just … | Uncertain about what to call mindfulness |
|  |  |  |  |
|  |  | **INT: How was that different then? What were …** |  |
|  |  |  |  |
|  | Not very connected to mindfulness  External talking helped mindfulness  Looking for something to increase positive thinking | REC: I just, like, listened to it, ‘cos I … like if I’m going to, like, sleep, and, like at night it’s really difficult, so, like, I used to, like, listen to, like … so I found the beach hut very relaxing, so, like, I got, like, this all night music, like the waves, and like just calming stuff. And then it was like someone, like, saying, like, … like statement; I don't really know what he was talking … ‘Cos I don't like it when you’re, like, focussing on the body or anything ‘cos I find that, like, really difficult. But, like, it was just like someone saying, like, I don't know … There was, like, the stuff that I like sleeping, and, like, strength and hope and all that, and I sat up listening to it sometimes before bed, and found that helpful. But, like, I don't know whether, what that was. I suppose just someone I, like, showed me it, and it \*[00.09.57]. | Using guided meditation. Feeling unsure of what was said and what was  Important about the meditation but somehow found it useful  Picks out ideas about being able to sleep, having strength and hope |
|  |  |  |  |
|  |  | ? Whispering. |  |
|  |  |  |  |
|  | Group exercises haven’t been useful | But I haven’t used it in ages, so, so I don't know, I literally don’t know. But I have, yeah, I just … I don't know, haven’t … it hasn’t really helped very much in-group. | Learning mindfulness in the group DBT hasn’t helped |
|  |  |  |  |
|  |  | **INT: And you said you didn’t like things when it kind of focuses on your body?** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: What happens if you have to do a mindfulness exercise when you focus on your body?** |  |
|  |  |  |  |
|  | 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 |
|  |  |  |  |
|  |  | **INT: Mmmm, mmmm. So when … you’re kind of saying that you haven’t really found it helpful, what, what’s it like then at the start of … I’m guessing you’re doing it at the start of each group, that’s what I found other people are doing?** |  |
|  |  |  |  |
|  |  | REC: Yeah. We have like feedback and stuff and then we do it. |  |
|  |  |  |  |
|  |  | **INT: So what’s it, what’s it like when that comes up every week at group?** |  |
|  |  |  |  |
|  | Mindfulness hasn’t made an impact | REC: Um … I don't really know, I just, like, … I don't know, like, just Mindfulness. | Doesn’t have a strong reaction either way. Mindfulness doesn’t seem to have made an impact at all. |
|  |  |  |  |
|  |  | **INT: It doesn’t kind of get you thinking or feeling anything in particular? It just …** |  |
|  |  |  |  |
|  |  | REC: Yeah, well I do-, … yeah, not really. |  |
|  |  |  |  |
|  |  | **INT: And has it, um, … ever been brought up in, like, your individual sessions?** |  |
|  |  |  |  |
|  |  | REC: Yeah, sometimes. |  |
|  |  |  |  |
|  |  | **INT: Can you remember in what, what situations it’s been brought up?** |  |
|  |  |  |  |
|  | uncertainty | REC: Um … like there’s a wise mind thing, so then … | Wise mind thing continued uncertainty |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | 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. |
|  |  |  |  |
|  |  | **INT: What, what’s that about?** |  |
|  |  |  |  |
|  | 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? |
|  |  |  |  |
|  | 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 |
|  |  |  |  |
|  |  | **INT: So there’s a feeling that you just can’t get there?** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: Wha-, what do you think happens instead?** |  |
|  |  |  |  |
|  | 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 |
|  |  |  |  |
|  |  | **INT: Have you … So you were texting around the other day, does that mean you were kind of thinking about it outside of kind of sessions that otherwise might be?** |  |
|  |  |  |  |
|  |  | REC: Well someone had … No I think my Mother brought up, like, emotion min, and then I just like, I just went on, like, I did something a bit of a \*[00.13.38], like as a joke, but I just thought, I can’t do it [laughs]. And she was like, OK. |  |
|  |  |  |  |
|  |  | So I just told her … I just let [\*name] know that I couldn’t do it. |  |
|  |  |  |  |
|  |  | **INT: And so what’s that like for you, this kind of being sort of told there’s this thing, wise mind, and er …** |  |
|  |  |  |  |
|  |  | REC: Yeah.. |  |
|  |  |  |  |
|  |  | **INT: … you can’t get to it. What’s that like?** |  |
|  |  |  |  |
|  | Very loose connection to mindfulness | REC: Well … I don't really know, like … ‘cos I’ve never, like, been there, I don't know \*[00.14.12] somewhere, so, like, I can’t really be, like, complaining. I don't know, like … I don't know, just like \*[00.14.20]. I don't know … it’s fine, yeah. I don't know. | Very uncommitted to an opinion about mindfulness |
|  |  |  |  |
|  |  | **INT: Are there other times, ever times, kind of, outside the group or individual sessions that you kind of think, Oh I’m being Mindful now?** |  |
|  |  |  |  |
|  |  | REC: No. I don't think so. | Has never noticed being mindful |
|  |  |  |  |
|  |  | **INT: Any time at all you, you’d like to be?** |  |
|  |  |  |  |
|  | 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 |
|  |  |  |  |
|  |  | **INT: So, when do you think the times might be that you’d want to be mindful outside the group?** |  |
|  |  |  |  |
|  | When should I use it?  Am I getting it wrong? | REC: Maybe, like … I don't really know. Like, I’m not really … I don't know enough about it, like, to know what you’re suppose to, like, get out of it. So I don't really know, like when a good time to use it would be. ‘Cos I think the only times I’ve ever used it and then you’re like, in really high emotion, and I think probably then it’s probably not the right thing to use, but I don't know whether. Like, if you were, like, calmer it would be helpful. But I haven’t really, like, tried it when I was calmer, so maybe; probably \*[00.15.52]. | Suspects that using it just when in high emotion would not be the ‘right’ thing to do. Ut she doubts she has understood enough to know when a good time is. |
|  |  |  |  |
|  |  | **INT: But you tried it when you were in high emotion?** |  |
|  |  |  |  |
|  | Cant explain | REC: Yeah, like the people who have, like, tried it with me at the same time, and then I just haven’t found it helpful. But … | Finds it hard to explain what wasn’t helpful |
|  |  |  |  |
|  |  | **INT: What sort of things did you do?** |  |
|  |  |  |  |
|  |  | REC: Just like listened, just like a guided one … |  |
|  |  |  |  |
|  |  | **INT: Uh huh.** |  |
|  |  |  |  |
|  |  | REC: … but … |  |
|  |  |  |  |
|  |  | **INT: Um, so it’s not helpful, so what happens instead if you try and use Mindfulness when you are in high emotion?** |  |
|  |  |  |  |
|  |  | REC: Um … I don’t understand the question. |  |
|  |  |  |  |
|  |  | **INT: So, you said it wasn’t helpful; like you tried it when you were in high emotion and it wasn’t helpful …** |  |
|  |  |  |  |
|  |  | REC: Um, yeah. |  |
|  |  |  |  |
|  |  | **INT: … so what happened instead? What was the effect of Mindfulness when you were in high emotion?** |  |
|  |  |  |  |
|  | Unhelpful if doesn’t change emotion | REC: Um … that I didn’t … I didn’t really, like, make me feel any less emotion, so probably like I started it, and then because it didn’t help, I, like, \*[00.16.59] myself up from there, so I just didn’t use it. And then I really, like, tried other things afterwards. | It wasn’t helpful because it didn’t get rid of the emotion. When it didn’t work it made things more difficult – emotional reaction to its not working. |
|  |  |  |  |
|  |  | **INT: But you’re wondering whether, if you were calm, it would be more useful?** |  |
|  |  |  |  |
|  | Whats the point  Why would you use it? | REC: Yeah. But then I wouldn’t know why it … You know, if you overcome it I wouldn’t know why you’d need to use it, if that makes sense. Like, what would, what’s the po-, kind of point in using it. I don't really know. | Would there be any point to mindfulness for someone who didn’t experience high emotion? Skills/problems based view of mindfulness  Doesn’t see any use for mindfulness outside of dealing with high emotion |
|  |  |  |  |
|  |  | **INT: And you, and you’ve kind of said that you don’t know enough about it.** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: Have you got any kind of guesses as to why people are kind of suggesting it? You know, what, what’s the point?** |  |
|  |  |  |  |
|  | Un certainty  Understanding but not connecting | REC: Um, … You know, like, people say, like, it’s suppose to, like, help you, like, stay in the moment; so, like, instead of, like, always worrying about the future or, like, the past, or whatever. So, like, stay in that um, … Yeah, and probably like being calmer and stuff, and, like, more like aware of what’s going on. But I’m not very sure what, what else. | Has seemed really unsure of what it is but then gives a really clear explanation of what it is. For some reason the idea of mindfulness doesn’t appeal to her.  Most connected to the idea of being calmer and more aware. |
|  |  |  |  |
|  |  | **INT: And what do you think they would do for you, those things, being in the moment, or having that awareness?** |  |
|  |  |  |  |
|  | Might help to feel in control | REC: Like, probably like, you’d feel, like, in control maybe; like, if you were, like, … ‘cos you knew what was going on and, like, there was just about, like, that moment, like, in that day, or whatever; probably feel a bit more like in control than if you’ve got, like, your whole future to, like, worry about. But I don't know. | Again gives a really clear explanation but back tracks to ‘I dont know at the end. There seems to be a disconnect between what she understands about the theory in her head and what her emotional experience of mindfulness is. |
|  |  |  |  |
|  |  | **INT: Mmmm. Have you ever spoken to anyone else about Mindfulness? Like explained it to them, or …?** |  |
|  |  |  |  |
|  | Feels that it is imposed  Little impact | REC: Um … I haven’t really, like, explained it to anyone, like, … there was … the only time I’ve really, really talked about it, it was like a Mindfulness group thing on a, like, literally it was just like you went on a, like, lesson for Min- … Someone, like, doing it, and we were supposed to go, and then I would be like … everyone, like, nobody really liked … Or … or maybe it’s just the people that were at the set, but, like, no one really went ‘cos we didn’t really, like, find it helpful. So it’s probably like the only time we’ve, like, spoken to people. I haven’t really spoken to, like, friends and stuff about it. | Sounds like they were encouraged to do a mindfulness group but that her experience was that nobody liked it – sounds like a youndg person talking about a subject at school.  Hasn’t been impacted enough by mindfulness to speak to other people about it. |
|  |  |  |  |
|  |  | **INT: How do you think you would explain it if you were asked to explain it?** |  |
|  |  |  |  |
|  |  | 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. |
|  |  |  |  |
|  |  | **INT: How come?** |  |
|  |  |  |  |
|  | 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 |
|  |  |  |  |
|  |  | **INT: You kind of said you didn’t know enough about it …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … why do you think that is? What … is it not, you know, is it about it’s been explained to you, or what, what’s kind of made it so you don’t really kind of know?** |  |
|  |  |  |  |
|  | Whys should I do mindfulness?  Exercise content is irrelevant | REC: Probably, like, … people have talked to me about it, but they haven’t really said, like, what it is, and, like, why its helpful, and, like, what the, like, yeah, kind of where it’s helpful and stuff. Um, like, I just, like, been shown, like, where you use it and, like, peo-, yeah, like, so, like exercises and stuff, like, you can use, but no one’s actually, like, explained that part of it. So, like, if I was explaining it to a friend, like, I’d just kind of, like, say, Yes it’s an exercise. This is Mindfulness, and I’d just would, like, \*[00.21.54] they’d probably, like, lost interest after, like, a minute; they’d be, like, OK, I don’t really care. So I just wouldn’t be very good at explaining it, so OK. | Difficulty with knowing enough is wanting to know why she should do mindfulness. She has experienced the mindfulness activities but doesn’t understand where that fits with everything else.  The only things she can explain is the content of the exercises. |
|  |  |  |  |
|  |  | **INT: So what exercise do you think you would choose to explain what Mindfulness was?** |  |
|  |  |  |  |
|  | Would stay away from body scan  Wouldn’t tell anyone else to do it | REC: Tsk … um … … I would probably choose, like, only, like, this, just ‘cos, like, this is the only one that I found … I’d probably choose one that I’d found helpful, ‘cos I’d be … there’s be no point in me, like, oh yeah, lets listen to this body scan thing, even though I don’t find it helpful, but you might, ‘cos then I just, it’d be like me saying, like, … just it wouldn’t be … I just would be, like, selling something that I didn’t really like, think was good. It would just be a bit pointless doing that. | Has some thought that the body scan might be helpful to people but cant see the point for her  For her talking about mindfulness would be disingenuous  Should we advise people to do things that they don’t like because we think it will be good for them – medical model – it might hurt but it is necessary? |
|  |  |  |  |
|  |  | **INT: So what would you choose?** |  |
|  |  |  |  |
|  | Positive visualisation | REC: Oh yeah, I didn’t answer the question [chuckles]. Um, … maybe, like, … er… I don't know [giggles], I don't know. That beach thing maybe, like, with, like, pa-, someone being, like, … ‘Cos there was, like, a good one about, like, inner strength or something, and it was like, talks, talks … I think it talked about the beach a bit, and then it would, like, gave you, like, … um, I don't know what the word is, but like statements like positive ones, about, like, I don't know, like you can get this. Like, it wasn’t like as cheesy as that, but, like, nice statements, like, maybe. | Talks about guided visualisations being helpful – about a beach  Positive reinforcement in the guided meditation  Felt more connected to these – to talk about inner strength. |
|  |  |  |  |
|  |  | **INT: So what’s happening in you when you were kind of taking all that in?** |  |
|  |  |  |  |
|  | Want to think more positively | REC: Like they said it and then they, like, left a pause and you were supposed to, like, repeat it in your head. So then … And I guess, ‘cos it was like calming music and stuff like that; also when I used it I was, like, a bit calmer I think, like, … maybe just like … because, like, you have loads of, like, obviously, like, loads of people; everyone’s got, like, negative thoughts and stuff, and then when there’s, like, they’re saying it’s just like all, like, positive and, like, stuff, it’s really like … it makes you feel a bit better, like, a bit more, like, empowered, to, like, do stuff. Yeah. I don't know. | Like to have an external source of positive thinking to counteract the negative thinking she experiences  She experiences empowerment from this |
|  |  |  |  |
|  |  | **INT: And what … what was the feeling um, when you were lying there doing it? I’m saying “lying there doing it”, you might not have been lying, you might have been sitting or whatever, but …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … what was …?** |  |
|  |  |  |  |
|  | Looking for relaxation  Mindfulness is no big deal | REC: Um … phew! I, I was \*[00.24.51] I can’t remember, and, like, probably, yeah, like, I don't know, relaxed maybe – I’m just guessing. I don't know though. | She guesses that the guided meditation left her feeling relaxed. There is a sense that the meditation was not really a big deal to her. That she has brought it up because it has been asked about. |
|  |  |  |  |
|  |  | **INT: And you said it’s been a long time since you can use those things?** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: How come? What … What changed?** |  |
|  |  |  |  |
|  | 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 |
|  |  |  |  |
|  |  | **INT: So there was a point where you just felt you, you just couldn’t do it?** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: It wasn’t just that you were thinking, Oh, don’t care about it, but …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … so what would make it so you couldn’t do it?** |  |
|  |  |  |  |
|  | Need the right mind set for mindfulness  Need external guidance | REC: Probably just, like, my, like, like, just like my mind set; I mean also just a … I work … at that … at one stage I, like, I wouldn’t have had any access to stuff like that either, like, I wasn’t able to, like, get my ‘phone or something out and use it; I didn’t have any access to that. | She noted a mind set that would not allow her to access mindfulness.  When she couldnt access an external source of guided meditation there was no other option for her. |
|  |  |  |  |
|  |  | **INT: So you needed the support of the ‘phone to be able to do it? It’s not something you could have done in your own head?** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: But you haven’t gone back to it, now that things are a bit, bit better?** |  |
|  |  |  |  |
|  | Not important | REC: No. I just aren’t really, like, … I don't know. I just haven’t got round to it, no. | Havent got round to it – not very important to me |
|  |  |  |  |
|  |  | **INT: Can you imagine yourself doing it again?** |  |
|  |  |  |  |
|  | When is it appropriate? | REC: I don't know. Right, I probably could do it, but, like, … just wouldn’t know when to do it, at what time, like, like, if I was supposed to do it every day, like, where you do it. I just wouldn’t know, like, any of that stuff. | Questioning the point of doing it if she doesn’t have a sense of the overall purpose – when would you use it/ |
|  |  |  |  |
|  |  | **INT: I’m assuming there’s, that there’s lots you don’t kind of really know about it?** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: What, what do you think of, like, the people who have told you about it, or, like, being told about it in group – what do you think about how they’ve gone about doing it?** |  |
|  |  |  |  |
|  | 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. |
|  |  |  |  |
|  |  | **INT: So you’re kind of wondering whether people who do it time and time again, kind of, have a different experience to you, or …?** |  |
|  |  |  |  |
|  |  | REC: I don't know. I actually don’t know. |  |
|  |  |  |  |
|  |  | **INT: So when the … you know, you, you’ve finished all DBT and everything like that, do you …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … think it will ever cross your mind again?** |  |
|  |  |  |  |
|  | Mindfulness doesn’t cross my mind | REC: Um … tsk … Dunno. It might do, like, sometimes you hear about it, like, on the news, or like … no I don’t listen to the news, but, like [laughs], I know, I’ve heard of people being, like, talking about it, but phew, I literally don’t know. Maybe, maybe not. Like, it depends whether, like, … I start to use it again. I don't know. Um, yeah [laughs], I literally don’t know. | Is very sceptical about whether she will even think of mindfulness again without some sort of external prompt from the news. |
|  |  |  |  |
|  |  | **INT: So you talked a little bit about, um, wise mind, are there any other kind of bits of Mindfulness that stick out for you, like \*[00.30.12]? ‘Cos you don’t kind of get them all ‘cos you do … Are there any other kind of, like, things people talk about with Mindfulness that stick out for you?** |  |
|  |  |  |  |
|  |  | REC: Um … I don't know. I guess where we go through that module, so we’re just like, you go through all the skills, Mindfulness skills, like, they, like, that are in the folder and stuff, but I don't know whether that’s the same for everyone, like, as in like every part … obviously like people that don’t do DBT will use it. But whether they do the same things or not … |  |
|  |  |  |  |
|  |  | **INT: What things stick out for you from that module?** |  |
|  |  |  |  |
|  |  | REC: Um … There’s, like, one that I like, walking the dog path; so if your thoughts and stuff, which, like, I feel like if I, like, practised it it would probably be quite helpful. And then … | Walking the middle path is a little bit attractive to her |
|  |  |  |  |
|  |  | **INT: In what way could it be helpful?** |  |
|  |  |  |  |
|  | Want to deal with negative thinking | REC: Well it’s like, so if you have, like, a thought, like, um, … I’m, like, I’m so bad at maths or something like that, I don't know, I can’t do it. It’s about like finding, like, … so you’d be like … I don't know, like, not putting yourself down, but, like, saying, like, maybe I find it difficult, but it doesn’t mean that I can’t do it, or something like that. | Likes the idea of ebing able to think differently about herself but is not sure completely how mindfulness would fit with that.  Really struggling to put the concepts together. |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: So I guess that’s how I feel, ‘cos it’s, like … really like, real thinking your thoughts. I don't know if that makes sense. |  |
|  |  |  |  |
|  | Disconnected to mindfulness | And then there’s other ones like, about, like observing and like describing how you feel, and stuff. And … | Has picked up on the language but doesn’t seem connected to the concept |
|  |  |  |  |
|  |  | **INT: What are they like?** |  |
|  |  |  |  |
|  | 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? |
|  |  |  |  |
|  |  | **INT: Are there any other bits of um, … you said about kind of the body scans stuff that you’d really want to stay away from that - is there any other bits that you’d really want to stay away from?** |  |
|  |  |  |  |
|  | Feels a bit imposed | REC: Um … probably the wise mind thing as well, just ‘cos I took … I don’t like doing things I can’t do, so … I just wouldn’t. But then you can’t really get away from that, ‘cos there was … yeah. | The bits that she has found she cant do have become aversive  However, other people talk about these things a lot- what is that like for her? |
|  |  |  |  |
|  |  | **INT: Why can’t you get away from it?** |  |
|  |  |  |  |
|  |  | REC: Just ‘cos [\*name] and, like, they talk about it quite a lot … |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: … and I’m, like, great! [chuckles]. But no, it’s fine. |  |
|  |  |  |  |
|  |  | **INT: Do you think there’d ever be a point where you’d think, I’d quite like to get the hang of that? Either the wise mind or the body scan bit?** |  |
|  |  |  |  |
|  | Avoid body scan  Wise mind might help | REC: Maybe the wise mind; I don't think the body scan was \*[00.33.50]. Just depends on the person, like, I think everyone that uses Mindfulness there’ll be, like, things that … even like just everyone just finds, like some things more relaxing, like, I just don’t … I don’t think I’d ever find, like, body scan, like, helpful or relaxing. Yeah, just sort of like some people might find the sound of rain relaxing, and some people don’t; I think it’s just, like, preference. Yeah, I don't know. I don't think so. | Believes that different parts of mindfulness would be useful to different people.  She notes personal preference |
|  |  |  |  |
|  |  | **INT: Let me just check whether there’s any other … Have you ever um … I don't know whether you’ve read the view, like the skills coaching bit – has there ever been a time where someone has suggested Mindfulness, sort of, from skills coaching like outside the group, or anything?** |  |
|  |  |  |  |
|  | Is mindfulenss present in other approaches | REC: Um … They’ve done, like, sensory, like, awareness and stuff. I don't know if that’s Mindfulness. |  |
|  |  |  |  |
|  |  | **INT: What did that involve?** |  |
|  |  |  |  |
|  | When is mindfulness mindfulness | REC: It’s like, um, when you … like, say if you were like in, like, really, like, high emotion and, like, you weren’t really, like, in the present moment, I was about kind of like noticing things around you, so like grounding yourself but also just like thinking, so it would be, like, OK, you see. I don't know, I can’t remember what it was, but there’s, like, 30 or something questions that they just, like, ask and wanted you to, like, … yeah, like, just know, or be aware and stuff. Um … yeah, that’s probably about it. | Is there a cross over between grounding and mindfulness?  Sensory awareness and mindfulness |
|  |  |  |  |
|  |  | **INT: And what was that like doing that? Sort of just being aware of your senses?** |  |
|  |  |  |  |
|  | Little impact on me | REC: I can’t really remember. It was a while ago. Um … I think it was a bit helpful, but I can’t remember, like, how much helpful it was. Yeah. | Again the mindfulness has had very little impact on her |
|  |  |  |  |
|  |  | **INT: But it’s not something you’ve kind of then gone on to use again?** |  |
|  |  |  |  |
|  |  | REC: No. |  |
|  |  |  |  |
|  |  | **INT: So if you were gonna say your experience of Mindfulness, in a nutshell, what would you say it was?** |  |
|  |  |  |  |
|  | Havent given it enough of a go | REC: Um … … Um … I don't really know what to say. Um … like, maybe it … it’s been like difficult to use, um, and, like, I haven’t found it … some parts of it I haven’t found that helpful, but I probably should, like, give it some more, like, practice before I can, like, actually decide that I can’t do it. But I don't know. I’m just … I can’t think of things on the spot, so I’m just trying to make some of it up [laughs]. | She feels as if she might not have given mindfulness enough of a try and that maybe trying again would lead her to be ‘able’ to do it. |
|  |  |  |  |
|  |  | **INT: But maybe … it sounds like there’s a sense of you think you should give it more of a go …** |  |
|  |  |  |  |
|  | There’s something I’ve missed | REC: Yeah. Whether I will is another question [laughs]. But I probably should, yeah. | Seems to think there is something about mindfulness that she has missed but that she is doubtful whether she would give it another go |
|  |  |  |  |
|  |  | **INT: What will mean that you probably won’t?** |  |
|  |  |  |  |
|  | 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. |
|  |  |  |  |
|  |  | **INT: OK. Um, is there anything else that you’d like to say about Mindfulness, or your experience of it in DBT?** |  |
|  |  |  |  |
|  |  | REC: I don’t, like, think so. Yeah, I don't think so. |  |
|  |  |  |  |
|  |  | **INT: OK. Thank you very much** |  |